

NEWSLETTER AUGUST



Retirement Suites By The Lake

From July Memories to August Moments: Celebrating Our Community



Quote of the Month

"The longer I live, the more beautiful life becomes."

– Frank Lloyd Wright



- 1) Le Drew (Porter), Hazel – August 3
- 2) Bannister, Muriel – August 5
- 3) Shaw, Charlene – August 6
- 4) MaCarthy, Merle – August 7
- 5) Barber, Beatrice – August 7
- 6) Campbell, Elizabeth – August 16
- 7) Fulton, Wendy – August 19
- 8) Bridgeman, Carol – August 28
- 9) Fick, Margaret – August 31

Wellness Spotlight: Tai Chi & Qi Gong

Find Balance, Relaxation & Wellness
Join us for gentle Tai Chi and Qi Gong sessions designed to support balance, flexibility, relaxation, and overall well-being.

Tai Chi and Qi Gong are traditional mind-body practices that combine:

- ✦ Slow, gentle movements
- ✦ Deep breathing
- ✦ Relaxation techniques
- ✦ Mindful focus

Benefits may include:

- Improving balance and coordination
- Supporting flexibility and mobility
- Promoting relaxation and stress relief
- Encouraging a sense of calm and well-being

JULY Highlights



MESSAGE FROM MANAGEMENT

As we welcome the beautiful month of August, we are grateful for the wonderful community that makes RSBL feel like home. Thank you to our residents, families, and team members for creating a place filled with kindness, friendship, and meaningful moments every day.



Drum Fit Fun at RSBL

Every Thursday, our residents enjoy the energetic and engaging Drum Fit program. This fun activity combines music, movement, and rhythm, helping residents stay active while having a great time together !



NEW ADDITIONS TO OUR MANAGEMENT TEAM

✧ Jenisha Patel – Recreation Manager

We are pleased to welcome Jenisha Patel as our new Recreation Manager.

🌻 Nazleen Andani – Office Manager

We are delighted to welcome Nazleen Andani as our new Office Manager.

JULY

Highlights



Our Family Day celebration was filled with fun, laughter, and memorable moments! Residents, families, and friends enjoyed a variety of activities, including the popular claw machine, piñata fun, face painting, games, raffle tickets, and exciting prizes. Everyone enjoyed delicious BBQ, hot dogs, and refreshing beverages while spending quality time together and creating wonderful memories.



August Puzzle Corner

Spot 10 Differences



☀️ August Fun Facts

🌙 August is the month when watermelons disappear faster than your willpower at a summer barbecue.

☀️ The sun works overtime in August... but your air conditioner deserves the employee of the month award.

🦟 Mosquitoes think August is "all-you-can-eat buffet" season. Unfortunately, you're on the menu.

🍦 Ice cream has one rule in August: Eat it quickly, or it'll become a milkshake before you do.

😂 Joke of the Month

Why did the math book go on vacation?

Because it had too many problems!

What do you call a lazy day at the beach?

A shore thing!

Sudoku

Normal (Set 2)

	7	8		4	6			1
6				3		9	7	8
5		1		7	9		4	
3	6	5						
	9			5	6	3	2	1
	1	4			8	3	6	
	2			9				5
7				6		4		3
	5	6	3	2	1			9

Community Connections

★ New Recreation Updates & Resident Meeting

We are excited to introduce a new opportunity for residents to share their ideas and be more involved in our recreation programs!

Monthly Recreation Meeting with Residents

Around the 20th of each month, the Recreation Manager will meet with interested residents to review the upcoming month's activity calendar. During this meeting, residents can:

- Share their feedback and suggestions
- Discuss programs they would like to see offered
- Suggest changes or improvements to current activities

Your ideas and participation help us create programs that are enjoyable and meaningful for everyone!



We value your feedback! The survey will be open from **August 10th to August 21st**. A third backup week will be available if needed, with a final closing date of **August 28th**. We encourage all residents to participate and share their thoughts to help us continue improving our programs and services.

BUS TRIP SCHEDULES

- August 10 – 🚗 Cedarbrae Mall
- August 17 – 🍰 D Spot Dessert Café
- August 24 – 🛒 Walmart
- August 31 – 🐟 Halibut House



📄 **Activity Sign-Up Reminder**
Please remember to sign up at the Front Desk for any activities or events that require registration.

🚌 **Event Departure Reminder**
Residents are encouraged to arrive a few minutes early before departure times for scheduled outings and events to ensure a smooth and timely departure.

UPCOMING AUGUST EVENTS

- 🎬 Every Tuesday – Movie Night in the Theater
- 🥁 Every Thursday at 2:00 PM – Drum Fit
- 🧘 Every Friday at 10:30 AM – Fit Minds
- 🍺 August 7 – International Beer Day Celebration
- 🎵 August 21 at 2:00 PM – Patio Playtime
- 🎂 August 28 – Birthday Celebration



Answers

9	7	8	2	4	6	5	3	1
6	4	2	1	3	5	9	7	8
5	3	1	8	7	9	6	4	2
3	6	5	4	1	2	8	9	7
8	9	7	5	6	3	2	1	4
2	1	4	7	9	8	3	6	5
1	2	3	9	8	7	4	5	6
7	8	9	6	5	4	1	2	3
4	5	6	3	2	1	7	8	9

A heartfelt thank you to our wonderful residents, families, volunteers, entertainers, and dedicated staff for making our community a warm, welcoming, and joyful place. Your kindness, participation, and support help create meaningful experiences and lasting memories every day. Whether you joined us for Family Day, participated in our recreation programs, attended an outing, or simply shared a smile with a neighbour, you make RSBL feel like home. We appreciate each and every one of you and look forward to many more special moments together this August!



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