

September Newsletter

Thank You for Sharing Your Voice! ☀️

A big thank you to all our residents who took the time to participate in our Resident Survey! Your feedback, ideas, and suggestions are incredibly valuable to us. Your input helps us understand what you enjoy, what matters most to you, and how we can continue to make our recreation programs more enjoyable and meaningful. We truly appreciate your time and participation!

Thank you for helping us make RSBL a wonderful place to live, connect, and enjoy.



🚶 Stay Active in Our Multipurpose Room!
Did You Know?

Our Multipurpose Room has exercise equipment designed to support mobility, strength, balance, and cardiovascular health.

- 🚴 Recumbent Bike
- 🚴 Stationary Bike
- 🚶 Cross Trainer

A little movement each day can make a big difference!



Retirement Suites
By The Lake



September Discoveries

September 1: The beginning of Meteorological Fall in Canada

September 8: International Literacy Day

September 13: Grandparents Day

September 22: First Day of Fall

September 27: World Tourism Day

September Birthday Stars

September 1: Franklin, Nancy

September 23: Kimball, Elizabeth

September 27: Jones, Robert

September 27: Tuck, Barbara

September 29: Ross, Evelyn

September 30: Jones, Robert

Fun Facts

The name September comes from the Latin word “septem,” meaning seven, because it was once the seventh month of the Roman calendar.

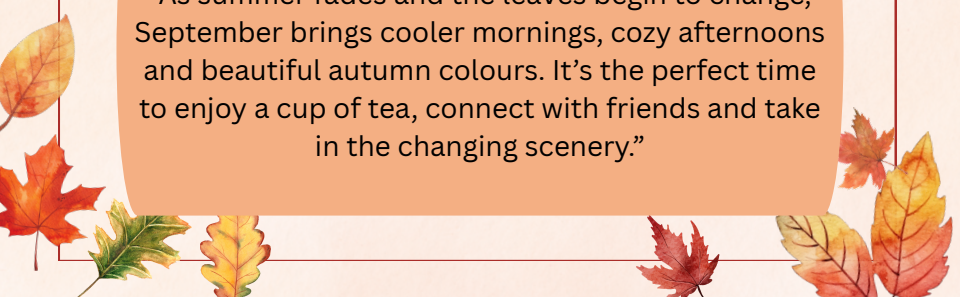
September is often associated with apples, pumpkins, changing leaves, and the beginning of fall.

September’s birth flowers are the aster and morning glory.



Welcome, Fall!

A small section about the change of season:
“As summer fades and the leaves begin to change, September brings cooler mornings, cozy afternoons and beautiful autumn colours. It’s the perfect time to enjoy a cup of tea, connect with friends and take in the changing scenery.”





Brain Boost: September Challenge

Finish the Saying

"An apple a day keeps ____."

"A picture is worth ____."

"Better late than ____."

"The early bird catches ____."

"When it rains, it ____."

Name That Tune

- It mentions dancing.
- It became famous in the 1960s.
- The title is also a girl's name.

Trivia

Which country celebrates its Independence Day on September 16?

- A) Mexico
- B) Brazil
- C) Argentina

Which Canadian province is known as the "Land of Living Skies"?

- A) Manitoba
- B) Saskatchewan
- C) Alberta

What Am I?

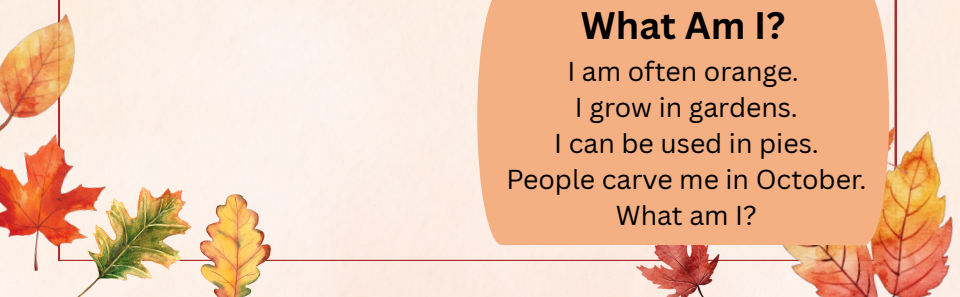
I am often orange.

I grow in gardens.

I can be used in pies.

People carve me in October.

What am I?



August Highlights

August was filled with delicious meals, joyful celebrations, and wonderful memories! Our residents enjoyed a special Lobster Dinner, raised a glass for International Beer Day, and gathered for a delightful High Tea with delicious treats and great company.





Our residents are loving life at RSBL! 🌞 Since introducing Tuesday Movie Night in August, it has quickly become a favourite and a great success, giving residents the opportunity to relax, enjoy a good movie, and spend time together. 🎬❤️ Our entertainment programs continue to bring lots of joy, laughter, and excitement, and residents look forward to the variety of fun activities happening throughout the month. At RSBL, we are proud to create meaningful experiences and happy memories for our residents! 🌸🌟



Upcoming Events

**4 SEPTEMBER: KIDNEY CLOTH PICKS UP & 1PM - 4PM
HEARING SCREENING**

9 SEPTEMBER: LET'S DANCE WITH MARCY

11 SEPTEMBER: VIRTUAL TRAVEL

**13 SEPTEMBER: A SPECIAL GRANDPARENTS DAY ELVIS
SHOW**

15 SEPTEMBER: WELLNESS DAY

**17 SEPTEMBER: RESIDENT MEETING WITH RECREATION
MANAGER**

18 SEPTEMBER: APPLE PIE BAKING WORKSHOP

25 SEPTEMBER: BIRTHDAY SOCIAL WITH TONY

Answers of the brain boost

Finish the saying: What Am I? : Trivia:

the doctor away

Pumpkin

1) Mexico

a thousand words

2) Saskatchewan

never

the worm

Name That Tune:

pours

Dancing Queen

BUS TRIP SCHEDULE

September 14: Hunt Club Lunch

September 21: Panda Mart

September 28: Giant tiger



Quote of the Month

"The best way to predict your future is to create
it."

— Abraham Lincoln