

FENWYCK HEIGHTS

NEWSLETTER



Frequently Asked Questions

Q: WHAT IS THE NEW RESIDENT BULLETIN BOARD FOR?

The Resident Bulletin board is located outside the Activity Convener office on the main floor. This is a place where residents can post items for sale, information about community events, or anything else they think may be of interest to other residents.

Q: IS THE HAIR SALON SELLING ITEMS NOW?

Yes! We are excited to share that there are now items available for purchase in the Hair Salon. Monday-Friday between 8am and 4:15pm, please see Jinky, Cate, or Meagan to make a purchase. These items can be purchased using debit or credit only, we cannot except cash. Please bring a bag when buying multiple items.

YOUR MONTHLY UPDATE FROM FENWYCK HEIGHTS

RESIDENT REMINDERS

July 7, 10:00am	Resident Meeting (MR)
July 12, 10:15am	Hopeful Hooves Horse Visit (PL)
July 12, 1:00pm	Health Presentation: Sun Safety (AR)
July 11, 10:30am	Outing: River Cree Casino (please sign up)
July 17, 1:00pm	Music with Jim Beaudoin (MR)
July 18, 10:30am & 1:00pm	Smartphone Class #3: Surfin' the Internet! (MR)
June 23, 11:45am	Lunch: Indoor Picnic from the Italian Center (MR) (please sign up)
June 25, 10:30am	Outing: St. Albert Botanic Gardens (please sign up)
June 30, 1:30pm	Birthday Party with Klondike Kate (MR)
Please do not let anyone you do not personally know inside the building when the doors are locked. It's not rude, it's safe!	
Please let staff know one day in advance if guests will join you in the dining room. We may be able to accommodate guests without notice after 6pm but cannot guarantee it.	

Happy Canada Day!



"My upbringing in Canada made me the person I am. I will always be proud to be a Canadian." – Jim Carrey

FENWYCK HEIGHTS RESIDENT ACTIVITIES

MONTHLY HEALTH AWARENESS

July: Sun Safety

The symptoms of Heat Exhaustion are:

- Skin rash
- Muscle Cramps
- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Dark urine & decreased urination

If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquid; water is best. Report to a staff member.

Source: Health Canada

For more information visit:
www.canada.ca/en/health-canada.html or
speak to your health care provider.



DO YOU HAVE QUESTIONS OR NEED MORE INFORMATION?

CONTACT US!

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