

Resident Council

Food Service Meeting  
Monday June 3<sup>rd</sup> @10:30 -  
Theatre Room

Resident Council

Next monthly meeting  
Monday June 24<sup>th</sup> @10:30 -  
Theatre Room

Community Resources

City of Spruce  
Contact us

Address

315 Jespersen Avenue  
Spruce Grove,  
Phone:  
780-962-2611

COMMUNITY  
EVENTS

Copper Sky  
Resource Center

Please be sure to stop by the  
Resource Center located in  
the alcove north of the  
Bistro on the main floor.  
Looking for contact  
numbers for some of our  
local services or maybe  
some information?



Copper Sky would like to  
welcome our

**New Resident:**  
**Margaret M.**  
We welcome **ALL our new staff**  
**and our new volunteers** who  
have joined the Copper Sky  
Lodge team!

June Horoscopes and Birthday

For those **born** from **June 1st** to **June 20th**, they are  
members of the Gemini **zodiac** sign. Social, talkative  
and familiar with trends, the Gemini is one of the  
most  
outgoing **zodiac** signs. People **born** from **June 21st**  
to **June 30th** are Cancer sign.



Copper Sky



Shuttle Bus Service

The shuttle bus service will be availabl  
for local runs every Wednesday from

9:00 a.m.- 3:00p.m.

June 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup>  
July 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> 31<sup>st</sup>  
August 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup>

Please sign-up at the desk.

*Spruce Grove* – \$10.00 Round Trip

*Stony Plain* – \$15.00 Round Trip

*Edmonton Destinations* – \$40.00 Round  
Trip

*Areas Outside of Edmonton* – \$45.00

Round Trip

*Bus Driver Only* - \$28.33 per hour

*Bus Driver / Companion (Resident  
Assistant)* – \$ 28.33 per hour

Further Inquiries Call 780-571-8100

Transportation Services

WEDNESDAY'S

\*Bus Shuttle Service to the Spruce Grove  
Library @ no charge. If interested please  
book the bus at the administration desk.

some  
thing  
new:)



Resident Birthdays

June 2<sup>nd</sup>- Beatrice B  
June 3<sup>rd</sup>- Anita D  
June 6<sup>th</sup>- Alfred L.  
June 11<sup>th</sup>- Debra K  
June 17<sup>th</sup>- Brien G.  
June 20<sup>th</sup>- Elsie M  
June 23<sup>rd</sup> - Bernard W.  
June 28<sup>th</sup>- Lorne G.  
June 28<sup>th</sup>- Frank P.

Staff Birthdays

June 10<sup>th</sup>- June 10  
June 12<sup>th</sup>- Joanna M.  
June 12<sup>th</sup>- Bilga M.  
June 13<sup>th</sup>- Linda A.  
June 21<sup>st</sup>- Carissa A.  
June 23<sup>rd</sup>- Honey Mae C.  
June 24<sup>th</sup> – John B  
June 26<sup>th</sup>- Leah L.  
June 28<sup>th</sup>- Joannie R.  
June 29<sup>th</sup>- Jennifer P.  
June 29<sup>th</sup>- Lvn L.



June 2019

The Copper Sky



Copper Sky Lodge  
100 McLaughlin Drive  
Spruce Grove, AB T7X 0N1  
P: 780-571-8100 F: 780-571-8111

Celebrating  
June

Beautiful in Your  
Skin Month

Soul Food Month

Lemonade Days  
June 1–9

World Bicycle  
Day  
June 3

Banana Split  
Days  
June 7–8

Roller Coaster  
Day  
June 13

Father's Day  
June 16

World Music Day  
June 21

Social Media Day  
June 30

Coffee News



Celebrate Oceans Month, Orca  
Awareness Month, Zoo and  
Aquarium Month, Father's Day,  
Shavuot, Flag Day, and much  
more. We're Making a Big Splash  
in June!

Buy a Vowel

T \_ \_ C \_ P A small container for hot  
drinks

T \_ M \_ R \_ \_ S Suffering from  
nerves or fear

Word Scramble

M Y I P L A F

Increase the volume of sound  
*Answers in page 3*

Quotes

"Discovery consists of seeing what  
everybody has seen and thinking what  
nobody has thought." ~ Albert von  
Szent-György

"The desire that guides me in all that I  
do is the desire to harness the forces of  
nature to the service of mankind." ~  
Nikola Tesla

Louise's Corner

Thank all of you for the warm  
welcomes and conversations.  
Thank you also for the special  
caring you do every day, family  
have already stopped in to share  
how special the care is in this  
Home

Your patience is appreciated as  
we move to Park Place processes  
and as we journey together all  
questions and comments are  
appreciated. My door is open.

We are in the process of  
changing forms, suppliers and  
posting the Park Place Care  
Model and education pamphlets  
at the front entrance. Please  
stop by and have a look.

I am looking forward to working  
with you and continuing to  
enrich the lives of the Residents  
who call Copper Sky Home.

Thank you for your  
caring!!



Louise Johnson  
Copper Sky

## Community Events Health & Wellness Essential Oils Classes Make & Take



Presented by Lisa – 4<sup>th</sup> Tuesday of the month in the Bistro  
Seating Contact Lisa @ 780-231-1271

## Up Coming Recreation Special Events

June 2<sup>nd</sup> – June 8<sup>th</sup> – Seniors Week  
June 4<sup>th</sup> – Bus Outing - Elks Seniors Strawberry Tea  
June 6<sup>th</sup> – Adopt A Grandparent St Joseph Grade 3 Visit  
June 7<sup>th</sup> – “Best For The Sole” Presentation by Monica Redding  
June 12<sup>th</sup> – National Pilipino Independence Day  
June 13<sup>th</sup> - Presentation Energy Circles w/Karen  
June 14<sup>th</sup> – Father’s Day BBQ & Entertainment  
June 21<sup>st</sup> – Drum Circle Aboriginal Celebration  
June 25<sup>th</sup> – Bistro Birthday Party for Everyone  
June 28<sup>th</sup> – Canada Day Celebration w/Spruce Grove Fire Service  
Pipe Band

\*Butterfly Release following the Pipe Band

### WE WELCOME EVERYONE TO ALL ACTIVITIES AND EVENTS!

\*BE SURE FOLLOW YOUR MONTHLY CALENDARS FOR ALL THE FUN  
ACTIVITIES PLANNED FOR JUNE

Help us to raise awareness of the issue of Elder Abuse and increase respect for seniors in our community.

Running from May 14-June 14, **the #smilewithsenior** 2019 campaign will invite community to share posts of their smiles with a senior in support of Elder Abuse Awareness on their social media sites.

The event will wind up on June 15 (World Elder Abuse Awareness Day) with a draw for #smilewithsenior photo prizes.

The project will also host Elder Abuse Awareness information booths at three farmer’s markets (June 6 at Carvel; June 15 at Spruce Grove) with free coffee and a prize draw



## RECREATION BUS OUTINGS

June 4<sup>th</sup> - 10:00 – Recreation Bus Outing Elks Hall Strawberry Tea  
June 18<sup>th</sup> - 10:00 – Recreation Bus Outing Sunny Villa w/Irene  
June 17<sup>th</sup> – 10:00 – Recreation Bus Outing 4<sup>th</sup> Floor w/Harmony  
June 10<sup>th</sup> - 10:00 - Recreation Bus Outing 2<sup>nd</sup> Floor w/Rochelle  
June 11<sup>th</sup> - 10:00 – **Recreation** Bus Outing Country Home w/Irene  
June 20<sup>th</sup> - 10:00 –Recreation Bus Outing 3<sup>rd</sup> Floor w/Lori

*Questions from Page 1*

**Answer: TEACUP**

**Answer: TIMOROUS**

**Answer: AMPLIFY**

## TO OUR COMMUNITY



Spruce Grove Family and Community Support Services (FCSS) is a partnership between the City of Spruce Grove, Parkland County and the Government of Alberta. The mandate of FCSS is to provide locally-driven, preventative social programs and initiatives to enhance the well-being of individuals, families and the community.

Our programs enable people of all ages to improve their quality of life and their ability to prevent and / or deal with crisis situations should they arise. Our [support resources](#) connect people with [programs](#) and services.

Contact us Queen Street Place  
[105 - 505 Queen Street](#)  
Spruce Grove, Alberta T7X 2V2

Phone: 780-962-7618

Email: [Email FCSS](#)

Fax: 780-960-5228

Hours: Monday – Friday, 9:00 a.m. - 4 p.m. (Closed statutory holidays)



## Seniors' Week Generations Celebration

Thursday, June 6, 2019  
5pm to 7pm



Entertainment  
& Door Prizes!

All Ages Welcome

Doors open at 4:30 p.m.

Heritage Park Pavilion - 5100 - 41 Ave.

Call FCSS for details: **780.963.8583**

Thank you to our event sponsors:  
Kinsmen Club of Stony Plain, Royal Canadian Legion #256,  
Stony Plain Co-op and Town of Stony Plain.



## In Loving Memory

We will sadly miss Roy Caswell, your loved ones meant a lot to us. You are on our minds so much at this time, because your loved one was someone we felt privileged to know, someone whose presence will be deeply missed.



With our sympathy,  
Cannon Sky Staff & Residents

## MOTHER'S DAY RECAP



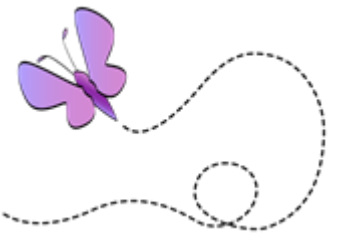
Friday May 10 we gathered together one and all to celebrate our Mothers, Aunts, Grandmothers, Great Grandmothers and believe it or not Great Grandmothers. We enjoyed the lovely piano duet of Ester and Anne. They are a resident favorite here at copper sky and once again they amazed and impressed us with their wonderful duet playing abilities. It was wonderful to have family and friends here with their loved ones to celebrate mother's day. We were treated with Chef Michael's wonderful creation of hot apple crisp and whipped cream. Also because of a very generous donation of china cups and saucers our residents were able to enjoy their tea and coffee out of these beautiful cups. It was a great afternoon filled with lots of great music, company, food and of course a huge appreciation to all the



# The Copper Sky Times

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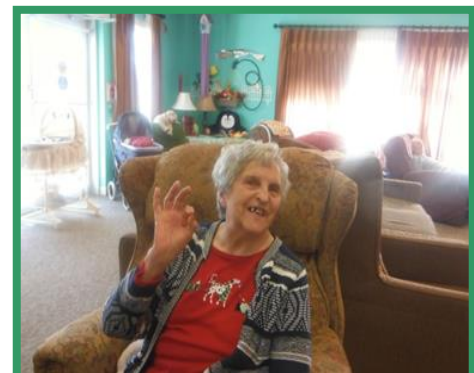
## RECREATION RE-CAP BUTTERFLY BITS



With the warmer weather residents in the cottages enjoyed country drive bus outings. They were excited to see the baby farm animals and enjoy Tim bits. May 10th everyone enjoyed warm apple crisp at a mother's day tea with Ester and Ann playing the piano in our floral decorated bistro.

May 15th a pancake breakfast was the highlight with blueberry pancakes and caramel sauce served in the bistro. It is a very busy month including a roaring 20's show, a Victoria Day party, a welcome spring lunch and a road trip party.

Spring is definitely in the air on Sun



# PET THERAPY

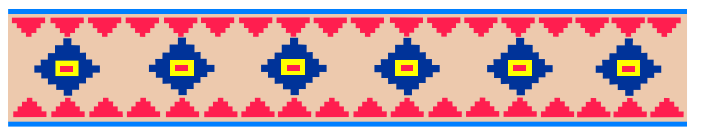
**AARCS**  
**Alberta Animal Rescue Crew Society**  
  
SAFE HAVEN

AARCS Safe Haven is designed as a temporary, emergency and quarantine shelter. There are NO adoptable animals at AARCS Safe Haven. For more information regarding the adoption of one of our animals, please visit "Our Animals" to see profiles of our adoptable animals along with the policies and procedures for adoption.



**Mazzie** **Padero**

Look forward to pet visits w/Amie  
June 6<sup>th</sup>@1:30 & June 20<sup>th</sup>@1:30



## Chimo Animal Assisted Wellness & Learning Society

At CAAWLS we:

- Recruit and certify wellness animals, specifically dogs and cats
- Recruit volunteers with qualified animals
- Facilitate ongoing AAI programs with various facilities in our community
- Provide services to assist new facilities in creating and sustaining their own AAI programs
- Janis & Dieter Visits –
- 1<sup>st</sup> & 3<sup>rd</sup> Wednesday's of the month



## Visiting Pet? (Pet Partners)

Please remember that the site needs copies of immunization records for visiting pets and they need to stay on a leash in common areas. For Public Health reasons we also need to prevent their access to the serveries'. If you schedule visiting pets for a pet assisted program use trained and certified animals. There are several programs that certify animals and their owners.



# Community Support

## Spruce Grove/Stony Plain Care Partner Support Group

All Care Partner Support Groups are on a drop-in basis on the 3<sup>rd</sup> Tuesday of each month excluding July & December. No registration is required.

Spruce Grove Centre Good Samaritan Society  
  
415 King Street, Spruce Grove, AB.

## Parkland County Community Group (Stony Plain, Alberta)

The MS Society Group are on a drop-in basis the 3<sup>rd</sup> Thursday of each month from 7:00pm-9:00 pm at

The Westview Health Centre (4405 South Park Drive, Stony Plain).

For more information, please call the MS Society at 780-463-1190.

**Horizon Stage**  
Address: 1001 Calahoo Rd.  
Spruce Grove, AB T7X 1L6  
(780) 962 - 8995

# Community Dances

**Pioneer Centre Spruce Grove – 6:30 pm – 2<sup>nd</sup> Monday of every month**

**Tri leisure Centre– 10:30 am -2<sup>nd</sup> Wednesday of every month**

**Stony Plain Community Seniors Hall – 6:30 pm – Jam Session Thursday Evenings**

**\*Please book you transportation at the administration Desk**

# NOTES FROM CHEF'S DESK

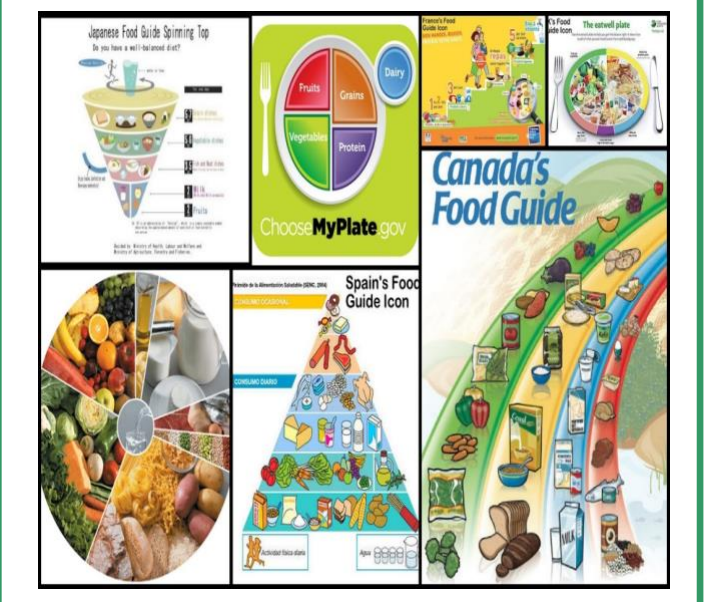


All our meals are provided by our red seal chef. All the serveries in each area are stocked with a variety of items with 24 hour access. Please enjoy all those items as you wish. You can help yourself or ask for assistance.

**Bon Appetite**  
**Chef Michel Scott c.c.c /Foodservice Manager**

# FOOD SERVICE COMMITTEE

Food Service Committee - a maximum group of 8 – 10 residents including family members will meet once a month for discussions related to food service. The selected residents will be from each floor and 2 family members from the cottages. The meetings will offer opportunities for residents and families to give their input and also an opportunity for our chef to share as well. The recreation coordinator Joannie will be recruiting anyone interested in being on the food service committee. For inquiries all of the department leaders are also available.



## Resident Council Garage

This past Saturday May 25<sup>th</sup>, Copper Sky Lodge Resident Council held their Annual Garage Sale; a fundraiser aimed towards enhancing recreation for residents. Those from Copper Sky Lodge as well as the surrounding community came to check out the sale! Luck was on our side with the sun shining as we set up and displayed many beautiful items! These included a variety of housewares, intricate handmade quilts, tomato plants, handcrafted pieces from our vendors, and much more. Along with our sale items, a 50/50 draw was held throughout the day. We congratulate our resident Sherry M. from 3<sup>rd</sup> floor for winning the draw! Keeping our shoppers fed, a BBQ lunch was also available with hotdogs, burgers, and beverages for sale. These funds also contributing towards our Resident Council. We thank Leo and Greg who helped in running the BBQ and providing a great lunch! We would like to thank Chris, Margaret, and Ray for running the 50/50 draw, which was a great success! We would also like to thank Rob, Alex, Ron, Fernande, and Joanne for each hosting a table and contributing to the Garage Sale. Our volunteer, Olivia, did a fantastic job in helping to organize and sell for the event. Thank you! Finally, we would like to extend a huge thank you to all those who donated items for our fundraiser. A total of approximately \$600.00 was raised!

We hope to see you all again next year!



## The Copper Sky

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### REFLECTIONS OF MAY

#### Roaring 20's Evening

Residents entered the Bistro to Black and Gold décor setting the mood for the 20's party. Recreation staff greeted everyone decked out in flapper dresses with feather boas and glitz and glam. The entertainment for the evening sang songs from the 20's, 30's and 40's and made the night a grand bash. The husband/wife duo dazzled with their music and good humour. There were jokes and laughs spreading through the crowd while champagne and snacks were served. Most residents sang and clapped along and were kept engaged and enthralled for the night. The Roaring 20's party was overall a smashing



#### Sewing needs with Maria

You can see Maria the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month from

10:00 – noon where you will find her in the craft room on



## ANNOUNCEMENTS

### WEEKLY RECREATION PROGRAMS

Tuesdays-10:30-Hobby Club w / Debbie-3<sup>rd</sup> Floor North End Lounge  
 Wednesday's 10:30 - Piano w/Colleen - 4<sup>th</sup> Floor Dining Room Lounge  
 Thursday's 10:30 - Music w/Myrna - 2<sup>nd</sup> Floor Dining Room

**Returning June 20<sup>th</sup>**

Thursday's 2:00 - Music w/Dorothy- Country Home  
 3<sup>rd</sup> Thursday of each month - 2:00 - Music w / Jack & Joe - Sunny Villa



### Spruce Grove Libraries services for our community has Changed from Tiny Libraries to Little Free Librari



Visit a Little Free Library in the bistro and find something new to read  
 on our book shelf located at the far end of the Bistro. Spruce Grove Library visits Copper Sky the 4<sup>th</sup>  
 Friday of each month exchanging & dropping off a variety of new library books.  
 When you're finished, bring your book back, or pass it to someone else who would enjoy it! Please  
 take advantage of this service offered by the Tri-Region Libraries. ●●●

### SOCIAL COMMITTEE

The social committee is in need of members.

For Inquiries you can contact:

Joannie (Recreation)

Harmony (Recreation)

Brenda (Housekeeping)

Linda (Resident Assistant)

The next meeting - To Be Announced



## ANNOUNCEMENTS



### Massage Therapy



Treatment Sessions and costs:

10 minute massage session \$15.00

15 minute massage session \$20.00

Combinations: You may choose from:

head, neck, shoulders, arms, legs, hands and feet.

Create your own combination or ask what may be best for you.

Head and Neck; Neck and Shoulders; Neck and Hands

Legs and feet; Head and Legs; Hands and feet

To book your appointments please call Jessa direct.

**Jessa Breitkreuz**

Registered Massage Therapist, NHPC

587-987-4077

jessabre@shaw.ca



June 7<sup>th</sup> - Best For the Sole Presentation w/Monica @ 11:15 - Theatre  
 Room

June 13<sup>th</sup>- Energy Circles Presentation w/Karen @2:00 -  
 Theatre Room