

**River East
Personal Care Home
Newsletter**



Town Hall Meeting

Please join us for our Town Hall meeting on:
Wednesday, October 8th
at 2:30pm
in the Gathering Room

**Voting –
By -Election**

There will be an advanced polling station for City Councillor By-Election for Elmwood-East Kildonan Ward set up for the Elders of River East Personal Care Home on:

Friday, October 10th
9:30am – 11:30am
In the Gathering Room

Several Candidates will be visiting our Home prior to the advanced polling station. These visits are a great opportunity to meet the candidates, ask questions and learn more about their platforms. Please refer to the October Life Enrichment Calendars for the exact dates and times of each visit.

**Fall/Winter Menu
Sampling Meeting**

There will be a Fall/Winter Menu Sampling on:
Thursday, October 9th at 2pm in the Gathering Room.
Families must RSVP by October 6th to ensure that there is enough food prepared.
Please RSVP to Julie at julie.zabudny@exeassist.ca

Elders are not required to RSVP

**Life Enrichment News &
Upcoming Events**

Trick or Treating Event

Saturday, October 25th
At 2:00pm

All staff and Elders' families are invited to bring their little ones in costume for Trick or Treating.
Please RSVP to Life Enrichment by October 18th.
(204-668-7460 ext. 230)



~Donations of candy, chips, etc. are gratefully accepted and can be dropped off at the Front Office or the Life Enrichment Office

Thank You!

We would like to extend a heartfelt thank you to the Hare family, who kindly applied for a grant through Foresters Financial on behalf of the Life Enrichment Department. The grant was used to purchase supplies for a DrumFit Exercise Program
Please see the Life Enrichment Calendars for upcoming DrumFit programs to see the new supplies in action!

We Need Your Help ...

We are looking for donations of the following new or gently used items:
~Books & Magazines
~Jigsaw Puzzles & Board Games
~Musical Instruments (ie. tambourines, maracas, etc.)
~ DVD player

October Program Highlights:

- October 4th & 18th @ 2:00pm
– Rhythm and Voice (Drumming with Doug)
- October 5th @ 2:00pm
– Piano and Violin Student Concert
- October 13th @ 2:00pm
– Thanksgiving Get Together (come join us for pumpkin pie)
- October 14th @ 2:00pm
– Entertainment by Rob Ivany
- October 20th @ 10:30 am
– Outing to Stella's (limited spots, charges apply) (Elder program suggestion)
- October 21st @ 1:30pm
– A Visit with the Grade 5 Class from John de Graff School
- October 25th @ 2:00pm
– Children's Trick or Treating Event
- October 31st @ 2:00pm
– Halloween Themed Happy Hour (join us in costume!)

Save The Date

Our Neighbourhood Christmas Dinners are returning this December. Each neighbourhood will have its own dinner filled with delicious food & great company.

The dates are as follows:

- Monday, December 8th – Courage Bay
Tuesday, December 9th – Serenity Cove
Wednesday, December 10th – Charity Road
Monday, December 15th – Hope Haven
Tuesday, December 16th – Faith Lane

~All Dinners will start at 5:00pm

~More information on ticket prices and how to purchase tickets will be emailed out to families late October