

# The ALAVIDA Times

March 2024

## PROMENADE

Dial **7001** from your suite's phone to listen to what activities we have planned for the month!

Contact your Activity Team for more details.



## Management Team Contact List

MANAGER	DEPT	CELL	EXT
Kaylee Tremblay	General Manager	613-606-1781	7114
Rebecca Woods	Director of Care	613-297-2154	7010
Alyssa Champayne	Office / Admin	613-297-4278	7110
Roger Beaulieu	Maintenance & Housekeeping	613-850-0967	8802
Tom Sedlar	Food Service Manager	343-204-4065	8111
Jay Garfias	Asst. Food Service Manager	613-282-5827	7111
Rayza Aktar (acting)	Programs & Activities	343-777-5786	7001
Christine O'Grady	Lifestyle Specialist - <b>SS</b>	613-229-7973	8116

## **St. Patrick's Day and Easter at the Promenade**

**We encourage all Residents to join us at the following activities!**

### **Live Entertainment and Shamrock Shake Social on Sunday, March 17<sup>th</sup>**

Please join us at 2:00 in the SS Lobby for live entertainment from the talented Jeff Stoddard while enjoying a tasty mint milkshake.

### **Green Beer Tasting on Friday, March 15<sup>th</sup>**

Join us at the Social Hours in both RR and SS Bistros to taste varieties of beer with a green twist!

### **Spring Time in Paris Tea Social on Tuesday, March 19<sup>th</sup>**

Join us in the RR and SS Bistro at 10:30 for some tea and some French treats as we celebrate the Start of Spring!

### **Easter Egg Painting on Friday, March 29<sup>th</sup> and Saturday March 30<sup>th</sup>**

Get festive and paint some Easter Eggs on March 29<sup>th</sup> at 2:00 in the RR Activity Room and March 30<sup>th</sup> at 3:30 in the SS Bistro.

### **Easter Egg Hunt on Sunday March 31<sup>st</sup>**

We will be doing an Easter Egg Hunt with some special prizes! Begin looking on Sunday March 31<sup>st</sup> in both buildings... lobbies, bistros, etc.. Bring them to the receptionist to claim your prize!

**The Promenade wishes a warm welcome to our new residents this month!**

Catherine O'Toole

Georgette Rbeiz

Robert Dionne

Toni and Don Morrell

Steve Belyea

Cecile Joseph

Darell and Ruby Dillabough



## **Calling all born in March!**

Promenade residents born in March will be celebrated with a special dinner on **Wednesday, March 27<sup>th</sup>, 2024**

**Stephen Young (SS)- March 1<sup>st</sup>**  
**Vera Langlois (SS)- March 2<sup>nd</sup>**  
**Patricia MacDonald (RR)- March 5<sup>th</sup>**  
**Earl Matthews (RR) – March 5<sup>th</sup>**  
**Pauline Forcier (SS)– March 5<sup>th</sup>**  
**Carol Lemay (RR)- March 6<sup>th</sup>**  
**Marion Johnston (RR) – March 7<sup>th</sup>**  
**Doreen Muldoon (RR) – March 8<sup>th</sup>**  
**Ken Young (RR)- March 8<sup>th</sup>**  
**Louisette Parrot (SS) – March 9<sup>th</sup>**  
**Joan Albert (RR) – March 10<sup>th</sup>**  
**Juliette Descoteaux (RR) – March 10<sup>th</sup>**  
**Marthe Caron (SS)- March 11<sup>th</sup>**  
**Clara Smith (SS)– March 13<sup>th</sup>**  
**Irene Lefebvre (RR)- March 15<sup>th</sup>**  
**Susie Shute (SS)- March 18<sup>th</sup>**  
**Florence Quinn (SS) - March 18<sup>th</sup>**  
**Jacqueline McDermott (RR)- March 23<sup>rd</sup>**  
**Diane Quinlan (SS)- March 26<sup>th</sup>**  
**Jewel Shade (RR)- March 26<sup>th</sup>**  
**Margaret and David Burgess's 60<sup>th</sup> Wedding Anniversary – March 28<sup>th</sup>**  
**Barbara Scott (RR)- March 30<sup>th</sup>**

Please contact reception in case you were missed on the list!

## Message from our Activity Manager

This March is a busy month! With St. Patrick's Day and Easter, my team and I are looking forward to keeping you all busy! We are bringing back our classic Shamrock Shakes this year, hosting another Easter Egg Hunt and much more! We are finally getting away from the winter blues and welcoming Spring which I am so excited about! I am looking forward to spending these special occasions with all of you! - Rayza

## March Movies

**Movies will be shown at...**

**Fridays at 8:00 PM in the SS Theatre**

**Saturdays at 1:30 in the SS Theatre**

**Sundays at 2:30 in the RR Theatre**

**Friday, March 1<sup>st</sup> – A River Runs Through It (Drama, Action)**

**Saturday, March 2<sup>nd</sup>- Signs (Sci-Fi, Thriller)**

**Sunday, March 3<sup>rd</sup>- The Lost Daughter (Drama)**

**Friday, March 8<sup>th</sup>- Catch Me If You Can (Biographical, Crime, Drama)**

**Saturday, March 9<sup>th</sup>- Moonstruck (Romance, Comedy)**

**Sunday, March 10<sup>th</sup>- The Irishman (Crime)**

**Friday, March 15<sup>th</sup>- The Shawshank Redemption (Drama)**

**Saturday, March 16<sup>th</sup>- Sherlock Holmes (Mystery)**

**Sunday, March 17<sup>th</sup>- River Dance (Musical)**

**Friday, March 22<sup>nd</sup> - Westside Story (Musical)**

**Saturday, March 23<sup>rd</sup>- The Women (Comedy, Drama)**

**Sunday, March 24<sup>th</sup>- Chitty Chitty Bang Bang (Musical, Fantasy)**

**Friday, March 29<sup>th</sup>- My Big Fat Greek Wedding (Romance, Comedy)**

**Saturday, March 30<sup>th</sup>- Gettysburg (War)**

**Sunday, March 31<sup>st</sup>- My Cousin Vinny (Comedy)**

## Clubs and Committees

Clubs and Committees	Schedule	Location
Colouring Club	Wednesdays at 9:30 AM	(RR- Activity Room)
Crochet Club	Mondays and Thursdays at 10:30 AM	(SS-Lobby)
Art with Verbana	Mondays and Fridays from 2-4	(SS-L4)
Exercise Class	Mondays, Tuesdays and Thursday's at 10:00 AM	(SS-Yoga Room)
Bridge Group	Mondays and Fridays at 1:30	(SS-Bridge Room)

## March Outings

Outings with the Van will be every Thursday from 8-1.  
Sign up for outings at the reception.

Thursday, March 7<sup>th</sup>- Metro

Thursday, March 14<sup>th</sup>- Walmart

Thursday, March 21<sup>st</sup>- Place D'Orleans

Thursday, March 28<sup>th</sup>- Giant Tiger

**Please contact activities if you have an outing to suggest for a future month! :)**

## Introducing our New General Manager – Kaylee Tremblay

We would like to welcome our new General Manager – Kaylee Tremblay to the Promenade. We are very excited to welcome her to our team and are looking forward to all of her ideas and ambition!