

The ALAVIDA Times

April 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.



THE PROMENADE MANAGEMENT TEAM

Department	Name	Extension
General Manager	Kaylee Tremblay	7114
Office Manager	Allysa Champagne	7110
Director of Care	Rebecca Woods	7010
Food Service Manager	Tom Sedlar	8111
Assistant Food Service Manager	Jay Garfias	7111
Recreation Manager Acting	Rayza Aktar	7001
Sales/ Lifestyle Specialist Manager	Christine O'Grady	8116

DINING ROOM HOURS	HAIR SALON
<p><u>Breakfast</u> 8:00am-9:00am</p> <p><u>Lunch</u> 12:00pm-1:00pm</p> <p><u>Dinner</u> 1st Sitting: 4:45pm-6:00pm 2nd Sitting: 6:15pm-7:30pm</p>	<p>Haircuts by Joane Please dial 613-983-7728 to book your hair appointment, or leave a message.</p> <p>Joanne works: Tuesdays & Thursdays Starting at 9:30 AM</p>

April Fun at the Promenade

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

April Fools Day Socials on Monday, April 1st

Get ready to laugh! Join us at the RR and SS Bistros at 10:30 to hear some jokes, tell some of your own and enjoy some coffee with your friends!

SS Open House on Thursday, April 11th

All Residents are invited to participate in the SS Open House. Refreshments will be available throughout. We also invite all Residents to take part our Bird House Painting at 2:00 PM in the SS Bistro.

Promenade Craft Fair on Thursday, April 11th

Come and see all the talented creations our Crochet Club has to offer! This craft fair will take place from 10:00 AM to 4:00 PM in the SS Lobby.

Earth Day on Monday, April 22nd

Enjoy the beauty of Mother Nature as we take a walk as a community around the Promenade! Residents are encouraged to also take part in cleaning up any garbage they come across with provided gloves and bags. We will be meeting in the RR and SS Lobby's at 10:00 AM.

Birthday and Anniversary Dinner on Wednesday, April 24th

Celebrate all Residents born in April with a special dinner. There will be live entertainment in RR from Peter Foret and from Al Visser in SS. Dressing up in fine dining attire is encouraged!

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

Cecile Joseph (SS)

Gail Stickles (RR)

Yvon and Rosalyn Coulombe (SS)

Diane Whittaker (RR)

Calling all born in April!

Promenade residents born in March will be celebrated with a special dinner on **Wednesday, April 24th, 2024**

Robert Dionne (SS) – April 1st
Kathy Gulas (SS)- April 1st
Bruce Waara (SS)- April 2nd
Joan Carruthers (SS) – April 3rd
Ken Menard (RR)- April 6th
Alan Parmeter (RR)- April 8th
Bob Livingstone (RR)- April 10th
Gerry Timmons (RR)- April 11th
Linda Dagilis (SS) – April 11th
Nelson Presley (SS)- April 14th
Gisele Santerre (RR) – April 15th
Alice Vanwylick (SS)– April 16th
Lois Pilon (RR)- April 16th
Lynne Stacey (SS)- April 20th
Valeria Christian (SS)- April 22nd
Gilles Julien (SS) – April 23rd
Joan Dennis (SS)- April 23rd
Georgette Rbeiz (RR)- April 29th

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

Message from our Activity Manager

Happy April Promenade! I can't believe it is already Spring. I cannot wait for the warm weather. Let's enjoy each and every moment of the upcoming weather. We had such a successful St. Patrick's Day and Easter and I want to thank each of you. Without you, none of these events are possible. Thank you for always supporting me. All of your nice words push me forward. - Rayza

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)

April Outings

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

Thursday, April 4th- Metro

Thursday, April 11th- Walmart

Thursday, April 18th- Place D'Orleans

Thursday, April 25th- Giant Tiger

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