

The ALAVIDA Times

July 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	Alyssa Champagne	7110
Director of Care	Holly Watt	7008
Food Service Manager	James Scott	8111
Activities Manager	Kristy Ivanski	7001
Sales/ Lifestyle Specialist Senior Suites	Christine O'Grady	8116
Sales/ Lifestyle Specialist Retirement Residence	Karen Watts	7116
Maintenance/Housekeeping Manager	Marc Payant	8802

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 9:30am</p>

July Fun at the Promenade

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

Corn Husking on Wednesday, July 3rd

Everyone is invited to help prepare for the annual BBQ with a Corn Husking Social at 10:30AM on the Back Patio of SS. Hope to see you there.

Canada Day BBQ on Thursday, July 4th

Join the Promenade for their annual Canada Day Barbeque. With live entertainment from "Just Us", an ice cream truck and amazing food, we are guaranteed to have a good time!

Pina Colada Social on Wednesday, July 10th

To celebrate National Pina Colada Day, we will be celebrating with a special social! Alcoholic pina coladas will be available for \$4 and non-alcoholic pina coladas will be complimentary

Meet & Greet Party on Thursday, July 11th

Please come and introduce yourselves to all the new residents of Promenade, as well as meet the Management Team at 3:00PM in the RR Lower Lounge.

Christmas In July Week starting on Monday, July 22nd

Join us all week to celebrate Christmas in July.

Monday July 22nd at 10:30: Frozen Hot Chocolate Socials (RR & SS Bistros)

Thursday July 25th at 10:30: Mimosas & Cinnamon Bun Social (RR & SS Bistros)

Friday July 26th Wine & Cheese Social

(3:00 in the RR Bistro and 4:00 in the SS Bistro)

Birthday & Anniversary Dinner on Wednesday, July 31st

Fine dining attire is encouraged as we celebrate all those who have birthdays and/or anniversaries in the month of July.

Calling all born in July!

Promenade residents born in July and those celebrating their anniversaries will be celebrated at our Birthday & Anniversary Dinner on **Wednesday, July 31st**

- Jean Grootjans (SS) - July 4th**
- Hendrika Papenburg (RR) - July 4th**
- Claire Seguin (SS) - July 6th**
- Bud Johnston (RR) - July 6th**
- Anniversary of Richmond and Florence Quinn - July 6th**
- Janet Turanchik (SS) - July 7th**
- Gertie Wadden (RR)- July 8th**
- Bud Carruthers (SS) - July 8th**
- Roger Stang (RR) - July 11th**
- Anniversary of Lilianne & Rheal Beauchamp - July 13th**
- Christine Jones (RR) - July 14th**
- Anniversary of Wayne & Margot Jones - July 19th**
- Margella Tasse (SS) - July 20th**
- Sylvia Newsome (RR) - July 21st**
- Mary Koster (SS) - July 21st**
- Carol Baker (SS) - July 24th**
- Jean-Claude Parrot (SS) - July 24th**
- Evelyn LeBlanc (RR) - July 24th**
- Lucille Gravelle-Finn (SS) - July 24th**
- Anniversary of Jean-Claude & Louise Parrot - July 25th**
- Ralph Maillet (SS) - July 27th**
- Toni Morell (SS) - July 29th**
- Lucille Rochan (RR) - July 29th**
- Cathy Valiquette (RR) - July 29th**

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

Message from our Activities Manager

Welcome to July Promenade! The summer season is now in full swing! As we prepare to celebrate Canada Day, BBQ's with family and friends, and all that our great community has to offer, please ensure to protect yourself and those close to you by preparing for the weather. Wearing a hat, sunscreen, and drinking lots of water will all help in ensuring you stay healthy to enjoy what Mother Nature has to offer. Stay cool Promenade! -Kristy

Clubs and Committees

Clubs and Committees	Schedule	Location
Colouring Club	Wednesdays & Sundays at 9:30 AM	(RR- Activity Room)
Crochet Club	Monday & Thursdays at 10:30 AM	(SS-Lobby)
Art with Verbena	Monday & Fridays from 2:00-4:00 PM	(SS-L4)
Exercise Class	Monday, Tuesday, & Thursdays at 10:00 AM	(SS-Yoga Room)
Bridge Group	Monday, Wednesday, & Fridays at 1:30	(SS-Bridge Room)

July Outings

Outings with the Van will be every Thursday from 8:00 AM – 1:00 PM.
Please sign up at Reception.

Please contact activities if you have outings to suggest!