

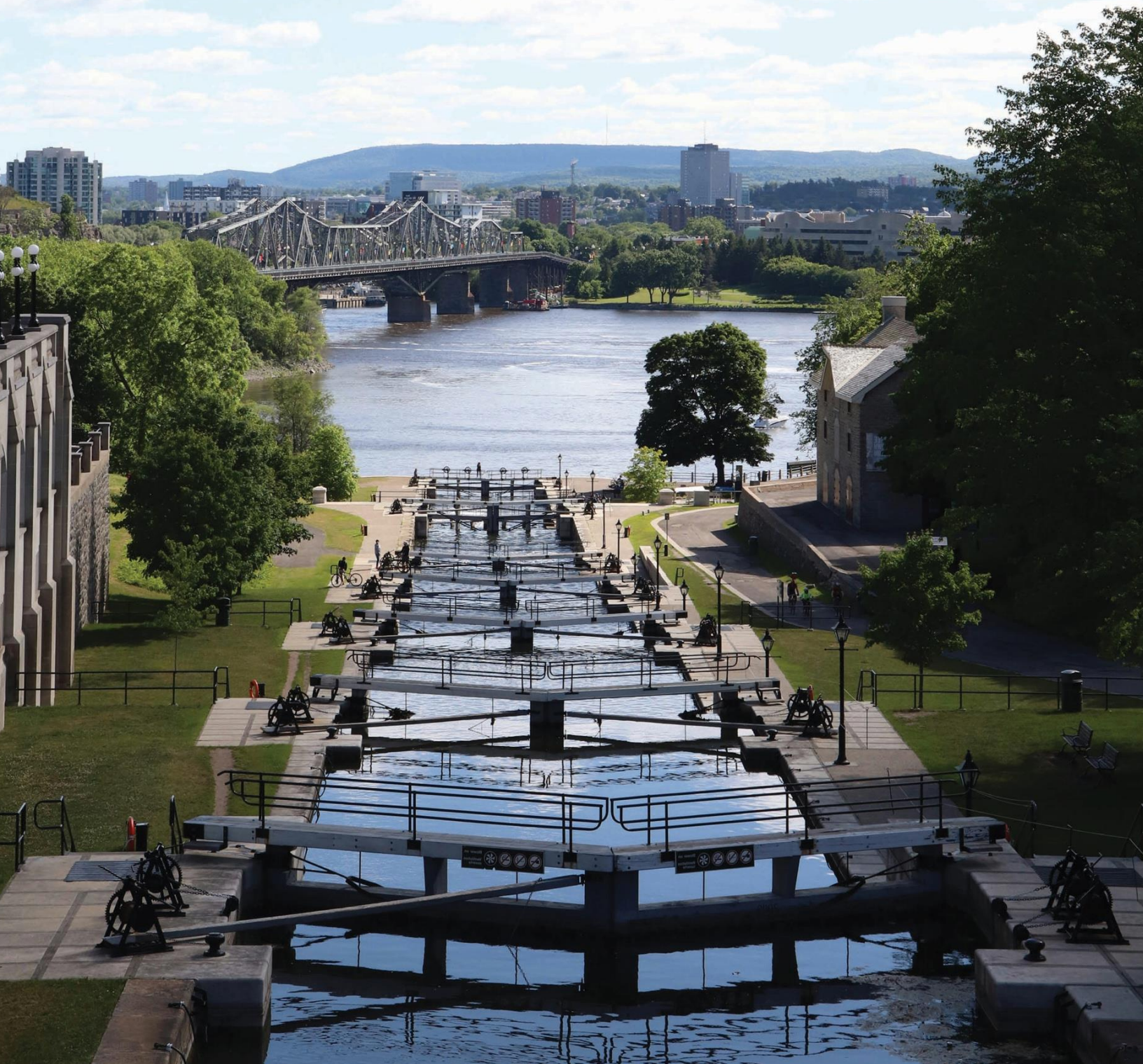
The ALAVIDA Times

August 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	Maggie Beckett	7008
Food Service Manager	Josh Asselstine	8111
Activities Manager	Kristy Ivanski	7001
Sales/ Lifestyle Specialist Manager	Christine O'Grady	8116
Sales/ Lifestyle Specialist	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>

August Fun at the Promenade

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

Scenic Drive of Downtown Ottawa on Thursday, August 1st

Enjoy a scenic drive of our beautiful downtown core and the many sights to see.

Please reserve a seat with Reception.

Olympic Games Round #1 on Wednesday, August 7th

Please join us as we create our very own Olympic games at Promenade.

Round #1 in Senior Suites starts at 2:00pm in the Lobby and
4:00pm in the Lobby of the Retirement Residence.

Lunch Outing to Pelican Seafood Market & Grill on Thursday, August 8th

A trusted choice for seafood offering a wide selection of fresh seafood, including
lobster, salmon and much more.

Please reserve your seat with reception as spaces are limited.

Olympic Games Round #2 on Friday, August 9th

Round #2 starts at 2:00pm in the Lobby of both
Retirement Residence and Senior Suites.

Monthly Blood Pressure Clinic on Tuesday, August 13th

This clinic provides you the opportunity to check in on your blood pressure.

Senior Suites residents can visit the Bridge Room at 10:30am.

Retirement residents can visit the Wellness Center at 1:30pm.

Painting Class with Anita on August 19th

Come and enjoy an afternoon of painting at 1:00pm at the Bistro in Senior Suites.

Audiologist Clinic on Wednesday, August 21st

Doctor Francine Thomas from Orleans Family Hearing Services will be onsite for a
free consultation to check your ears and hearing aids from 1:30-3:30pm in the
Wellness Center. Please book an appointment with Reception.

Birthday & Anniversary Dinner on August 28th

Fine dining attire is encouraged as we celebrate all those who have birthdays
and/or anniversaries in the month of August. Residents will be treated to live
entertainment by Peter Foret in RR and Noel "The Piano Man" in SS.

Promenade's Annual Summer BBQ

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

Please contact activities if you have outings to suggest for future months! :)

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

Bill Berube & Virginia O'Connor

Tom & Ellie Duggan

Gerald & Yolande Auger

Denise Beaudoin

Larry Mitchell

Michele Andree St. Cyr

Calling all born in August!

Promenade residents born in August will be celebrated at our
Birthday & Anniversary Dinner on
Wednesday, August 28th, 2024.

Francine Racine (SS) – August 3rd

Dalal Youssef (RR) – August 3rd

Barbara Hanley (SS) – August 8th

William & Antoinette Porter (SS) – August 8th

Giuliano & Jacqueline Boselli (SS) – August 10th

Antoinette Porter (SS) – August 11th

Bill Magee (RR) – August 16th

Nelson & Monique Presley (SS) – August 16th

Kevin Miller (SS) – August 19th

Robert & Joan Bigras (SS) – August 22nd

Barbara Tarte (SS) – August 23rd

William Porter (SS) – August 27th

Victoria Ash (RR) – August 29th

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

Message from our Activities Manager

Welcome to August Promenade!

We had a bumpy start to the Summer with our outbreak status that tested our patience but ultimately proved our community's unity and resilience. Thank you to you all!

This month is sure to bring more beautiful weather, pride and support for our great country in Paris at the Olympic games, and our annual BBQ where we will celebrate each other with live entertainment, a great BBQ, and a visit from Mr. Sundae. May I ask that we all speak to Mother Nature and wish for great weather on Thursday, August 29th!

I hope everyone has a wonderful August!

-Kristy

Clubs and Committees

Clubs and Committees	Schedule	Location
Colouring Club	Wednesdays at 9:30 AM	(RR- Activity Room)
Crochet Club	Monday & Thursdays at 10:30 AM	(SS-Lobby)
Art with Verbena	Mondays at 3:00PM	(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)