

September Newsletter

September Program Highlights

“Back to School” themed week –September 3rd – 7th

Join us in a daily themed program:

Tuesday, September 3rd – School days reminiscing and trivia at 2:00pm

Wednesday, September 4th – “Phys-Ed Class” – Balloon Volleyball at 10:30am

Thursday, September 5th – “Science Class” – Science Experiments at 2:00pm

Friday, September 6th – “Art Class”- Painting at 10:30am



End of Summer Sing-a-long – Tuesday, September 3rd at 6:30pm

Cal Wookey will lead us in the sing-a-long. *Please note that this is a joint program with the Irene Baron Eden Centre, so seating will be limited.

Chair Exercises – “Zumba” – September 12th

Zumba is a Latin – inspired fitness program. Heather Bailey, a certified instructor through the Manitoba Fitness Council, will be leading the exercise class.

Happy Hour with entertainment by Donald Plant – Friday, September 13th at 2:00pm

Jack Be Nimble – Wednesdays at 10am starting September 18th

River East is host to this program offered for preschoolers and their parents through the River East Transcona School Division. Elders of River East are welcome to attend the program to watch the children play and sing songs. The program will be held on Wednesday mornings in the Gathering Room from September 18th – November 6th.

“Minute To Win It” Games – Tuesday, September 24th 1:30pm – 3:15pm

Come test your luck at some of the games from the popular game show “Minute to Win It”. Families and staff are encouraged to participate as well. This is a come and go event, so feel free to stop by anytime between 1:30pm and 3:15pm.

Upcoming Outings

Santa Lucia for Lunch

~ Tuesday, September 17th

11:00am – 2:15pm

Prairie’s Edge for Brunch

~ Wednesday, September 25th

10:15am – 1:00pm

*Please see the outing poster on the bulletin board at the front hallway of the Home for more information on outings.

Voting

There will be a polling station set up for the Elders of River East Personal Care Home in the Gathering Room on the morning of September 10th.

We are still waiting to hear from Elections Manitoba regarding what time the polling station will be set up. More information to come.



Flu Shots

We have started the preparation for our annual flu shot blitz. Our vaccines have been ordered and paperwork preparation is underway! We will be mailing out the consent forms for the Elder’s vaccinations the beginning of September. We will be offering influenza vaccination clinics to our employees, families & friends, and volunteers sometime in October. Stay tuned!



September Spiritual Services

September 5th at 10:30am –
Worship Service

September 12th at 10:30am –
Hymn Sing

September 14th at 2:00pm –
Christian Family Ministry
Church Service

September 19th at 10:30am –
Anglican Church Service

September 26th at 10:30am –
Golden Opportunity
Ministry Group

September 27th at 10:30am –
Roman Catholic Mass

Save the Date

Town Hall Meeting
Wednesday, October 23rd
At 2:45pm
In the Gathering Room