

Evergreen Heights

Recreation Coordinators: Heidi Deans and Michelle Krahn ~ 604-541-3812



June Birthdays!

Norma Thiessen ~ June 4

Vera Borton ~ June 6

Richard Osment ~ June 9

Clare Seifriet ~ June 15

Ken Box ~ June 18

Joyce Grant ~ June 24



To Our New Tenants:



Please give a warm welcome to **ALL** our new tenants. We hope you feel welcomed as you settle into your new home.

Please feel free to see Heidi or Michelle if you have any questions. Our office is the first door on the left before you enter the dining room.

“What Matters to You?” Day, June 6th:

“What Matters to You” Day is about encouraging people to listen more deeply – whether you are a provider, patient, family member or caregiver. “What Matters to You?” Day provides an opportunity to pause and think about how well we are listening to others. On **June 6th** stop by our table in the lobby from **11:30 - 2:00pm** to share with us “What Matters to You?”

The Grandfriends Project, June 7th:

Will be returning on **June 7th** at 10:15am in the Treetop Lounge for their final visit of the school year. Come and visit with the children from Ray Shepard for a tea party.

Monthly Education, June 21st & 27th:

“Coping with Loss” will be a series presented to us by **Pastor Ken** on Wednesday, **June 21st** at 2:15pm in the TTL.

James Davis from Medical Pharmacies will be here to provide an education session on **Diabetes**. Please attend this important information & education session on **June 27th** at 2:30pm in the TTL.

Relaxation Group:

Promotes wellness while decreasing tension and stress. This program will be conducted in a peaceful and quiet manner away from noise. Please come prepared as we will request you to refrain from talking. Sessions are: **June 5th at 3:45 & June 13th at 4:00pm.**

Program Changes:

Wii bowling has moved from Mondays to Wednesdays at 3:15pm.

Manicures have moved from Wednesdays to Mondays at 3:15pm.