

Sweet Snippets

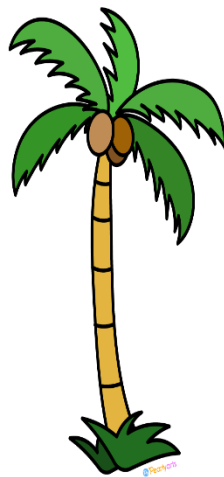
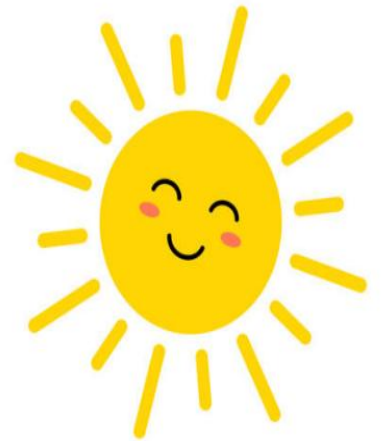
July



Sylvan Lake Foundation



life is
BETTER
at the
LAKE



Hello July

Just be you, because you are
Unique, worthy and amazing
Live every day to the fullest as
You deserve all the good in life!



What We've Been Up to Lately

Seniors Week Celebration

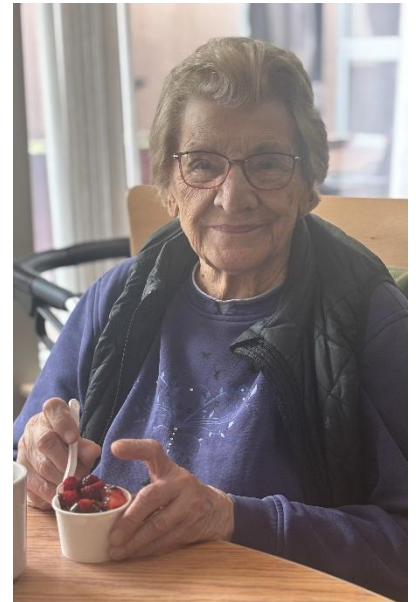
We had a wonderful time celebrating Seniors Week at the Lodge! Residents enjoyed a variety of special activities, social gatherings, and opportunities to connect with friends and the community. Highlights included our Strawberry Tea Social, Pizza Day, Banana Splits and many moments of laughter and companionship. We are proud to celebrate the contributions, wisdom, and vibrant spirit of our seniors—not just during Seniors Week, but every day of the year. 🍓 🍌 🇨🇦

AS Thursday, May 28, 2026 Sylvan Lake News www.sylvanlakeneews.com

Celebrating 40 years of Seniors Week in Alberta

Sylvan Lake Lodge Foundation enlisted some of their residents to join us in celebrating **Seniors Week June 1-6, 2026**

 My name is Pat Ireland. I love dogs and the Toronto Maple Leaf's.	 My name is Kathryn Sonnenberg. I lived on an acreage in Poplar Ridge for over 20 years. I worked in childcare.	 My name is Hilde Pederson. I was born in Germany and moved to Sylvan Lake in 1960. I used to teach German to students in Sweden.
 My name is Lee Cave. I was an RN for over 40 years. My passion is playing the piano. I started playing when I was 8 years old.	 My name is Roy Mattson. I was born in Bentley and lived on a farm outside Sylvan Lake. I have 3 children, 8 grandchildren and 5 great grandchildren.	 My name is Marie Mattson. I have been married to Roy for 67 years. I was born in Saskatchewan and moved to Alberta in 1967.
 My name is Leo Walsh. I was born in Nova Scotia and moved to Alberta 1.5 years ago. I love going for walks around town.	 My name is Noel Fradette. I was born and raised on a farm on the Montana/Alberta border. I am 97 years young!	 My name is Gloria Ventnor. I love to do crafts and painting. I have 4 children, 3 boys and 1 girl.



SENIORS ROCK!

My name is Pearl Boettger. For many years, I played competitive horseshoes. I've traveled all over the province playing.  Sylvan Lake NEWS 403-887-2331 www.sylvanlakeneews.com	My name is Barbara Brown. My passions include going to church and praying for my friends and family.  SYLVAN LAKE FUNERAL HOME & CREMATORIUM 403-887-2151 www.sylvanlakefuneralhome.ca	My name is Harla Yoos. I have lived in Sylvan Lake since 1959 and have watched the town grow immensely.  #200 62 Thevenaz Ind. Trail, Sylvan Lake 403-887-0581 www.canadiantire.ca
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What We've Been Up to Lately

Our Petunia Dedication Ceremony was held on June 16 and was a wonderful success. Although the rain forced us to move indoors, the event was filled with warmth, reflection, and community spirit. Residents, families, staff, volunteers, and community members gathered to dedicate beautiful Petunia baskets in memory or honor of loved ones.

Thank you to everyone who purchased a dedication, attended the ceremony, and helped make this special event possible. Your support not only created a meaningful tribute but also helped support the Lodge and its residents.

We are grateful for the kindness and generosity shown by our community. 🌸❤️



What We've Been Up to Lately



Residents, staff, volunteers, families, and community members enjoyed a fantastic 1913 Days Parade celebration at the Lodge.

Our annual hot dog and pop sale was a great success, and residents thoroughly enjoyed watching the parade and taking in all the excitement. The festivities continued with entertainment by Wise Choice, who had residents and staff singing, clapping, and dancing along.

A sincere thank you goes out to our dedicated volunteers, staff, and supporters who helped make the day such a memorable one. Events like these showcase the strong community connections that have been at the heart of the Lodge for nearly six decades.

As we look ahead, excitement is already building for next year. In June 2027, the Lodge will celebrate its 60th Anniversary, a remarkable milestone for our organization and community. While plans are still in the early stages, there may even be a special Lodge float making its way through the 1913 Days Parade. Stay tuned as we begin planning what promises to be a year of celebration, memories, and community pride! 🇨🇦 🚗 🎉



What We've Been Up to Lately

Our Father's Day Pub was a wonderful afternoon filled with laughter, great conversation, and a little friendly competition! Residents enjoyed a relaxed pub atmosphere while trying their luck at blackjack and roulette, making for an afternoon full of smiles and excitement.

To celebrate Father's Day, three of our dads went home with special gifts, with Chuck taking home the title of our big winner! Congratulations, Chuck!

A big thank you to our staff and volunteers who helped make the event such a success. It was a fantastic way to honour the fathers and father figures in our community while creating memories everyone could enjoy.

Happy Father's Day to all our wonderful dads!



July Birthdays

JULY BIRTHDAYS!!

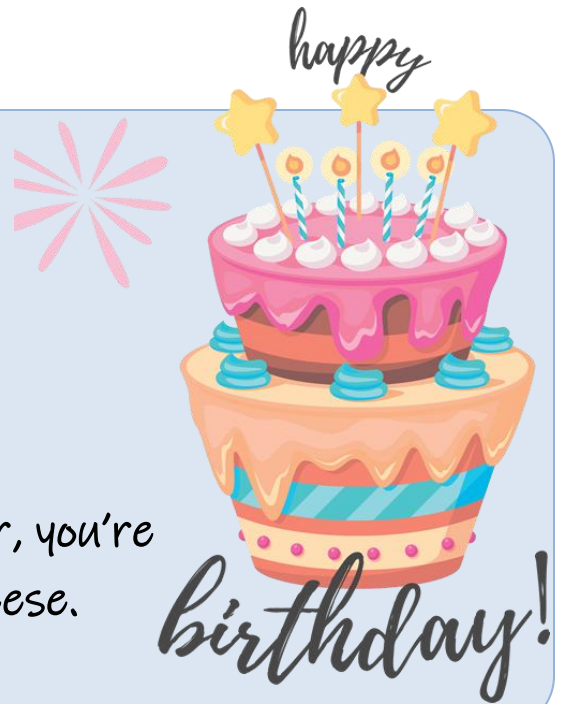
Betty T – July 17th

Olga H – July 19th

Leo W – July 24th

Please join us in the Dining Room on July 21st at 2:00pm
for cake and musical entertainment.

"Happy Birthday! You're not getting older, you're
increasing in value like a fine wine. Or cheese.
Definitely cheese".



Historical & Fun Facts about July:

- **Space Exploration:** Apollo 11 launched on July 16, 1969, and landed on July 20, 1969.
- **The First Bikini:** The modern bikini was unveiled by French designer Louis Réard in Paris on July 5, 1946.
- **The Rosetta Stone:** Found on July 19, 1799, by a French soldier, this stone was key to deciphering Egyptian hieroglyphs.
- **Medical Milestone:** On July 6, 1885, Louis Pasteur successfully gave the first anti-rabies vaccination
- **Name Change:** Before being named July, it was called *Quintilis* (Latin for fifth month) in the early Roman calendar.
- **Hot Dog Consumption:** Americans consume approximately 150 million hot dogs over the Fourth of July weekend.
- **July Midpoint:** While July is the 7th month, the exact middle of a non-leap year is July 2 at 1 p.m.
- **Historic Potato:** The first potatoes in Britain arrived from Colombia on July 28, 1586.

Astronomy and Astrology

Cancer (June 21 – July 22): Water
Ruled by the Moon, this sign is deeply sentimental, home-oriented, and protective of their loved ones.

Leo (July 23 – August 22): Fire
Ruled by the Sun, this sign is passionate, loyal, and thrives on creativity and being center stage.

Poem to Share

A Boat Beneath a Sunny Sky **Poem by Lewis Carroll**

A BOAT beneath a sunny sky,
Lingering onward dreamily
In an evening of July --
Children three that nestle near,
Eager eye and willing ear,
Pleased a simple tale to hear --
Long has faded that sunny sky:
Echoes fade and memories die:
Autumn frosts have slain July.
Still she haunts me, phantom wise,
Alice moving under skies
Never seen by waking eyes.
Children yet, the tale to hear,
Eager eye and willing ear,
Lovingly shall nestle near.
In a Wonderland they lie,
Dreaming as the days go by,
Dreaming as the summers die:
Ever drifting down the stream --
Lingering in the golden dream --
Life, what is it but a dream?



Noticeboard



🌞🍔 Family BBQ at the Lodge 🍔🌞

We're excited to invite residents and their families to a fun-filled Family BBQ at the Lodge! Join us for great food, good company, and a chance to enjoy the outdoors together.

📅 Date: July 29th/2026

🕒 Time: 11:30am

📍 Location: Lodge Grounds

Enjoy a delicious BBQ meal, connect with loved ones, and make some wonderful summer memories. All are welcome!

Cost: \$10.00

We hope to see you there, see Krista for tickets!

July is shaping up to be a busy and exciting month at the lodge! We have a wonderful mix of outings and in-house activities planned to keep everyone engaged, social, and enjoying the summer season. From local trips to fun group events right here at home, there's something for everyone to look forward to. Be sure to check the activity calendar for full details, and sign-up information so you don't miss out on any of the fun!



July 1 - Canada Day

Canada Day, celebrated annually, it is the National Day of Canada, marking the anniversary of the July 1, 1867, Confederation that created the country. It commemorates the union of three colonies into a single Dominion.



International Self-Care Day is celebrated annually on **July 24 (7/24)** to highlight the importance of practicing self-care 7 days a week, 24 hours a day for physical, mental, and spiritual health. Engage in acts of self-care like taking a walk, practicing mindfulness or making a healthy meal for dinner.



Laughing Matters

When you are dissatisfied and would like to go back to your youth, think of Algebra!!

An older gentleman was recently stopped by the police around 2 a.m. and was asked where he was going at that time of night.

He replied, "I'm on my way to a lecture about alcohol abuse, smoking, and late hours, and their effects on the human body."

The officer asked, "Really?"

Who's giving that lecture at this time of night?"

He replied, "That would be my wife."



Today I learned if you turn a canoe over you can wear it as a hat...

Because it's cap sized.



Genie: I shall grant you 3 wishes

Me: I wish for a world without lawyers

Genie: Done, you have no more wishes

Me: But you said 3

Genie: Sue me.

What's happening in Sylvan Lake?



Canada Day!!

Celebrate Canada's Birthday in Sylvan Lake on July 1st, 2026!



Fun event favourites include:

**Fireworks show over the lake!
Family-friendly activities on the Pier!
& So Much More!**



What's happening in Sylvan Lake?

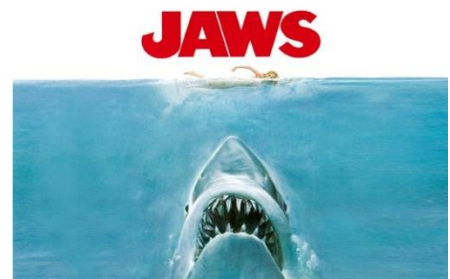


Jaws at the Lake

Dive into a thrilling movie night at Jaws at the Lake in Sylvan Lake!

If you dare....

Watch a thrilling iconic shark movie by, or on the water on July 18,
2026!





Volunteer Appreciation Corner



July's Volunteer Spotlight: Sharon Hansen



This July, we're proud to shine the spotlight on Sharon!

Sharon brings warmth, kindness, and a wonderful sense of community to our lodge. Whether she's lending a helping hand at events, spending time playing Canasta with residents, or simply sharing a smile, Sharon's presence makes a meaningful difference in the lives of everyone around her.

Her dedication and willingness to give her time so generously do not go unnoticed. Volunteers like Sharon help create the welcoming, caring environment we are so fortunate to have.

Thank you, Sharon, for all that you do, we truly appreciate you! 💛

[illegible]

DOWN

1. A long drive taken for fun.
3. A meal eaten outside on a blanket.
4. Clothing worn in hot weather.
5. A ball game played with a net.
6. A group of rocks or coral underwater.
7. Frozen juice on a stick.
10. Keeps you cool when it's hot.
12. A long grilled food in a bun.
13. Worn on your head to block sun.
15. Used to carry sand or water.
18. When the air feels wet and sticky.