

Sweet Snippets

June 2025



Sylvan Lake Foundation

SENIOR'S WEEK

**June 2nd
Mismatch
Monday**

Wear the
craziest, most
clashing outfit
you can think of!
Mismatched
socks, colors &
patterns!



**June 3rd
Time Travel
Tuesday**

Dress in a
different or
favourite
decade! Let's
see what you
can come up
with!



**June 4th
Wild West
Wednesday**

Wear your
cowboy hats,
boots, flannel
shirts, fringe
vests and
bandanas!



**June 5th
Tropical
Thursday**

Pull out your
Hawaiian shirts,
leis,
sunglasses,
grass skirts,
flip-flops, sun
hats!



**June 6th
Fancy Friday**

Dress in your
best black tie or
cocktail attire.
Feel like a
Hollywood star
for the day!
Does your prom
or wedding
dress still fit?
Might be fun to
pull it out?!



**1913 Day
Parade
Saturday**

Fire Hall Pancake Breakfast
By cash donation | 7am - 11am | 2
Beacon Hill Drive at the Fire Hall

Art Show and Sale
10am - 5pm | 4823 49 Avenue |
NexSource Centre Curling Rink

Penny Carnival
10am - 4pm | 4823 49 Avenue |
NexSource Centre Arena 1 |

Horse Drawn Wagon Rides
FREE | 10am - 12pm | 49 Avenue,
West Promenade Parking Lot

Antique Car Show
FREE | 11am - 4pm | 49 Avenue,
West Promenade Parking Lot

Hot Dog Stand with
Refreshments
Cash | 12:30pm - 2pm | Sylvan
Lake Lodge Parking Lot

1913 Days Parade
1pm - 2:30pm

Petting Zoo by Tilted Tiara
FREE | 1:30pm - 5pm | 49 Avenue,
West Promenade Parking Lot

Soap Box Derby
FREE | 3pm - 5pm | 50th Street 47
Ave - 49 Ave



Dear Residents, Families & Friends,

Welcome to June!

We're thrilled to kick things off with Seniors' Week, a special time to celebrate the wisdom, contributions, and vibrant spirit of our residents. The fun continues with a trip down memory lane as we participate in the 1913 Days Parade—a community favorite we're proud to be part of!



Our calendar is full of exciting bus trips, engaging group activities, and meaningful moments, including the Petunia Tree Memorial Event, where we'll come together to remember and honor loved ones in a beautiful, blooming tribute.

We'll also be celebrating Father's Day with love, laughter, and special treats to recognize the amazing dads and father figures in our lives.

With so many wonderful events planned, there's truly something for everyone this month. As always, we invite families and friends to join in the fun and help make these moments even more memorable.

Here's to a joyful, activity-filled June!

Warm wishes,

The Team at The Sylvan Lake Lodge

June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**

Birthstone: **Moonstone or Pearl**

Flower: **Rose or Honeysuckle**

Gemini

(May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained.

Cancer

(June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and

June Birthdays

In June, we celebrate birthdays with:

- **Barb**
- **Bonnie**
- **Byron**
- **Garry**
- **Mary**
- **Ernie**
- **Joan**

Please join us in the dining room on June 20th @ 2pm for Musical Entertainment and Birthday Cake!!



June Trivia

June's name comes from the Roman goddess Juno, protector of women and marriage.

In 1969, Neil Armstrong was named the first civilian selected for the astronaut program—and in just one month, he would make history.

June 1st, 1967, saw the release of The Beatles' iconic album Sgt. Pepper's Lonely Hearts Club Band—a musical landmark that still resonates today.

The Birth of the Italian Republic

On June 2, 1946, Italians voted to become a republic, marking a fresh start rooted in democracy. Festa della Repubblica celebrates this with parades, music, and national pride.

Poem to Share

Don't Quit

John Greenleaf Whittier

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit—
Rest if you must, but don't you quit.

Life is strange with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.

Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit



Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Leoma**

We hope that you enjoy your time here!

IN MEMORIAM

In Memory of Charles Wakelen

We remember and honor Charles Wakelen, whose warmth, kindness, and presence touched the lives of many. He will be deeply missed by all who knew him. May he rest in peace.

HAIRDRESSER

Time to Be Pampered!

Our hairdresser Wendylynn visits the community every **Tuesday** to help you look and feel your best.

If you'd like to book an appointment, please sign up at the salon.

Treat yourself—you deserve it!

NOTICE OF RENT

ADJUSTMENTS COMING JULY

1ST, 2025

Notice letters will be handed out by June 1, 2025.

DO YOU HAVE YOUR NOTICE OF ASSESSMENTS?

Please give your NOA'S for 2024 to Valerie ASAP, this will go into your file and is needed to calculate any rent adjustments that will be in effect on July 1st, 2025

CAN YOU CONTRIBUTE?

We'd Love to Hear from You!

Contributions to our newsletter are always encouraged and greatly appreciated. Whether it's an article, photo, report on a community outing, staff news, trivia, poem, or a light-hearted story about our residents or staff—your input helps bring our community to life!

Please drop your submission off at reception or email it to us anytime.

Thank you for helping us share the stories that matter!

THANK YOU

A Heartfelt Thank You

We would like to extend our deepest thanks to all the **relatives and volunteers** who support us day in and day out.

Your kindness, time, and energy make a meaningful difference in the lives of our residents and staff. We are truly grateful for all that you do—you are an important part of our community, and we appreciate you more than words can say.

Thank you!



HELP US BEAUTIFY OUR HOME

We're looking to add a splash of color and life to our community grounds and shared spaces—and you can help!

If you have any of the following to donate, we'd be truly grateful:

- **Bedding plants**
- **Hanging baskets**
- **Fresh flowers** (from your garden or local shop)

All contributions will help us create a vibrant, welcoming environment for our residents to enjoy.

Donations can be dropped off at —thank you for your kindness and support!

ARE YOU INTERESTED IN VOLUNTEERING?

Interested in Volunteering?

Make a Difference in Your Community!

We're always looking for kind-hearted individuals to join our volunteer team. Whether you have a few hours a week or just a bit of spare time now and then, your help is truly valued.

We have opportunities in:

- Meals on Wheels**
- Recreational Programs**
- Building Meaningful Relationships with Residents**

Volunteering is a rewarding way to give back, make new connections, and bring joy to others.

If you're interested or would like to learn more, please contact Alyssa

Quote of the Day

*You are never too old to set
another goal or to dream a
new dream.*

— C.S.Lewis

Laughing Matters



The Fisherman

Joe packed away his fishing gear in a bad mood because after all day fishing he hadn't caught a thing.

He passed by the fishmonger and asked for a large fish.

The fishmonger said: "What kind?"

"Any kind" Joe replied.

The fishmonger said: "You better take a Snapper because your wife was here earlier and told me if you came by to give you a snapper. That's what she feels like eating tonight."

The Nurse

A man was going frantically down the hall of the hospital in his wheelchair, just before his operation.

A nurse stopped him and asked: "What's the matter?"

He said, "I heard a nurse say, 'It's a very simple operation, don't worry, I'm sure it will be all right.'"

"She was just trying to comfort you, what's so frightening about that?"

"She wasn't talking to me. She was talking to the doctor!"

Hiccups

A man walks into a pharmacy and asks an assistant if she can give him something for the hiccups. The Assistant promptly reaches out and slaps the man's face. "What did you do that for?" the man asks. "Well, you don't have the hiccups anymore, do you?" says the assistant.

The man replies "No, but my wife does, and she's outside in the car."

What We've Been Up to Lately

A Heartfelt Celebration at Our Mother's Day Tea

This year's Mother's Day Tea was a beautiful celebration of love, gratitude, and community. The event brought together mothers, grandmothers, and cherished guests for an afternoon of connection and appreciation.

The room was filled with warmth as guests enjoyed a hot drink, delightful treats, and special moments that made the day truly unforgettable. From the elegant decor to the thoughtful details, every element reflected the care and respect we hold for the incredible women in our lives.

Thank you to everyone who attended and helped make the day so special. Your presence and spirit of celebration truly made this event shine. We are already looking forward to next year's tea and continuing this lovely tradition!





We had an absolute blast at the Sylvan Lake Gulls exhibition game vs the Red Deer Riggers Baseball last night! The bus was full, the weather was beautiful, and the team played great! Awesome job, Gulls — we love being able to get out and support our team. Here's to a fantastic season ahead!



Staff Spotlight

Logan Pol

Accounting/Administrative Assistant

I was born and raised in Lacombe, Alberta, and homeschooled alongside my two brothers and sister. Growing up, we all shared a love for hockey, playing together throughout our childhood.

I went on to earn a bachelor's degree in business administration through a joint program between Red Deer College and Mount Royal University. Outside of academics, I'm passionate about the performing arts — I act in musical dramas and perform acrobatics with the Burman University Acronaires team. (Fun fact: I can do a backflip!)

I really enjoy working with the friendly staff and residents here. The lunches, coffee, and snacks are always a treat, and I especially love watching the different entertainment groups that come in to perform.



A Father's Day celebration poster with a blue and white striped background. At the top, a string of white and blue triangular bunting hangs across the width. In the center, a white shield-shaped badge with a blue border contains the text 'FATHER'S' in bold blue capital letters, 'Day' in a white script font on a dark blue banner, and 'Celebration' in bold blue capital letters, followed by 'FRIDAY, JUNE 13TH' in bold blue capital letters. Surrounding the central text are various illustrations: a brown leather watch with a white face and black hands on the left; a pair of black-rimmed glasses on the right; a cup of brown coffee on a white saucer on the left; a pair of brown leather dress shoes on the right; a blue and white striped necktie with a blue heart on the left; a blue mustache on the right; and a white gift box with a blue ribbon bow on the bottom right.

FATHER'S

Day

Celebration
FRIDAY, JUNE
13TH

Join us as we honour the
incredible dads and fatherly
figures in our community with a
fun-filled afternoon!

Delicious Bar Snacks
An Assortment of Drinks
Live Music by Spectrum – Get
ready to rock out to some great
tunes!

Let's raise a glass and celebrate
the wonderful men who make a
difference in our lives. We look
forward to seeing you there!

TIME 2:00PM

Sylvan Lake Lodge *Foundation*

PETUNIA TREE MEMORIAL EVENT



We are honored to invite you to our inaugural Petunia Tree Memorial, a special gathering for our community to come together in remembrance. This event offers a meaningful way to celebrate and honor the lives of those who have touched our hearts.

We are accepting \$25.00 donations for memorial petunia baskets, which will beautifully adorn the Petunia Tree located at the entrance of our building. Each basket represents a cherished memory and a tribute to our loved ones.

To contribute or learn more, please contact Alyssa at 403-887-2555 ext. 4 or Alyssa.k@sylvanlakelodgefoundation.com

We look forward to gathering with you in reflection, remembrance, and community.

When: June 17th @ 10:00am

Where: Lodge Front Parking Lot



Sylvan Lake Foundation

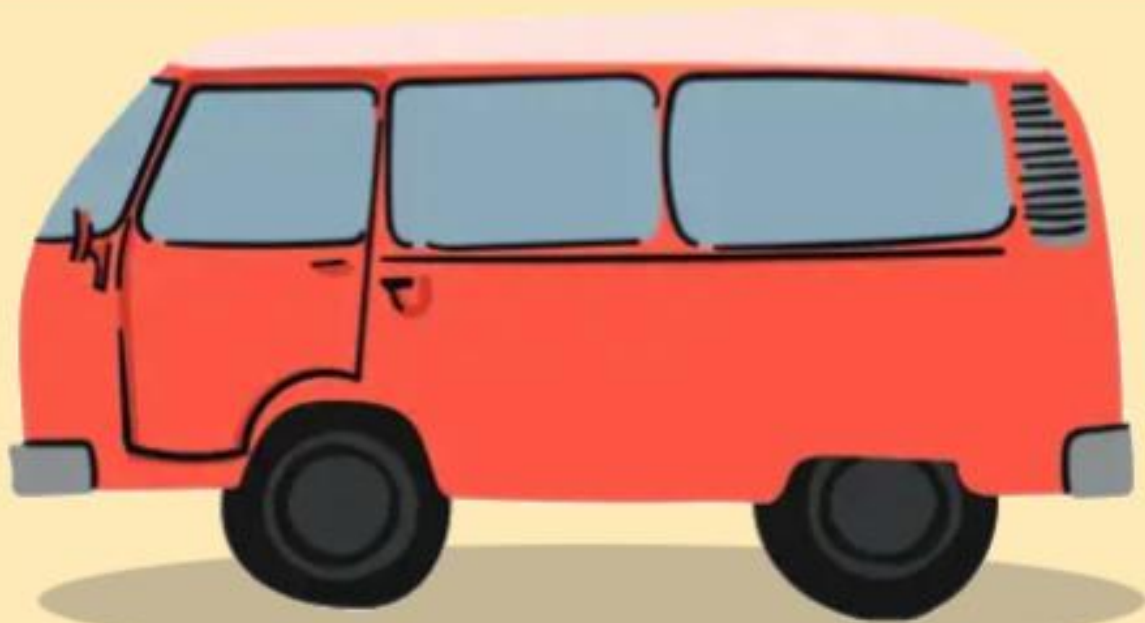
IT'S TIME TO EXPLORE

June BUS TRIPS

June 11th – Markerville Creamery

June 25th– Lakeside Mini-Golf

June 27th– Innisfail Wildlife Park



What's happening in Sylvan Lake This Month?

Walk the Talk

Tuesday, June 3, 2025 1:00 pm - 2:30 pm

1913 Days

Friday, June 6, 2025

Saturday, June 7, 2025

Skatepark Season Opener

Saturday, June 7, 2025 4:00 pm - 7:00 pm

Lemonade Day

Saturday, June 14, 2025 12:00 pm - 4:00 pm

Community Hub Meeting

Thursday, June 19, 2025 10:00 am - 11:00 am

National Indigenous People's Day

Saturday, June 21, 2025 12:00 pm



Word Search

ITALIAN PASTA



M A C A R O N I X B V S W E
T R I C C I O L I O O B L C
H O L I N G U I N E Y L A A
F Y R V S Z I T I L E P G N
S A C T E U H H Z T F A N N
K P K F E R P K A P F P O E
S R A K A L M I I E U P L L
J I P G S R L I G N S A O L
E G W Q H G F I C N I R T O
V A H F A E E A N E L D T N
C T L T Y K T I L I L E I I
H O G Y U F B T N L I L M O
E N S S Z X T B I J E L I V
O I F E T T U C C I N E U D

Spaghetti
Macaroni
Vermicelli
Tortellini

Fettuccine
Linguine
Fusilli
Agnolotti

Penne
Tagliatelle
Cannelloni
Pappardelle

Rigatoni
Farfalle
Ziti
Riccioli