

NEWSLETTER

July 2023

Peter Dawson Lodge
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Happy Canada Day 

Editor's Desk

Hello Residents, Families and Friends!

June saw 12 ladies of the lodge participate in the Vulcan Wellness Challenge. Way to go ladies! The ladies wore their purple shirts and participated in physical, social, spiritual, and intellectual pursuits during the 5-week challenge.

June, we celebrated all those dads out there. Hope you had a great celebration with your families.

This month Canada will celebrate 156 years since confederation in 1867. I hope everyone has a wonderful July 1st weekend.

The Calgary Stampede and Exhibition will be celebrating its 100th year. The Stampede kicks off with the annual parade Friday, July 7th and runs until Sunday, July 16th. We will start off Stampede with a pancake breakfast on the 7th and some cowboy themed games the following week.

Keep Safe!

Janice Povey



July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**
Birthstone: **Rubies**
Flower: **Water Lily**

Quote of the Day

Faith is the bird that feels the light when the dawn is still dark.

– Rabindranath Tagore

July Birthdays

In July, we celebrate birthdays with:

- **Head Cook – Lynn July 2nd**
- **Care Aide – Gina July 19th**
- **Finance – Denise July 22**
- **Resident – Larry July 23rd**
- **Cook/Care Aide – Darcie July 27th**

Please wish everyone a Happy Birthday on their special day!



Princess Diana, 1st of July 1961

Olivia De Havilland, Actress, 1st July 1916

Tom Cruise, Actor, 3rd July 1962

Ringo Starr, Musician, 7th July 1940

Tom Hanks, Actor, 9th July 1956

Harrison Ford, Actor, 13th July 1942

Stanley Kubrick, 26th July 1928

Mick Jagger, 26th July 1943

Arnold Schwarzenegger, Actor, 30th July 1947

Cancer (June 21 – July 22)

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

Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

WOW!

Bikini Swimsuit Makes a Bold Debut - On July 5, 1946, the revolutionary bikini swimsuit made its bold debut, challenging societal norms and forever transforming the landscape of beach fashion. This daring two-piece garment sparked both shock and admiration, leaving an indelible mark on popular culture and becoming an iconic symbol of liberation and self-expression.

Month in Review

Vulcan Wellness Challenge

This year we have 12 PDL Residents that are participating in the Vulcan Wellness Challenge.

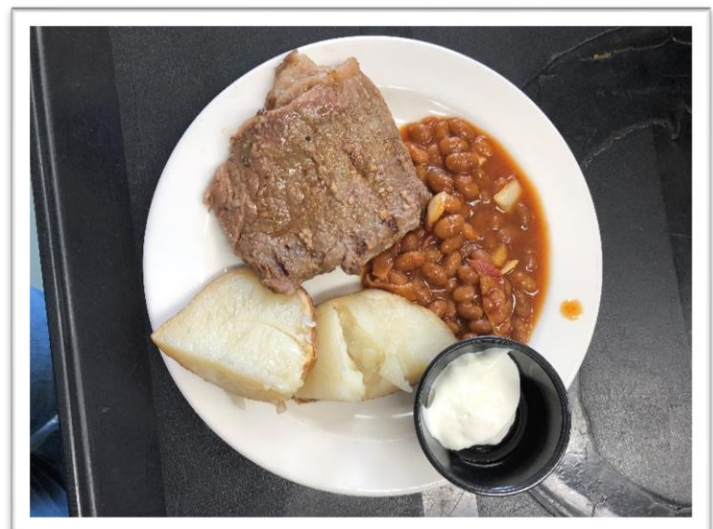


Spock Days Parade

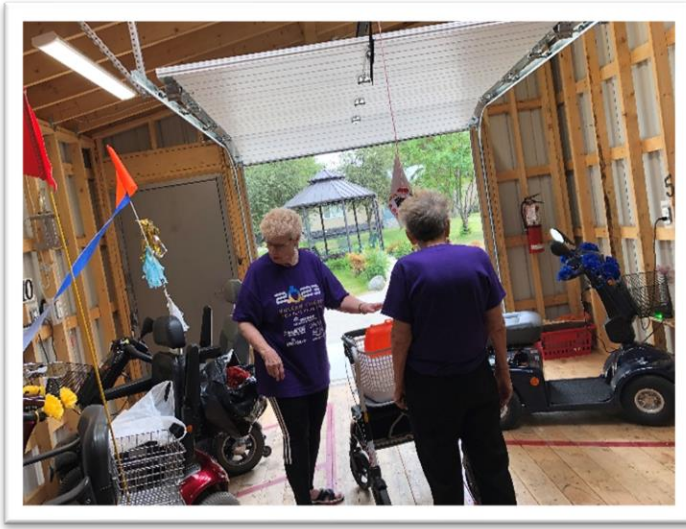
Residents of the PDL Scooter squad participated in the Vulcan Spock Days Parade.

Father's Day BBQ

Mmmm, delicious! Hal barbequed steak and the kitchen baked potatoes and made a batch of baked beans to celebrate Father's Day!
What a treat.



Month in Review



Residents decorating scooters for the parade.



Residents playing balloon badminton.



Father's Day gifts celebrating all the males of the Peter Dawson Lodge!!



Getting ready to BBQ steak for Father's Day dinner.



Porchfest 2023

Regular Events

Resident's Meeting

Tuesday, July 4th 10:30 am in the Atrium

Pool Noodle Exercises

Tuesdays, Wednesdays, Thursdays, Saturdays & Sundays in the Atrium

Balloon Badminton

Tuesdays & Thursdays in the Atrium

Courtesy Car Service

Wednesdays

Hairdresser

Thursdays

Games

Daily except Saturdays 3pm in the Atrium
Everyone is welcome to join us for these daily events.



Special Days

- 1st Canada Day
- 1st International Joke Day
- 3rd Full Moon
- 4th Independence Day US
- 7th World Chocolate Day
- 7th–16th Calgary Stampede
- 14th Bastille Day (France)
- 24th Cowboy Day
- 30th Friendship Day

Ungulate antlers shed in the winter are growing back fast when the Buck Moon rises on July 3rd. July's moon is also known as the Thunder Moon, Hay Moon, Mead Moon, or the Rose Moon.

Upcoming Events

Happy Hour

Friday, July 7th & July 28th 3:00 pm

Ice Cream

Friday, July 14th 3:00 pm











Resident's Choice Supper

Tuesday, July 18th

Resident's Choice Dinner

Thursday, August 3rd

July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>I love how summer wraps around you like a warm blanket.</p> <p>Ellie Elmore</p>						<p>1</p> <p>10:30 Pool Noodle Exercises</p> <p>Canada Day</p>
<p>2</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p>  <p>Happy Birthday Lynn!</p>	<p>3</p> <p>9:00 Bean Bag Tournament \$2 1:30 Walking 3:00 Rummikub</p> <p>Full Moon </p>	<p>4</p> <p>9:00 Balloon Badminton 10:30 Resident's Meeting 1:30 Walking 3:00 Bingo</p>	<p><u>Courtesy Car</u> 5</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 31 Card Game</p>	<p>6</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Dice Golf</p>	<p>7</p> <p>Stampede Breakfast 8:45 Parade 10:30 Soccer 10:30 Bible Study 3:00 Happy Hour 6:30 Social Hour World Chocolate Day</p>	<p>8</p> <p>10:30 Pool Noodle Exercises</p>
<p>9</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> 	<p>10</p> <p>9:30 Shuffleboard Tournament \$2 1:30 Craft</p>	<p>11</p> <p>9:00 Hang Em' High Golf 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Obie Games</p>	<p><u>Courtesy Car</u> 12</p> <p>9:00 Pancake Flip 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Chase the Ace</p>	<p>13</p> <p>9:00 Lasso Ringers 10:30 Pool Noodle Exercises 2:30 Bumps</p>	<p>14</p> <p>9:00 Cow Patty Curling 10:30 Soccer 10:30 Bible Study 3:00 Ice Cream 6:30 Social Hour</p>	<p>15</p> <p>10:30 Pool Noodle Exercises</p>
<p>16</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> 	<p>17</p> <p>9:00 Bean Bag Tournament \$2 1:30 Walking 3:00 Card Bingo</p>	<p>18</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 31 Cards</p> <p>Resident's Choice Supper</p>	<p><u>Courtesy Car</u> 19</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Pennies Dice</p> <p>Happy Birthday Gina! </p>	<p>20</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Phase 10</p>	<p>21</p> <p>9:00 Soccer 10:30 Bible Study 3:00 Uno 6:30 Social Hour</p>	<p>22</p> <p>10:30 Pool Noodle Exercises</p> <p>Happy Birthday Denise! </p>
<p>23</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p>  <p>Happy Birthday Larry! </p>	<p>24</p> <p>9:30 Shuffleboard Tournament \$2 1:30 Craft</p>	<p>25</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Rummikub</p>	<p><u>Courtesy Car</u> 26</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Chase the Ace</p>	<p>27</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Obie Games</p> <p>Happy Birthday Darcie! </p>	<p>28</p> <p>9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 3:00 Happy Hour 6:30 Social Hour</p>	<p>29</p> <p>10:30 Pool Noodle Exercises</p>
<p>30</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p>  <p>Friendsnip Day</p>	<p>31</p> <p>9:00 Bean Bag Tournament \$2 1:30 Walking 3:00 Bingo</p>					

Noticeboard



RESIDENT'S MEETING



As you know, we have monthly Resident meetings. These meetings are your opportunity to bring forward suggestions, requests, questions, or concerns that you have not already spoken to Gloria or Janice about. Our meetings are generally on the first Tuesday of every month in the Atrium at 10:30 am. (Please see your monthly PDL calendar for exact date) We hope you attend!

THE CLOTHING RACK

Take an item, leave an item! It doesn't have to be of the same value or even the same item, if you find something you like on 'the clothing rack' just simply leave an item that is clean and in good condition behind! Tired of wearing the same thing, switch it out! Or if you need it and can't leave an item to replace it, that is ok too! The clothing rack is displayed in the Atrium in by Janice's office, feel free to stop by and see what you can find or leave behind!

WINNERS

Bean Bag Tournament:

June 5: Margaret F., Helen, & Betty

June 19: Helen, Jessie, Betty, & Rose

Shuffleboard:

June 12: Helen & John N./ Jessie & John C.

June 26: Helen & John N./ Karen & Dorothy

Rollerball:

June 7: Gladys, Penny, Helen, Jessie, Albert, & Jeanette

June 14: Gladys, John C., Jessie, Albert, & Jeanette

June 21: Jessie, Helen, Betty, Karen, & Linda

June 28: Helen, Rose, Gladys, Jessie, Jeanette, & Albert

Floor Curling:

June 2: Hans, Jessie, Helen & Darcie

June 16: Penny, Helen, Karen, & Albert

Bingo:

Alma & Betty

NEW RESIDENT

A very warm welcome to:

- **Mr. Robert (Bob) Nimz**

We hope that you enjoy your time here!

Poem to Share

Hope is the Thing with Feathers

Emily Dickinson

Hope is the thing with feathers.
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard.
And sore must be the storm.
That could abash the little bird.
That kept so warm.

I've heard it in the chilliest land,
And on the strangest sea.
Yet, never, in extremity,
It asked a crumb of me.

Laughing Matters



Makeover Gone Wrong

In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside.

“Will I die?” she asks.

God says, “No. You have 30 more years to live.”

With 30 years to look forward to, she decides to make the best of it. Since she’s in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great!

The day she’s discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed.

Up in heaven, she sees God. “You said I had 30 more years to live,” she complains.

“That’s true,” says God.

“So, what happened?” she asks.

God shrugs. “I didn’t recognize you.”

Short Jokes

Teacher: “Really, Tommy, your handwriting is terrible. You must learn to write better.”

Tommy: “Well, teacher, if I did, you would find fault with my spelling!”

Silence is golden until you have children, then silence is very suspicious.