

J U L Y 2 0 1 7

the
Linden Place News

A great place to live

Happy Canada Day!

I would like to share with you some thoughts about this great country we live in. We have so much we can be thankful for in Canada, so many freedoms and privileges that many other countries and other people do not have.

I believe that when we choose to be mindful of and thankful for the many good things in our lives, it helps us to be healthier physically, and happier mentally!

Count your blessings; Name them one by one!

As we live together in this Canadian community we call “Linden Place”, I encourage everyone to be thankful and remember that it is a privilege to have a safe and warm home to live in – and that WE have the power to contribute to the well being of our Linden Place community.



July Birthdays!

There are no Linden Place tenants that have a birthday this month, so we'll just have to celebrate Canada's 150th!

Happy Birthday
Canada!

Save the Date!

Summer Faspa

Monday, July 10

Come for some Watermelon and Roll Kuchen for Faspa! Cost \$2. See page 2 for more details.

BBQ Hot Dogs

Wednesday, July 19

It's time to BBQ some Hot Dogs! Join us for a tasty lunch, cost: \$6. See page 4 for details.

Bus Trip

Tuesday, July 25

Join us for a fun filled day in Winnipeg at the new Outlet Mall! See page 4 for details.

Soup's Hot New Prices & Sign Up Deadline

Please remember that starting July 1st, our Soup's Hot program has increased **some** of the pricing for their meal program items. Items that have had a price increase are listed below, all other items have stayed the same. The standard meal is still \$6.

Pint of Soup: \$3 Quart of Soup: \$6 Sandwiches: \$3
Wraps: \$4 Slice of Pie: \$2

Remember that the **deadline to sign up** for a Soup's Hot Meal is now **Monday by Noon.**



Hair Salon News

Please note that Andrea will **not be here on Friday, July 7**, but will be back and ready for appointments on July 14!



**Watermelon
& Roll Kuchen
for Faspa on
Monday, July 10
at 3 pm ~ Cost: \$2**

No need to bring anything - just a toonie to pay for the Roll Kuchen



Celebrations at Linden Place



Pictured above: Roll Kuchen for Faspa. So good, we're doing it again this month!

Pictured below: Volunteer Appreciation - yummy desserts and great music! It was nice to have David Driedger (Haven Group CEO), and Bonnie Hildebrand (Director of Housing) there to help us celebrate; as well as David Graham who provided some lovely musical entertainment!



David Graham



David Driedger



Bonnie and Betsy chatting!





It's BBQ Time!

Wednesday, July 19

at Noon

Menu:

Peach Juice, BBQ Hot Dogs,
Potato Salad, Potato Chips
and Ice Cream

Cost: \$6

Shopping Trip to the New Outlet Mall!

Tuesday, July 25 | 9:15 am – 3:30 pm | Cost: \$15 | Snacks Provided



You're invited to join us for a fun day of shopping at the new Outlet Mall in Winnipeg on Kenaston Blvd near Ikea. Cost is \$15/person for the ride and lunch is on your own and there are places to eat inside the mall. Snacks for the ride will be provided. We will be travelling with Woodhaven, Fernwood, and Parkview tenants and the bus will arrive at Linden Place around 9:15 am and return around 3:30 pm. **Please sign up by Thursday, July 20.**




Bake Sale



Friday, July 21
2–4 pm

Pick up some freshly baked treats from Mary – all the usual favourites!



Wellness Corner



It's time to talk about Self Care

Self Care is the little things you do for yourself to feel better, inside and out! As we age, we often have to see the doctor for one thing or another, but how often do we intentionally do something, besides going to the doctor, to take care of ourselves?

Here are a few simple ideas to inspire you to do some Self Care for you're the good of your Mind, Body, and Soul!

Self Care Ideas for the Mind:

Be selfish! Do one thing today, just because it makes you happy!
Call a friend you haven't spoken with in a while and enjoy catching up.

Self Care Ideas for the Body:

Have a good laugh – laughter is the best medicine!
Stretch out the kinks – a good stretch can relieve stress and bring pep to your step!

Self Care Ideas for the Soul:

Help someone – doing something for others always ends up encouraging us as well!
Make a list of your best qualities, it's good to remember the gifts and abilities you have been given.
Take time to give thanks for your friends and family, and for any other blessings in your life!

July 2017

Linden Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy Canada Day! 
2 Worship Service 9-9:30 am MB Youth 4 pm	3	4 Bingo 1 pm	5 Soup's Hot 12 pm Green Bean Soup, Fresh Buns, Lemon Pie Games Night 6:30 pm	6 Coffee with Janie 9:30 am Bingo 1 pm	7 NO Hair Salon Today!	8
9 Worship Service 9-9:30 am MB Youth 4 pm	10 Watermelon and Roll Kuchen Faspas 3 pm	11 Bingo 1 pm	12 Soup's Hot 12 pm Somma Borscht, Egg Salad Sandwich, Fresh Rhubarb Pie Games Night 6:30 pm	13 Coffee with Janie 9:30 am Bingo 1 pm	14 Hair Salon Day	15
16 Worship Service 9-9:30 am MB Youth 4 pm	17	18 Bingo 1 pm	19 Soup's Hot 12 pm Peach Juice, BBQ Hot Dogs, Potato Salad, Potato Chips, Ice Cream Games Night 6:30 pm	20 Coffee with Janie 9:30 am Bingo 1 pm	21 Hair Salon Day Bake Sale with Mary 2-4pm	22
23/30 Worship Service 9-9:30 am MB Youth 4 pm	24/31 24th: Potluck Lunch 12 pm	25 Bus Trip 9-3:30 pm Bingo 1 pm Margaretha & John Music Night 7 pm	26 Soup's Hot 12 pm Chicken Noodle Soup, Brown Bread, No Bake Strawberry Pie Games Night 6:30 pm	27 Coffee with Janie 9:30 am Bingo 1 pm	28 Hair Salon Day Bingo 1 pm	29