

S E P T E M B E R 2 0 1 7

the
Linden Place News

A great place to live

Grandparents

Have ears that truly listen

Arms that always hold

Love that's never ending

and a heart that's made
of gold!



For September 1 & 8 Hair Appointments

If you want an appointment just put your name & phone number on the sheet on the office door and Andrea will contact you with your appointment time.

September Birthdays!

A hearty Happy Birthday to all those celebrating a Birthday this month!

Eleanor Rempel – Sept. 3

Mary Harder – Sept. 13

Grandparents Day is September 10 ~ To those who are officially grandparents, and to those who are like a grandparent to someone, I wish you a wonderful day and please remember that you are much needed and much loved!

Save the Date!

Faspa

Monday, Sept. 11

Come to the MPR at 3 pm and join us for Faspa. Bring some food to share or a Toonie.

Fire Drill

Tuesday, Sept. 19

We are planning a Fire Drill for Linden Place at 11 am. Details on page 2.

Bake Sale

Friday, Sept. 22

Mary Reimer will be here from 2-4pm, so come down to the MPR to pick up some fresh baking.

Ice Cream Sundae Fasha Fun!

We enjoyed some tasty ice cream last month at our Ice Cream Sundae Fasha. Thanks Lena for taking some pictures for us!



Fire Drill at Linden Place

September 19 and 11 am

It's always a good idea to know what to do in case of a fire, so we are planning to have a Fire Drill at Linden Place on September 19 at 11 am. Tenants are not required to be at home for the drill. We will be providing more information on this before it happens.





Friday, September 22 from 2–4 pm in the MPR

Fresh baking from Mary Reimer! Buns, cookies, and much, much more!

Wellness Corner



Emotional & Spiritual Health

There is plenty of evidence that shows us that our emotional health can affect our physical health. People who are feeling down or depressed often experience physical problems, so your emotional health is very important! How can you improve your emotional health? A couple of ideas to try:

1. **Get to know yourself** and think of ways you can avoid stress or situations that get you down or trouble.
2. **Do things make you feel good and bring you joy**; a walk outside or meeting someone in the MPR for a little chat can often brighten your day and take the focus off of other troubles!

Our spiritual life can be a big part of our emotional health as well. Steinbach Housing Inc. is pleased to announce that Ron Babel has joined us as our part time Chaplain. Ron has both training and experience in Chaplaincy and Spiritual Care and we look forward to having him available to us! **Welcome to Linden Place Ron!** More details about Ron Babel and what he will be doing will be coming in the near future!



September 2017

Linden Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hair Salon Day (See sign up sheet for appointments)	2
3 Worship Service 9-9:30 am MB Youth 4 pm	4 Office Closed Labour Day	5 Bingo 1 pm	6 Soup's Hot 12 pm Somma Borscht, Egg Salad Sandwich, Rhubarb Pie Games Night 6:30 pm	7 Coffee with Friends 9:30 am Bingo 1 pm	8 Hair Salon Day (See sign up sheet for appointments)	9 Instrumental Group 7 pm
10 Worship Service 9-9:30 am MPR Booked 10 am – 6 pm NO MB Youth	11 Faspa 3 pm	12 Bingo 1 pm	13 Soup's Hot 12 pm Cream of Cauliflower w/Cheese, Chicken Wrap, Banana Cream Pie Games Night 6:30 pm	14 Coffee with Janie 9:30 am MPR Booked NO Bingo	15 Hair Salon Day The Ungers 7 pm	16
17 Worship Service 9-9:30 am MB Youth 4 pm	18	19 Linden Place Fire Drill 11 am Bingo 1 pm	20 Office Closed Soup's Hot 12 pm Chicken Noodle Soup, Brown Bread, Strawberry/Peach Pie Games Night 6:30 pm	21 Office Closed Coffee with Friends 9:30 am Bingo 1 pm	22 Hair Salon Day Bake Sale with Mary 2-4 pm	23
24 Worship Service 9-9:30 am MB Youth 4 pm	25 Potluck Lunch 12 pm	26 Bingo 1 pm Margaretha & John Music Night 7 pm	27 Soup's Hot 12 pm Green Bean Soup, Brown Bread, Lemon Pie Games Night 6:30 pm	28 Coffee with Janie 9:30 am Bingo 1 pm	29 Hair Salon Day	30

I will be away on vacation from August 28 – September 8, and back in the office on September 11. For urgent maintenance issues call 204-380-4181 and for all other issues call Bonnie Hildebrandt at 204-346-5020. I will also be gone to a conference on September 20 & 21.