

# GRANDE SPIRIT FOUNDATION

THE NEWSLETTER FOR THE FAMILY & FRIENDS OF THE GSF



## EVENTS & HIGHLIGHTS

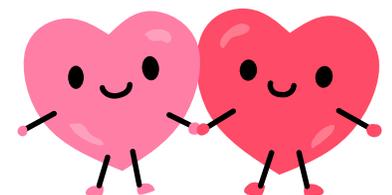
### FROM:

- HERITAGE LODGE
- LAKEVIEW LODGE
- PIONEER LODGE
- PLEASANT VIEW LODGE
- WILDROSE MANOR

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## Welcome to March!

Welcome to March! As the days grow a little longer and we begin to sense the promise of spring, this month brings a feeling of renewal and fresh energy to our Grande Spirit Foundation community. March is a time to look ahead with optimism while continuing to cherish the simple moments that bring us together — shared conversations, laughter, and the everyday connections that make our lodges feel like home. We look forward to another wonderful month filled with warmth, engagement, and community spirit.



# HERITAGE LODGE EVENTS & HIGHLIGHTS



## Sharing the Love at Heritage Lodge

Heritage Lodge residents felt truly cherished this Valentine's Day as they received a wonderful outpouring of handmade cards and thoughtful treats from the community. Students from Isabel Campbell School created heartfelt cards, the Rotary Club After 5 Group shared beautiful handmade greetings, and the Children's Program at the Grande Prairie Public Library contributed charming heart-shaped and lollipop-themed creations. These meaningful gestures of kindness brightened the day for our residents, filling the Lodge with smiles, gratitude, and a strong sense of community connection.



## Staff Recognition Celebration

Heritage Lodge proudly celebrated three outstanding team members for their long-term service with GSF. Marina was recognized for 5 years, Elma for 15 years, and Mel for an incredible 20 years of dedication. We are truly fortunate to have such loyal and committed staff members who continue to make a difference every day. Congratulations and thank you for your years of service!





# EVENTS AND HIGHLIGHTS

## Valentine Vibes: A Day of Crafts, Cookies & Connection ♡



Our Valentine Vibes celebration was a joyful afternoon filled with creativity, connection, and plenty of smiles. Residents enjoyed making beautiful Valentine crafts, decorating heart-shaped cookies, and taking part in a fun Couples in History activity where they matched and learned about famous love stories from the past. The room was filled with laughter as everyone shared drinks, received flowers, and even enjoyed some dancing together. Residents proudly showed off their handmade cards and colorful heart decorations, making it a wonderful reminder that love is best celebrated through fun activities and meaningful moments.

### Big Smile Day 😊

Residents had a blast posing with fun smile props and sharing lots of laughter together. It was a cheerful day filled with big smiles and happy moments.



### Armchair Travel to Moldova 🌍

Residents travelled to Moldova, the home country of Oxana, for a special Armchair Travel experience. Traditional Moldovan wine and desserts were served as everyone enjoyed learning about the country's culture and sharing a warm, welcoming afternoon together.



## EVENTS AND HIGHLIGHTS

DATE:  
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### CLAIRMONT COMMUNITY GIVES FLOWERS TO OUR RESIDENTS!

The kindness of the Clairmont community truly brightened our day. Beautiful flowers were thoughtfully delivered to our residents, bringing smiles, warmth, and a wonderful reminder that they are cherished and remembered. We are grateful for such a caring community that continues to share joy in the simplest and most meaningful ways.



### CHINESE NEW YEAR CRAFTS

Residents enjoyed celebrating Chinese New Year with a fun and creative craft activity. Everyone designed and decorated their own colorful lanterns, sharing laughter and conversation along the way. It was a wonderful afternoon filled with creativity, culture, and community spirit. 🏮 ✨



### NAIL SALON

Residents enjoyed a relaxing and pampering nail salon day. With vibrant shades of red and purple, everyone had fun choosing their favorite colors and showing off their freshly polished nails. It was a simple yet special activity that left smiles all around.



# PIONEER LODGE EVENTS AND HIGHLIGHTS



## VALENTINES DAY CELEBRATION

Our Valentine's Day was filled with love, laughter, and heartfelt moments. The highlight of the day was a wonderful surprise visit from the U11 Warriors hockey team, who brightened everyone's day by gifting each resident a beautiful long-stemmed rose. Their kindness and smiles truly made the celebration extra special. Residents were touched by the thoughtful gesture and enjoyed visiting with the team members. The room was filled with warm conversations, joyful laughter, and plenty of photo opportunities. It was a meaningful intergenerational moment that will be remembered for a long time.



## Watercolour Painting Session

Residents explored the beauty of watercolour, blending soft hues and vibrant tones to create expressive and unique artwork. Each piece showcased creativity, imagination, and the joy of experimenting with colour.



## Acrylic Painting Session 🎨

Residents are enjoying their acrylic painting sessions, learning new techniques and building confidence with every brushstroke. From vibrant sunsets to peaceful landscapes, each canvas reflects creativity, focus, and a wonderful sense of accomplishment.



# EVENTS AND HIGHLIGHTS



## Happy 103 Birthday Party

Wishing a very happy 103rd birthday to two very special ladies, Bertha & Barbara! 🌸🌸  
Our residents came together to purchase a bouquet of flowers for each of them and created a shadow box card as a heartfelt keepsake from everyone.  
Thank you to all who came out to celebrate and sing with us for this joyous occasion — a moment that doesn't come around very often, especially when shared with a close friend. ❤️

Here's to 103 wonderful years and the incredible memories still to come!





# PLEASANT VIEW LODGE



## VALENTINE'S DAY MINUTE TO WIN IT GAMES

Residents eagerly joined in "Minute to Win It" games, cheering each other on with contagious energy and sharing big laughs as they watched friends tackle the challenges



## ST MARIE SCHOOL VISITS

Students from the ½ and ¾ classes at St Marie visited PVL for their monthly gathering, bringing lots of fun with reading sessions and games. Each visit is a lively event that everyone looks forward to. The residents especially enjoy these interactions, which bring smiles and fun chats, leaving them eager for the next visit.

# WILDROSE MANOR EVENTS

## VALENTINE'S ACTIVITIES



### VALENTINE CARD CRAFT

We gathered for our monthly card craft meet-up and created some beautiful Valentine cards filled with creativity and heart. 📧💕

### VALENTINE'S CAKE DECORATING 🍰

Residents enjoyed a sweet afternoon decorating mini heart-shaped cakes with pink icing, sprinkles, and festive toppers. It was a wonderful time filled with creativity, laughter, and plenty of Valentine cheer! 💕



### LOVE KARAOKE 🎵

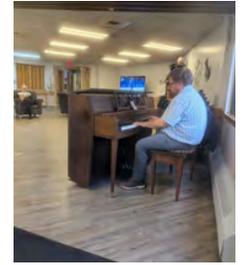
Residents celebrated Valentine week with a joyful afternoon of karaoke, singing along to their favorite love songs. The room was filled with music, laughter, and plenty of heartfelt moments as everyone joined in the fun.



# WILDROSE MANOR EVENTS

## JEFF ENTERTAINMENT

Jeff treated residents to a wonderful afternoon of live piano music, filling the room with sweet harmony and familiar tunes. It was a relaxing and uplifting performance enjoyed by all.



## FLOOR GAMES

Residents had a fantastic time participating in a variety of lively floor games that brought out everyone's playful spirit. From friendly competitions to team challenges, laughter filled the room as residents cheered one another on and celebrated small victories. The activities encouraged movement, connection, and plenty of smiles, making it an energetic and enjoyable afternoon for all.



## PAPER & SPARKLE CRAFT

Residents added a little extra shine to their creations during our Paper & Sparkle Craft session. From beautifully bedazzled hats to glittering hearts, everyone enjoyed getting creative and bringing their artwork to life with sparkle and color.

