

MAY 01, 2026

# GRANDE SPIRIT FOUNDATION

*THE NEWSLETTER FOR THE FAMILY & FRIENDS OF THE GSF*



## HELLO MAY: A FRESH START TO THE SEASON

May is here, bringing brighter days and a renewed sense of energy as we continue to enjoy the spring season. Across our Grande Spirit Foundation lodges, this month is all about staying active, reconnecting, and enjoying meaningful moments together. Whether it's joining activities, spending time outdoors, or simply sharing a smile with a neighbour, there are many ways to make the most of this season.

As the days grow longer, we're reminded of the importance of connection, well-being, and community. We look forward to all that May will bring and are excited to share these moments with you. Here's to a vibrant and uplifting month ahead.

## EVENTS AND HIGHLIGHTS

### FROM:

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



[WWW.GRANDESPIRIT.ORG](http://WWW.GRANDESPIRIT.ORG)



MAY 01, 2026

# RECOGNITION OF SERVICE



Congratulations to our Human Resources Director, **Tracy Bussiere (left)**, on celebrating five years with Grande Spirit Foundation. Over the past five years, Tracy has made meaningful contributions to the organization through her dedication, leadership, and ongoing support of both staff and residents.

To recognize this milestone, Board Chair Judy Kokotilo-Bekkerus (right) presented Tracy with the Grande Spirit Foundation 65th Anniversary banner as a symbol of appreciation for her years of service. Tracy's commitment and hard work continue to have a positive impact across the organization.

Congratulations, Tracy, and thank you for all that you do!



May 01, 2026

# HERITAGE LODGE EVENTS & ACTIVITIES

## Easter Bunny Visit



### Hop into the holiday spirit!

There's nothing like an Easter Bunny visit to bring out the biggest smiles. This heartwarming moment captures the pure joy of the season proof that you're never too old to enjoy a little holiday magic and a sweet treat!

Wishing everyone a day filled with laughter, love, and plenty of "some-bunny" special to share it with. Happy Easter!

# HERITAGE LODGE

## EVENTS AND HIGHLIGHTS

May 01, 2026



### Easter Party and Crib at Heritage

Heritage came alive this Easter with a fun-filled celebration for our residents. The day began with friendly games of floor curling, followed by an exciting Easter scavenger hunt and a delightful craft sale. Residents also enjoyed a delicious spread of food, leading into an evening of great entertainment and laughter.

To make the weekend even more special, the Easter Bunny hopped by for a cheerful Sunday visit, bringing smiles to everyone!



### Headband Halos w Nadeene

Some of our residents had a wonderful time creating beautiful headband halos with Nadeene. It was a fun and creative activity filled with laughter, color, and a touch of spring spirit.

A heartfelt thank you to Petals and Posies for the stunning bouquet generously donated for Easter. The flowers brought so much joy and added a bright, cheerful touch for everyone to enjoy. We truly appreciate your kindness and support!



# LAKEVIEW LODGE EVENT HIGHLIGHTS



## Clairmont Students Bring Songs, Games & Smiles to Residents

Seeing the joy on our residents' faces as they shared stories and laughter with the younger generation is what community is all about. A huge thank you to the students and staff at Clairmont for making today so special! Regular interaction with youth has been shown to reduce feelings of isolation and loneliness, sometimes serving as a form of non-pharmacological therapy for mental health.



## PAINTING CLASS

A paint-and-sip class for older adults, showing six people holding up their art. They are smiling, and are very happy about their work. These classes provide an outlet for social engagement, helping to reduce feelings of isolation. Creative activities can enhance cognitive function and improve fine motor skills in older adults. Sharing a fun, structured experience can boost self-esteem and build new friendships.



## Food Focus Group Outing

Fall/Winter Food Focus Group Members enjoyed a lovely lunch out at Golden Star in appreciation for their participation in the Food Focus Group. The residents in attendance were from Lakeview, Heritage and Wildrose. The Food Focus Groups play an important part in helping to shape our menus and meal satisfaction.



## Exercises Class

Our residents are reaching for the stars in today's exercise class! There's nothing like a group workout to get the blood pumping and the smiles flowing. Staying active is about more than just fitness it's about

- **Strength & Mobility:** Keeping those joints moving and muscles strong.
- **Social Connection:** Motivation is always better when you're surrounded by friends.
- **Mental Spark:** Exercise is a natural mood booster that keeps us feeling sharp and energized!



# EASTER FUN: KARAOKE, CRAFTING & THE PRICE IS RIGHT



Our residents took center stage during Karaoke, performing heartfelt ballads and upbeat classics that had everyone clapping and singing along.

Creativity was also in full bloom during Easter Crafting, as the afternoon was spent making festive decorations that brought a cheerful touch of spring to every corner.

The excitement continued with The Price Is Right (Easter Edition), where friendly competition and plenty of laughter filled the room as residents tested their shopping skills—nothing beats the thrill of a “big win” to get everyone cheering.

## TROYANDA UKRANIAN DANCE GROUP PERFORMED FOR OUR RESIDENTS AT LAKEVIEW

We had the absolute pleasure of hosting the Troyanda Ukrainian Dance Group for our residents recently! The room was filled with high-energy footwork, beautiful traditional costumes, and so much joy. It was a spectacular afternoon of heritage and storytelling through dance that left everyone smiling. Thank you, Troyanda, for sharing your incredible talents with us! .



## ARMCHAIR TRAVEL TO KENYA,

Residents enjoyed a wonderful journey without leaving the comfort of home as they took part in our Armchair Travel experience to Kenya. Gathered together, everyone explored the rich culture, beautiful landscapes, and vibrant scenes of Kenya through engaging visuals and shared storytelling. It was a relaxing and enjoyable way to learn something new, spark conversation, and experience a different part of the world together. Activities like this continue to bring residents closer, creating meaningful moments of connection and discovery.



## FRIDAY HAPPY HOUR

Our communal area was buzzing this past Friday as residents gathered for drinks, snacks, and plenty of laughs. Whether it's catching up with old friends or making new ones, Happy Hour is a highlight of the week that brings everyone together.

- Social Connection: A great time to share stories and stay connected.
- Community Spirit: Building a warm, lively atmosphere for everyone to enjoy.
- Relaxation: The perfect chance to unwind and celebrate another great week.

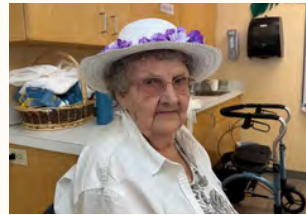
May 01, 2026

# PIONEER LODGE

## EVENT HIGHLIGHTS

### Easter Bonnets Decorations

We decorated Easter bonnets, which was very well received. Some of the ladies wore their creations to the Mad Hatter Tea Party, while others proudly wore them to church on Easter Sunday. The smiles and creativity on display were truly magical.



### Easter Bunny

The Easter Bunny made a special visit, bringing joy, laughter, and a sense of excitement to all of the residents. Along with plenty of smiles, the visit included a few extra special treats that added to the fun of the day.

Moments like these are a wonderful reminder that you are never too old to feel young again, and the happiness shared throughout the visit was truly heartwarming.



# MAD HATTER TEA PARTY

MAY 01, 2026

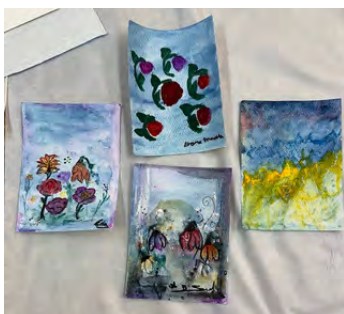


On April Fools' Day, we hosted a fun and whimsical Mad Hatter Tea Party for our residents, creating a charming and playful atmosphere inspired by Wonderland. Residents enjoyed the delightful ambiance, a variety of teas, and an assortment of sweets that made the event feel extra special.

We also played a lively game of "Family Feud: Alice in Wonderland Edition," which brought plenty of laughter, friendly competition, and great participation from everyone.

Overall, it was a joyful and memorable event filled with fun, connection, and smiles all around.

# PAINTING W/ BRENDA



Painting with Brenda is always a highly anticipated activity that residents look forward to. Each session is filled with engaging conversation, laughter, and a wonderful sense of creativity.

Residents enjoy expressing their artistic abilities while also connecting with one another in a relaxed and supportive environment.

It's a meaningful time where creativity flourishes, friendships are strengthened, and everyone leaves feeling proud of what they've created.





# PLEASANT VIEW LODGE EVENT HIGHLIGHTS



## Easter Egg Decorating Fun with St. Marie

Ste Marie grade ½ class came just before easter to decorate some eggs, each egg carefully dipped in the dye to make wonderful looking master pieces here was "egg-stra" special magic in the air as we welcomed the creative Grade 1/2 class from Ste. Marie just before Easter!

Our residents and students teamed up for a morning of colorful fun, carefully dipping and decorating eggs to create one-of-a-kind masterpieces. From bright neon swirls to classic pastel shades, every egg was a work of art, but the real highlight was the wonderful conversations shared across the tables.

There's nothing like a little dye and a lot of imagination to bring the generations together. A huge thank you to the students of Ste. Marie for sharing your holiday spirit and your artistic talents with us!



## An Afternoon of Pool & Laughter

The pool sharks were back at it again, bringing both fierce competition and infectious laughter to their afternoon tournament. Our billiards room was buzzing with energy as the tournament got underway. While the skill on display was impressive with some truly "un-be-leaf-able" trick shots—it was the infectious laughter and friendly banter between rounds that truly stole the show.

Whether they were sinking the 8-ball or just enjoying the company, our residents proved that life is always better when you're on a roll!



MAY 01, 2026

# WILDROSE MANOR EVENT HIGHLIGHTS

## ENJOYING NICE WEATHER

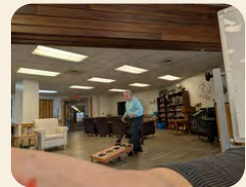


Our residents are making the most of this beautiful day, soaking up the fresh air and warmth together on the patio. There's nothing quite like a little Vitamin D and good conversation to brighten everyone's spirits.

## AFTERNOON ACTIVITIES

We play Bingo, Card Bingo weekly and always have a floor game! Toss me the bean bag! Whether the competition is fierce or just for fun, afternoon activities are the highlight of our week!

From the suspense of "B-I-N-G-O" to the strategy of Card Bingo, there's never a dull moment around the table.

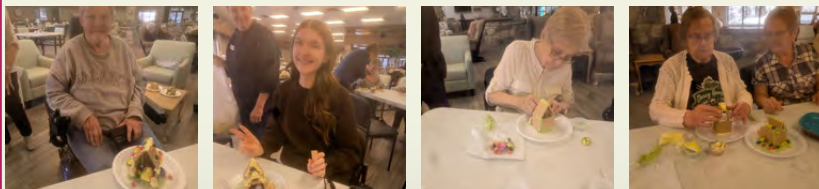
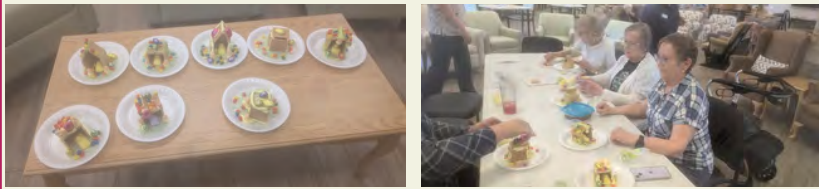


MAY 01, 2026



## Build a Barn for Your Peep

The creativity is blooming! Our residents had a "cheep" thrill today crafting the perfect spring homes for their Peeps. From frosting foundations to candy-coated shingles, these "barns" Seeing the focus, the sticky fingers, and the proud smiles as each "barn" was completed was the highlight of our day. It's a wonderful reminder that you're never too old to play with your food and embrace the whimsy of the season!



## Pipestone Jammers

The Pipestone Jammers bring a warm, soulful energy to the community, proving that music is the ultimate bridge between generations. There is something truly magical about the way music fills the room and brings everyone together. Whether it's a classic country tune that gets toes tapping or a soulful folk melody that stirs up old memories, the Jammers know exactly how to strike a chord with our hearts.

