

GRANDE SPIRIT FOUNDATION MONTHLY DIGEST

The Newsletter for the Family & Friends of the GSF



HELLO JUNE SUMMER BEGINS AT GSF

Welcome to the June edition of the Grande Spirit Foundation Monthly Digest, featuring memorable moments and activities from the month of May. From Mother's Day celebrations and community outings to shared meals and special events, May was filled with laughter, connection, and meaningful experiences across our GSF communities.

As residents welcomed the warmer weather and the beginning of summer, communities across GSF enjoyed a variety of activities that brought people together through friendship, fun, and meaningful connections. From scenic outings and bus trips to games, celebrations, and delicious lunches shared among friends, each event created moments of joy and togetherness.

This edition highlights the wonderful memories and special occasions that made May such a memorable month throughout our lodges and communities. Thank you to all residents, staff, volunteers, families, and supporters who continue to help make Grande Spirit Foundation such a warm, welcoming, and caring community every day.

EVENTS AND HIGHLIGHTS

FROM:

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



GSF BUS TRIP

JUNE 01, 2026



EVENTS AND ACTIVITIES

GSF Bus trip to Boston Pizza

Nothing beats great food and even better company! The GSF crew loaded up the bus for a fantastic day trip, and the destination did not disappoint.

Highlights of the Day:

- The Journey: Big smiles and happy chatter all the way there. The road trip is always half the fun!
- The Destination: Settling into Boston Pizza for some well-deserved comfort food.
- The Moments: Checking out the menus, sharing laughs across the table, and enjoying quality time together over a delicious meal.
- From the bus ride to the final bite, it was a wonderful day full of community, full bellies, and great memories.

Thank you to everyone who joined in and made it such a special outing! Let's do it again soon.



An Afternoon of Friendship and Fun at Dieppe Manor

The GSF group recently enjoyed a relaxing and cheerful afternoon visit to Dieppe Manor, spending quality time together in a welcoming and friendly environment. The outing gave everyone an opportunity to step away from their usual routine, enjoy meaningful conversations, and share plenty of laughter along the way. Residents and guests gathered around the tables to enjoy refreshments, connect with one another, and create new memories through simple but special moments together. The atmosphere throughout the afternoon was filled with positivity, friendship, and a strong sense of community. Whether chatting with familiar faces or meeting someone new, everyone appreciated the chance to come together and enjoy each other's company. A sincere thank you goes to the staff and hosts at Dieppe Manor for their kindness and hospitality in making the afternoon such an enjoyable experience for all who attended.

GSF BUS TRIP

Petals, Plates, and Lifelong Traits: GSF's Mother's Day Adventure



The GSF group recently enjoyed a wonderful Mother's Day bus trip filled with laughter, friendship, and memorable moments shared together. The day began with a scenic visit to Dunvegan Gardens in Grande Prairie, where everyone had the chance to stroll through the beautiful greenhouse, admire the colourful flowers, and take in the peaceful atmosphere. Many enjoyed browsing the garden centre and picking out plants and blooms, making it a relaxing and enjoyable start to the outing.

After spending time at the gardens, the group continued the celebration with lunch at Jackpot Grill. Over a delicious meal, everyone shared stories, laughter, and great conversation while celebrating the amazing mothers and women in the community. The restaurant was filled with smiles and cheerful energy as friends gathered around the table to enjoy each other's company.

The day was a beautiful reminder of the importance of friendship, community, and creating meaningful memories together. A heartfelt thank you goes out to everyone who joined the outing and helped make the Mother's Day adventure so special. GSF is already looking forward to the next trip together!

GSF BUS TRIP: FUELED BY FUN (AND MAJORS LUNCH!) JUNE 01, 2026

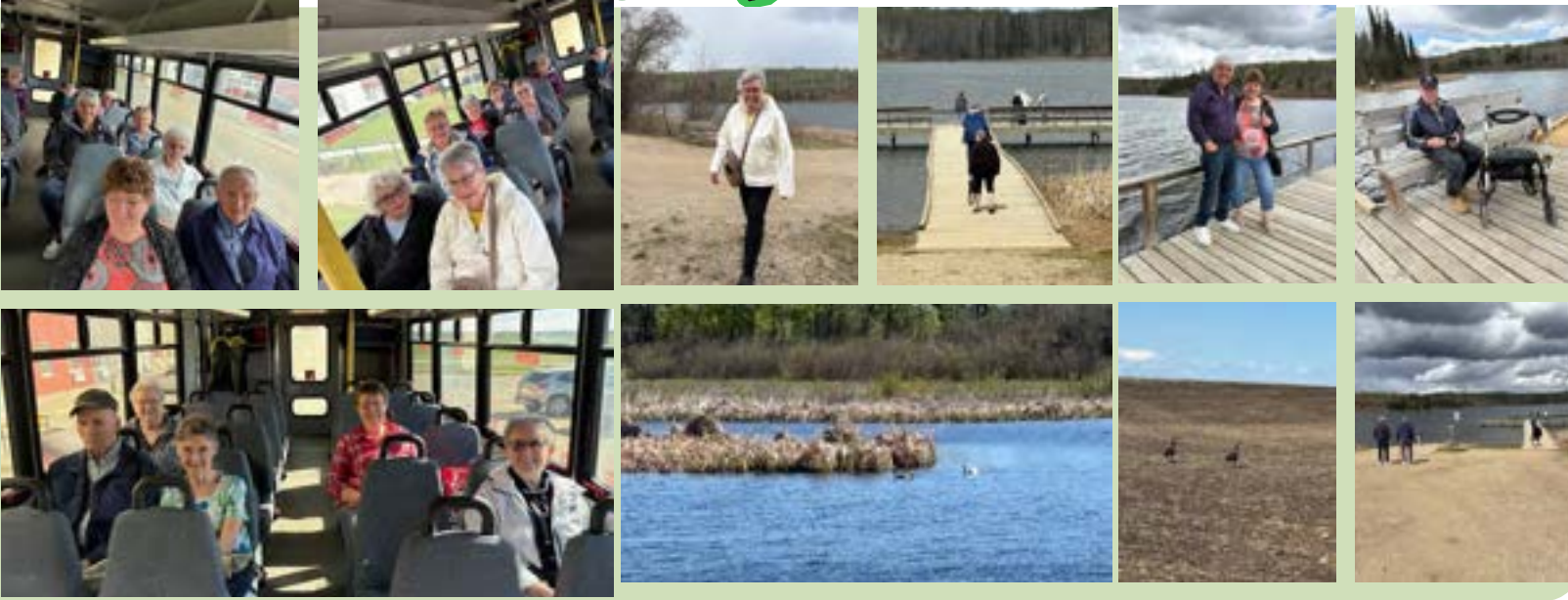


LUNCH AT MAJORS!

All smiles filled the GSF bus as the group headed out to Majors for a wonderful community lunch together. The excitement began the moment everyone climbed aboard, with the ride filled with laughter, lively conversations, and cheerful energy throughout the trip.

Once everyone arrived, the tables quickly filled with smiling faces, delicious meals, and great company. From crispy fries and onion rings to hearty comfort food favourites, the group enjoyed a relaxing afternoon of sharing stories, catching up with friends, and enjoying the welcoming atmosphere together.

Outings like these are a wonderful reminder of the joy that comes from spending time together and creating meaningful memories within the community. A heartfelt thank you goes out to everyone who joined the trip and helped make the afternoon such a fun and memorable experience.



Residents enjoyed a peaceful and refreshing day outdoors during a recent bird watching outing. The group spent time walking along the lakeside, taking in the beautiful scenery, fresh air, and the sights and sounds of nature all around them. From spotting birds near the water to enjoying quiet moments on the dock and along the shoreline, the outing provided a wonderful opportunity for relaxation, conversation, and connection with the outdoors.

The beautiful weather and calm surroundings made the experience especially enjoyable for everyone who attended. Activities like these encourage residents to stay active, appreciate nature, and create meaningful memories together while exploring the community around them. It was a lovely day filled with smiles, fresh air, and appreciation for the beauty of the natural world.



Lunch at Valhalla

Residents enjoyed a wonderful lunch outing to Valhalla, where they gathered together for delicious food, great conversation, and a relaxing afternoon in the community. The group shared plenty of smiles and laughter while enjoying a variety of tasty meals and spending quality time with friends in a warm and welcoming atmosphere.

Following lunch, residents had the opportunity to explore the local shops and browse through unique items while enjoying the scenic surroundings. The outing provided a perfect chance to socialize, connect, and enjoy a change of scenery outside of the lodge. Special moments like these continue to create meaningful memories and bring joy to everyone involved. A heartfelt thank you to all who helped make the Valhalla lunch outing such a fun and memorable experience for our residents



PIIONEER LODGE

EVENTS AND ACTIVITES



Pampering Our Wonderful Moms This Mother's Day!



A Special Mother's Day Celebration!

We celebrated Mother's Day by pampering our moms with manicures, mimosas, and relaxing massages. Residents enjoyed a wonderful afternoon filled with delicious snacks, laughter, and meaningful moments together. The celebration was full of smiles, relaxation, and great company. A special thank you to our amazing volunteers for helping make this memorable event possible.



JUNE 01, 2026

PIONEER LODGE



Residents' Craft & Keepsake Display

The beautiful table setting featured donated spring flowers and a special gift for our well-deserving moms. It was a lovely way to show them how much they are loved and appreciated.



Pet Therapy, Smile Therapy

We had a wonderful morning visiting with adorable baby goats. The residents thoroughly enjoyed spending time cuddling, petting, and interacting with the playful little animals. There were plenty of smiles and laughter as everyone shared in the joy of the visit. The baby goats loved all the extra attention and snuggles, making it a heartwarming experience for both the residents and our furry visitors.



PIONEER LODGE

EVENTS

ACTIVITIES

JUNE 01, 2026

DIAMOND ART

There is something incredibly special about watching a community come together over a shared passion. This week, our residents rolled up their sleeves, picked up their stylus pens, and dove headfirst into the meticulous, sparkling world of Diamond Art!

If you've never tried diamond painting before, it requires a unique blend of patience, focus, and a steady hand. Piece by piece, tiny resin "diamonds" are placed onto a canvas to create a vibrant, shimmering masterpiece. But beyond the beautiful art itself, the real magic was in the atmosphere of the room.

Looking around, you could see the intense concentration, hear the soft murmurs of encouragement, and witness the beautiful connections being made between generations and friends. Whether it was helping pick out the right color or sharing a laugh over a misplaced gem, it was a beautiful reminder that creativity knows no age.

We are so proud of the focus and talent our residents displayed, and even more proud of the wonderful, supportive community they build together every single day.



JUNE 01, 2026

WILDROSE MANOR EVENTS & ACTIVITIES



MOTHER'S DAY TEA PARTY

Celebrating Our Wonderful Moms! \

We had a beautiful time celebrating our community's incredible mothers, grandmothers, and friends at our annual Mother's Day Tea Party! The room was filled with laughter, bright smiles, elegant hats, and wonderful company. Everyone enjoyed delicious treats, warm tea, and sweet moments spent together making memories. Thank you to everyone who joined us and to our wonderful staff for hosting such a special and heartfelt event!



Mom's Sweet Treats

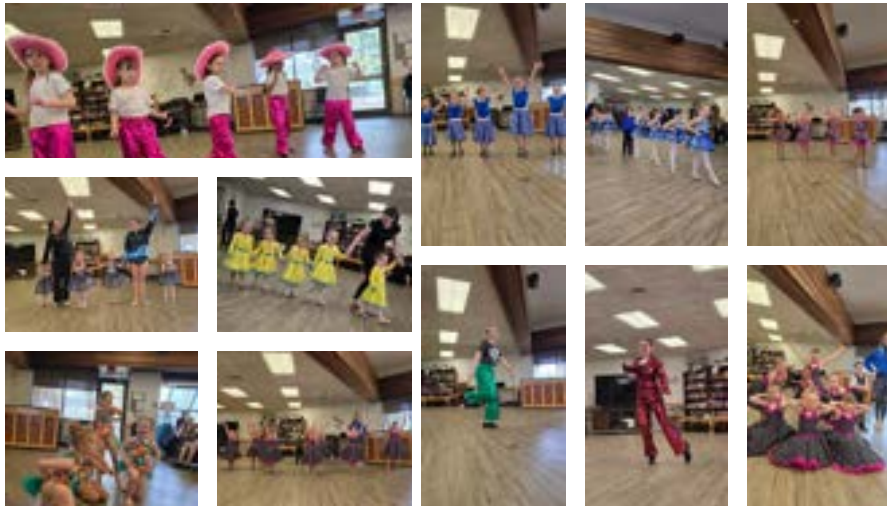
Tokens of Joy and Tea Party Prizes



WILD ROSE MANOR

EVENTS AND ACTIVITIES

JUNE 01, 2026



A SHOWCASE OF STYLE, SPIRIT, AND SMILES

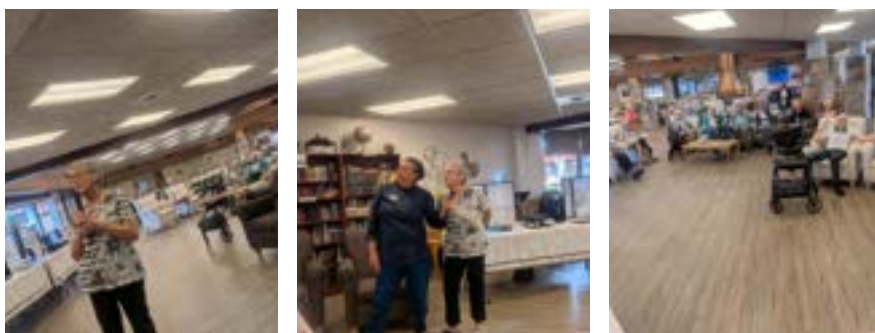
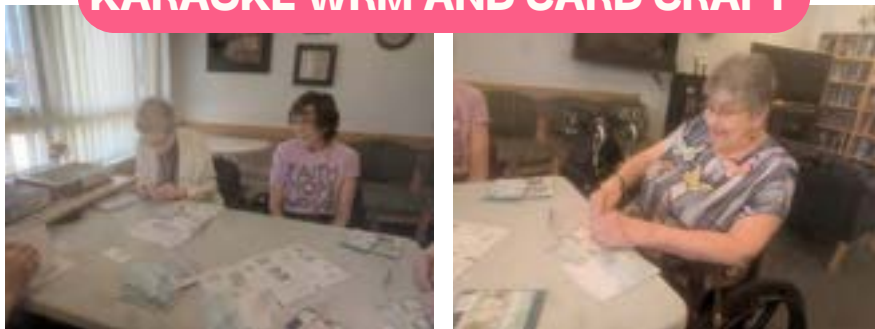
Our talented dancers filled the studio with incredible energy, color, and grace during our recent showcase. From the youngest beginners taking their very first steps to our advanced performers demonstrating precision and poise, every routine brought something magical to the floor. The event highlighted months of dedication, teamwork, and a shared love for movement.

TROYANDA UKRAINIAN DANCERS



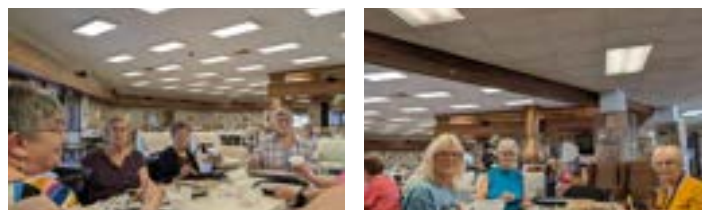
The Troyanda Ukrainian Dancers brought history to life through their passionate performance, keeping vital cultural traditions thriving within our community. Each dance told a unique story of strength, celebration, and unity, passed down through generations. The audience was deeply moved by the group's dedication to preserving and sharing their rich heritage.

KARAOKE WRM AND CARD CRAFT



WRM MODGE PODGE TRAY CRAFT

Our craft room was buzzing with creativity this week as everyone gathered around the tables to work on some wonderful new projects. From assembling decorative trays and peeling colorful diamond art to organizing pictures and beautiful napkins, our community loves staying busy with hands-on activities. It is always a joy to watch these unique pieces come together while enjoying great conversation and shared laughs!



WILDROSE MANOR

JUNE 01, 2026

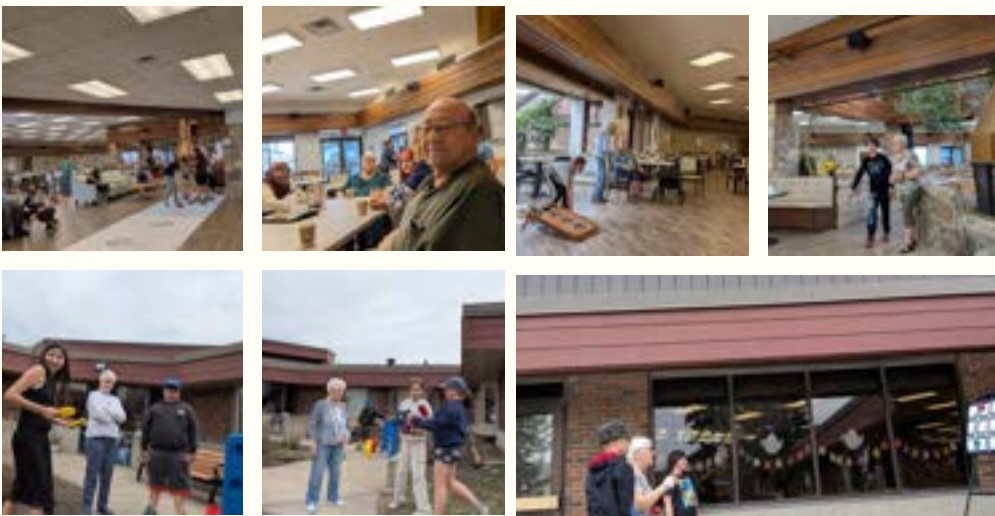
EVENTS & ACTIVITY

Highlights



Flower shadow box craft

Our community was full of color and smiles during our recent crafting session! Everyone let their creativity bloom as they designed and built these gorgeous flower shadow boxes. Using a beautiful mix of colorful paper blooms, leaves, and custom backdrops, each participant created a unique, layered piece of art to take home. Seeing everyone proudly display their finished handmade treasures was the best part of the day!



GRADE 5 ALEXANDER FORBES SCHOOL

A Day of Fun and Games at Alexander Forbes School!

Our Grade 5 students from Alexander Forbes School enjoyed a fantastic day filled with laughter, teamwork, and friendly competition! From testing their skills at indoor games and outdoor cornhole to gathering around the tables and enjoying the fresh air outside, it was the perfect way to build memories together. We love seeing our students stay active, connect with peers, and showcase their wonderful school spirit!

BABY GOATS

Our hearts are completely full after a wonderful visit with some incredibly sweet furry friends! There is truly nothing quite like the therapeutic comfort of holding a cuddly animal close. From gentle lap snuggles to happy tail wags, these special moments brought an abundance of smiles, laughter, and pure joy to everyone in our community.



JUNE 01, 2026

LAKEVIEW LODGE

EVENTS HIGHLIGHTS



MOTHER'S DAY



A MOTHER'S DAY HIGH TEA & CHARCUTERIE GALLERY

We celebrated the incredible mothers in our community with an elegant Mother's Day High Tea Party. The room filled with laughter, shared stories, and the delightful clinking of teacups. It was a beautiful afternoon dedicated entirely to honoring love, family, and connection.

SPECIAL GUEST TESS LETKEMAN PLAYING HARP

Live Harp Performance by Tess Letkeman

Our Mother's Day High Tea featured a spectacular live performance by special guest artist Tess Letkeman. The gentle, cascading notes of her harp filled the room, creating a deeply peaceful and elegant atmosphere for all our guests. Her beautiful music provided the perfect soundtrack to an afternoon dedicated to celebrating mothers.



FOOD FOCUS GROUP LUNCH AT THE GOLDEN STAR

Residents from Pioneer recently gathered for a wonderful Food Focus Group lunch at The Golden Star. This special outing brought everyone together around a long, lively table to enjoy a delicious meal and share valuable feedback. It was the perfect blend of community connection, great conversation, and fantastic food.

LAKEVIEW LODGE EVENTS HIGHLIGHT

JUNE 01, 2026

A MONTH FULL OF COLOR & CREATIVITY

Craft Dress Up Elton John

This unique crafting session gave everyone a chance to step into the glamorous, high-energy world of pop-rock history. Designing iconic, larger-than-life styles encouraged participants to experiment with bold color combinations and multi-media textures. It proved that art is at its best when it is playful, bright, and completely unrestricted.



Our Recent Paint & Sip Afternoon!

There is nothing quite like the joy of trying something new, especially when it involves vibrant colors, great company, and a little bit of creative flair.

Recently, our community space transformed into a bustling art studio for a special Paint & Sip afternoon. Guided by a local instructor, participants traded their usual daily routines for paintbrushes, canvases, and palettes filled with bright acrylics.

Kids from Clairmont school drew our walk path for Mother's Day

If you've taken a stroll outside recently, you've likely noticed a spectacular burst of color right beneath your feet.

To celebrate Mother's Day, we had some incredibly special visitors drop by. Students from Clairmont School took to our outdoor walkways with handfuls of chalk and a massive amount of creativity, turning our ordinary pavement into a stunning, vibrant mosaic!



FRIDAY HAPPY HOUR FUN!



There is no better way to wrap up a busy week than with good music, delicious refreshments, and the best company around! Our recent Friday Happy Hour was an absolute blast, turning the main lounge into the ultimate social hub. The room was buzzing with high energy, clinking glasses, and nonstop laughter as residents gathered together to unwind and kick off the weekend in style.

Baby Goats visit to the Lodge of lakeview was a hit



The lounge was filled with absolute joy recently when some incredibly sweet, furry visitors dropped by! The baby goats' visit to the Lodge of Lakeview was an absolute hit with everyone.

Residents got up close and personal with the playful kids, enjoying plenty of cuddles, gentle pets, and sweet moments that brought smiles to every face in the room. There's truly nothing quite like animal therapy to lift everyone's spirits and completely brighten the day!

LAKEVIEW LODGE

EVENTS HIGHLIGHTS



TROYANDA UKRANIAN DANCE GROUP

It was a full house recently as we welcomed the spectacular Troyanda Ukrainian Dance Group for a live cultural performance.

Residents thoroughly enjoyed clapping along to the lively folk music and admiring the brilliant colors of the traditional garments. Beyond the incredible dancing, it was wonderful to see generations connect through art, storytelling, and movement. The troupe's bright smiles and electric energy left everyone feeling uplifted and inspired. Thank you, Troyanda, for a truly magical afternoon!

NAIL SALON AND BEAN BAG TOSS GAME



Residents enjoyed a fun-filled day with a relaxing nail salon session and an exciting bean bag toss game. From colorful manicures and self-care moments to friendly competition and laughter, the activities brought plenty of smiles and positive energy to the community. Events like these are a wonderful way for everyone to socialize, stay active, and enjoy meaningful time together in a cheerful and welcoming atmosphere.

PEACE REGION GIRLS CHOIR

The Peace Region Girls Choir delivered a beautiful performance that filled the room with music, energy, and joy. Residents and guests enjoyed an afternoon of wonderful singing as the talented young performers shared their voices and brought smiles to everyone in attendance. Their confidence, harmony, and passion created a truly special atmosphere that was appreciated by all who watched. A heartfelt thank you to the Peace Region Girls Choir for sharing their time and talent and helping create such a memorable experience for the community.



GRANDE 8 CLAIRMONT SCHOOL INTERVIEWING OUR RESIDENTS



Residents recently welcomed students from Grande & Clairmont School for a special visit filled with conversation, connection, and shared stories. The students spent time interviewing residents, creating meaningful interactions that brought smiles and laughter throughout the room. It was a wonderful opportunity for different generations to learn from one another, share experiences, and build lasting memories together. A heartfelt thank you to the students and staff for taking the time to visit and brighten everyone's day.

CELEBRATING VICTORIA DAY DONUTS & PIMM'S- ENGLISH DRINK



Residents came together to celebrate Victoria Day with a wonderful afternoon filled with delicious donuts, refreshing Pimm's, and even better company. The gathering brought everyone together in a warm and cheerful atmosphere, with plenty of laughter, conversation, and shared moments throughout the event. From catching up with friends to simply enjoying the lively energy in the room, it was a lovely opportunity for residents to relax, connect, and celebrate the holiday together. Special moments like these continue to create meaningful memories and strengthen the sense of community among everyone who attended.



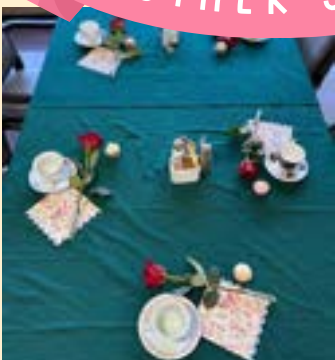
HERITAGE LODGE

EVENTS AND HIGHLIGHTS

MOTHER'S DAY

MOTHER'S DAY CELEBRATION

Mothers at Heritage Lodge were celebrated with a beautiful and heartwarming Mother's Day gathering filled with delicious food, thoughtful gifts, and wonderful fellowship. Residents, families, and staff came together to honour the amazing mothers and mother figures in our community during a lovely afternoon of connection and appreciation. Guests enjoyed a delightful high tea experience featuring an assortment of sweet treats, refreshments, and a delicious lunch shared among friends and loved ones. The celebration also included beautiful roses, exciting prizes, and special OMG cupcakes that added an extra touch of sweetness to the day. The room was filled with smiles, laughter, and meaningful conversations as everyone spent quality time together and reflected on the love, care, and memories that mothers bring into our lives.



Events like these are a wonderful reminder of the importance of celebrating one another and creating joyful moments within the community. A heartfelt thank you goes out to everyone who helped organize and make this special day so memorable for our residents and guests. More photos from our Mother's Day Tea event at Heritage Lodge capture the warmth, happiness, and togetherness shared throughout the celebration.



HERITAGE LODGE

EVENTS AND ACTIVITIES



BABY GOATS CAME FOR A VISIT AT HERITAGE LODGE!

Baby goats brought plenty of smiles and excitement during their special visit to Heritage Lodge! Residents enjoyed spending time petting, cuddling, and interacting with the friendly little visitors while sharing laughter and conversation with one another. The visit created a warm and joyful atmosphere throughout the lodge, giving everyone a chance to enjoy a fun and unique experience together. Animal visits like these always brighten the day and create meaningful moments that residents truly enjoy and remember.

JUNE 01, 2026

PLEASANT VIEW LODGE

EVENTS AND ACTIVITIES

EASTWEST WOKING 4H MOTHER'S DAY TEA

Residents enjoyed a wonderful time gathering together for an afternoon of conversation, laughter, and fellowship. The room was filled with smiles as everyone shared coffee, treats, and meaningful moments with friends and staff. Events like these help create a warm and welcoming community where residents can connect, relax, and enjoy each other's company.



BLOOMING TOGETHER AT MASTER POINT

Residents are welcoming the season with beautiful flowers and a touch of creativity at Master Point. From planting colourful blooms to spending time outdoors enjoying the fresh air, activities like these bring joy, relaxation, and a sense of accomplishment to the community. The vibrant planters are a wonderful reminder of the care, teamwork, and pride shared by everyone who helps make the outdoor spaces feel warm and inviting.

PLEASANT VIEW LODGE

EVENTS AND ACTIVITIES

Joy in Every Generation



In our community spaces, we frequently gather for collaborative, circular discussions. These circles serve a profound purpose: bringing together people of different ages, backgrounds, and life stages to share their unique perspectives. Whether it is residents mentoring younger generations, or family members gathering to reminisce, these conversations carry immense emotional value.

Sitting comfortably together in an inclusive circle removes social barriers and encourages open communication. For our seniors, these interactions act as a beautiful spark—providing a distinct sense of vitality, fighting social isolation, and offering a platform to pass down decades of wisdom, career advice, and personal histories. For the younger participants, these moments build profound empathy, patience, and a deep appreciation for the living history right in front of them. It is a powerful reminder that our voices and our stories retain their beauty and value at every single stage of life.