

August 01, 2026

GRANDE SPIRIT FOUNDATION

THE NEWSLETTER FOR THE FAMILY & FRIENDS OF THE GSF



WELCOME TO OUR AUGUST NEWSLETTER!

August is a month of momentum—a time to celebrate the progress we've made, embrace new opportunities, and continue building strong connections within our community. As we move through the final stretch of summer, we're excited to share important updates, upcoming events, and stories that highlight the people and initiatives making a positive impact.

We hope this month's edition keeps you informed, inspired, and engaged. Thank you for taking the time to stay connected with us. Wishing you a productive, enjoyable, and memorable August!

EVENTS AND HIGHLIGHTS

FROM:

- **GSF BUS TRIP**
- **HERITAGE LODGE**
- **LAKEVIEW LODGE**
- **PIONEER LODGE**
- **PLEASANT VIEW LODGE**
- **WILDROSE MANOR**

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GSF BUS TRIP

EVENTS & ACTIVITY



Muskoseepi Park

There is nothing quite like a bright, sunny day spent out in nature. This photo collage perfectly captures what true community inclusion is all about. From tapping along to live outdoor music to exploring the beautiful paved paths, every moment highlights independence, joy, and shared experiences.

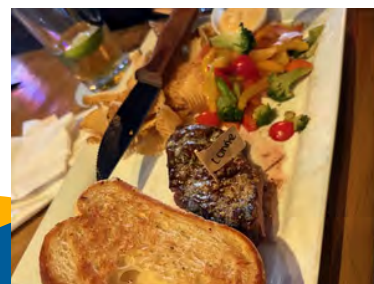


A Fantastic Group Outing to The Old Trapper!

Nothing brings a group together quite like incredible food and great company! Our recent excursion to The Old Trapper Restaurant was an absolute delight.

The fun started early with a lively group transit ride over, followed by a wonderful lunch filled with hearty dishes, classic comfort food, and endless smiles around the table.

From the first bite to the final group photo outside, it was a day to remember. Thank you to the wonderful staff at The Old Trapper for hosting us so beautifully!



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GSF BUS TRIP

EVENTS & ACTIVITY



BUS TRIP TO MOONSHINE LAKE

There is nothing quite like a day spent by the water with great company. Our recent group trip to Moonshine Lake was a huge success, filled with blue skies, fresh air, and plenty of smiles.

From casting lines off the floating docks to enjoying a relaxing group lunch under the pavilion, it was the perfect summer escape. A huge thank you to everyone who joined us and made this trip so memorable!

HERITAGE LODGE

Events & Activities

CANADA DAY DECORATING



CANADA DAY DINING



BACKYARD BUDDIES: A PERFECT SWING



There is something truly irreplaceable about the friendships that stand the test of time. In a world that constantly rushes from one thing to the next, finding a moment to sit down, unplug, and just talk is a rare treasure.

This photo captures exactly what weekends are meant for: good company, long conversations, and the perfect backyard sanctuary. Sitting face-to-face on this canopy glider, swapping old stories and creating new ones, reminds us that the best moments in life aren't complicated.

They don't require fancy venues or big travel plans—just a comfortable seat, a shaded breeze, and a lifelong friend who knows you better than anyone else.



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HERITAGE LODGE



EVENTS & ACTIVITIES

CONNECTION OVER CARDS



PAINTED ROCKS & SMILING FACES



A MILESTONE MOMENT: CERTIFICATE CEREMONY

We are thrilled to celebrate the incredible achievements of our team members! Hard work, dedication, and a commitment to excellence truly pay off.

This week, we gathered to officially recognize and honor these outstanding individuals with well-deserved certificates of achievement. From the formal presentations to sharing a sweet treat at the celebration table, it was a wonderful opportunity to reflect on their milestones and thank them for their continuous contributions to our community.



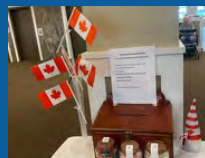
LAKEVIEW LODGE

EVENTS & ACTIVITIES



Canada Day Highlights

Our community was painted red and white as we came together to celebrate Canada Day! From festive dining hall decorations to crafting custom maple leaf art and waving our flags proud, it was a day filled with laughter, shared stories, and incredible community spirit.



We loved seeing everyone dressed up, smiling, and bringing so much energy to our celebrations. Moments like these remind us how wonderful it is to gather, connect, and appreciate our shared heritage together.

Celebrating Canada Day with Free Bingo and Our Amazing Volunteers!

We had an absolute blast celebrating with a special round of Free Bingo! A huge shoutout and thank you to our wonderful volunteer, Susan, for hosting such a fun-filled day and keeping everyone's spirits high. We couldn't do it without you!



The Beautiful Gift of Friendship

They say that friends are the family we choose for ourselves. Looking at the smiling faces in our community, it is easy to see why!

True friendship brings light into our lives, offers a helping hand when we need it most, and gives us endless reasons to smile. Whether it is sharing a warm cup of coffee, taking a stroll together, or simply sitting down for a good heartfelt chat, these everyday moments are what make our community feel like home.



LAKEVIEW LODGE

EVENTS & ACTIVITY



LIFE IN RHYTHM

Our community is full of care, connection, and lively energy every afternoon. Our dedicated staff serves delicious meals and warm coffee with a smile in the dining room, while residents enjoy active movement and socializing right next door in the lounge. We are deeply grateful for our incredible team and residents who work together to make our community feel like home.



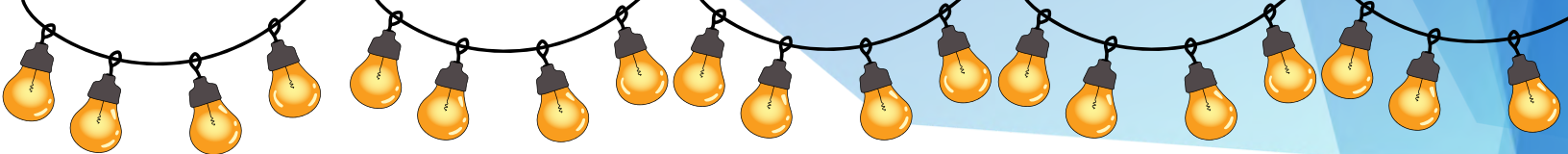
FITNESS FUN FOR EVERYONE

Our community members brought amazing energy to our latest exercise session. Staying active is so much more fun when we do it together! From gentle stretching to strength building, everyone did a fantastic job keeping their bodies moving and healthy.

FLOWERS IN FULL BLOOM

Our outdoor garden beds and planters are absolutely thriving with beautiful petunias, marigolds, and lush greenery. There is nothing quite like a stroll past these vibrant, bright blossoms to instantly lift your spirits and brighten up the day.





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PIONEER LODGE

EVENTS AND ACTIVITIES



CRAFTING BEAUTIFUL HONEYCOMB ART TOGETHER

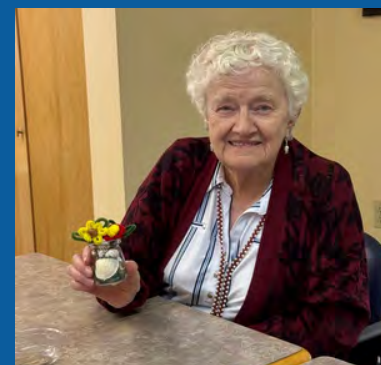
Our community was a total hive of creativity today! Everyone gathered around the crafting table to design and paint these beautiful, bright honeycomb art pieces. From mixing the perfect shades of yellow to adding delicate floral touches, our residents showed off some incredible artistic talent.

Activities like this are the perfect way to exercise fine motor skills, express creativity, and catch up with friends. A sweet thank you to everyone who buzzed on by to participate!

CREATING JOYFUL HANDMADE MASTERPIECES

Our residents had a wonderful time twisting, shaping, and designing these vibrant pipe cleaner flowers. Placed inside beautifully tied mason jars, these cheerful creations are the perfect handmade masterpieces to brighten up any room.

Engaging in tactile activities like this is a fantastic way to boost fine motor skills, exercise finger dexterity, and encourage self-expression. Best of all, the shared stories and laughter around the table made the afternoon truly special!





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PIONEER LODGE

EVENTS AND ACTIVITY



ENJOYING THE SUNSHINE WITH OUR WALKING CLUB!

The best view is the one shared with friends! Our walking club laced up their sneakers and headed outdoors to enjoy some fresh air, warm sunshine, and wonderful conversation. Walking in a group is a fantastic, low-impact way to boost cardiovascular health, improve joint mobility, and keep energy levels high.

Look at all those smiling faces and great strides! A big thank you to everyone who joined us to get their steps in and keep our community moving forward together.



Celebrating Milestones

Success is a team effort, and today we're celebrating some incredible milestones!

We are thrilled to share these proud moments from our recent community recognition. Holding these beautifully framed certificates and official proclamations reflects the dedication, hard work, and heart that go into everything we do.

Moments like these remind us how fortunate we are to have individuals who consistently go above and beyond to make our community shine. Those proud smiles and enthusiastic thumbs-up say it all—we couldn't be prouder!



PLEASANT VIEW LODGE

EVENTS AND ACTIVITIES

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BRIDGING GENERATIONS: A DAY OF SMILES, GAMES, AND DANCE!



Our hearts are completely full after today's special event! We were absolutely thrilled to welcome a wonderful group of children into our community for a day filled with laughter and connection. From sharing cozy chats, smiles, and games in the lounge to lining up for some fun group dances and activities, the energy in the room was pure joy.

Multi-generational visits like this bring so much life, laughter, and bright energy to our residents, reminding us all of the beautiful bonds that connect us across ages. A huge thank you to our young friends for making today so incredibly special!



SMILES AND SOCIAL TIME AT THE BISTRO BAR

The bistro is always the heart of our community! Whether lining up for a fresh morning brew, gathering around tables for a lively chat, or being served with a smile by our wonderful team, coffee hour is our favorite way to connect. There is nothing quite like starting the day with a warm cup and even warmer company!



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PLEASANT VIEW LODGE

EVENTS AND ACTIVITY



RESIDENT GARDENS AT PVL

It's great to see the residents of PVL cultivating these vibrant gardens and flowerpots. They have transformed their spaces into lush areas filled with a variety of vegetables, including corn, potatoes, and carrots and more.



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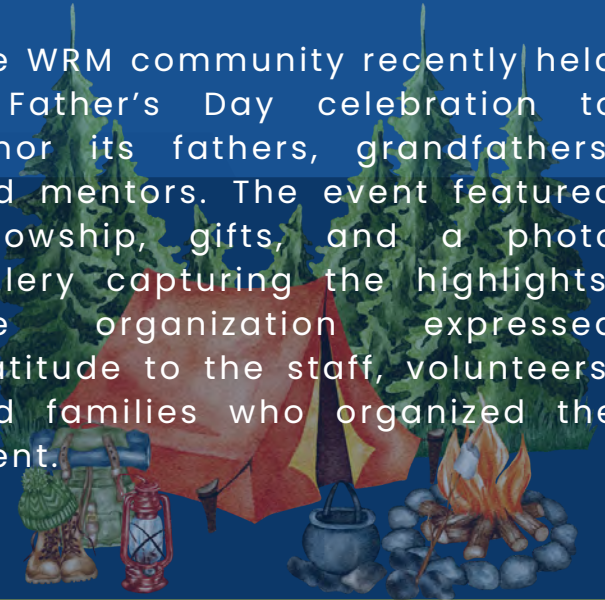
WILDROSE MANOR

EVENTS & ACTIVITIES



CELEBRATING FATHER'S DAY AT WRM!

The WRM community recently held a Father's Day celebration to honor its fathers, grandfathers, and mentors. The event featured fellowship, gifts, and a photo gallery capturing the highlights. The organization expressed gratitude to the staff, volunteers, and families who organized the event.



"WRM INTER-LODGE SOCIAL"

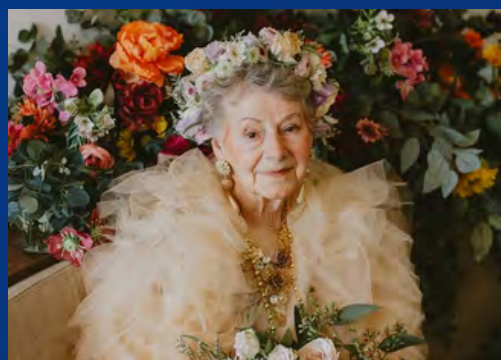
WRM recently hosted a multi-lodge gathering in the community lounge to foster connection and fellowship among its residents. The event brought old friends and new neighbors together for tabletop conversations and fireside relaxation. The organization credited its residents and staff for making the social gathering a success.



WILDROSE MANOR

EVENTS & ACTIVITY

CELEBRATING EXTRAORDINARY WOMEN: GLAMOUR AND JOY AT WRM

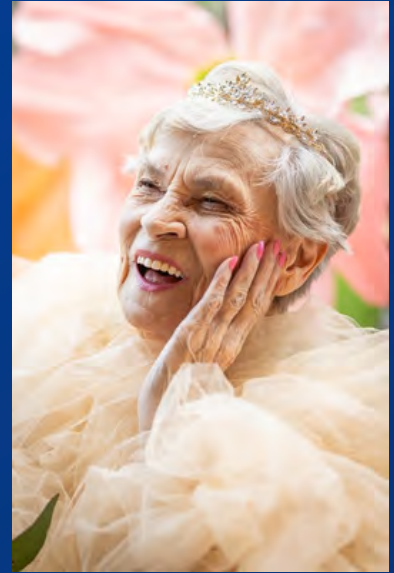


Age is just a number, but style, confidence, and joy are eternal! Our community recently came together for a spectacular celebration filled with laughter, vibrant colors, and unforgettable glamour.

From stunning crowns and floral headpieces to elegant capes and feather boas, the extraordinary women of WRM truly took center stage. This beautiful event was a powerful reminder of the strength, wisdom, and radiant joy that our residents bring to our community every single day.

CELEBRATING EXTRAORDINARY WOMEN: GLAMOUR AND JOY AT WRM

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WILDROSE MANOR

EVENTS & ACTIVITIES

COMMUNITY IN ACTION

We had an incredible day at WRM bringing together volunteers of all ages for a wonderful cause. From packing boxes and organizing supplies to working side-by-side at the tables, the teamwork and community spirit were on full display.

Moments like these remind us how much we can achieve when we unite to support others.



GRATITUDE & CELEBRATION

WRM recently hosted a heartfelt outdoor appreciation event under beautiful summer weather. Residents and staff gathered for floral presentations, commemorative signs, and group photography. The celebration highlighted the deep emotional bonds and positive individual impact within the WRM community.



WILDROSE MANOR

EVENTS AND ACTIVITIES

BRINGING THE HEAT: FUN TIMES AT WRM

Things got a little warm in our community this week! We had some very special firefighter guests drop by to visit our wonderful residents. Between the flexing, the laughs, and all the blushing smiles, it is safe to say this surprise visit was an absolute hit.

The ladies were absolutely thrilled, and the energy in the room was unforgettable!



EXPRESSING CREATIVITY AT WRM

highlights the vibrant spirit of our residents as they explore their artistic talents together. From detailed hand-painted crafts to colorful group projects, these sessions are filled with focus, laughter, and a wonderful sense of shared accomplishment.

