

JULY 01, 2026

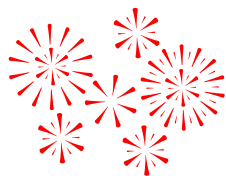
GRANDE SPIRIT FOUNDATION

THE NEWSLETTER FOR THE FAMILY & FRIENDS OF THE GSF



WEDNESDAY

HELLO JULY: SUMMER IS HERE



As we welcome July, we celebrate the people, friendships, and community that make Grande Spirit Foundation feel like home.

This edition features highlights from June, including our Seniors' Week celebrations, wellness events, milestone celebrations, community walks, and opportunities for residents to connect with family, friends, and one another.

As we celebrate Canada's birthday, we're reminded that strong communities are built through kindness, respect, and meaningful connections. Thank you to our residents, families, volunteers, and staff for making each day brighter.

We hope you enjoy this month's highlights and wish everyone a Happy Canada Day and a wonderful July!

EVENTS AND HIGHLIGHTS

FROM:

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

WWW.GRANDESPIRIT.ORG

GSF BUS TRIP

EVENTS AND ACTIVITY

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FATHER'S DAY CLASSIC CAR SHOWCASE

Our Father's Day celebration was made even more special with a Classic Car Showcase, bringing a wonderful collection of vintage vehicles to Pioneer Lodge. Residents enjoyed exploring the beautifully restored cars while reminiscing about past road trips, first cars, and fond memories shared with family and friends.

The showcase sparked meaningful conversations, laughter, and plenty of smiles as everyone admired the timeless designs and craftsmanship of these classic automobiles. It was a wonderful opportunity to celebrate the fathers and father figures in our community while taking a trip down memory lane.

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DIEPPE MANOR

EVENTS & ACTIVITY



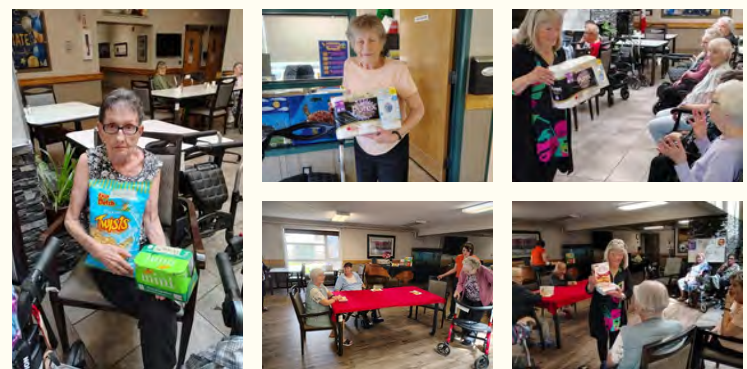
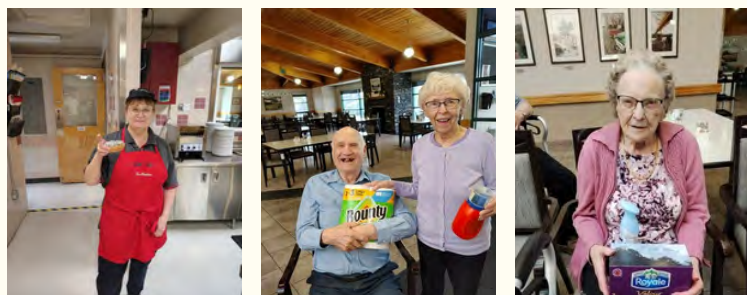
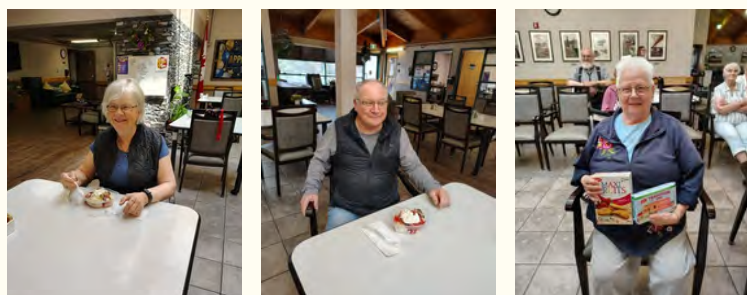
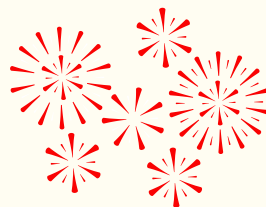
PLANTS AND OUTDOOR SPACE

With the beautiful weather here, our residents have been making full use of our newly blooming Plants and Outdoor Space. The facility features beautifully landscaped gardens, vibrant plant arrangements, and inviting patio areas complete with comfortable seating and wooden pergolas. These outdoor spaces are intentionally designed to offer a peaceful, sensory-rich environment where residents can garden, socialize, or simply enjoy a quiet moment surrounded by nature. Research shows that regular access to green spaces greatly improves emotional well-being, reduces stress, and promotes physical mobility among seniors. We invite all families to come sit and enjoy the gardens with their loved ones during their next visit!

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HERITAGE LODGE

Events and Activities



Seniors Week

Seniors Week at Heritage was filled with fun and laughter as contestants were told to "Come on Down" to win a prize on the Price is Right. Residents were also treated to Tim Hortons Coffee and a donut from Crooked Creek as well as banana splits during the week. Fun time was had at Heritage Lodge as residents became contestants on the "Price is Right" and all members of the audience got banana splits afterwards.



Seniors Week Decorations

A beautiful environment elevates every experience. To mark the beginning of Seniors Week, our team put together a wonderfully decorated dining room to welcome our residents for the festivities.

Creating vibrant, welcoming spaces is just one of the ways we show our appreciation for our seniors every single day. We are looking forward to a fantastic week filled with activities, connection, and celebration.

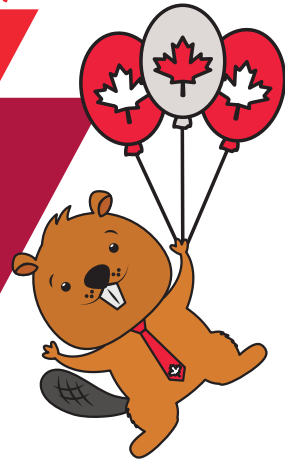


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HERITAGE LODGE

Shadow Boxes



Residents from Heritage Lodge made beautiful shadow boxes with Nadeene. Creativity was in full bloom at Heritage Lodge! Our residents had a wonderful time crafting these beautiful, personalized shadow boxes alongside Nadeene. Each unique piece is filled with vibrant colors, memories, and incredible detail. Swipe to see their proud, smiling faces and amazing handiwork!

A Memorable Celebration of Service and Commitment

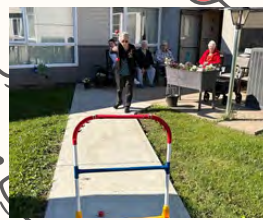
A special celebration was held at Heritage Lodge to recognize two remarkable milestones within our community. We proudly celebrated Janice's 25th anniversary and Louella's 5th anniversary with GSF, honouring their dedication, commitment, and the positive impact they have made over the years.

The occasion brought together colleagues, friends, and residents to share in this meaningful achievement and express appreciation for their hard work and contributions. Milestones like these are a testament to the relationships, care, and service that help make our community such a special place.



HERITAGE LODGE

EVENTS AND ACTIVITIES



MAKING MEMORIES THIS FATHER'S DAY

Father's Day was a heartfelt celebration filled with laughter, friendship, and meaningful moments as we honoured the wonderful fathers and father figures in our Heritage Lodge family. Residents gathered together for an afternoon of engaging games, friendly conversation, and shared stories, creating an atmosphere of joy and connection. It was a wonderful opportunity to reflect on the many memories, life lessons, and experiences our fathers have shared throughout the years.

The celebration continued outdoors with a relaxing walk in the fresh air, where residents enjoyed the beautiful weather and each other's company. These simple moments of togetherness remind us that the greatest gifts are often time spent with friends, sharing a smile, reminiscing about cherished memories, and making new ones along the way.

Father's Day is more than just a celebration—it's a chance to recognize the strength, wisdom, kindness, and unconditional love that fathers and father figures have given to their families and communities. Their stories, guidance, and unwavering support have left lasting impressions on generations, and we are honoured to celebrate the remarkable men who continue to inspire us every day.

LAKEVIEW LODGE

EVENTS AND ACTIVITIES



QUEENS RODEO DURING SENIOR WEEK



I would like to share some photos from Lakeview Lodge during Seniors Week, as well as from the Rodeo Queens' visit with our residents.

Bringing the spirit of the West to our favorite generation!

For Senior Week, the local Rodeo Queens stopped by to spread some country cheer, and it's safe to say everyone had a blast. From sharing stories and playing intense tabletop games to hitting the hardwood floor for some partner dancing, these moments of connection are what community is all about.

A huge thank you to these incredible young women for their time, bright smiles, and beautiful energy. You truly made it a week to remember!



SENIOR WEEK DAILY PRIZE WINNER

Our annual Seniors' Week celebration is officially underway, bringing excitement and joy across our community. This special week is a wonderful opportunity to recognize and celebrate the wisdom, resilience, and contributions of our incredible residents. To kick off the festivities, we held daily surprise raffles, with lucky winners receiving thoughtfully curated gift baskets filled with local treats, cozy essentials, and community favorites.

BELLY DANCER ENTERTAINMENT



Our communal hall transformed into a stage of vibrant color and rhythm this week as we welcomed a professional belly dancer for an afternoon of live entertainment!



Residents gathered to enjoy a mesmerizing performance featuring traditional movements, music, and colorful silk fan veils. The energetic routine filled the room with excitement as residents clapped along and shared plenty of smiles. Events like these bring meaningful cultural experiences and joy to our community.

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LAKEVIEW LODGE EVENTS AND ACTIVITIES



Beverage and snacks

Our recent event wrapped up on a sweet note with a wonderful "Beverage and snacks" social hour! A beautifully arranged refreshment station featured an array of cookie platters, assorted snacks, and a dispenser of fresh, chilled orange juice. Residents and families took the time to mix, mingle, and unwind together after the main festivities. Thank you to our culinary and hospitality teams for putting together such an inviting spread for everyone to enjoy!



Banana Split

Our community enjoyed a delicious trip down memory lane this week with a special "Banana Split" dessert social! Our staff donned festive aprons to scoop and assemble the classic treats, featuring fresh bananas, premium ice cream, whipped cream, chocolate syrup, and a cherry topping. Residents gathered in the common area to enjoy their custom desserts and chat with neighbors. It was a wonderful, lighthearted afternoon that brought plenty of smiles and nostalgic stories to the room!

Suncatchers craft

Learn about the innovative technologies we're deploying to improve energy efficiency and reduce operational costs. From AI-driven data analysis to advanced seismic imaging, see how we're leveraging technology to optimize our processes and reduce our footprint.



Nail Parlour

A little pampering goes a long way!

Our community space transformed into a relaxing "Nail Parlour" today for a special manicure day. There is nothing quite like a fresh coat of polish, a soothing hand massage, and some great conversation to make our residents feel extra special, polished, and pampered.



LAKEVIEW LODGE

Events and Activities

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LEARNING ABOUT PALLIATIVE CARE IN NORTHWEST ALBERTA



Community education helps strengthen local healthcare and support networks. We recently hosted the Albertan Northwest Palliative Care Presentation, where attendees learned about compassionate care, available resources, and community support. Thank you to our presenters and everyone who joined this important session.

DOG THERAPY



Our Dog Therapy session brought plenty of smiles, comfort, and wagging tails to our residents. Therapy animals help lift spirits, reduce stress, and create meaningful moments. Thank you to our wonderful volunteers and furry friends for making the day so special!

HORSE RACE GAME



SUPPORTING THE ALZHEIMER SOCIETY WALK



Our facility grounds were full of energy this week as residents, families, and staff gathered for our Walk Around the Building for the Alzheimer Society. On a bright and sunny afternoon, participants walked the perimeter of the facility to show solidarity, raise awareness, and support vital regional Alzheimer's care and research programs. Physical activities like walking are a cornerstone of our wellness initiatives, and tying them to such an impactful cause made the day incredibly meaningful. Thank you to everyone who joined the walk or donated to the initiative!

KIDS PIANO RECITAL



LAKEVIEW LODGE

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EVENTS AND ACTIVITIES



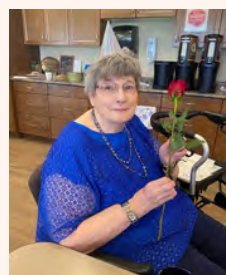
A DAY OF APPRECIATION FOR OUR FATHERS

Our Father's Day celebration was a wonderful opportunity to recognize and honour the incredible fathers and father figures in our LakeView Lodge community. Residents gathered together for a delicious luncheon, enjoying a specially prepared meal while sharing laughter, stories, and meaningful conversations with friends, family, and staff. The celebration was filled with festive decorations, warm smiles, and great entertainment, creating a joyful atmosphere for everyone. From enjoying a delicious meal to spending quality time together, every moment reflected the appreciation and gratitude we have for the men who have touched so many lives through their love, wisdom, and guidance.

A SPECIAL DAY FOR OUR JUNE CELEBRANTS

June was a month of joy, laughter, and celebration as we gathered to recognize our wonderful residents celebrating their birthdays. Friends, family, staff, and fellow residents came together to make the day truly memorable with festive decorations, delicious treats, music, and plenty of smiles.

The celebration was filled with warm wishes, shared laughter, and meaningful moments as everyone enjoyed each other's company. It was a wonderful opportunity to honour our June celebrants and celebrate the many memories, friendships, and experiences that make our LakeView Lodge community so special.



DESSERT HILL RANCH

Residents enjoyed a wonderful outing to Dessert Hill Ranch, where they spent time exploring the beautiful surroundings and taking in the fresh country air. The visit provided a refreshing change of scenery and an opportunity to connect with nature while creating meaningful memories together.

From sharing conversations to enjoying the peaceful atmosphere, the outing was filled with smiles, laughter, and great company. These community excursions offer residents the chance to stay active, experience new places, and strengthen friendships beyond LakeView Lodge.

PIONEER LODGE

EVENTS AND ACTIVITIES

MAKING TRACKS, MAKING MEMORIES



A journey is always more meaningful when shared with good friends. Our Seniors Week Trip was filled with laughter, conversation, and memorable moments as participants explored the community and enjoyed time together.

From sharing stories over lunch to taking in local sights and attractions, the day offered plenty of opportunities to connect, reminisce, and create new memories. These outings remind us that adventure has no age limit and that some of life's greatest treasures are the friendships we build along the way.

Thank you to everyone who joined us and helped make this trip such a wonderful experience. Here's to many more adventures, shared smiles, and lasting memories ahead!



SENIORS WEEK HIGHLIGHTS

SENIORS WEEK VETERANS MEMORIAL GARDEN

As part of Seniors Week, participants enjoyed a meaningful visit to the Veterans Memorial Garden, taking time to reflect, connect, and appreciate a place dedicated to remembrance and gratitude. The outing provided an opportunity to enjoy the beauty of the gardens, share stories, and spend time together in a peaceful setting. Moments like these remind us of the importance of honouring those who served while celebrating the friendships and connections that bring our community together.



BRIDGING GENERATIONS!

One of the highlights of Seniors Week was the opportunity to bring generations together through creativity, conversation, and shared experiences. Participants from Clairmont School and Wellington Centre enjoyed spending time together, building connections and learning from one another. The event was filled with smiles, meaningful interactions, and moments that demonstrated the value of community across all ages. From creative activities to engaging conversations, everyone left with new memories and a greater appreciation for the relationships that unite us.





PIONEER LODGE EVENTS AND ACTIVITIES

Seniors Week: Celebrating Friendship and Community



Senior Week was filled with laughter, friendship, games, treats, and special moments. Thank you to everyone who joined us in celebrating our amazing seniors and making this week so memorable. Here's to creating connections and enjoying life's simple joys together!

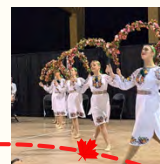


Celebrating the wisdom, stories, and friendships that make our senior community so special. Senior Week was a beautiful reminder that joy has no age limit. Thank you to everyone who joined us for a week full of fun, connection, and unforgettable memories.

The dance floor was filled with energy, laughter, and unforgettable moments as friends gathered to celebrate Seniors Week. From lively entertainment and dancing to meaningful conversations and shared memories, it was a wonderful day dedicated to recognizing and appreciating the seniors who enrich our community.

Thank you to everyone who attended and helped create such a warm and welcoming atmosphere. Together, we celebrated friendship, connection, and the joy of being part of a vibrant community.

Seniors Week Dance & Social



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Pioneer Lodge

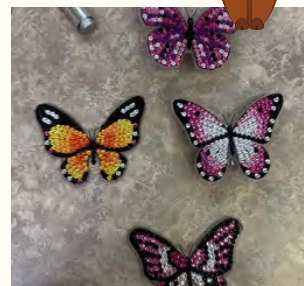
EVENTS AND ACTIVITIES



PAINTING BEE

Residents had a wonderful time painting bee boxes made by the Men's Shed. In the coming weeks, the boxes will be installed around the community to help create habitats for bees and support the growth of local bee populations. Creativity and community came together during our Painting Bee activity, where participants decorated bee boxes that will soon be installed throughout the community. Each box was uniquely designed, showcasing artistic talent while supporting an important environmental initiative.

Once placed, these bee boxes will help create habitats for local pollinators, contributing to the health and growth of our natural environment. The project provided a wonderful opportunity to learn, create, and make a positive impact on the community.

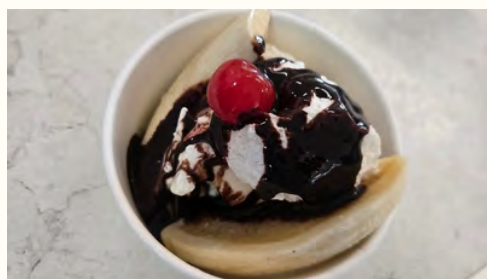


DIAMOND ART

Adding a little sparkle to our week at Pioneer Lodge! A few of our residents tried Diamond Art for the very first time, creating beautiful butterfly designs to display on their windows or mirrors. It was a little tricky at first, but once they got the hang of it, smiles were all around! Using colorful, shimmering rhinestones and precision tools, everyone thoroughly enjoyed the creative challenge. Diamond Art is not only fun but also offers a relaxing way to improve focus and fine motor skills. We loved seeing the proud, smiling faces and their beautiful completed masterpieces!

BANANA SPLIT

Our residents thoroughly enjoyed indulging in tasty banana splits while spending time with friends and neighbors. The excitement grew when a special visitor arrived and entertained everyone with some playful monkeying around. There were plenty of laughs, smiles, and photo opportunities as residents embraced the fun atmosphere. It was a delightful afternoon that brought joy, laughter, and a sense of community to everyone involved.



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Pleasant View Lodge

EVENTS AND ACTIVITIES

Seniors Week

Starting off Seniors Week at Pleasant View Lodge on a sweet note!

We kicked off our celebrations with some wonderful social time, lively conversations, and of course a tray of delicious, fresh donuts! It was the perfect opportunity for our residents to gather in the lounge, connect, and enjoy a sweet treat together.

We love celebrating our incredible residents every day, but this week is extra special. Stay tuned to see what else we have planned for the rest of the week!



Savanna Jr High Band Performance



Music filled the halls of Pioneer Lodge today!

We were absolutely thrilled to host the incredibly talented students from Savanna Jr High for a special band performance. Our residents had a front-row seat to an afternoon of beautiful melodies, hard work, and spectacular school spirit.

Bringing different generations together through music always brings out the biggest smiles. A massive thank you to the students and their director for sharing their amazing talents with us today!

Tea, Treats, and Togetherness

Pinkies up for a very special celebration at Pleasant View Lodge

We had the absolute pleasure of hosting the EastWest Working 4H Club for a beautiful Mother's Day Tea. Our lounge was filled with sweet treats, warm tea, and even warmer conversations as the wonderful 4H youth spent quality time honoring and socializing with our residents.

Intergenerational events like this truly make our community shine. A huge thank you to the EastWest Working 4H Club for your kindness, hospitality, and for making our Mother's Day celebrations so memorable!



A Special Day with St. Marie School



Youthful energy meets seasoned experience!

Our residents at Pleasant View Lodge had a fantastic day hosting a special St Marie School Visit. The students completely brightened up the building, stepping right onto the floor to play a friendly, high-spirited game of floor curling with our residents!

After the matches, everyone gathered in the lounge to sit, chat, and share stories. These intergenerational days are incredibly special to us. Thank you so much to the wonderful students and staff from St Marie School for a memorable day of play and friendship!

Dunvegan Days & Smiling Faces

Our residents at Pleasant View Lodge had the absolute best time during our recent Bus trip to Dunvegan! We packed up the shuttle and headed out for a beautiful, scenic drive to soak in the local history and stunning views. Of course, no summer outing is complete without a sweet treat stop—and enjoying a delicious ice cream cone on the grass was the perfect cherry on top of a wonderful day. Thank you to our amazing staff and drivers for making these adventures possible!

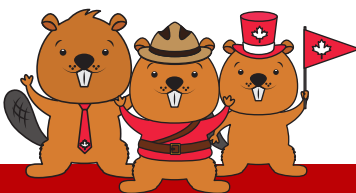


Planting with Kinetts



Digging into spring and adding some beautiful color to Pleasant View Lodge. We had a wonderful day hosting our fantastic friends from the local Kinetts Club for our annual Planting with Kinetts event. Our residents loved getting their hands in the dirt and working alongside these amazing volunteers to plant fresh flowers in our outdoor courtyard.

Our entryway and patios are officially looking bright, beautiful, and ready for summer! A massive thank you to the Kinetts for your continued dedication, friendship, and for always serving our community's greatest needs.



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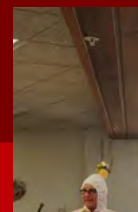
WILDROSE MANOR



SENIORS WEEK GENERATIONAL READERS THEATER

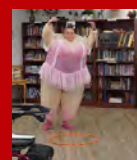
Bridging generations through the power of storytelling! As part of our Seniors Week celebrations, we hosted a wonderful Generational Readers Theater event.

It was an incredible afternoon filled with laughter, shared stories, and deep connections across generations. Bringing young readers and our amazing seniors together reminds us just how much we can learn from one another. Swipe to see some highlights from our filled common room!



SENIORS WEEK, WILDROSE TALENT EXTRAVAGANZA

We had a talent extravaganza! Residents really enjoyed taking part. We had guitar players, singing ladies, the spoons, piano, harmonica, and even showed off some needling skills. We even had a professional ballet dancer! The summer students even did a dance to Beat it! Such fun was had!



LATIN DANCERS CAME AND ENTERTAINED THE RESIDENTS

Bringing the rhythm, color, and energy of Latin dance right to our home! We had an absolutely unforgettable afternoon when a group of amazing Latin dancers came to entertain our residents. 🇲🇽

From the vibrant traditional dresses to the lively music, our residents loved every minute and as you can see, everyone looked fantastic joining in on the fun with their colorful sombreros! Swipe to see the beautiful performances and big smiles!

WILDROSE MANOR



HONOURING SENIORS' WEEK WITH SWEET TREATS

A sweet treat for our wonderful residents! For Seniors Week, everyone was treated to beautiful, specially made cupcakes topped with delicate butterflies.

There is nothing better than catching up with friends in the dining room over coffee and something sweet. Swipe to see the beautiful details on these treats and the happy faces enjoying them!



SENIORS' WEEK SOCIAL WITH THE PIPESTONE JAMMERS

We had Crooked Creek donuts and some music by the Pipestone Jammers. Good food, great drinks, and live music that got everyone moving! We kept the Seniors Week celebrations rolling with a fantastic afternoon featuring delicious donuts, refreshing drinks, and live tunes from the amazing Pipestone Jammers!

Our common room was packed, feet were tapping, and some of our residents even hit the dance floor! Swipe to see the lively highlights and happy faces from this unforgettable afternoon!



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WILDROSE MANOR



An Afternoon of Food, Games & Friendship

We played chase the paper, musical hats, cup Simon says and word team building. Finished off the afternoon with Ice cream Sundaes. Nothing beats friendly competition and a cold sweet treat! We had the absolute best time during our Games and Ice Cream Sundaes afternoon.

Our residents teamed up for a lively lineup of activities, including chase the paper, musical hats, cup Simon says, and word team building! We wrapped up all the laughter and friendly rivalry by building our very own delicious ice cream sundaes. Swipe to see the game-day action and happy smiles!



Victory Smiles

To conclude a highly successful Seniors Week packed with activities, music, and games, we held a special prize drawing for our residents. It was a wonderful opportunity to recognize everyone who participated, tried new things, and brought so much vibrant energy to our events all week long.

Congratulations to all of our lucky prize winners! A heartfelt thank you goes out to our staff, volunteers, and community partners who donated these lovely gifts and helped make this entire week an unforgettable celebration for our residents.

