



Christmas Social #7
December 9 (Monday) 1:30-3:00pm
Arden Theatre (Progress Hall)
5 St. Anne Street



Today's Agenda

- 1: James's presentation - update construction December
- 2: Resident Handbook (make sure you get your digital copy)
- 3: Update on when you can select your parking space
- 4: Finding new friends are Three Robins
- 5: Market Apartments versus Three Robin
- 6: We are becoming better Navigators
- 7: The Next Step Program
- 8: We ordered furniture November 26 (common areas)
- 9: Give away of the gift baskets
- 10: Give away of chocolates

Construction Update – by James



- 2nd Floor drywall installed
- 3rd Floor insulation installed
- 4th & 5th Floor plumbing and electrical rough in complete



- All Drywall should be loaded into the building by January 15th.....

Significance of the Resident Handbook



The Residents Handbook sets out protocols and guidelines for the smooth operation at Three Robins Riverside and its support services. The protocols described in the Residents Handbook represent “Rules” for the operation of the property

This Resident Handbook will be updated from time-to-time, based on your feedback and suggestions as well as input from your residents' council. Revisions to this document will be done as a team, including the property owners, staff, residents committee and residents. We look forward to your help in making sure that each person participates as much as they choose in forming the atmosphere and culture of caring within your community.

Ask Janet to email
you our most up to date
version

Update Parking Selection

- When you sign your lease, you are given a number
(expect lease signing Feb 15, 2024)
- The first person who signed a lease was given #1
The order of when you will sign your lease is determined by Reservation #
- Janet - will contact each client by there respective number



Construction Update



As we age, we often find it hard to find new friends. Friendship adds richness and value to our lives. We believe living at Three Robins community means you participate in a community that supports friendship and fun.



Three Robins Communities are designed and developed to support residents on quest for continual learning, exploring, loving and appreciation of all opportunities that each new day can bring. It is our hope that you participation as a resident brings spirit of caring and mutual support to each other. Growing our culture is the single most important contributor to making Three Robins a unique, desirable, and amazing place to live. The residents of Three Robins Riverside will come to understand the significance of a socially integrated community. Respect, wisdom, individuality and inclusiveness honors each person as a contributing member of our community.

Traditional Apartment vs Three Robins



A traditional apartment is less expensive as most market apartments have limited social programming and amenities. We have staff at Three Robins who are trained in fun and supporting clubs and volunteer experiences that enhance all residents well being.

Loneliness creeps into our lives, as we lose capacity. When it gets hard to drive to events, too cold to go outdoors and starting to have challenges with hearing and vision make cocooning attractive.....but we know that community interaction, with purpose supports aging in place.



Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death.



We are becoming better navigators.....
FCSS is the pathway to understanding the services
that are available

The Community Health Navigation program is currently part of a research study at the University of Calgary known as ENCOMPASS— ENhancing COMmunity health through Patient navigation, Advocacy, and Social Support.

Community Health Navigators (CHNs) are integrated into the primary care services delivered by Primary Care Networks (PCNs). They are trusted members of the primary care team, supporting health care professionals. CHNs help patients navigate the health system, connecting them to programs, services, and resources found in their community. The CHN program is patient-driven, with CHNs tailoring their services to individual patient needs.

<https://stalbert.ca/city/fcss/>

Three Robins Supports “Next Step Programming”

- 1: Understand who can help you navigate
- 2: Get assessed – Get support
- 3: Three Robins will help you with an action plan
- 4: Three Robins will support the next step in your journey



Last Month at Three Robins Emerald Hills

Date	Time	Event
Friday November 1	6:30 – 8:00	Northern Hearts Music
Saturday November 9	1:00 – 2:00	November Birthday Celebrations
Monday November 11	10:30- Amenity Area	Remembrance Day Program & Light Lunch
Tuesday November 12	1:00-2:00	Linking Generations 3 Robins Program Participants (12 Residents) Coordinators Debbie Sinclair & Sherry Weger
Tuesday November 12	3:00	Coffee with Terry Connell
Tuesday November 12	5:00	Gillette Family Pasta Dinner \$15.00
Sunday November 17	3:00 – Chili Tasting 4:00 Watch Party	Grey cup watch party and Chili cook-off
Saturday November 23	10:00-2:00	3 Robins Christmas Market - Family Members Welcome
Wednesday November 27	3:00 pm	Resident Town Hall Meeting
Terry Connell	President of the Resident Advisory Committee. You can reach Terry via email at terry.connell@telus.net	

Management Corner



Poppy Poppy

Poppy poppy what do you say?
Wear me on Remembrance Day.

Poppy poppy what do you tell?
Many soldiers in battle fell.

Poppy poppy what should we
know?
That peace on earth should
grow, grow, grow.

Pet of the Month is BIRDIE





Volunteers of the Month

Thank You!

- * Duane & Kathleen Constantinoff
- * Wally & Judy Kozakewich
- * Arnold Hunt
- * Katrina Saunders
- * Carol Benjestorf
- * Vicki Palichuk
- * Diane Gruenewald

UPCOMING EVENTS TO WATCH FOR

Date	Time	Event Information
December 14 Grinch Christmas Trees	1:00-4:00	If you are interested in designing a Grinch Christmas tree, please come and join this fun filled day. The cost is \$25.00 per person. 
Thursday December 19 – SOLD OUT	5:00	Catered Christmas Dinner – PREPAY \$35.00 NO REFUNDS
Friday December 20	TBD	Happy Hour/Karaoke Night – Christmas Carols Christmas Decorating Contest – Doors & Shelves. Judging December 20 – Prizes Awarded 
Monday December 30	6:30-8:00	An evening of musical entertainment provided by Mary & Karen
January 9, 2025	7:00	"Critters" Hockey Game in Morinville Tickets \$10.00 Please see Wanda
January 18	1:00 5:00 pm	Inside Activity Day – Cost to participate is a Loonie (\$1.00) Potluck Supper

Please note that the Christmas Dinner on December 19th is sold out and we are hoping to have a 2nd meal with the same menu and price for a different day. We need 40 additional residents to sign up before we are able to book that date. If you would like to sign up for the second date (TBD) the new sign-up sheet is on the island. Sign up right away so we can make this happen!

Art - Thursdays 10:00 – 2:00 pm	Lunch - Wednesdays & Fridays
Ambassador	Maintenance
Bicycle	Pet – Thursdays 7:00 pm
E-Bike for residents to sign out through office	Puzzle Exchange
Book	Recreation – Inside and Outside
Craft - Thursdays 1:00 pm	Recycling
Crib	Scrabble New Every Tuesday at 7:00 pm
Golf	Scooter
Entertainment	Walking (will resume in the spring)
Food Club – Organizes various events	Woodworking
Faith Group – Sundays 3:00 pm	Yoga - Chair
Gardening	

- 🔧 E-Bike is available for residents to use. Please sign out the bike at the office and review the FAQ.
- ☕ There is Coffee in the mornings at 8:30 in the Amenity Room
- ☕ There is also Tea in the afternoons at 3:00 in the Amenity Room

Please Review Your Monthly Event Calendar for all activities



Discussion with Councillor Bill Tonita



Dancing to music from Band of Brothers



Dessert at our steak barbecue lunch. Lona's homemade cheesecake and toppings....Delicious



British Pub Night



DJ Arnie



Pub Night Condiments



Pub Night Wings



Pub Night Nachos



Brent on clean up duty



Pub Night



Pat & Marge



Noreen, Marge, Dell & Lorne



Dell & Arnie



Cowgirl Gail & Lorne



Thanksgiving Flowers by Val



Arts, Crafts, & Woodworking



Art Class



Tower Building with Noreen



Bookcases built by
Woodworking Club



Flowers by Val

Music by Northern Hearts



Northern Hearts Band



Pat & Darlene



Arnie & Dell

Dancing Queens



Pet Club Halloween Party



Madeline & Marley



Harvey -Man in Black



Corky - Winners Shopper



Terry & Jigs



Chloe



Pet Treats



Toni & Quasar



Shiley G as Tigger



Frankie



Bev & Buddy



Leanne & Mia



Carla & King



Bingo Night

Special Bingo on December 14 at 2:00 p.m.

Special Lunch with Bingo \$10:00 per person at noon.

Regular games will be played and a final game with a \$5:00 entry fee will be added to the pot for those who want to participate in the final game for a chance at the jackpot.



Lena Bingo Winner



Maurice Bingo Winner



Our Talented Bingo Caller

Next Social we will be giving a presentation on interior decorating amenities areas

ORION (SKU#7206-SOFA)



We ordered furniture
from Birchwood
November 26th ...

DESCRIPTION

The silence that remains after crisp prairie winds die down surrounding the old buildings left behind in Orion, known as one of Alberta's ghost towns. These weathered, leaning structures quietly bear witness to the long forgotten attempts at new life in the west. Designed for quiet, calm living and work spaces wanting to make a lasting impression, with the tidy details and wide flared arms.



BASIC DIMENSIONS

Length: 87 inches

Depth: 36 inches

Height: 33 inches

<https://birchwood.com/>

Gift Basket and Chocolate Giveaway

