



DECEMBER ALREADY? WHERE HAS THE YEAR GONE? ?

AS 2023 COMES TO A CLOSE, WE OFTEN REFLECT AND THINK ABOUT ALL THE THINGS THAT HAPPENED TO US DURING THE YEAR - THE MEMORIES WE'LL KEEP AND THE MOMENTS WE'LL TRY TO FORGET. MORE IMPORTANTLY, WE REFLECT TO THINK OF ALL THE WAYS WE CAN MAKE OUR NEXT YEAR BETTER IN ANY WAY POSSIBLE, WHETHER IT'S BY MAKING NEW YEARS RESOLUTIONS OR MAKING NOTES OF ALL THE THINGS WE LEARNT.

PLEASE BE MINDFUL THAT IT CAN BE AN OVERWHELMING TIME FOR SOME, ESPECIALLY IF THEIR YEAR WASN'T KIND TO THEM. I HOPE THAT WE CAN ALL BRING 2023 TO A PEACEFUL CLOSE AND WELCOME 2024 WITH OPEN ARMS, REFLECT ON THE PAST AND LEARN FROM IT.

HERE ARE SOME HELPFUL WAYS TO REFLECT ON THE YEAR GONE BY IN A MINDFUL MANNER AND PREPARE YOURSELF FOR THE COMING YEAR:

- 1. WRITE DOWN ALL THE GOOD THINGS THAT HAPPENED TO YOU, HOWEVER SMALL OR BIG**
- 2. REFLECT ON UNPLEASANT THINGS, BUT WITHOUT JUDGEMENT**
- 3. WRITE ABOUT YOUR FEELINGS - THIS CAN BE CALMING AND LIBERATING**
- 4. FORGIVE PEOPLE, AND YOURSELF - LET GO OF THE STRESS, LEAVE ANY BITTERNESS BEHIND**
- 5. PREPARE FOR NEXT YEAR BY MAKING SMALL, MINDFUL CHANGES**

GOING INTO THE NEW YEAR CAN BE OVERWHELMING SOMETIMES, BUT IT DOESN'T HAVE TO BE - TRY THE ABOVE TO UNDERSTAND YOURSELF AND YOUR EMOTIONS BETTER, SO YOU CAN BE THE BEST VERSION OF YOURSELF! YOU MAY SURPRISE YOURSELF!

AS FOR REFLECTING ON THE PAST YEAR - WE HAVE BEEN VERY BUSY AT THE CHALET MALOUIN WITH DIFFERENT THINGS ALL YEAR LONG.

SOME THINGS THAT WE COMPLETED & ACCOMPLISHED THIS YEAR:

- ALL LIGHTS WERE REPLACED UNDER THE EFFICIENCY MANITOBA PROGRAM WHICH SHOULD SAVE THE CHALET APPROXIMATELY \$10K/YEAR ON OUR HYDRO BILLS

- ADDED NEW VENDING MACHINE - SUPPLIED BY VOYAGEUR VENDING



-REPLACED THE ATM MACHINE

-PIANO WAS FIXED IN THE DINING HALL

-CISTERN FOR OUR FIRE SPRINKLERS WAS UPDATED & REPAIRED

-NEW MOTOR WAS PURCHASED FOR OUR AIR COMPRESSOR

-VILLAGE CONNECTION DONATION DRIVES WERE STARTED TWICE PER YEAR

-PARTICIPATED IN THE COMMUNITY YARD SALE.

-WE HAD A SUCCESSFUL 50TH ANNIVERSARY CELEBRATION

-2 NEW KOI FISH TANKS WERE DONATED



-NEW MICROPHONE SYSTEM WAS PURCHASED FOR THE CHAPEL

-MANY ROOM RENOVATIONS WERE COMPLETED

-MANY APPLIANCES (FRIDGES & STOVES) HAVE BEEN UPGRADED

-NEW 65" TV WAS INSTALLED IN THE LORETTE COURCELLES FAMILY ROOM

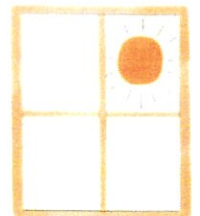
-SIDEWALKS AND WALKWAYS WERE RIPPED OUT AND RE-DONE

-PARKING LOT POTHOLES WERE ALL FIXED

-DOWNSPOUTS WERE ALL REPAIRED AND/OR REPLACED

-WINDOWS REPLACED / REPAIRED IN THE DINING HALL

-BROKEN FENCE IN OUR BACK YARD WAS TAKEN DOWN



-CALL-BELL SYSTEM WAS REPAIRED

-INSTALLATION OF DONATED CHRISTMAS LIGHT FIXTURES



-INSTALLATION OF NEWLY DONATED NATIVITY SCENE OUTSIDE THE DINING HALL.

-NEW CONVECTION OVEN FOR THE COFFEE CORNER HAS BEEN PURCHASED AND IS EXPECTED TO BE DELIVERED BY DEC 20TH

WE CONTINUE TO WORK ON THE FOLLOWING PRIORITIES:

- REPAIRS TO EXISTING AUTOMATIC DOORS (THIS IS A TOP PRIORITY AND UNFORTUNATELY, WE ARE STILL AWAITING REPLACEMENT PARTS) AND PURCHASE/INSTALLATION OF REMAINING AUTOMATIC DOORS
- INSTALLATION OF NEW AIR CURTAINS IN THE FRONT ENTRANCE TO ELIMINATE THE NORTH WIND DRAFTS IN THE DINING HALL
- NEW WHEELCHAIR-ACCESSIBLE WASHROOM TO BE BUILT OFF THE DINING HALL



RECENTLY, THE CHALET RECEIVED THE FOLLOWING DONATIONS:

-\$1,000 DONATION RECEIVED FROM "ANONYMOUS" IN HONOR OF GERMAINE BERARD

-DONATION OF NATIVITY SCENE BY MARIE-LYNNE & GERRY CATELLIER

-DONATION OF CHRISTMAS LIGHTED FIXTURES AND WHEELCHAIRS FROM JUNE BEAUDOIN



-DONATION OF PLANTS FROM VALERIE DERBOWKA



-DONATION OF NEW PUZZLES AND PLANTS FROM JAN JEBSEN

-IN-HOUSE SILENT AUCTION DONATIONS & CANTEEN DONATIONS FOR THE CRAFT SALE CANTEEN WERE RECEIVED FROM THE FOLLOWING:

-Hair by Monica -- Monica Fontaine

-Marie-Lynne Catellier

-Monique Piette

-Donna Chura

-Ryenne Touchette

-Kim Gossellin & Ron Poirier

-Maxine Morin

-Noella Coulombe/Elaine Remenda

-Village Connection

-Joan Gosselin

-Lucie Lambert

-Infinity Women

-Raymond & Yolande Trudel

-Cecile Gentes

-Christina Lambert

-Lucie Wiebe

-Rick Chubey

-Carole Arpin

-Lorna Catellier

**As a non-profit organization – we truly appreciate all of the generosity and support!
Thank you everyone!**

We continue to raise money for our new Wheelchair Accessible washroom and more automated doors.



We hope to get these projects underway in the New Year.

50/50 Fundraiser Update: As of printing time – the winning pot is at just over
\$2,200.00!

Draw date will be December 20th at 2pm at the Chalet Resident Christmas Party.

If you haven't already – you will want to get your tickets before they are all gone!

Tickets are \$5 each or 3 for \$10 and are available at the Chalet Admin Office.



Reminder of the Resident Christmas Party being held December 20th starting at 1pm

As mentioned, residents will want to re-arrange their appointments and naps for this day!

In lieu of each resident receiving an individual gift this year – we are doing something a little bit different and A LOT more fun....with a little less conversation and a little more action ;)

We will be having 2 special guests for the afternoon and we will be drawing the winners for our in-house Silent Auction as well as our 50/50 draw. We look forward to seeing everyone there!

Please note: This party is for Chalet Malouin Residents only

On behalf of myself, the Board of Directors, Staff and Volunteers,



May the good times and treasures of the present become the golden memories of tomorrow - Wishing you lots of love, joy, and happiness.

Merry Christmas and all the very best of health and happiness for the New Year ahead!

Sheryl

Managing Director



REMINDER THAT FIRE ALARMS WILL BE TESTED MONTHLY ON THE FIRST WEDNESDAY OF EACH MONTH AT 10:30am

ANNUAL FIRE & SAFETY REMINDERS



In ALL instances – it is VERY important to REMAIN CALM



If there is a fire in your suite:

- Press red button to activate hall flasher
- Leave suite immediately
- Close suite to door (do not lock)
- Pull fire alarm in corridor
- Move to a safe area
- Follow instructions from Staff / Intercom / Fire Chief

If your suite is NOT involved in fire:

- Stay in your suite
- Close all windows and doors
- Follow instructions from Staff/Intercom/Fire Chief
- Get dressed and be prepared to move IF ordered by the Fire Chief or Staff
- Take your keys with you

If you encounter heavy smoke:

- Return to or stay in your suite if you are unable to leave by alternate exit
- Call 911 and await further instructions

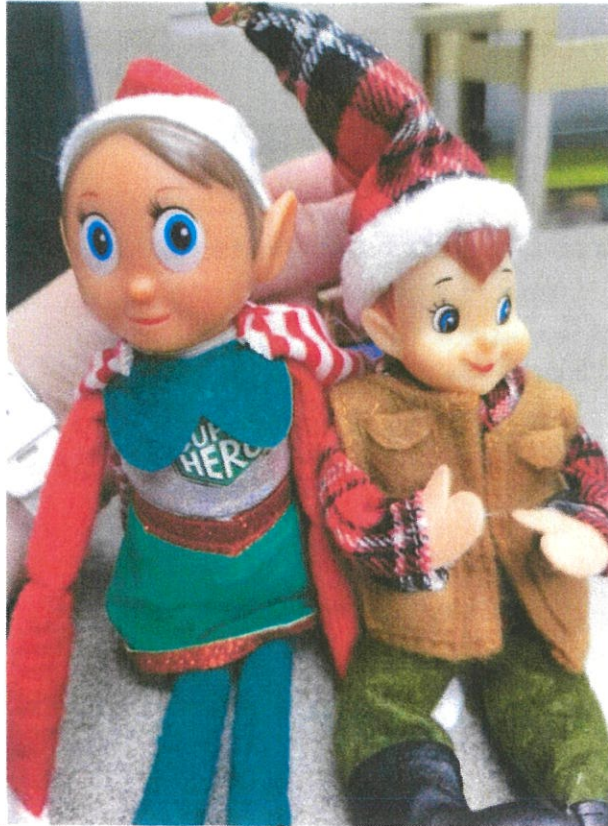
Things to know:

- The use of natural (real) festive trees is not permitted
- Ensure all flammable liquids are a minimum 1 foot away from any heat source
 - Do not place any items on heat registers
 - Clean Dryer vents after EACH use
- Know where the fire alarm pull stations are located
- Know where all room and building exits are
- Know the correct building address
- Know the location of Fire Extinguishers and how to use them:
 - o Pull Pin on extinguisher
 - o Aim nozzle at base of fire
 - o Squeeze handle
 - o Sweep nozzle at base of fire, away from you



On December 13th we will have a SAFETY MEETING at 2pm. All residents are asked to come. We will meet at the Coffee Corner/Bingo area.

Frankie & Friena



Are at it again!

**Keep an eye out for these
two during the month of
December! Starting Dec.4th!**

They go into their hiding places Monday to Thursday while Denise is at work. If you find them, let Denise know where you found them and you will get a ballot to enter into a Christmas prize draw to be held at our Christmas party on Dec. 20th!

December 2023

*** All activities are subject to change ***
Tuesday and Thursday morning exercises are with Lucie Catellier

MERRY CHRISTMAS

Thanks to the Lord for his unparalleled gift. Jesus is here!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:00 English Mass	2
3	4 1:00 Bible study	5 10-10:30am Exercise 1:30 Chair Exercise 2pm Bingo	6 10-11 Reading & socializing at Coffee Corner 1:00 Horse Races	7 10-10:30am Exercise 1:30 Chair Exercise 2pm Bingo	8 1:00 French Mass	9
10	11 1:00 Bible study 2:00 Card Games	12 10-10:30am Exercise 1:30 Chair Exercise 2pm Bingo	13 2:00 Safety mtg. Everyone must attend. In main area. See Newsletter for more info.	14 10-10:30am Exercise 1:30 Chair Exercise 2pm Bingo	15 1:00 English Mass	16
17	18 1:00 Bible study 2:00 Cookie Baking	19 10-10:30am Exercise 1:30 Chair Exercise 2pm Bingo	20 1:00 Christmas Party with our "surprise" special guests!	21 10-10:30am Exercise 1:30 Chair Exercise 2pm Christmas Big Bingo	22 1:00 French Mass	23
24	25 (Staff Off)	26 Boxing Day (Staff Off)	27 1:00 Christmas Movie	28 10-10:30am Exercise 1:30 Chair Exercise 2pm Bingo	29 1:00 English Mass	30
31						

