



Errinrung

**Retirement Community
July- 2022**



Hello Errinrung Family





Fun In The Sun

While we start to enjoy the warm beautiful sunshine I want to remind everyone the importance of sun safety.

Sitting in the shade can reduce your risk of sun damage and skin cancer.

For the best protection wear a hat that has a brim that shades your face, neck and ears.

Wear your sunglasses to protect your eyes from harmful UV rays, they also help reduce the risk of cataracts.

Last but not least apply sunscreen, with a SPF of 15 or more. Don't forget to apply every two hours.

-CDC

Group Activities

I'm so excited to announce that we can start to participate with outdoor activities with the long term care home. That being said you will start to see new activities on our calendar.

With the warm weather we will be starting to have more of our activities out on the patio so we can enjoy the sunshine.

If you have any suggestions on activities or themed days please let me know so we can try and incorporate them into the calendar for everyone to enjoy.



July Events

Thursdays: Bingo

Fridays: Movie Night

Saturdays: Manicures

***NEW* Sing along program**

starting this month.

July 1st- Canada Day

July 13th- Throwback to the 50's

Costume contest, games, music,

trivia, and more.



If you need us....

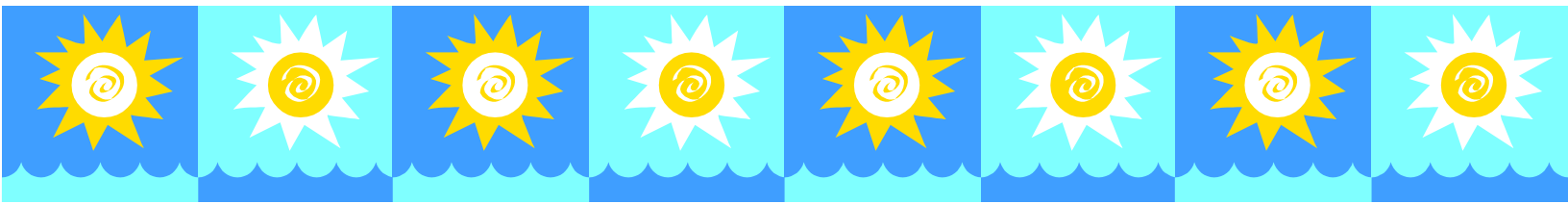
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Missing Summer

The grass so green,
the sun so bright.
Life seems a dream,
no worries in sight.

Tans and tank tops,
laughter and bliss.
Each moment passes
without even a miss.

Friends and cookouts,
memories and laughs.
Good times to remember,
but how long will it last?



New Announcement

I am happy to announce that we have received our incontinency licensing. This is amazing news as now residents can stay where they are most comfortable. If you are wanting to know more information about the new incontinence packages please reach out to the Retirement Home Manager.

