



The Cedarwood Express



Message from The Principals:

Hello everyone, recently we hosted a successful Leadership Summit at Laurel Point in British Columbia, bringing together General Managers, managers, and rising leaders from across our Optima Living communities.

This summit was a wonderful opportunity for team members to connect, collaborate, share ideas, and continue building on the strong leadership culture that supports our communities every day. We are proud of the dedication, passion, and teamwork shown by our staff, and we are excited to see how the ideas and inspiration from this summit continue to strengthen the work we do for our residents. Wishing you all the best in June!



Message from Bhushan Desk:

Dear Residents,

I hope you are all doing well and enjoying the warmer days ahead. I would like to share a few updates and some exciting news with you. Beginning June 8th, we will be launching our Annual Resident Satisfaction Survey. Your feedback is incredibly important to us, and we encourage everyone to take a few moments to complete the survey and share your thoughts. Your input helps us continue to improve our community and the services we provide.

We are also looking forward to celebrating Seniors Week during the first week of June! There will be special activities and opportunities to connect, and we are excited to celebrate this meaningful week with all of you.

On a personal note, I am pleased to share that I will be stepping into the role of Interim General Manager for the next five weeks while Andrew is away. Many of you know me from my role as Food Services Manager, where I have had the pleasure of serving this community for the past 4.5 years. I am truly grateful for this opportunity and excited to support our community in this new capacity during this time.

Thank you for your continued support, and I look forward to connecting with many of you in the weeks ahead.

Warm regards,

Bhushan Negi

Interim General Manager

Fun With Recreation



Cedarwood is delighted to welcome home our June Resident residents:

Carol. B
Danny. O
Kay. N



Cedarwood is Celebrating the following birthday's this month!

Bev. R - June 4th
Margareta. B - June 15th
Heinrich. L - June 17th
Valerie. F - June 20th
Linda. T - June 25th
Bob. F - June 26th
Doreen. S - June 27th
Leanne. A - June 29th



June Events
June 2nd - Twistin Sippin
Social

June 3rd - Birthday
Celebration

June 9th - Resident Survey
Support

June 10th - Musical
Afternoon With Marcello

June 16th - Empowered
Endings Meeting

June 24th - Community
Meeting

June 25th - Pub Night With
DJ

Bus Outings



Tuesday June 9th / 23rd - Casino

Thursday June 11th / 25th - Walmart

Tuesday June 16th - Discovery Wildlife Park

Thursday June 18th - Nose Creek Picnic
Lunch

Monday June 22nd - Butterfield Acres

Tuesday June 30th - Mainstreet BBQ Lunch
outing



**AIRDRIE SENIORS CONNECTIONS
SENIORS WEEK JUNE 1-7, 2026**

SCHEDULE OF EVENTS

***Registration or Ticket Purchase Required**

For More Details and To Register Visit Our Website www.AirdrieSeniors.ca

Monday June 1

10:30 AM	Town & Country Centre	Gentle Cardio Mobility hosted by Genesis Place*
10:30 AM	Genesis Place	Mind, Body & Chair*
1:30 PM	Airdrie Library	Movie & Popcorn - The Incredible Journey*

Tuesday June 2

10:00 AM	Airdrie Library	S1. Educational Presentation (Estate Planning-Silver Circle)*
12:00 PM	Airdrie Library	S2. Educational Presentation (Financial Strength-Silver Circle)*
1:00 PM	NCV Museum	ART/CRAFT CLASS with Artist Elizabeth Hall (1-3pm)*
1:30 PM	Cedarwood Station	Twistin' & Sippin' Social/Entertainment*

Wednesday June 3

10:30 AM	Genesis Place	Sit & Be Fit Exercise Class*
1:00 PM	Town & Country Centre	Vintage Sock Hop/Soda Shoppe/\$5 Hosted by Over 50 Club (1-3pm)*
1:30 PM	Airdrie Library	Movie & popcorn - My Fair Lady*
2:00 PM	Airdrie Library	Seniors Coffee & Conversation with guest speaker

Thursday June 4

1:00 PM	Over 50 Club	Crib Tournament 1-4pm (doors open 12:15pm)*
1:30 PM	Airdrie Library	Movie & Popcorn – True Grit*
2:00 PM	Airdrie Community Care	Soda Shop (2:00-3:00pm)
5:30 PM	NCV Museum	Art Night (Watercolour) (5:30-7:00pm) *
6:30 PM	Abrio Place	Pub Night with Line Dance (6:30-8:30pm) *

Friday June 5

11:30 AM	Luxstone Senior Living	BBQ Entertainment Vintage Car Show. Tickets \$10*
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Saturday June 6

10:00 AM	Abrio Place	Spring Market (10:00am-2:00pm)
11:00 AM	Inspire, Airdrie	Flashmob Line Dance*

Sunday June 7

2:00 PM	NCV Museum	Tea/Tour and Talk with Maudy (2:00-4:00pm)*
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- Airdrie Transit: FREE transit within Airdrie for seniors 65+ during Seniors Week.
- Drive Happiness: Need transportation help to attend a Seniors Week Event?
- More details for transportation and event registration visit www.AirdrieSeniors.ca

NOTE: Scheduled events are subject to change.

Cedarwood Station: A Year of Growth and New Beginnings

Over the past year, Cedarwood Station has continued to grow, refresh, and introduce new opportunities for residents to stay connected, active, and engaged.

One of the biggest additions has been the introduction of SPARK programming, both in Recreation and through our Kitchen Department. On the recreation side, SPARK has brought in new programs focused on supporting brain and body health through a mix of cognitive challenges, movement-based activities, brain games, and fun exercises. Each week, residents can take part in activities designed to help keep the mind sharp, the body moving, and the community connected.

The Kitchen Department has also introduced heart-healthy and brain-healthy food options, giving residents more daily choices for those looking to support their overall wellness through nutrition.

Our recreation calendar has also been refreshed and revamped, with new programs added each month based on resident interests, feedback, and participation. From creative programs and themed socials to new outings and regular weekly bus trips, we have been working hard to offer a wider variety of meaningful and enjoyable experiences for everyone.

Looking ahead, Cedarwood Station will also be seeing exciting updates to our building. Plans are underway to renovate an entire floor, including new décor, fresh paint, updated furniture, and new carpeting, with input from the residents living on that floor. We have also recently received new-to-us chairs and tables for the dining room and pub, helping to refresh some of our shared community spaces.

Another important step has been the return of the Resident Quality Review Committee, made up of both residents and staff. This committee gives residents another opportunity to share their thoughts, ideas, concerns, and suggestions as we continue working together to improve life at Cedarwood.

We are also pleased to see more volunteers becoming involved at Cedarwood Station. Their time, support, and enthusiasm help bring even more connection, energy, and variety into our community.

As we look back on the past year, there is a lot to be proud of. Cedarwood Station continues to move forward, shaped by the voices, ideas, and spirit of the residents who make this community what it is.

What's New In Recreation?



The Evolution of Play: Thursday, June 11

Join us as we explore why play is important at every age. We will look at how play has changed over the years, from toys and games to hobbies, nature, music, creativity, and social connection. Together, we'll discuss how play helps keep the brain active, supports well-being, and brings joy into everyday life.

Cedarwood Horse Racing: Monday June 8th

Join us for Cedarwood Horseracing, a fun and lively game where residents can cheer on their chosen horses as dice rolls move them closer to the finish line. With friendly quarter betting



What's In A Name? Thursday June 18th

Join us for a meaningful new program as we explore the history, origins, and stories behind our names. From first names to last names, family names, nicknames, and the people we were named after, we'll discover how names can connect us to culture, family, identity, and personal history.

Cedarwood Cardball: Tuesday, June 23

Step up to the tabletop ballpark! Cedarwood Cardball is a fun, seated version of baseball! With cards, strategy, cheering, and a classic old-time baseball feel, this program is perfect for anyone who enjoys friendly competition and a good laugh



Moments Frozen in Time: Tuesday, June 30

Residents are invited to bring down old photographs and share the stories behind them. Whether it's a childhood photo, wedding picture, family memory, travel snapshot, or a moment from years gone by, this program is all about looking back, reminiscing, and celebrating the memories captured in time.



Community Conversations



Thursday June 4th Chat with Nurse Tania

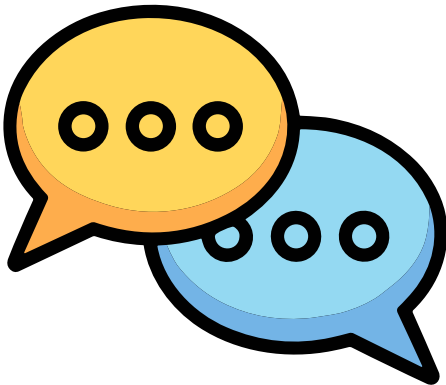
A chance to sit down with Nurse Tania and ask any health-related questions. Whether it's about medications, wellness tips, or general concerns, she's here to help and support your well-being.

Thursday June 11th Recreation Chat with Tristan

Join Tristan to review next month's calendar, explore new activities, and share your thoughts on programs. Your ideas help shape our recreation fun!

Thursday June 18th Coffee & Chat with Bhushan:

Join Bhushan, our Food Services Manager, for this month's Coffee & Chat. Come together for open conversation about building updates, policies, questions, suggestions, and anything else on your mind.

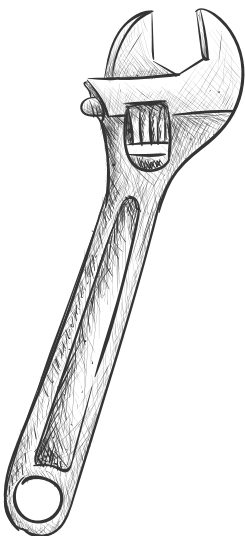


Wednesday June 24th Community Meeting

Our monthly gathering where each department shares updates and residents provide feedback. A great space to stay informed and be heard.

Thursday June 25th Tool box Talk With Geo Join

Geo for a conversation about all things building-related. Bring your questions, concerns, or requests, and get helpful updates and assistance with anything around Cedarwood.



Monday June 29th Coffee with the Chef

Chat with our amazing chef Bhushan over a cup of coffee. Share your feedback, compliments, and suggestions. Get a sneak peek at upcoming menu updates, too!



Updates from our Teams:



Kitchen & Dining Update – June

We're excited to welcome the new season with the launch of our fresh Spring/Summer menu on June 1st, featuring a variety of vibrant and seasonal dishes.

Join us for a special Father's Day themed Social on Saturday, June 20th, followed by our Father's Day Sunday June 21st, Brunch, where we'll celebrate with a delicious and festive menu for all to enjoy.

Please note that there will be no monthly buffet in June.



June Wellness Update

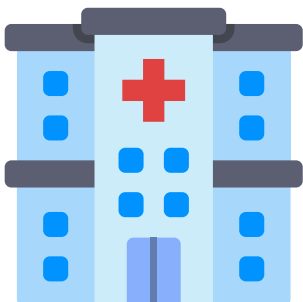
Hello everyone,

Here is our wellness update for June. This month, we will be holding a health clinic focused on heatstroke awareness and prevention.

As the weather gets warmer, it is important to know the signs of heatstroke, how to stay cool, and what steps we can take to keep ourselves and others safe during the summer months.

Please join us on Thursday, June 4th at 10:15 AM for an informative clinic and discussion.

We hope to see you there!





May Memories at Cedarwood

May arrived with stories shared,
as the Men's Shed came with care.

The gentlemen gathered, laughed, and heard
an inspiring message, word by word.

Then Mother's Day came soft and sweet,
with flowers, smiles, and treats to eat.

We raised our cups, enjoyed our tea,
and celebrated beautifully.

Cinco de Mayo brought music and cheer,
with Spanish songs for all to hear.

We danced, we snacked, we laughed away,
and made it such a festive day.

Then off to Spain our taste buds flew,
with dishes rich and desserts too.

The kitchen cooked a feast so bright,
each bite became a pure delight.

At TELUS Spark we spent the day,
where science lit the curious way.

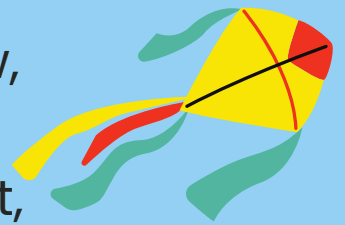
From Earth's beginning, stars, and space,
to inventions found in every place.

And as the month began to close,
Country Friends brought tapping toes.

With drinks, good tunes, and dancing feet,
May ended on a country beat.

So here's to May, both full and grand,
with friends beside us, hand in hand.

A month of music, food, and cheer,
making memories we'll hold dear.





Introducing Spark: Your Path to Brain Wellness

What Is Spark?

At Optima Living, we believe wellness means living fully and finding happiness and purpose every day. That's why we created Spark—a supportive approach designed to nurture your whole self with simple, daily choices that keep your brain active, strong, and resilient. Spark isn't just a program to follow—it's a lifestyle tailored to you. Whether you participate in a gentle movement class, choose a brain-healthy meal, or spend time connecting with friends, each Spark choice you make helps build a stronger, healthier brain.

Understanding Brain Health and Cognitive Reserve

Your Brain Is Dynamic. As we age, our brains naturally change—but they also respond to the choices we make every day. That's where cognitive reserve comes in: it's the network of neural pathways and brain strength we build over time.

Your Brain Is Like a Cup. Picture your brain as a cup of water. Aging and conditions like dementia act like a straw, slowly reducing the water. Here's the good news: brain-healthy choices act like a faucet, refilling your cup. There's no upper limit—the more you fill your cup, the more cognitive reserve you have to support memory, focus, and independence as you age.

Spark is designed to help you fill that cup!

What Does Spark Include? The Three Pillars

1. Brain-Healthy Eating

Enjoy meals and snacks that nourish your brain, reduce inflammation, and support long-term cognitive resilience. Look for Spark-labeled options on your dining menu!

2. Dynamic Movement

Participate in simple, easy exercises that combine movement with thinking—whether it's stepping patterns, coordination activities, or rhythmic cues. Research shows this “dual tasking” helps build new neural pathways.

3. Brain Boosting Activities

Have fun with activities and challenges that stimulate your mind and help develop new neural connections. Together, these pillars strengthen your cognitive reserve and bring more energy, joy, and confidence to your daily life. And at the heart of it all? Social connection—engaging conversations, shared activities, and time spent with people you enjoy. Social connection is one of the most powerful contributors to lifelong brain health.

Ready to Spark Your Wellness Journey?

Embrace Spark every day—your way—and discover how small choices can make a big difference in your brain health and overall well-being

SCAM PREVENTION TIPS



3 Common Types of Scams & What to Do About It

1

Phone Scams



What this looks like:

- Calls claiming to be from the government, bank, or police
- Requests for personal information or payment
- Pressure to act quickly (using words like "urgent" or "final notice")

Tip:

- Hang up and call the official number yourself to verify

2

Email & Text Message Scams



What this looks like:

- Messages asking you to click links or download attachments
- Fake alerts about accounts, deliveries, or prizes
- Emails that look real but have slight spelling errors

Tip:

- Do not click suspicious links. Ignore unsolicited messages on social media, texts, online platforms, etc. Simply delete the message

3

In-person Scams



What this looks like:

- Someone at your door offering services or repairs
- Requests for donations or selling products on the spot
- Pretending to be a utility worker or official

Tip:

- Never let strangers in. Ask for ID and verify before engaging

Red Flags



- Urgent or threatening language or behaviour. Example: "limited time offer and high returns"
- Requests for money, gift cards, or wire transfers
- Asking for personal or banking information
- Calls asking you to confirm passwords or account details
- "Exclusive" investment groups that make you feel pressured to do something
- Offers that seem "too good to be true" likely are

How to Protect Yourself



- Keep personal information private (SIN, banking, passwords)
- Use strong, unique passwords
- Do not share information over the phone unless you initiated the call first and it is an official number
- Consult a trusted family member or care team member if unsure
- Shred important documents before throwing them away
- Remember: it's okay to say NO, hang up, or walk away
- Scammers rely on pressure. Take your time and stay cautious!

If You Think You've Been Scammed



- Talk to your supported network and people you trust (like family or care team) if something feels off
- Contact your bank immediately
- In the case of an investment scam: anyone selling investments in Canada must be registered to endorse financial products. Use the **National Registration Search tool** online. If they're not listed, don't invest
- Report the scam to local authorities or a fraud reporting center

Health & Safety:

June's Emergency Review: Loss of Services/Contingency Planning

At our Optima Living Communities, the safety and well-being of our residents is always our highest priority. Each month, we highlight one emergency code to ensure everyone is informed and prepared should a situation arise.

Loss of Services/Contingency Planning

What Is a Loss of Services Event?

A Loss of Services event occurs when an essential service or utility in the community becomes unavailable or disrupted. These services are important for daily comfort, safety, and smooth operations. When something is affected, the community activates Contingency Plans to ensure residents remain safe, supported, and informed. Each type of disruption has a specific response plan designed to keep the community operating safely.

Loss of Services may include:

- Loss of Team Members or Labour Disruption
- Loss of Essential Services (laundry, housekeeping)
- Loss of Utilities (water, power, heat)
- Loss of Technology Systems (information technology or nurse call system)

How Residents Can Help:

- Listen for announcements or instructions from employees. Updates will be provided as soon as possible.
- Remain Calm - These events are anticipated and planned for. Employees will put procedures into action to maintain safety and comfort.
- Follow Instructions - You may be asked to limit water use, reduce electricity use, remain in your suite, or temporarily relocate within the community - please follow all guidance provided.
- Report Any Concerns - If you notice a disruption (e.g., no heat, flickering lights, low water pressure, or a non-working call bell), notify an employee right away.
- Support Safety Measures - During service interruptions or reduced employee availability, some routines may be adjusted.

Our Commitment to You

The community has detailed Contingency Plans for each type of service disruption. These plans ensure that essential needs—such as comfort, communication, safety, and care continue without interruption. Your well being remains our highest priority.

May Shining Star

Tommy (Al) Deere



☀️ Shining Star of the Month – June ☀️

We are proud to recognize Al our June Shining Star, a dedicated and hardworking member of our kitchen team.

As a cook Al, consistently demonstrates reliability by always being on time and ready to contribute. He takes great pride in ensuring that meals are prepared on schedule and served to our seniors with care and attention. His commitment helps maintain a smooth kitchen operation and ensures that residents receive quality service every day.

Beyond his strong work ethic, he brings a positive attitude to the workplace. He maintains excellent relationships with his colleagues, fostering a supportive and respectful team environment. He approaches every shift with enthusiasm, always trying his best and stepping up whenever needed.

His positivity, dedication, and teamwork truly make a difference in our kitchen. Thank you for your hard work and for being such a valued member of the team!

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