



Georgian Heights May 2019 Newslet-

1115 10th Street East, Owen Sound , ON, N4K 6B1



April Showers/Snow bring May Flowers!!

It looks like the nice weather is finally here to stay! Hooray!! This means that we can spend some much needed time out on the back patio and go for daily strolls! The fresh air will do wonders.

We will be starting seedlings this month to get ready for our outdoor garden space! We can't wait to see what we can get growing this year.

Cinco de Mayo is celebrated on May 5th and we will be enjoying a special luncheon and making décor for the event.

We had to reschedule Hannah's baby shower due to the outbreak in April. The new time is May 6th at 2:00pm. Please feel free to join the residents in visiting with Hannah and baby Claire.

A Mothers Day Come and Go Tea will be held on Sunday May 12th at 10:30 am. Family and Friends are welcome to join! Please ask Jenna for more details if you are interested in attending!

Residents are looking forward to a shopping outing, lunch outing and an afternoon drive; as requested at Resident's Council. Please notify Jenna if you are interesting in joining these outings.



Special Dates:

May 5: Cinco de Mayo

May 6: Baby Shower

May 12: Mothers Day

May 13: Shopping Trip

May 15: Lunch Outing

May 20: Victoria Day

May 28: Afternoon Drive

CMHA Mental Health Week, May 6th-12th



Mental health is a state of well-being, and we all have it. We might have a mental illness, and we might not. Either way, we can all feel well. We can all have good mental health. It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it's never too early or too late to get there. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn.

Visit mentalhealthweek.ca for more info like: tips to thrive, mental health tool kit and more !

