

May 2022

Georgian Heights Newsletter

1115 10TH ST. EAST, OWEN SOUND ONT. N4K 6B1



Upcoming Programs:

May 5

Cinco de Mayo
Fiesta Fun

May 8

Mothers Day
Tea with Wanda

May 13

Leaving Tracks
Music Hour

May 17

Country Drive

May 19

Patio BBQ
Lunch

May 24

Tie Dye Social

May 25

Outdoor Concert with Al
Muzzell

May 27

Spring Bake
Sale

May 31

Campfire on
the Patio

To those of you who reside in a basic ward room:

You have the option to apply for a rate reduction annually.

Please remember to file your income tax, as I will need the

Notice of Assessment from 2021 for the next rate cycle (July 1 2022-June 30 2023). You will need to fill out the Application as well.

Thank you for your attention to this matter. Please call if you have any questions.

Lee Berner, Office Manager



CMHA Mental Health Week, May 2nd-8th

"Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose. This CMHA Mental Health Week, we focus on how naming, expressing and dealing with our emotions- the ones we like and the ones we don't- is important for our mental health. Heavy feelings lighten when you put them into words, When we voice out emotions, the pain gives way. So, lets understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good. This Mental Health Week, don't be uncomfortably numb. #GetReal about how you feel. And name it, don't numb it. " (mentalhealthweek.ca)

Spring

Fundraising for Council

Residents Council members will be working with Program Staff this month to fundraise for Council. We will be hosting a small sale on May 27th at 2:00pm. For more information please reach out to Jenna

Spring has Sprung!

We will soon be starting our weekly BBQ's out on the patio, these have been quite the success in the past. If you would like to join your loved on for a BBQ lunch on the patio please reach out to **Lori McPhaden**, Dietary Manager or **Jenna Bunn**, Program Manager for more information.



Thank you to all the families for your support and patience with Georgian Heights recent COVID-19 outbreak.

If you have any questions regarding the new build, please reach out to management within Georgian Heights. We can ensure your questions are answered.

