

George Derby Centre

# Families

**WE NEED YOUR HELP**

*Adopt a garden – families can adopt a garden area to take care of.*



*Please email the Manager of Therapeutic Programs  
Mallory Yeager at  
myeager@georgederby.ca*

by May 9th  
if you are  
interested

MAY 2025

# HELLO GEORGE

**ADOPT A GARDEN**

**MENTAL HEALTH AWARENESS MONTH**

**ALZHEIMER'S WALK**

**LIVE MUSIC CALENDAR**

MAY 5TH: 2 PM

**CINCO DE MAYO CELEBRATION**





# MAY SPECIAL EVENTS



• **MAY 5TH: 2 PM**

Cinco De Mayo celebration  
(Town Hall)

• **MAY 8TH: 2 PM**

Mother's Day Tea  
(Town Hall)

• **MAY 21ST: 1:30 - 4 PM**

Alzheimer's Walk (Outside  
Weather Dependent -  
Town Hall backup)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	 19	20	21	22	23	24
25	26	27	28	29	30	31

# THIS MAY

## WE WILL WALK FOR ALZHEIMER'S

DATE	LOCATION	TIME
MAY 21ST	OUTDOORS AT GEORGE DERBY CENTRE	1:30 - 3:30 PM

WHO ARE YOU WALKING FOR?



DONATE TODAY TO SUPPORT THE ALZHEIMER SOCIETY



# LIVE MUSIC

**MAY 2**

2 PM - FRIDAY PUB - SALVE & FRIENDS (TOWN HALL)

**MAY 9**

2 PM - FRIDAY PUB - GORD OLIVER (TOWN HALL)

**MAY 12**

2:15 PM - JOHN KNOX SCHOOL PERFORMANCE (MAIN ST.)

**MAY 16**

2 PM - THE FABULOUS FERA BROTHERS (TOWN HALL)

**MAY 23**

2 PM - PETER WILLIAMS (TOWN HALL)

**MAY 26**

2 PM - MUSIC WITH JAE-WON (MAIN ST.)

**MAY 28**

2 PM - MAY BIRTHDAY PARTY - GREG ALCOCK (TOWN HALL)

**MAY 30**

2 PM - FRIDAY PUB - MIKE KINAL (TOWN HALL)



# Together Time



## 01 Bus Outing

- May 9th: 1-2:30 PM - Seniors' Tea at Second Street Community School
- May 22nd: 2 PM - Whalley Legion # 229

## 02 Crib Club

Tuesdays - 3 PM (Main St.)



## 03 Mahjong Group

Wednesdays & Fridays - Wed. 3 PM (Art Studio), Fri. 2:45 PM (Main St.)



## 04 Brits Abroad

May 1st: (expat group) - 1:30 PM (Main St.)

## 05 Veteran's Group

May 7<sup>th</sup>: 1:30 PM (Main St.)



May is Mental Health Awareness Month, and it's the perfect time to embrace the calming power of nature—even from indoors. For residents who may have limited access to the outdoors, small touches of nature can still bring comfort, joy, and a sense of peace. Simply looking at flowers, greenery, or nature-themed artwork can reduce stress and lift the spirit. Listening to nature sounds like birdsong or ocean waves can help soothe the mind, while natural scents such as lavender or pine can ease anxiety.

Tending to a small plant, sipping herbal tea, or even sharing stories about favorite outdoor memories can foster connection and well-being. Nature doesn't need to be far away—it can live in a quiet corner, a gentle breeze through the window, or a vase of fresh blooms. This May, let's celebrate the beauty and healing power of the natural world, right from where we are.

*May is Mental Health Awareness Month—a time to raise awareness, reduce stigma, and encourage practices that support emotional and psychological well-being.*

## Bringing Nature Indoors: A Gentle Boost for Mental Wellness This May

## MENTAL HEALTH AWARENESS MONTH





# VOLUNTEER

For over 16 years, Jim Garayt has generously shared his time and talents with our community. From lending a hand in the Art Studio to supporting various programs and special events, Jim's presence has made a lasting impact. He's the creative mind behind our eye-catching Art Studio window displays and a friendly, familiar face at countless gatherings. You may even recognize him as the jolly fellow who spreads cheer every Christmas! Thank you, Jim, for your incredible dedication, creativity, and kindness. We are so grateful for you!







MAY  
2025



## NEW HIRES



### DIRECT CARE TEAM

- HARJOT SANGHERA, LICENSED PRACTICAL NURSE
- NAVJOT KAUR, RESIDENT CARE AIDE

### SUPPORT SERVICES TEAM

- NAVDEEP KAUR SAHOTA, FOOD SERVICE WORKER
- SUKHDEEP KAUR, BUILDING SERVICE WORKER

# FROM THE HEART: LONGTIME RESIDENT GIVES BACK TO GDC'S FUTURE

T

his month, George Derby Centre received a touching and generous donation from one of our longtime residents. During a warm conversation with Ava Turner, our Executive Director, he shared

how much joy the newly opened children's daycare has brought him.

"Seeing the kids around makes my days brighter," he said. "Their energy, their laughter—it's a beautiful reminder of life's simple joys."

He told Ava how deeply meaningful the recent changes at GDC have been to him, and with heartfelt sincerity, added, "You remind me of George Derby—the way you care, the way you lead. It feels like this place is growing into something even more special."

His generous donation will support ongoing programs that strengthen the bond between generations and enrich the lives of all who call GDC home. We are grateful for his kindness, and for the spirit of connection that continues to thrive at our Centre.

