

Easy

4								5
				4	1	6		
	8	1	6	3				
			3			1		
1	9					8		7
	5	4			7			6
8	2	5		1	9	7	6	
			8			5	9	
6	1		5	7	3	2	4	

Medium

	8		3					2
6	1					5	4	9
	5	7	4			8		1
								6
	3	2						7
1				7		2		
	7	8	6			4	1	
		9		1			6	
5								8

Hard

7		6						
		3		7				5
	1		3					8
4	6			1		2		
	5		9			4		
			7			6		
	4		1					9
	3				2	5		

Expert

1		2			4			5
		8				7	3	
		7	3			5		
	8							
					6		4	2
						7		
	4		6	2				1
			5		3	9		

Master

2			7					
6	5			9				8
					3	9		
		7						
			4				1	
9	8			3				6
		2		5				
5	7				1		6	
		3						7



Sudoku

HELLO

GEORGE

SUMMER CARNIVAL

AUGUST
WELLNESS
TIPS

COUNTRY OF THE MONTH: AUSTRALIA

AUGUST 2025



GEORGE DERBY CENTRE

August 13th

Country of the
Month:
Australia



Special Events



August 19th

Summer Carnival in
collaboration with
Rick's Heart Foundation:
Entertainment, Cotton
Candy, and More!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	27	28	29	30	31	1	2
31	3	4 Heritage Day	5	6	7	8	9
32	10	11	12	13	14	15	16
33	17	18	19	20	21	22	23
34	24	25	26	27	28	29	30
35	31	1	2	3	4	5	6

2025
August

 THE
DERBY
MANOR

Refer

A Resident



**RECEIVE A \$500
REFERRAL PRIZE!**



8601- 16TH AVE.
BURNABY, BC.



+1 778.728.0570
INFO@DERBYMANOR.CA



LIVE MUSIC



AUG 1

BC DAY PARTY WITH
THE FABULOUS FERA
BROTHERS

AUG 8

FRIDAY WITH SALVE
& FRIENDS

AUG 15

FRIDAY PUB WITH
MIKE KINAL

AUG 22

FRIDAY PUB WITH
MARK WOLFE

AUG 27

AUGUST BIRTHDAY
PARTY WITH TBD

AUG 29

FRIDAY PUB WITH
GORD OLIVER

Summer
Safety Tip

Refresh

Stay hydrated! Even mild dehydration can cause fatigue or dizziness. Keep a water bottle nearby and enjoy refreshing drinks throughout the day; like infused water with lemon or cucumber.

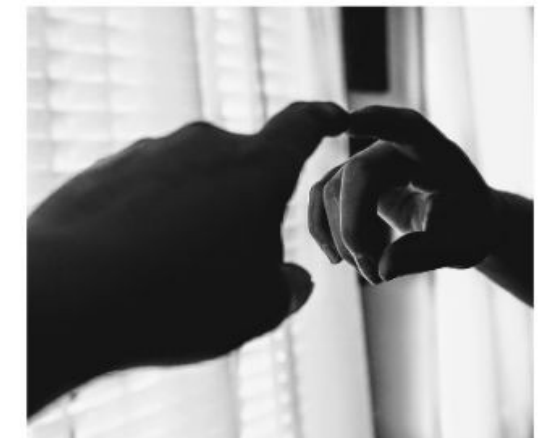
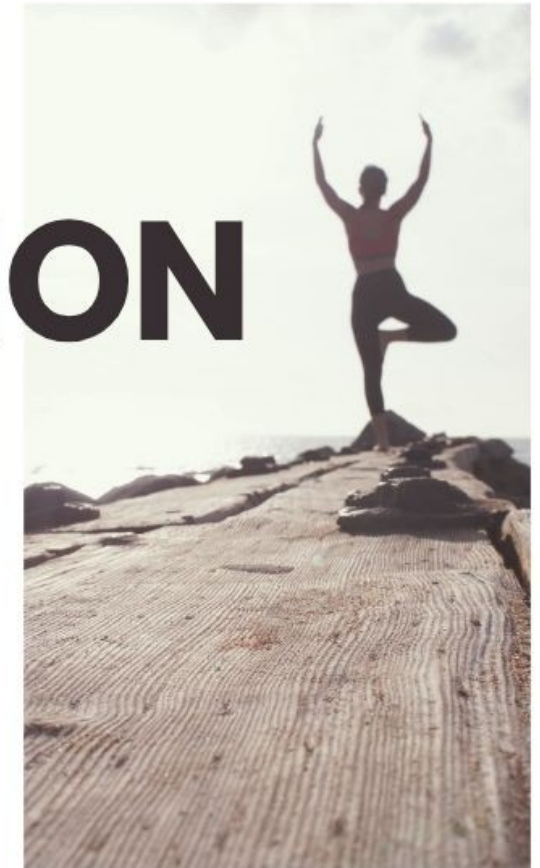


By Claudia Alves
Photographer

AUGUST WELLNESS TIPS

SELF-REFLECTION TIP:

Notice the way you talk to yourself throughout the day. Are your thoughts supportive or overly critical? Would you say the same things to a close friend? If not, it's time to shift the inner dialogue. Be gentle with yourself — you deserve the same compassion you give to others.



**WE HOPE YOU'LL JOIN
US IN THIS MONTH'S
CHALLENGE!**

AUGUST WELLNESS TIPS

SELF-CARE



TIPS & CHALLENGES

WE'RE EXCITED TO START SHARING MONTHLY TIPS, TOOLS, AND CHALLENGES DESIGNED TO SUPPORT YOUR SELF-CARE JOURNEY!

PRACTICE SELF-LOVE

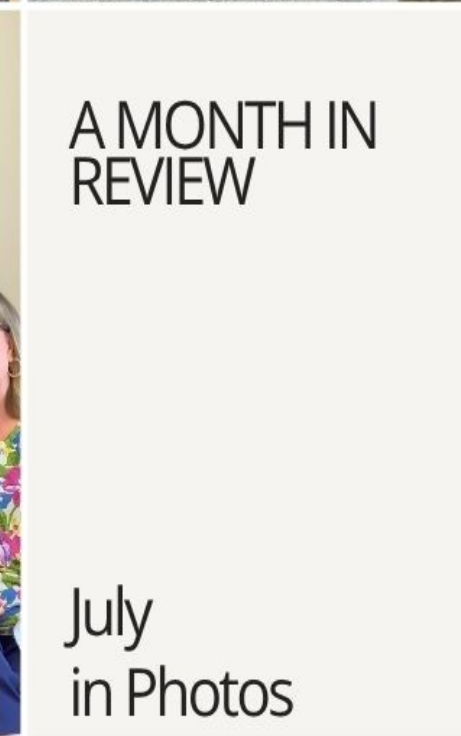


We often show love and kindness to others, but forget to extend the same care to ourselves. Today, take a moment to recognize and appreciate three personality traits you truly love about yourself. Write them down somewhere you can revisit when you're feeling low or overwhelmed. Think about how these traits have helped you navigate past challenges — they're part of what makes you resilient and unique.

WHY IT MATTERS:



During tough times, it's easy to feel discouraged or unproductive. But our worth isn't defined by how much we accomplish — it's found in who we are. Embracing what makes us special helps protect our mental health, reduce self-judgment, and foster stronger, more positive relationships.

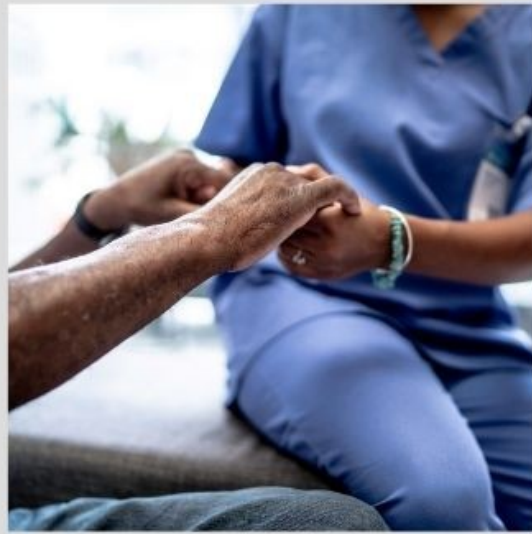




AUGUST
2025



NEW HIRES



- SHAN YU ESTHER CHOI – RECREATION PROGRAMMER
- GLENN GIMENO – BUILDING SERVICE WORKER
- ABEBA RASAGA – FOOD SERVICE WORKER
- VANESSA OKPARA – RESIDENT CARE AIDE
- CHARLETTE MAYLES DE ASIS – RESIDENT CARE AIDE
- ANMOL SINGH – RESIDENT CARE AIDE
- SIMARPREET SINGH – RESIDENT CARE AIDE

Thank You!



Honoring the Retirement

Cathy Usselman Recreation Programmer

After years of dedicated service, Cathy Usselman, our beloved Recreation Programmer, is retiring. Cathy has been the heart and soul behind countless programs that brought joy, connection, and meaningful engagement to our residents. Her creativity, compassion, and tireless energy have left a lasting impact on our community. While we will deeply miss her presence and the vibrant spirit she brought to every event, we are incredibly grateful for all she has contributed and wish her a joyful and well-deserved retirement.