



The Cedarwood Express



Message from The Principals:

October 2025

Welcome to the October edition of Optima Daily. As autumn arrives, let's embrace the warmth and traditions that make this season special. This month, we look forward to celebrating Thanksgiving—a time to come together in gratitude and appreciation—and Diwali, the Festival of Lights, which fills our hearts with hope, joy, and the promise of new beginnings. We value the simple acts of kindness that brighten our community and wish you a wonderful October filled with inspiration and community spirit!



Message from Andrew's Desk

Dear Residents,

October is a beautiful and reflective time of year, especially for those of us who cherish the traditions and memories this season brings. As the cool, crisp air creeps in, the vibrant autumn leaves invite a sense of calm and nostalgia. This month is filled with opportunities to enjoy nature, connect with loved ones, and participate in meaningful seasonal activities. Our Cedarwood Calendar thoughtfully prepared by Tristan highlights the season with wonderful activities and outings offering both comfort and celebration.

A highlight of the fall, Thanksgiving, holds deep meaning and history. It's a time to reflect on life's blessings and gather with family or close friends for a warm, hearty meal. We are looking forward to a traditional Thanksgiving dinner prepared by Bhushan and his team. Beyond the food, Thanksgiving is about gratitude and connection—values that resonate deeply within our Cedarwood community. I want to express my thanks to the entire Cedarwood staff for the amazing work they do. I also want to say how blessed we all are as a team to be working here and spending our days with every one of you! At the end of the month, Halloween provides a lighter, more playful spirit. It's a chance to enjoy laughter, silliness and fun as we invite all the little Trick or Treaters into Cedarwood.

Please mark your calendars and join in the upcoming activities and events happening all month long.

P.S. I am looking forward to everyone's creativity in costumes!

Fun With Recreation



Cedarwood is delighted to welcome home our September residents:

Murray H. - September 1st
Eloise S. - September 8th
Gerda P. - September 15th
Harley G. - September 25th



Cedarwood is Celebrating the following birthday's this month!



Gail. K - October 2nd
Arta. S - October 7th
Eileen. C - October 7th
Marg. R- October 10th
Mike. W - October 15th
Earl. W - October 24th



September Events:

Oct 3rd - Oktoberfest
Oct 7th - Arta's 100th B-day Celebration
Oct 8th - October Birthday Party
Oct 9th - General Election/Downsizing Seminar
Oct 15th - Living With Diabetes Information Session
Oct 20th - Flu Clinic
Oct 29th - Harvest Hoe Down
Oct 31st - Halloween Happy Hour

Bus Outings



Wednesday October 1st - Harvest Moon Social
Thursday October 2nd - Walmart
Monday October 6th - Casino
Tuesday October 7th - Airdrie Errands
Tuesday October 14th - Spirit Halloween
Tuesday October 21st - Airdrie Errands
Thursday October 23rd - Airdrie Library
Saturday October 25th - Heritage Market
Thursday October 30th - Walmart



Wednesday, October 1
1:00 - 4:00PM

Town&Country Centre
275 Jensen Drive, Airdrie

MUSIC BINGO | LIVE ENTERTAINMENT | DANCING

Includes hot/cold beverages, snacks & prizes!

**Tickets Purchased
By Cedarwood**

Doors Open 12:45pm*

***Ticket required for entry & door prizes.**

For Anyone Ages 55+

All details on our website



www.airdrieseniors.ca



Airdrie Seniors Committee In Partnership With



Supporting Airdrie 1st Club Hamper Program

FREE transportation to event available.

Call ahead to Drive Happiness (780) 424-5438 quoting Airdrie Seniors Day!



What's New In Recreation?



Harvest Moon Social – Wednesday October 1st

On Wednesday, October 1st, join us as we head out to the Harvest Moon Social! This community event in Airdrie will feature music bingo, dancing, live performances, snacks, and prizes. Cedarwood has bought 24 tickets, so come and join the fun on us!

Writing Club: Thursday October 2nd/30th

Join us for our brand-new Writing Club—a creative space that blends recreation with resident-led inspiration. Whether you enjoy writing poems, songs, short stories, or even haikus, this is your chance to put pen to paper and let your imagination flow. It's also a wonderful opportunity to share your thoughts and creations with others in a welcoming, supportive environment.



Oktoberfest Celebration – Friday October 3rd

Kick off October with our very own Oktoberfest! We'll be teaming up with the kitchen to bring you classic German-inspired treats like warm pretzels and savory sausages, while Recreation provides refreshing drinks served in festive steins.

Thursday October 16th -

Our Men's Club is heading out to Brewsters for a fun afternoon! This is a great chance for the men to get out, enjoy some food and drinks, share a few laughs, and just have a good time outside of the facility. Don't miss out on the camaraderie and good vibes!



Halloween Happy Hour– Friday October 31st

Join us for a spooktacular evening of fun and frights! We'll be serving up special themed drinks, playing festive games, and enjoying some good old-fashioned spooky tunes. Don't forget to dress up for our costume contest – prizes await the best costumes!



Cedarwood Outings

Wednesday Oct 1st - Harvest Moon Social Outing

We're heading out to the Harvest Moon Social in Airdrie! Enjoy an evening filled with music bingo, dancing, live entertainment, snacks, and prizes. Tickets are just \$5

Thursday Oct 2nd/30th Walmart Outings

This month we'll be making two trips out to Walmart: A great chance to pick up any essentials or do a little shopping!

Monday Oct 6th - Century Downs Casino Outing

On Monday, October 6th, we're heading out to Century Downs Casino! Enjoy a delicious lunch followed by an afternoon of fun and games. A great chance to try your luck and have a good time

Tuesday Oct 7th/21st - Airdrie Errands

Need to run a few errands around town? Join us on Tuesday, October 7th and Tuesday, October 21st for our Airdrie Errands trips. Whether it's a doctor's appointment, a stop at the thrift store, picking up prescriptions, or even grabbing lunch.

Tuesday Oct 14th - Spirit Halloween Outing

On Tuesday, October 14th, we're heading out to Spirit Halloween! It's the perfect chance to get spooky and shop for a costume ahead of our big Halloween Costume Contest on the 31st. Come find something fun (or frightening!) to wear!

Thursday Oct 23rd - Airdrie Public Library Tour

Join us as we visit the brand-new Airdrie Public Library! We'll enjoy a guided tour of the new space, some light treats, and plenty of time to browse the shelves.

Saturday October 25th Heritage Treasures Farmers Market

Join us as we take a trip to a local artisan market close to Airdrie. This market is full of unique finds—everything from handmade Christmas goodies to fun trinkets and one-of-a-kind odds and ends.



Community Conversations



Thursday October 2nd - Food & Beverage

Let's talk food! This will discuss new meal time policies and any feedback about dining. Come with your ideas, questions, and appetite for improvement.

Monday October 6th - 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.

Tuesday October 7th -Meeting with Andrew

Join our General Manager, Andrew, for an open conversation about policies, building updates, and anything else on your mind. A great opportunity to ask questions and share suggestions.



Wednesday October 15th - Community Meeting

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

Tuesday October 21st - Garden Committee

Run by residents, this meeting is for our green thumbs to connect. Discuss planting plans, garden needs, and what's thriving or needs tending—both inside and outside.

Monday October 27th - Coffee with the Chef

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



Wednesday October 29th -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!

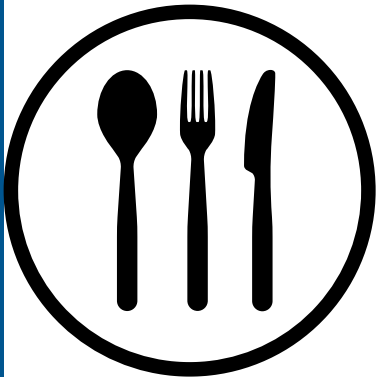


Updates from our Teams:

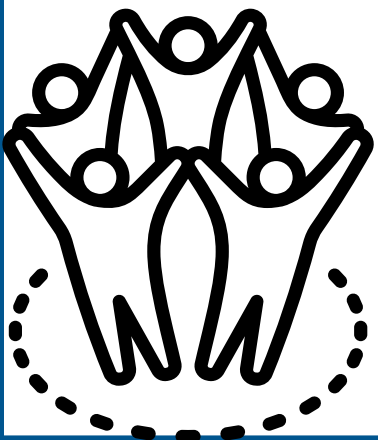


Nursing: Hello Everyone,

Happy Fall! We've got lots happening here at Cedarwood. On October 15th, the Walker Clinic team will be visiting, and on October 20th, we'll be hosting the Flu Clinic. Keep an eye out for the information sheets that Tania will be handing out soon. Stay safe, stay bundled, and have a Happy Halloween!



Food & Beverage: Happy October everyone, we want to start off by thanking our garden committee for their hard work and dedication. Their harvest has enhanced the quality and freshness of our kitchen. On Sunday October 12th, we are going to be having our thanksgiving dinner, with turkey and all the fixings. Finally, we will be having a food and beverage meeting on Thursday October 2nd. Thank you to everyone for their support & Feedback.





Community Update: A huge, warm thank you to everyone who made our Taste of Home Open House such a magical success. It's because of all of you that our community feels so special.

I am starting to plan for our annual Sugar Plum Market, coming up in November. We're so excited to turn our space into a wonderland filled with handmade treasures, This is your chance to shine! If you're a talented crafter, a home baker, or have some special items you'd like to share, we would absolutely love for you to have a table.



A Fall for All:

September brought us joy, in every way,
From sunny mornings to cozy days.
We traveled the world without leaving our hall,
With an International Buffet – a feast for all!
Next, we journeyed to England in an armchair,
Exploring its sights with flair and care.
We sang along to British tunes so grand,
Sharing laughter, stories, and music hand in hand.
Games with Marilynne returned once more,
Thursday nights filled with fun galore.
Songs, games, and snacks to delight,
Creating memories from morning to night.
Our Open House decked in fall's embrace,
With tours, homemade bread, and a warm, welcoming space.
Popcorn and movies, the building aglow,
Showing off our community – a wonderful show!
Out to Drumheller we made our way,
The Royal Tyrrell Museum brightened our day.
Dinosaurs and smiles, a beautiful scene,
A day to remember, crisp and serene.
September closed with some spirited cheer,
Men's Club with wings and beer.
The Ladies Garden Party brought tea and treats,
And laughter and friendship in cozy seats.
From start to finish, September was sweet,
With food, fun, music, and friends to greet.
Here's to the memories, the smiles, the call,
A wonderful month – a Fall for All!



Resident Spotlight - Art & The Cedarwood Stitchers

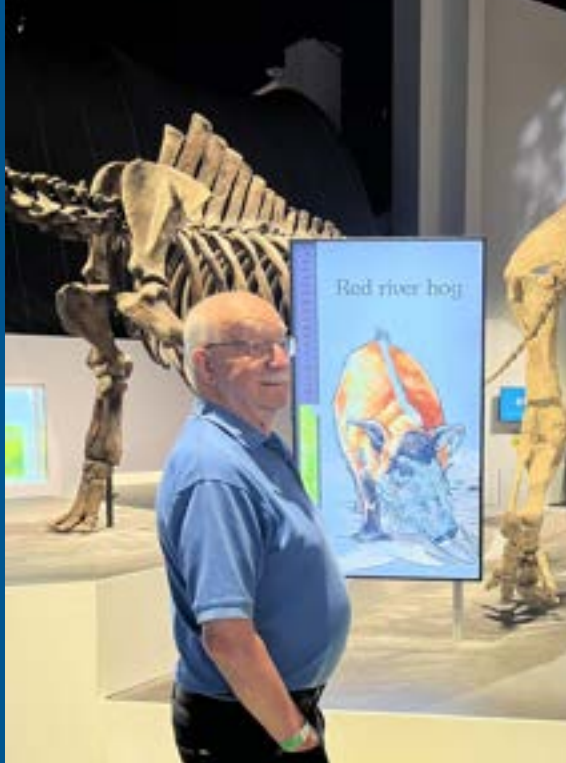


We'd like to share a special story from our Cedarwood Stitchers group. Art, one of our residents, recently completed a beautiful quilt for his granddaughter. He first learned how to knit from Julianna, a fellow Stitchers member, and has spent many hours practicing, learning, and perfecting his craft.

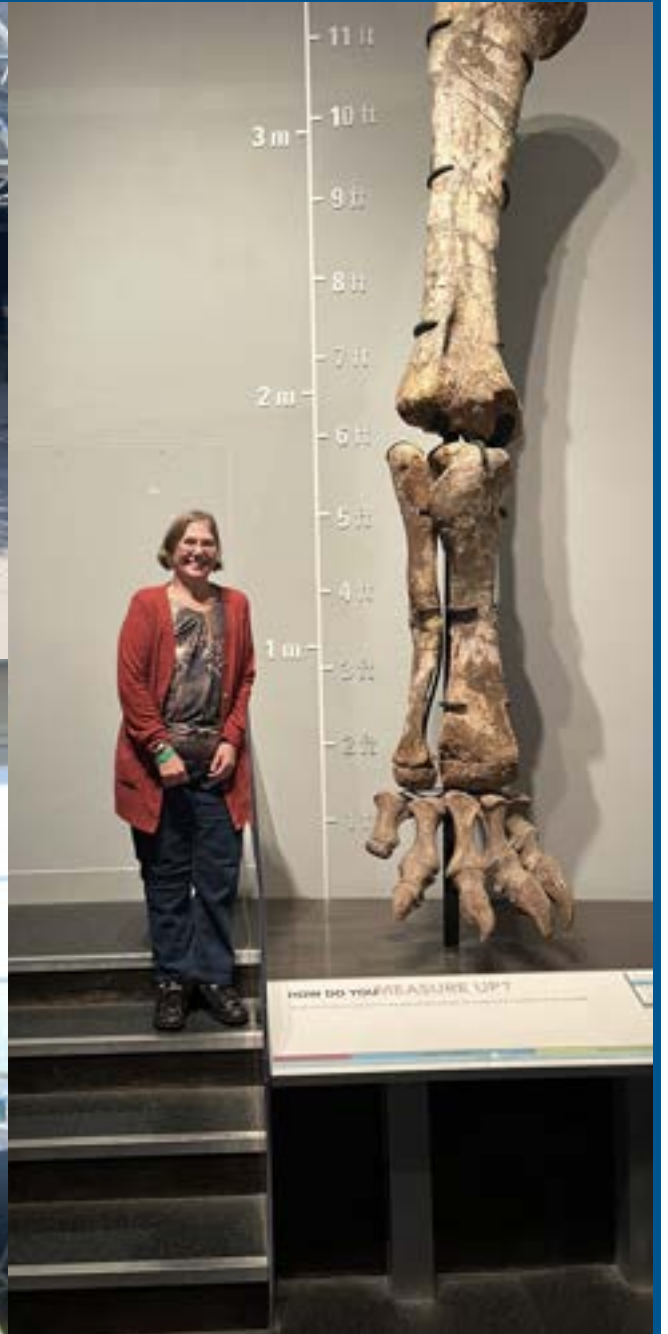
The quilt is not only a heartfelt gift for his granddaughter but also a wonderful example of the friendships, skills, and creativity that grow within our Stitchers group. We're so proud of Art's dedication and the supportive spirit of everyone who gathers on Tuesdays to stitch together.



Looking Back With A Smile



Looking Back With A Smile



Health & Safety:

October's Emergency Code: **Orange - Mass Causality**

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.

Code of the Month

Code Orange - Mass Causality

What is Code Orange? Code Orange is a critical alert activated during hazardous materials incidents or large-scale external emergencies that may impact our community's safety. This includes serious events such as wildfires, earthquakes, severe flooding, or acts of terrorism. These situations pose significant safety risks and may result in multiple injuries.

How Residents Can Help

During a Code Orange event, your cooperation is vital to ensure everyone's safety.

Please follow these important guidelines:

- **Stay Calm and Remain in Place:** Avoid unnecessary movement unless you are specifically instructed otherwise.
- **Follow Instructions:** Listen carefully and comply with directions from emergency responders and official personnel.
- **Avoid Affected Areas:** Do not attempt to investigate or enter hazardous zones.
- **Report Symptoms or Concerns:** Immediately inform emergency responders if you experience any unusual symptoms or safety concerns

Thank you for your attention and cooperation in keeping our community safe.

EMBRACE TECHNOLOGY SAFELY

TECHNOLOGY HELPS US STAY CONNECTED, INDEPENDENT, AND INFORMED—BUT
IT'S IMPORTANT TO USE IT SAFELY!



CHOOSE STRONG PASSWORDS



- USE A MIX OF LETTERS, NUMBERS, AND SYMBOLS AVOID PERSONAL INFORMATION, NO BIRTHDAYS OR NAME CONSIDER A PASSWORD MANAGER TO KEEP TRACK



KEEP YOUR DEVICES SAFE

- KEEP ANTIVIRUS SOFTWARE UPDATED.
- INSTALL UPDATES FOR YOUR PHONE, TABLET, OR COMPUTER.
- TURN ON FIREWALLS AND SECURITY SETTINGS



WATCH OUT FOR SCAMS

- DON'T CLICK ON UNKNOWN LINKS OR POP-UPS
- NEVER SHARE PERSONAL INFORMATION BY PHONE, EMAIL, OR TEXT.
- HANG UP ON CALLS ASKING FOR BANKING OR SIN DETAILS.
- TRUST YOUR INSTINCTS — IF IT FEELS ODD, IT MOST LIKELY IS!



ASK FOR HELP

ASKING QUESTIONS KEEPS YOU SAFER AND MORE CONFIDENT! IT'S OKAY TO ASK FOR HELP FROM FAMILY, FRIENDS, OR STAFF IF YOU'RE UNSURE OR NEED HELP USING YOUR DEVICE

TECHNOLOGY SHOULD MAKE LIFE EASIER —
NOT RISKIER. WITH THIS INFORMATION, YOU
CAN STAY CONNECTED AND SAFE ONLINE!

HELPFUL RESOURCES

DIGITAL LITERACY PROGRAM | ALBERTA.CA

AT&T - DIGITAL LEARN

FREE TECH HELP - CYBER-SENIORS INC.

Updates From Our Teams: Meet Our New Staff



My name is Geo, and I'm excited to introduce myself as the new Maintenance Manager here at Cedarwood Station.

A little about me: I began my career in Ontario's automotive industry, designing and manufacturing specialized tooling. From 1998–2013, I ran my own design and building contracting business. After moving to Alberta in 2013, I transitioned into commercial construction, working on restaurants and retail spaces across Canada.

I studied Tool and Die Design at St. Clair College and have always had a passion for woodworking and construction. Outside of work, I enjoy building scale models, playing the drums, researching military history, and building LEGO. I was born in Glasgow and raised in Scotland as the youngest of three. I also love to cook, grill, and bake.

I'm happy to be here at Cedarwood Station and truly look forward to getting to know all of you.



OCTOBER SHINING STAR

Telma Queros

Telma consistently goes above and beyond in her role. Always punctual and ready to support her team, she contributes both in the kitchen and dining room—whether it's helping with prep work or ensuring the dining area is perfectly set for our residents.

Her dedication extends beyond daily tasks. She takes the time to welcome new residents, helping them feel comfortable and explaining dining room routines and expectations with kindness and clarity.

Her ability to balance professionalism with a fun, positive attitude makes her a joy to work with and a true asset to our team. She brings warmth, teamwork, and excellence to everything she does.

OCTOBER PEER STAR

Lenah Kooy



We are pleased to announce that Lenah has been nominated by her colleague, Telma, as the Cedarwood Station Peer Star for June. Telma chose Lenah because:

“ Lenah's bright smile and positive attitude make Cedarwood a brighter place every day she works”

Thank you for your continued dedication to Cedarwood Station. Congratulations on this recognition!

Cedarwood Leadership Directory



Andrew Yakielashek

General Manager

403.945.2222

andrew.yakielashek@optimaliving.ca



Tania Nogueira

Care Services Lead

403.945.2222

tania.nogueira@optimaliving.ca



Bhushan Negi

Food Services Lead

403.945.2222

bhushan.negi@optimaliving.ca



Geo Brittan

Building Services Manager

403.945.2222

geo.brittan@optimaliving.ca

Cedarwood Leadership Directory



Heather Crossen

Community Relations Coordinator

403.945.2222

heather.crossen@optimaliving.ca



Tristan Leacock

Recreation Manager

403.945.2222

tristan.leacock@optimaliving.ca



Dubravka Breuker

Administrative Assistant

403-945-2222

cws.admin@optimaliving.ca