

**WHAT HAPPENS IF YOU
EAT TOO MANY SALTED
PRETZLES ON
HALLOWEEN?
NOVEMBER THIRST.**

SELF-CARE

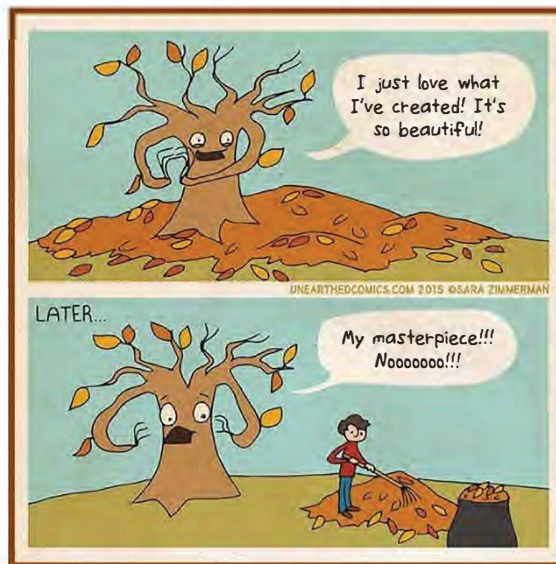
**EVEN WHEN YOU ARE FEELING
WELL, YOU SHOULD STILL
IMPLEMENT SELF-CARE INTO
YOUR DAILY ROUTINE. YOU CAN
DO THIS BY:**

- ✓ Talking to someone you love. Reach out to your support system
- ✓ get some fresh air! go for a walk, let the sun shine on your face
- ✓ Write down the things you are grateful for.
- ✓ Brush your teeth and your hair. when you take care of your hygiene you're going to feel fresh and ready to take on anything

" when you can't control what is happening,
Challenge yourself to Control the way you
Respond.
That is where your Power is"

This Newsletter is going to be a tool that is given out every month during Rent Collection. It's main purpose to keep everyone informed of Community Happenings, Resources you may find helpful, Tips and Tricks to manage day-to-day living and of course some funny jokes and inspirational quotes

If you have any questions do not hesitate to call me
at
(506)866-8558



RESOURCES

Mobile Denture Clinic

Pamela McCollum
(506)939-3111

Mobile foot clinic

Tina Blanchard
(506)875-6186

Peter McKee Food Center

(506)383-4281
M-F 10am-12pm, 1pm-3pm,
5pm-7pm
520 St George Blvd,
moncton

IN THE COMMUNITY

FRIENDS OF RUDOLPH

When? Saturday Nov 5th, 10am-2pm

Where? 600 Mapelton Road,
Moncton

CRANDALL UNIVERSITY CHRISTMAS MARKET

When? Saturday Nov 12th, 9am-3pm

Where? 333 Gorge Road, Moncton

SANTA CLAUSE PARADE

When? Nov 26th, 5pm-8pm

Where? Downtown Moncton

ALL THINGS ARA

We will be planting Tulip
Bulbs at Residences,
Victoria and Danois
Thursday November 3rd
Tulip planting at Amirault
Friday November 4th
OHS Inspections:
Danois: Nov 24th
Victoria, Lutz &
Lakewood: Nov 23rd

