George Derby Centre

Families

WE NEED YOUR HELP

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





MAY SPECIAL EVENTS



• MAY 5TH: 2 PM

Cinco De Mayo celebration (Town Hall)

• MAY8TH: 2 PM

Mother's Day Tea (Town Hall)

• MAY 21ST: 1:30 - 4 PM

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
II	12	I 3	14	15	16	17
81	9	20	21	22	23	24
25	26	27	28	29	30	31

THIS MAY

WE WILL WALK FOR ALZHEIMER'S

DATE

MAY 21ST

LOCATION

OUTDOORS AT GEORGE DERBY CENTRE

TIME

1:30 - 3:30 PM

WHO ARE YOU WALKING FOR?



DONATE TODAY
TO SUPPORT THE
ALZHEIMER
SOCIETY











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

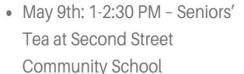
2 PM - MAY BIRTHDAY PARTY - GREG ALCOCK (TOWN HALL) **MAY 30**

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

Together Time



Bus Outing



May 22nd: 2 PM –
 Whalley Legion # 229



Crib Club

Tuesdays - 3 PM (Main St.)





Mahjong Group



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



Brits Abroad

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





Veteran's Group

May 7th: 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.

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

MENTAL HEALTH AWARENESS MONTH

time to raise awareness, reduce stigma, and encourage practices that support emotional and psychological well-being.

May is Mental Health Awareness Month-a

GEORGE DERBY CENTRE May | 2025



O L U N T E E R

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 eyecatching 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!



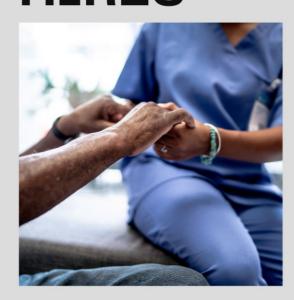


MAY 2025



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

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.



GEORGE DERBY CENTRE MAY