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NEW Foot Health On AVENS Campus

I'm thrilled to share some exciting news that brings an extra touch of wellness to our AVENS community!

“The average person in their lifetime will walk the equivalent of 3 times around the globe”

Gerri Whitford, RN & Medical Footcare Nurse

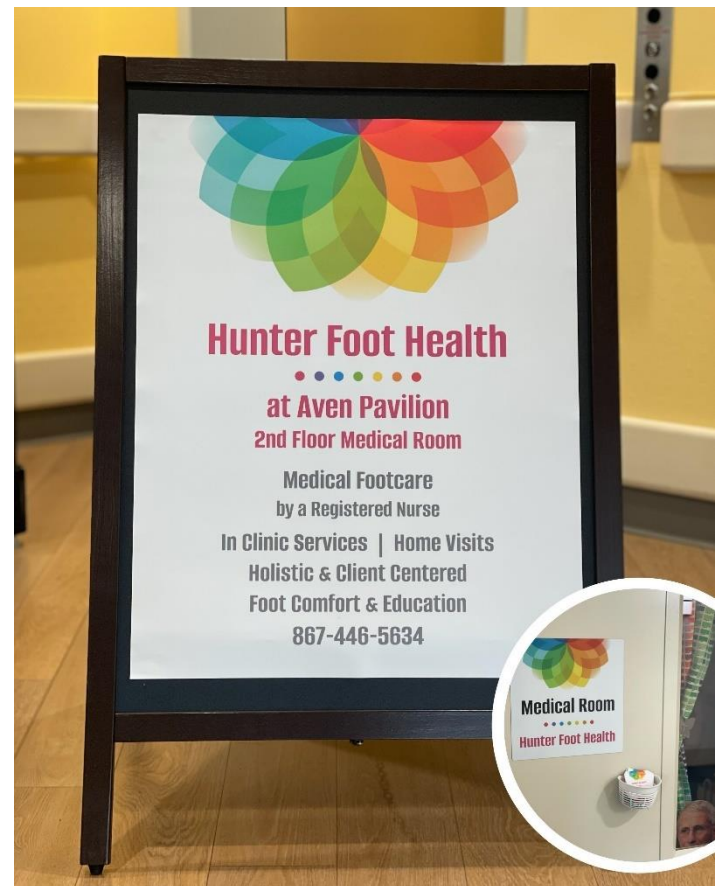
We are delighted to welcome Gerri Whiteford, a registered nurse and a dedicated medical footcare expert, who has just opened her new office, Hunter Foot Health, on the second floor of our Aven Pavilion.

Gerri brings a wealth of knowledge and a holistic approach to foot care, ensuring that our independent housing tenants and our community not only receive the best in client-centered care but also benefit from her educational offerings.

After all, as her business card wisely states,

"The average person in their lifetime will walk the equivalent of 3 times around the globe."

With that in mind, it's essential to take good care of our feet, as they support us through every step of our journey!



A billboard in our Aven Pavilion entrance greets “foot” customers to Gerri’s second floor medical room facility

We are excited about the positive impact Gerri’s services will have on our community. Whether you're looking for routine foot care or want to

learn more about maintaining foot health, Gerri is here to help!

Please join me in welcoming Gerri to our AVENS family. We wish her all the best as she embarks on this wonderful venture with us.



A very warm and inviting adventure awaits for your feet!

Here's to happy, healthy feet and many joyful journeys around the globe!

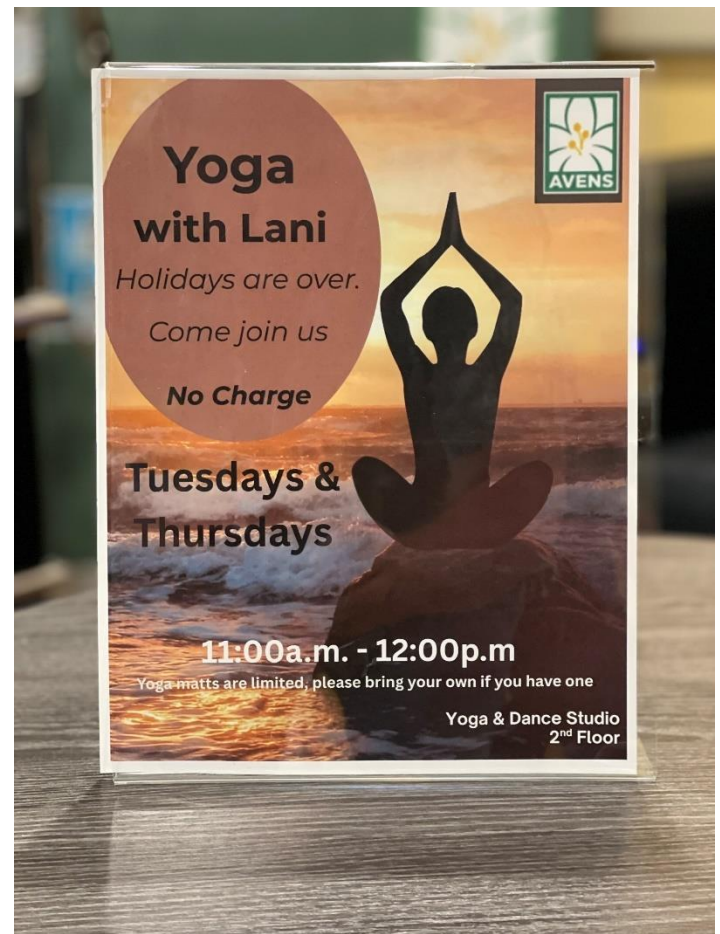
Stretching Into Wellness: Join Lani For FREE Yoga At AVENS

We are excited to share some fantastic news that promises to bring even more wellness and vitality to our Aven Pavilion! We are thrilled to welcome our new resident, Lani Cooke, who has generously volunteered to lead **FREE** yoga sessions in our second-floor yoga and dance studio.

Join us every **Tuesday and Thursday from 11 AM to 12 PM** as Lani guides us through refreshing yoga practices designed to enhance

strength, flexibility, and well-being. And don't worry if you don't have a mat—thanks to the Yellowknife Seniors Society (a big shoutout to Kim for the donation!), we have some available, but feel free to bring your own if you have one!

Lani is no stranger to the north, boasting over 35 years of diverse experience as a film production business owner, commercial fisher, writer, and executive director of two non-profit agencies. For the last thirteen years, she has excelled as a consultant, weaving together her rich experiences into a unique cultural strength that continues to uplift and empower our northern community.



An incredible thank you to Lani for volunteering her time and expertise to provide this wonderful opportunity for our independent seniors at

AVENS. Let's come together to stretch, breathe, and find our inner peace!

Looking forward to seeing you on the mat!

NEW Sign, NEW Vibes: Aven Pavilion Is Officially Here!

We are excited to share a delightful update that marks a new chapter for our Aven Pavilion! We've recently hung our new signage, proudly showcasing the emblem and logo that truly represent who we are. I guess you could say we're finally official—how exciting is that? (LOL! Cue the confetti!)



But let's be real for a moment; this didn't just happen overnight. There was a tremendous amount of hard work, thought, and collaboration that went into our rebranding and marketing efforts. Our goal was to stay true with the iconic AVENS brand, which holds a special place in the heart of the North, while also modernizing our look and feel for the future.

Thanks to the invaluable input from various focus groups and consultations, we've landed on this new design that pays homage to our original

roots while opening the door to exciting expansion ideas ahead. It's a blend of tradition and innovation that reflects our commitment to serving this amazing community.

So, the next time you walk by, take a moment to admire the new signage and feel the energy of our refreshed identity. Here's to embracing our past while looking forward to a bright future!



Chili Showdown: Can You Beat My Award- Winning Recipe?

Get ready for a chili cook-off showdown challenge brewing right here at AVENS!

Mark your calendars for **Friday, September 19th, 2025**, because we're hosting a Chili Cook-Off that promises to be spicy, fun, and downright delicious!

Sponsored by our fabulous AVENS Social Committee, we're calling all aspiring chefs and local Gordon Ramsay wannabes to lay down the gauntlet and bring your best chili recipes to the

table. And yes, yours truly will be joining the fray with **my multiple award-winning, can't-lose recipe!** I'm laying down the challenge—who out there thinks they can take that first-place prize from my cold, dead hands?

But even if you don't think you can beat my culinary talent, you're still invited to join in on the fun! Come be part of the taste-testing crew as residents and staff will be judging the entries at 11 AM in the Barb Bromley Administration Wing. It should be about camaraderie, laughter, and, of course, some seriously good chili! SPOILER ALERT- I am there only for the first-place prize.



Join us to show off your cooking skills!

Chili

COOK OFF

FRIDAY, SEPTEMBER 19

11:00 AM IN AVENS ADMINISTRATION

Chili Cook Off Competition. Judges will be our residents and employees!

Make the best chili to win prizes courtesy of our Social Committee


COME ON DOWN TO JUDGE THE BEST CHILI!



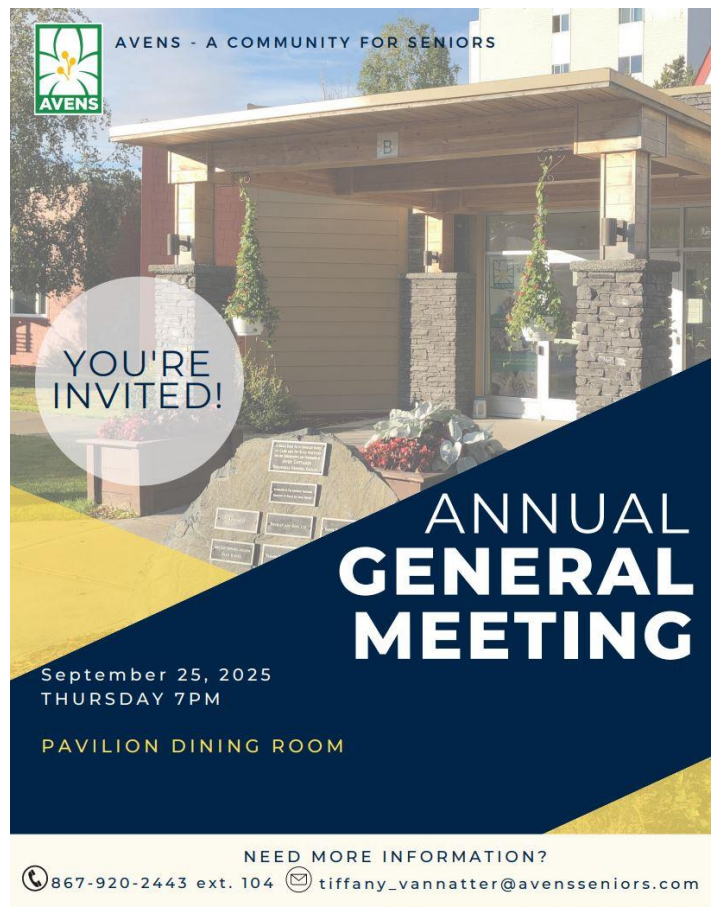
So, whether you're cooking up a storm or just ready to savour some tasty creations, we can't wait to see you on the 19th. Let the best chili win! (<cough> generic line for those second and third place entries). 😊



Please mark your calendar for this important special community bulletin



AVENS - A COMMUNITY FOR SENIORS



YOU'RE INVITED!

ANNUAL GENERAL MEETING

September 25, 2025
THURSDAY 7PM

PAVILION DINING ROOM

NEED MORE INFORMATION?

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