

## Contents

01: Cheers To Inspiring A New Generation Of Volunteers

02: The Big 6-0

03: Aven Baker Community Centre Gets A Makeover

04: Community Corner

## Cheers To Inspiring A New Generation Of Volunteers

I'm thrilled to share some exciting news! Mark your calendars for **Saturday, April 25, 2026**, because we're throwing a special **Volunteer Appreciation Brunch** to honor the incredible individuals who bring joy and support to our community.

*“Not all of us can do great things. But we can do small things with great love”*

*Mother Teresa*

At AVENS, our volunteers are the heartbeat of our care programming. Their dedication and

passion make a world of difference, especially in enriching the lives of our long-term care and dementia residents. As a not-for-profit organization, we truly couldn't do it without them!

While we regularly recognize our volunteers—most recently during our GEMS (Going the Extra Mile for Seniors) event—this brunch is just one more way to say **THANK YOU** for everything you do. Your kindness and hard work do not go unnoticed!

THEME 2026: IGNITE VOLUNTEERISM: INSPIRING NEW GENERATION

AVENS VOLUNTEER

Appreciation BRUNCH

SPECIAL MEAL

Enjoy a relaxing & delicious brunch with other volunteers.

SPECIAL INVITE FOR YOU

SATURDAY | APRIL, 25TH | AT 11AM

RSVP CAROL - VRS : CALL 867-920-2443 EXT 103 OR EMAIL AT CAROL\_NORWEGIAN@AVENSSENIORS.COM BY APRIL 21ST AT 4:00PM

This year's theme "Inspiring a new generation"

A little history for you: about a decade ago, we hosted a supper program to honour our volunteers, but over the years, our brunch has been the star of the show! It seems that sharing a delicious meal in the morning simply brings everyone together in a special way.

So come hungry and ready to celebrate! Let's make this brunch a memorable one for all the wonderful volunteers who help make AVENS such a vibrant place to live and work.



Showing one of our many past thank you events for our AVENS family, including our volunteers!



Our recent GEMS (Going the Extra Mile for Seniors) event in February 2026, where we recognized 5 outstanding AVENS volunteers who go the extra mile!

Thank you once again for your unconditional support and commitment to our community. We can't wait to see you all there!

## The Big 6-0

Well, folks, I've officially crossed the threshold into my sixties! Yes, you heard that right—I'm now a proud member of the senior club! You'd think turning 60 would come with a marching band, but instead, it brought a whole new set of challenges: like moving a bit slower, having a harder time tying my shoes (seriously, do I need to take a class?), and let's not even talk about my hearing—what did you say?

#SayNoToHearingAids



Celebrating April birthdays (Daryl and Sara) with our weekly Friday Coffee Team Building Event

Despite these little "gifts" from aging, I still feel like I'm in my forties! Maybe it's the wisdom, or maybe it's just the optimism that comes with knowing I have a lifetime of experience... or maybe I've just misplaced my reading glasses again!

This past week, I celebrated the big 6-0 surrounded by my loving family. My son and daughter-in-law flew in from Calgary, as well as friends from Airdrie. My amazing son and daughter-in-law, and wife Cindy, from Yellowknife joined the festivities too! My wonderful mother also made the trip from Sherwood Park. We shared laughter, great food, and I had the joy of playing with my two incredible granddaughters, who surprisingly have only seen each other for

the third time in their lives. Just imagine the giggles and chaos!



**(L to R) Daughter-in-law, Crystal, granddaughter, Violet, moi, wife, Cindy, mother, Viviane, and son, Bronson. Special Aven Pavilion "Birthday" lunch with the family**

Now, let me raise a glass of wine (or maybe a cup of Metamucil) to my fellow seniors! Here's to receiving my Seniors Blue Cross health card—because who doesn't love a little extra support? And, most importantly, cheers to my City of Yellowknife free seniors parking pass! If that doesn't scream "I've arrived," I don't know what does!



**(L to R) Daughter-in-law, Abbey, son, Tanner, moi, granddaughter, Hallie, wife Cindy**

Being 60 is nifty! I'm embracing this new chapter with open arms, a chuckle, and a heart full of gratitude. Here's to many more adventures, laughter, and perhaps a few more shoe-tying lessons!



**(L to R) Hallie, Grandpa and Violet. My lil' angels!**

...and thank you for my staff and the residents for reminding me and keeping me grounded in my old age!

## Aven Baker Community Centre Gets A Makeover

This week, I'm excited to share some updates about a beloved gem on our campus—the Aven Baker Community Centre!

### A Bit of History

Did you know that the Baker Community Centre has been a vibrant hub for seniors since 1995? It was born from a whimsical idea when Ed Baker,

a local miner and Aven Manor resident, jokingly offered a \$100,000 cheque to then AVENS Director, Cathy Praamsma, for a pair of suspenders! He envisioned a recreation center for seniors instead, and thanks to his generous spirit and community support, the dream became a reality.



With contributions from the City of Yellowknife, the Yellowknife Elk's Lodge, and many others, we raised about \$650,000 to bring this vision to life. Today, the center serves over 500 seniors in our community, via the Yellowknife Seniors Society, hosting activities six days a week, from educational workshops to social events, all while embracing Ed Baker's motto: **"Home is where your friends are."**



## Exciting Updates

As your friendly landlord for the Aven Baker Community Centre, I'm thrilled to announce that we've been hard at work to ensure this facility remains functional and welcoming. In recent years, we've replaced the windows and flooring, and later this summer, we're **adding a fresh coat of paint!**

This **new splash of color** will breathe fresh life into the center, making it an even more inviting place for our seniors to gather and enjoy each other's company. We'll keep you posted on the **painting schedule**, as we can't wait to share this transformation with all of you!

## Community Corner

