

Golden Links Lodge Employee Spotlight



Cathy Ngo

Meet one of the newest members of our team Cathy or “Cappy.” She has been with GLL for a short amount of time but has already made a big impact in our Recreation Program. A graduate of the University of Manitoba, Bachelor of Recreation Management & Community Development. In high school Cathy volunteered at a nursing home and she knew immediately that she wanted to work with seniors. Cathy’s professor suggested to her that GLL might be a place she would enjoy working.

Cathy loves when residents recall their past and share stories. Breaks her heart to say goodbye.

She loves listening to all kinds of music a good bowl of PHO Soup~! If its exercise time Track & Field is her thing!

Going on vacation... you’ll find Cathy heading to Coquitlam, British Columbia. She loves the outdoors, especially in B.C.