



St. Michael's  
HEALTH GROUP

St. Michael's Long Term Care Centre

# News & Recreation

## October 2023



### Thanksgiving Observance

Count your blessings instead of  
your crosses;  
Count your gains instead of your  
losses.

Count your joys instead of your  
woes;  
Count your friends instead of  
your foes.

Count your smiles instead of  
your tears;  
Count your courage instead of  
your fears.

Count your full years instead of  
your lean;  
Count your kind deeds instead of  
your mean.

Count your health instead of  
your wealth;  
Count on God instead of  
yourself.

*We would like to wish all  
Residents, Families and Staff at  
St. Michael's a wonderful  
Thanksgiving filled with love and  
happiness!*



# October Birthdays

Helen T.	October 2 <sup>nd</sup> , 1927
Milt P.	October 4 <sup>th</sup> , 1940
Belmira M.	October 8 <sup>th</sup> , 1923
Sophia A.	October 8 <sup>th</sup> , 1927
Sonia B.	October 9 <sup>th</sup> , 1938
Aileen F.	October 9 <sup>th</sup> , 1939
Mary D.	October 13 <sup>th</sup> , 1927
Nancy M.	October 15 <sup>th</sup> , 1926
Joyce B.	October 15 <sup>th</sup> , 1931
Iris K.	October 18 <sup>th</sup> , 1941
Corrie B.	October 19 <sup>th</sup> , 1935
Rose F.	October 20 <sup>th</sup> , 1943
Lien P.	October 26 <sup>th</sup> , 1940
Tina R.	October 27 <sup>th</sup> , 1927
Marion P.	October 27 <sup>th</sup> , 1928
Patricia Ann C.	October 31 <sup>st</sup> , 1933
Dora F.	October 31 <sup>st</sup> , 1939

# Upcoming Events in October

**Monday, October 2<sup>nd</sup>** - No Recreation Programs today

**Wednesday October 4<sup>th</sup> at 2:00 p.m.**

- Thanksgiving Social with Pumpkin Pie & Apple Cider in the Alberta Room

**Monday October 9<sup>th</sup>** - No recreation programs today

**Wednesday October 11<sup>th</sup> at 1:15 p.m.**

- Country Drive Outing

**Thursday, October 12<sup>th</sup> at 2:00 p.m.**

- Live entertainment with Wendy & Wes in the Alberta Room

**Friday, October 13<sup>th</sup> at 9:00 a.m.**

- Men's Pancake Breakfast in the Recreation Room

**Wednesday, October 18 at 2:00 p.m.**

- Magic Show with Mullen Cullen in the Heritage Hall

**Friday, October 20 at 9:00 a.m.**

- Ladies Pancake Breakfast in the Recreation Room

**Wednesday, October 25<sup>th</sup> at 1:15 p.m.**

- Alberta Aviation Museum Outing

**Thursday, October 26 at 2:00 p.m.**

- Monthly Birthday Party with Band of Brothers in the Heritage Hall

**Friday, October 27 at 2:00 p.m.**

- Halloween "Spooky" Hour in the Alberta Room

**Tuesday October 31 at 12:00 p.m.**

- Chinese Takeout Lunch Club in the Recreation Room



# September Highlights





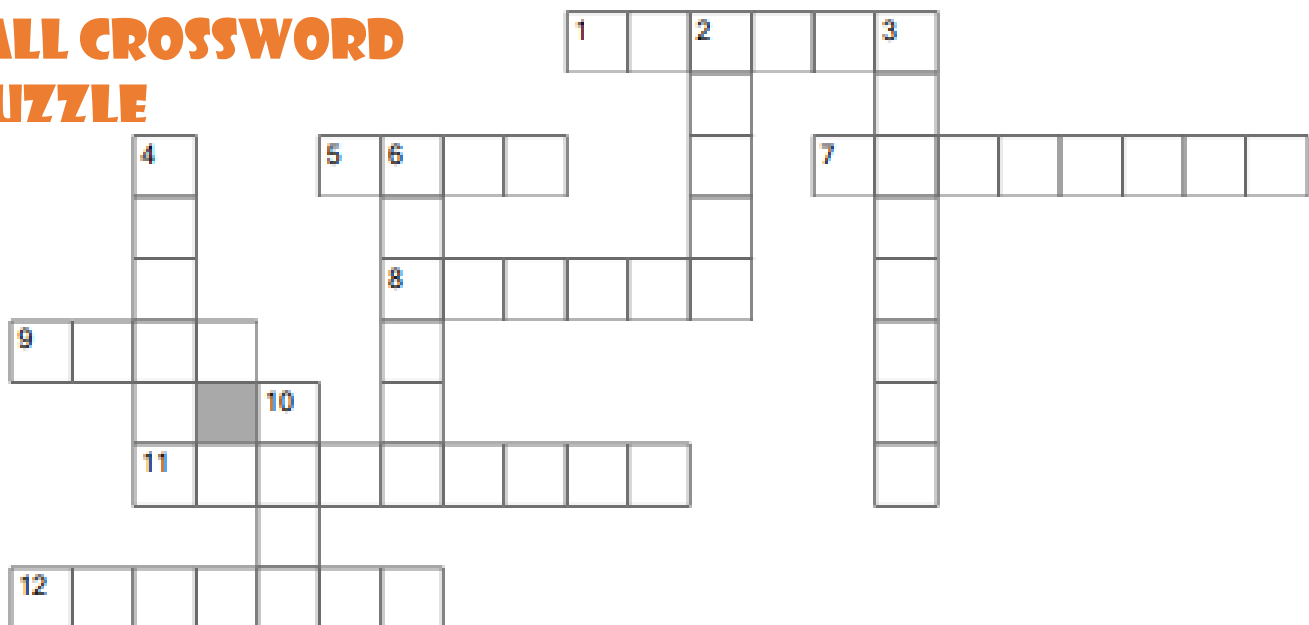
## Happy 64<sup>th</sup> Wedding Anniversary Father Michael and Iris!



On October 24, two of our residents, Father Michael and Iris Kopchuk will be celebrating 64 years of marriage. The photo on the left is the couple on their wedding day on October 24, 1959.

We wish Father Michael and Iris a very Happy Anniversary!

## FALL CROSSWORD PUZZLE



### ACROSS

1. Changes colors in the fall
5. Grows on stalks
7. Great for pies and for carving
8. The third season of the year
9. Another name for Autumn
11. Scares birds from cornfields
12. To reap or gather

### DOWN

2. The fruit of the oak
3. A small rodent
4. Keeps the doctor away
6. Red and yellow makes this color
10. Used to gather fallen leaves

Fall  
Autumn  
Leaves  
Pumpkins

Apples  
Orange  
Scarecrow  
Harvest

Acorn  
Rake  
Corn  
Squirrel

# THANKSGIVING

## WORD SEARCH

Y A G A T H E R I N G W T H R  
S L B L E S S I N G S A N S E  
S S I E X Y A D I L O H N R L  
Y E E M D O C C A S I O N C A  
S I Q N A U V V R B I O H N T  
T R N M L F T E J T Z I O O I  
N O E O E U M I A O L Q U I V  
E M E G S I F R T D Y Z S N E  
R E U H N A O K R A X Q E U S  
A M O I L C E E N H R U H E L  
P M S H E E N S G A J G O R A  
E C R D R E N N I D H W L F E  
E Q Y R E B M E M E R T D E M

BLESSINGS

CHILDREN

DECORATIONS

DINNER

FAMILY

GATHERING

GRATITUDE

HOLIDAY

HOME

HOUSEHOLD

JOY

MEAL

MEMORIES

OCCASION

PARENTS

RELATIVES

REMEMBER

REMINISCE

REUNION

SEASON

THANKFULNESS

