

# Newsletter

November 2021

# November



## Upcoming Events

- Remembrance Service
- Balloon Badminton
- Moving & Grooving
- Christmas Caroling
- Wii Games
- Board games
- Baking
- Bowling
- Pet Therapy
- Decorating
- Birthday Party
- Card Bingo
- Alphabet Ball
- Card Games
- Tuck Cart

*Stay safe & enjoy  
fall  
Everyone!!!*

### *A message from the Activities Convener...*

Hello all,

If you would like to do virtual calls let us know and we will assist you. If you want to use the iPad between 9am-4:00pm Monday-Friday ask Nicholle. Last month we kept busy with Thanksgiving and Halloween programming. Everyone that came out to the Halloween party enjoyed socializing, some yummy treats, dressing up, and having photos taken with friends!

This month come out to our remembrance service to honour those that served. We also have a 100<sup>th</sup> birthday to Celebrate; come out to celebrate a milestone! This month starts our dances (Moving & Grooving); they will be every two months alternating with our pub afternoons. Due to unforeseen complications, our Christmas Choir is being replaced with Christmas Caroling. Come out to rehearse for the Resident Christmas Party performance! Don't forget about our programming for the holidays; they only come around once a year! There are no restrictions on recreation activities. So come on out and enjoy the fun we have in store for you! Have a look at your recreation calendar for all the details.

*-Nicholle Lloyd*

### **Did you know...?**

**Am I at risk for a fall?**

#### **Falls are the leading cause of injury among older adults**

Falls are the leading cause of injury among seniors. The older we get, the greater the risk of falling becomes. Our bodies naturally change with age, and these changes affect the way we feel, move, and behave.

A fall can have a devastating and lasting impact on an individual resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause a loss in confidence and a reduction in activities for older adults. The good news is that there are actions you can take to prevent falls. Included in this section are materials to help seniors be active and stay independent.

Source: Finding Balance

For more information visit: [www.findingbalance.ca](http://www.findingbalance.ca) or speak to your health care professional.



November Birthdays

Helen G. November 6<sup>th</sup>

Mary Y. November 10<sup>th</sup>

Walter Z. November 16<sup>th</sup>

Carey B. November 25<sup>th</sup>

Adele H. November 25<sup>th</sup>

Mary P. November 27<sup>th</sup>

Murray S. November 30<sup>th</sup>

Photo Gallery



**Residents enjoying a concert by Larry with long term care!**



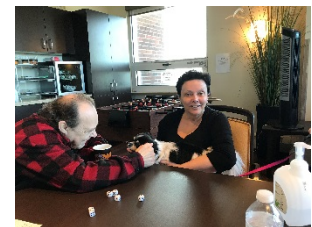
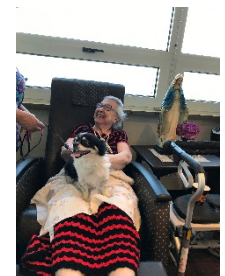
**Did you know?**

There is an education board that has new information posted monthly. Make sure to check it out on the 8<sup>th</sup> floor by the piano.

**Your Safety**

While in our building, the safety of our residents, staff, family, visitors and volunteers is very important to us. Should you notice something that you think is unsafe, or should you experience an incident where your safety was compromised, please complete a Concerns Resolution Form and take it to the Manager. The Manager will investigate your concern and will follow

**Residents making some Halloween window decals!**



*Have Great Days*

**Residents enjoyed the company of Gwen and Gilly the dog!**