

# Newsletter

November 2022



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

Hello all,

If you want to use the iPad between 9am-5:15pm Monday-Friday ask Nicholle. Last month we celebrated thanksgiving, Halloween, and birthdays where we listened to some music, conversed with each other, and enjoyed some tasty treats! We also had our flu shot/Covid-19 booster shot clinic to help protect one another.

This Month there will be a Remembrance Day service in the Heritage Hall for those that were lost. We have our social committee meeting to discuss activities for the season; please show up ready to contribute ideas. Don't forget to help us decorate for the Christmas Season! Speaking of the Christmas Season, It's time for our choir to prepare for the Christmas Party. If you are interested in joining the choir, please let me know. 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**

## **Upcoming Events**

- Remembrance Day Service
- Birthday Party
- Social Committee Meeting
- Hangman
- Pet Therapy
- Bingo
- Board Games
- Card Games
- Outings
- What's in your Bag?
- Decorating
- Tuck Cart
- Church Services
- Movies
- Baking
- Active Games
- Name that Tune
- Moving & Grooving
- Sing-A-Long
- Choir
- Reminiscing
- Colouring

**Stay safe & enjoy fall  
Everyone!!!**

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

### **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

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

Mike K. November 18<sup>th</sup>

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

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

Warren M. November 30<sup>th</sup>

### **Did you know?**

The Social Committee meets 4 times per year to discuss activities for the season. If you'd like to join, see Nicholle.

### **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 up with you.

These forms can be found in a binder on the main floor, next to the sign in/out book.

*Have  
Great  
Days*



**Horseshoes in the Courtyard!**



**Gilly Visit!**



**Cheers! It's Pub Afternoon!**



**Birthday Party!**