

NEWSLETTER

November 2021

Golden Hills Lodge {403-443-5333}



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Editor's Desk

Hello Residents, Families and Friends!

What a crazy month! I really learned to value the importance of community this past month. I look forward to getting back on track with activities and spending time with you all again!

As the weather shifts into winter, please be super careful walking on the ramps and in the parking lot as it can get quite slippery.



Keep Safe!

Morgan

November Trivia

As part of the seasonal calendar, November is the time of the 'Snow Moon' according to Pagan beliefs.

Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

*Some people chase
happiness.
And some people
choose happiness.*

-- Robert Holden

Month in Review

Birthday Tea

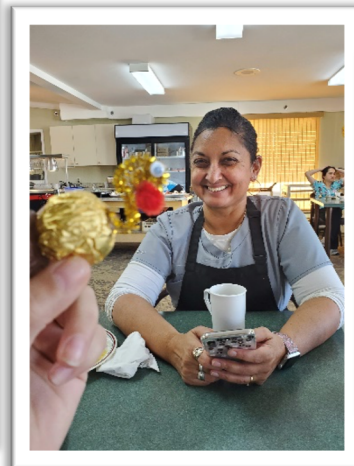
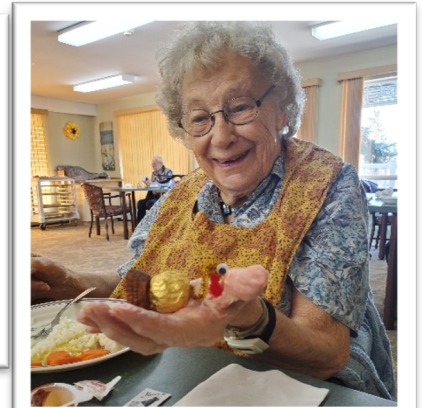
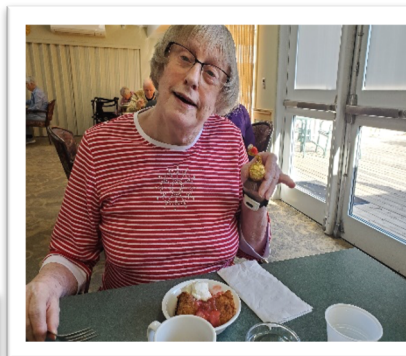
Our Birthday Tea looked a bit different this last month, but our birthday people still deserved some cake! Thank you Orlene C for the birthday cake this month!



Thanksgiving

There was so much to be thankful for this year! Our 'Thankful Tree' was **FULL** of things we are grateful for!

We also had to enjoy a tasty chocolate turkey! Did you eat yours?



Month in Review

Room Service!

This last month you got to have a taste of room service!

Here are just a few faces who were rockstars and went above and beyond during the lockdown.



GHL Garden 2021!

This month we said farewell to our beautiful garden! A massive **THANK YOU** to everyone who played a part in planting, weeding, watering, and clean up!



Upcoming Events

Fundraiser Ornament Craft

Wednesday, November 3rd at 2:00pm

Alzheimer Awareness Presentation

Friday, November 5th at 2:00pm

IDA Tuck Shop

Tuesday, November 9th from 10:30am-11:30am

Remembrance Day Program

Thursday, November 11th at 2:00pm

Operation Christmas Child

Wednesday, November 17th at 1:30pm

Armchair Travel to Ireland!

Thursday, November 18th at 2.00pm

Alberta Clothing

Tuesday, November 30 from 1:00pm-3:00pm



Regular Events

Reading with June Every Friday at 11am

Three Hills Ministerial Service Every Sunday at 4pm

Card Games in ¾ coffee room every morning at 10am

Nimble Fingers Every 2nd and 4th Thursday at 9:00am

Library every 2nd and 4th Thursday at 10:00am-11:30am

Listen to a Bible Study every Saturday at 10:00am

Special Days

1st All Saints Day

1st World Vegan Day

2nd Melbourne Cup

3rd Sandwich Day

5th Guy Fawkes Night

6th Adolphe Sax's

Birthday

8th Tongue Twister Day

9th Inventors' Day

11th Remembrance Day

11th Veterans Day

13th World Kindness Day

14th Claude Monet's

Birthday

19th World Philosophy Day

21st World Hello Day

21st World TV Day

25th Thanksgiving

November Birthdays

In November, we celebrate birthdays with:

- **Donald H**
- **Hilda P**
- **Arlene D**
- **Wes D**
- **Hilda S**
- **Orlene C**

Please join us in the recreation room on the 24th of November to celebrate!



Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
Charles, Prince of Wales, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

WOW!

Product Birthday Spotlight: **Trivial Pursuit**

In November 1981, the board game Trivial Pursuit was copyright registered. The game was created by Canadians Chris Haney and Scott Abbott. After finding pieces of their Scrabble game missing, they decided to create their own game.

Poem to Share

Still I Rise

Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise

I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise

Into a daybreak that's wondrously clear
I rise

Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.

I rise
I rise
I rise.

Noticeboard



RESIDENT BUCKS

We are bringing back RESIDENT BUCKS! If you come and participate in an activity you will receive a resident buck. Save up your Resident Bucks to “buy” treats and goodies at the end of the month!

NEW STAFF

A warm welcome to the people who joined our team in the past month!

- **Randy**
- **Katrina**
- **David**
- **Chloe**
- **Calvin**

We hope that you enjoy your time here!

LIBRARY SERVICE

We have a wonderful volunteer who brings books from the town library for us to browse through. She will be here every **second and fourth** Thursday of the month. The library will be set up by the front entrance.

OPERATION CHRISTMAS CHILD

Located around the lodge there are posters and signup sheets regarding Shoebox Packing on the 17th of November. Please give your contribution before the 17th as Morgan will need go get the supplies.

If you would like to just donate and not pack the shoebox, please give your donation to Morgan.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Morgan.

Thank you!

Laughing Matters



A woman was trying hard to get ketchup out of a jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer it.

She heard her say "Mommy can't come to the phone to talk to you right now, she is hitting the bottle!"

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover.

The little boy watched in amazement, and then asked, "what's the matter, haven't you ever seen a little boy before?"

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"
His father replied, "No, your mom was talking about her side of the family."

Two young brothers were spending the night at their grandparents' home.
When it was time for bed, the two boys knelt down and began to say some prayers.

Suddenly, the younger brother started yelling at the top of his voice,
"I PRAY FOR A BICYCLE!
I PRAY FOR A NEW COMPUTER!
I PRAY FOR A TRIP TO DISNEYLAND!"

His older brother leaned over and whispered, "There's no need to shout. God isn't deaf."
"I know," said the younger brother. "But Grandma sure is!"

Spotlight



Howard Olsen

We all know and love Howard as a thoughtful and caring man, but that wasn't always the case during his childhood! Howard told me about a few stories from his school days, and we had to share them! One time Howard rode his Shetland pony up and down the classroom, making all the girls jump up on their desks in fear! Another time, Howard and his pals wanted to get out of school early, so they put a football in the chimney and smoked everyone out. He got his wish to say the least!

His teacher wasn't the only one who had her hands full, his mother had a house full

of boys. Howard was the oldest of 4 brothers, they grew up on a farm in Tribune, Saskatchewan. Howard finished school at grade 8 and went onto work on a farm for a few years and then got his mechanics license. This took him to the oil field where he worked for years travelling around the country for work. Later on he married the girl next door when she was just 16. They welcomed their first of 3 kids into the world a short while later. Howard and Joyce had 1 girl and 2 boys. They moved around quite a bit before settling in Calgary for 26 years. Howard and Joyce then moved here to Three Hills and have been here ever since.

FUN FACT: Howard and Joyce were square dancers! They would dance 7 days a week at all hours of the day!

Word Search

WORLD KINDESS DAY



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

Attitude
Empathy
Culture
Forgiveness

Selfless
Friends
Love
Compassion

Generous
Sharing
Good
Considerate

Respect
Tolerant
Friendly
Support