

# NEWSLETTER

# October 2022

Golden Hills Lodge 403-443-5333  
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# Editor's Desk

Hello Residents, Families and Friends!

I have been loving the colors of the changing leaves! Crazy how fast we are going through this year!

If anyone has short stories or poems they would like to contribute to the Newsletter, please come share them with me!

There are some new fun things happening this month, so keep an eye on the calendar and activity posters around the Lodge to keep up to date!

Keep Safe!

*Morgan*



## October Trivia

October derives its name from octo, the Latin word meaning eight, as October was the eighth month of the old Roman calendar.

Zodiac signs: **Libra & Scorpio**  
Birthstone: **Opal & Tourmaline**  
Flower: **Calendula**

## Quote of the Day

*Happiness is  
a form of  
courage*

*- Holbrook Jackson*



# Month in Review

## Primary Care Program at Prairie College

This month we have the privilege of welcoming the Primary Care Program from Prairie College for a Meet and Greet. The students are hoping to learn how to interact with seniors. At the end of the visit, the students shared that they could have stayed all day! PCP will be back on October 19<sup>th</sup>!



## Bucket Bowling

We introduced a new game this month, Bucket Bowling! It was so much fun, and we will be adding it to the rotation of games! Come join us this month as we try it out again!





# Month in Review

## Garage Sale

We have been doing a Fall cleanup around the Lodge, hence the large garage sale this month! We also had residents from our Lodge and Robertson Manor add various items to the sale. During the 4 hours that we were open, we raised \$450.00! All funds raised will go back to our resident activity fund.



## Dog Parade

This month we had our third puppy parade! We had so much fun watching all the dogs play and we even got to cuddle the small ones. We had over 10 dogs come for a visit!



# Upcoming Events

## **Bus Trip to Cullum Farm (Antique Tractor & Farm Tour)**

Tuesday, October 4<sup>th</sup> at 2:00pm

## **Thanksgiving Tea**

Thursday, October 6<sup>th</sup> at 2:00pm

## **FLU SHOTS**

Thursday, October 20<sup>th</sup> at 10am

## **Pain Management Information Session**

Friday, October 21<sup>st</sup> at 10:00am

## **Music Day at Refuge Ranch**

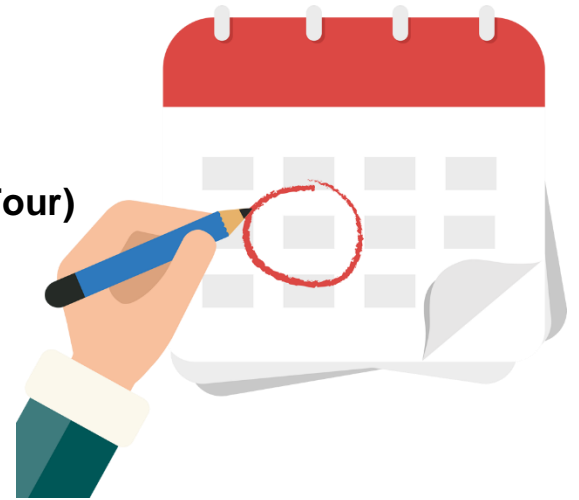
Saturday, October 15<sup>th</sup> at 2:00

## **Birthday Tea**

Wednesday, October 19<sup>th</sup> at 2:00

## **Daycare Kids Trick or Treating**

Monday, October 31<sup>st</sup> at 2:00pm



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# Regular Events

Reading with June Every Friday at 11:00am

Games in  $\frac{3}{4}$  Coffee Room every morning

Library every 2nd Thursday at 10:30am-  
11:30am in the Bird Room

Three Hills Ministerial Service Every Sunday at  
4pm

Prairie Tab Church Service in Auditorium at 10:30am every Sunday

## **Special Days**

1<sup>st</sup> Intl. Day of Older

Persons

1<sup>st</sup> Intl. Music Day

1<sup>st</sup> Residents' Rights

Month

1<sup>st</sup> World Ballet Day

4<sup>th</sup> World Animal Day

4<sup>th</sup> World Space Week

5<sup>th</sup> World Teachers Day

10<sup>th</sup> Columbus Day

10<sup>th</sup> Thanksgiving (Canada)

25<sup>th</sup> Pablo Picasso's

Birthday

31<sup>st</sup> Halloween

# October Birthdays

In October, we celebrate:

# 5 birthdays

Join us for cake on Wednesday, October 19<sup>th</sup> to celebrate!



- Julie Andrews, Actor, 1<sup>st</sup> October 1935
- Chevy Chase, Actor, 8<sup>th</sup> October 1943
- John Lennon, Musician, 9<sup>th</sup> October 1940
- Hugh Jackman, Actor, 12<sup>th</sup> October 1968
- Margaret Thatcher, Prime Minister, 13<sup>th</sup> October 1925
- Rita Hayworth, Actress, 17<sup>th</sup> October 1918
- Joan Fontaine, Actress, 22<sup>nd</sup> October 1917
- Pablo Picasso, Painter, 25<sup>th</sup> October 1881
- Carrie Fisher, Actress, 21<sup>st</sup> October 1956
- Bill Gates, Philanthropist, 28<sup>th</sup> October 1965

## Libra (Oct 23 - Nov 22)

Librans are often considered the nicest and most charming personality in the world!

## Scorpio (Nov 23 – Dec 22)

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

WOW!

## October Spotlight: Transcontinental Telegraph

On October 24 1861, the first transcontinental telegraph system was completed, making it possible to transmit messages rapidly (by mid-19th-century standards) from coast to coast.

# Poem to Share

## A Dream Within A Dream

BY EDGAR ALLAN POE

Take this kiss upon the brow!  
And, in parting from you now,  
Thus much let me avow-  
You are not wrong, who deem  
That my days have been a dream;  
Yet if hope has flown away  
In a night, or in a day,  
In a vision, or in none,  
Is it therefore the less gone?  
All that we see or seem  
Is but a dream within a dream.

I stand amid the roar  
Of a surf-tormented shore,  
And I hold within my hand  
Grains of the golden sand-  
How few! yet how they creep  
Through my fingers to the deep,  
While I weep- while I weep!  
O God! can I not grasp  
Them with a tighter clasp?  
O God! can I not save  
One from the pitiless wave?  
Is all that we see or seem  
But a dream within a dream?.



# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Dan & Doris
- Richard & Susie
- Art & Jean
- Larry & Joyce

We hope that you enjoy your time here!

## NEW STAFF

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

- Erin
- Jason

## REFUGE RANCH SIGN UP

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On Saturday, October 15<sup>th</sup> we will be heading to Refuge Ranch for their Music Day. We will be leaving GHJ around 2 and be back around 4pm.

There will be facilities on site.

Please sign up so I will know how many to expect!

## CARDS

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In the ¾ coffee room on the North wall is an assortment of cards (sympathy, Christmas, birthday etc) if you would like to buy one, they are \$1.00 and there is a green box to drop money into.

If you have any questions, please see June or Morgan.

## GHL DVD RENTALS

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Did you know we have a large collection of DVDs?

We have a variety of genres, ranging from westerns, documentaries to old classics.

If you would like to look at them and check out a few, please come see Morgan!

## IN MEMORY

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To the families and friends of our late resident—may you be comforted by the knowledge that your loved ones are at peace

- Ray Johnson



# Laughing Matters



## Backseat Driving

A wife was making a breakfast of fried eggs for her husband.

Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! OH MY GOSH! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. OH MY GOSH! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them! You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

## Police Radar

A state policeman pulls over a speeding car.

"I was only going 40!" the driver protests.

"Not according to my radar." says the policeman.

"Yes I was!" the man shouts back.

"No you weren't." the policeman says.

With that the man's wife leans towards the window and says:

"Officer, I should warn you not to argue with my husband when he's been drinking".

## Famous Quotes

Instead of getting married again, I'm going to find a woman I don't like and just give her a house. - *Rod Stewart*

I was married by a judge. I should have asked for a jury. -- *Groucho Marx*