

NEWSLETTER

September 2023



Editor's Desk

Hello Residents, Families and Friends!



Happy September to you all! I have always been someone who enjoys the changing of the seasons, whether it's the gentle shift from warm summer nights to the cool crisp air of autumn, or the hopeful shift from long dark winter days towards sunshine and new life in the spring! The transition of seasons offers opportunity for reflection and can usher in gratitude no matter what the season.

September naturally lends itself to a new “year” in my household, a new year of school, a new year of lunches and backpacks and excitement as my kids return to their classmates and friends. In a similar way, I am looking forward to a few “new” sessions I will be offering here with activities in the Lodge. You will see on the Calendar that we will be offering a new *Brain Boost* session twice a week that will help focus more on the importance of cognitive exercises and keeping our minds sharp and clear as we age. I will also be offering an additional exercise class in the afternoon once or twice a week with our *intro to drumming class* as well as other exercises to increase physical health.

I encourage you all to continue walking as we encroach the last half of our walking challenge – To walk the distance of the Pacific Crest Trail. If you would like route information and distance sheets to know how far you are walking indoors or outdoors, please feel free to take one of our walking challenge info packs posted outside my office, we also have extra recording sheets posted outside my office if anyone is needing more! I look forward to another wonderful month with you all and hope to see you around! - Brianne Rothfus: Activities Coordinator

NOTICEBOARD

Sign-up Sheets

Please check out our bus trip sign up sheets located on the bulletin board across from Jim's Office. *September 6th we are planning a Bus trip to the Trochu Arboretum. Walker friendly paths and beautiful gardens.*

Library Service

We have two libraries in the Lodge and would encourage all residents to access this whenever they would like. Please ensure you return your books to the box located in each library.

Puzzles

We have two puzzle stations located around the lodge. One on unit 2A and one in the Bird Room. Please feel free to sit down and help piece these together. 😊 You may find a friend as well!

Garden

Thank you to all our residents and volunteers who have helped water and maintain our beautiful flowerpots and garden this season despite the hailstorm!

Fall Cleanup will be discussed Sept 18th at the Garden Meeting.



New Residents

A very warm welcome to our new residents this month:

Jim and Jean Connolly

&

Gerry and Lorraine Labelle

&

Bill and Ingrid Notter

We hope you enjoy your time here!

And all at once,
summer collapsed
into fall - Oscar
Wilde

“The older I get the more I realize, that the things that cost nothing, hold the most value.”



George Wittman – Sept 7th

Larry Burfield – Sept 18th

*Please join us in the auditorium
Wednesday Sept 20th @ 2pm
To celebrate*

Special Days in September

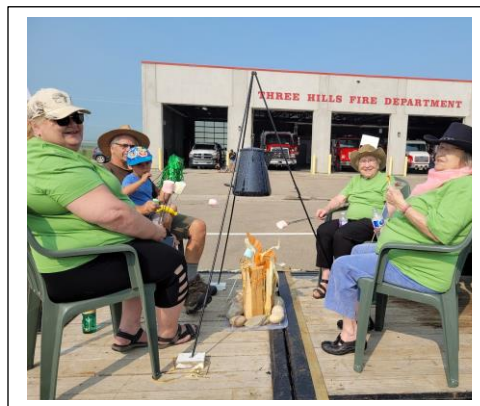
- 7th Brazilian Independence
- 10th Assisted Living Week
- 12th Chocolate Milkshake Day
- 15th Rosh Hashanah
- 16th Mexican Independence
- 16th Oktoberfest
- 19th Talk Like a Pirate Day
- 21st International Peace Day
- 21st World Gratitude Day
- 22nd Native American Day
- 25th Comic Book Day
- 28th Confucius' Birthday
- 30th World Maritime Day



Summer in Review



The beginning of July we enjoyed a delicious Stampede Breakfast and Music!



After months of planning and hard work between staff and residents we took home the 2023 Most Creative Prize Category for the Three Hills Summer Parade!

If the Shoe Fits Boutique

Thank you to “If the Shoe Fits” Boutique for setting up their mobile shop in our Lodge during July. They were such wonderful ladies and made an amazing effort to find everyone shopping the perfect fit for their shopping needs! We hope to have them back regularly!



July and August Highlights

5 Ft Gladiolus!



Our beautiful Garden before the Hailstorm!

So many amazing flowers and vegetable yields!



Campfire and Smores with Music by Brett Cobb

Tie Dying Craft: We sure had Fun!



June Peterson was so Happy with her Pretty Bike after everyone helped to paint it! Thank you everyone: From Chris



We had a great time racing our paper airplanes on National Aviation Day!

Upcoming Events



Men's/Ladies Coffee Break Tuesday Sept 5th @ 10:00am
Men in unit 5 Dining Room, Ladies in ¾ coffee room.

Walker Inspection Clinic Tuesday Sept 5th @ 2:00pm:
Auditorium

NEW! Afternoon Drumline Class

Tuesdays: Come on out and have fun while exercising your body and your brain!

NEW! Brain Boost Session

Starts Friday September 1st @ 10:00am Monday's and Fridays in the Auditorium: come and participate as a group for more brain focused exercises: Word games, brainteasers, riddles and more!

Bus Trip to Trochu Arboretum (wheelchair Bus)

Wednesday September 6th @ 2:00pm. Please sign up across from Jim's office by September 1st. \$2.00 bus fee will be required.

NEW! Wellness Wednesday Wed Sept 13th @ 10am Join us for a new monthly session where we learn about specific topics related to aging and healthy lives: **September's Speaker: MEDICATION SAFETY with Hitesh and IDA Pharmacy.**

New! Thinking Thursday Class: Thursday Sept 14th 3pm
Come join in conversation as we watch and discuss topics relevant to our lives that inspire our intellect.

Birthday Cake Baking: Wednesday Sept 20th @ 10:30am
in ¾ coffee room.

Movie Matinee: Blue Miracle: True story: To save their cash-strapped orphanage, a guardian partners with a fishing captain to win a lucrative fishing competition in Cabo San Lucas.

Armchair Travel to Fiji: Mon Sept 25th @ 2pm

New! Calgary Philharmonic Virtual Performance: Tchaikovsky- Concerto in D Major featuring Violinist Ning Feng. Thursday Sept 28th @ 2pm in Auditorium.

Regular Events

Morning Exercises: Mon-Fri
9:15-9:45am in Auditorium

Walking Group every
Tuesday at 11:00am

Ministerial Service every
Sunday at 4:00pm

IDA Tuck Shop: Tuesday
Sept 12th at 10:30-11:30am

Vitamin B12 Clinic: Tuesday
Sept 5th @ 10:00 am.

ATB Financial Bank:
Thursday Sept 14th at 9am

Birthday Tea: Wednesday
September 20th @ 2:00pm in
Auditorium.

Group Gardening Times:
Thursday Sept 7th @ 11am
and Monday Sept 18th
meeting @ 2:00pm. Fall Prep

Resident Meeting: Tues
Sept 12th @ 2:00pm

*Nimble Fingers Knitting Resuming
Sept 14th @ 9am in the Yarn Barn on
Unit 1 next to Brianne's Office.

Seniors Outreach News: September

Red Deer Bus Trip with Seignor's Outreach

**Bower
Mall**

Wednesday September 20th
Leaving at 8:40am
25.00 from Three Hills
20.00 from Trochu

**Parkland
Mall**

Call Seniors Outreach to Book a spot
403 443 2555

Trip Schedule:

8:40am: Pick up in Three Hills

9:00am: Pick up in Trochu (Elnora/Delburne)

10:15am – Arrive at Bower Mall (food court entrance)

12:00 noon: Pick up at Bower Mall Food Court Entrance, then go to Parkland Mall.

2:45pm – Pick up at Parkland Mall (Entrance #2)

3:00pm – To Bower Mall – Final Pick up (Food Court Entrance)

Back in Three Hills by 4:30pm

Calgary Philharmonic Rehearsal Bus Trip Pictures at an Exhibition: Beethoven, Estacio, and Mussorgsky.

September 15th
Bus Leaves Three Hills at 7:45am
Jack Singer Hall – Calgary, AB
Concert – 10am-12:30pm

Bring a Bag Lunch or Cash
Call Seniors Outreach to book a spot
403 443 2555

Cost 25.00 : Includes Bus trip and Concert



Personal Touch Fashions Clothing Boutique: Golden Hills Lodge

Saturday September 30th @ 9:00am-11:30 am in the Auditorium.
Come shop around for any clothing needs!



A Garden Story: BY – Golden Hills Lodge Residents

Once upon a time there was the Golden Hills Lodge....

I thought it was a good idea to grow some flowers. I've always loved gardens but thought it's hard to bend over all the time and care for one, but when I came here I saw there were raised garden boxes to use and now I enjoy a garden of my own!



I would love to grow lots of tomatoes so I can make salsa and give it away to friends.

One day, when I was tending the garden, I discovered someone had planted potato plants and the next day I went out and discovered little bugs all over them. I decided they must be potato bugs.

I like flowers, but I also really like garden peas, so I grew peas in my garden plot and ate and shared hundreds of pea pods with others.

I got tired of just having peas, so I decided to plant carrots. Peas and carrots go good together. I also grew potatoes; they grew so big and decided I had to give some away.

The Garden turned out very beautiful and even with the hailstorm, it has resulted in a beautifully serene space that brings happiness to all!

The End



Laughing Matters



**Here's a few music-inspired jokes to keep you laughing...
or groaning!**

How do you fix a broken tuba?
With a tuba glue!

What musical key do cows sing in?
Beef flat.

What's the difference between a piano and a fish?
You can't tuna fish!

Why did the pianist keep banging his head against the keys?
He was playing by ear!

What type of music are balloons afraid of?
Pop music!

What key do you get when you drop a piano down a mine shaft?
A flat miner.

What type of songs do planets sing?
Nep-tunes!

Why did the singer climb a ladder?
To reach higher notes!

What do you get when you cross a sweet potato and a jazz musician?
A yam session!

Why was the musician arrested?
Because she got in treble!

Word Search

CLASSICAL MUSIC



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

Violin

Flute

Adagio

Quartet

French Horn

Timpani

Clarinet

Fanfare

Beethoven

Concerto

Piano

Tempo

Ensemble

Vivaldi

Melody

Cello

Forte

Largo

Harp

Mozart

Crossword Puzzles

Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)

1	2			3			4		5		6
					7						
8											
							9				
10											
							11				
12		13					14				15
						16					
					17						
18				19							
						20					
		21									
22							23				

Fall Themed Devotional



Little yellow leaves from the front yard tree dance across the porch and driveway. As their bright green color fades, it seems they fall almost as quickly as they change. I love summer affectionately and part of me longs to whisper to the tree “Hold on a little longer. Come on; you got this. Think green!” But graciously the tree listens to its Maker rather than my foolish whispers. In order to flourish in the new season, the tree must let go of its decayed leaves. They have performed well for the term, but their time has drawn to a close.

Autumn is a wonderful time to observe nature. As I watch the swirling leaves stirred by the wind, I am reminded that they display an important lesson for all of us to follow suit in a way. Just as the trees don’t stubbornly hold on to their dead leaves, so we shouldn’t hold on to any unnecessary weight in our lives. When we long to enter a new season, the old can easily inhibit the new if we allow it. God’s Word reminds us to:

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. [Ephesians 4:31,32](#)

(NIV)

To get rid of negativity in our lives, we must first identify it. How can we do this?

- » By reading God's Word.
- » By allowing His Spirit to show us the necessary heart changes we need.
- » By being willing to shun practices such as bitterness and anger.
- » By asking God to help us let go of the guilt from the past.

Oh how the Lord longs to empower and strengthen us for the new season ahead! If we're not sure of the issues detaining a kind and compassionate spirit, He will show us when we ask. And if guilt from the past is preventing this beautiful new season, we have His promises like this one to remember:

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. [Isaiah 43:18,19 \(NIV\)](#)

What are you holding on to that is preventing a freshness to the season ahead? Could it be that the decayed leaves are piling up and your heart needs to discard them for good? If so, why not reach out to the Lord in prayer? He longs to hear from you. Ask Him to shine light on any thoughts, circumstances, habits or other "decayed leaves" you might be clinging to. As you watch the leaves fall this season, our prayer is that you are reminded to let go of anything that would hinder a fresh relationship with God.