

# Newsletter

November 2023



**GOLDEN HILLS**  
*Lodge*



## Editor's Desk

Hello Residents, Families and Friends!

Welcome to the month of November!

October proved to be a month of fall fun, coupled with the on set of the flu and cold season. Thank you everyone for your cooperation with the residents and lodge staff as we all experienced the first of the year's infection control protocols. Our priority will always be the health and safety of our residents and staff. Thank you for your understanding and help to make our residence as safe and healthy as possible.

In terms of activities, we have many special events and regular activities on the calendar, including a Remembrance Day Ceremony with the Royal Canadian Legion on Thursday Nov 9<sup>th</sup> at 2pm in the Auditorium. Coffee to follow the service.

We have a craft workshop scheduled to teach the art of making our "In/Out" door signs for anyone interested, and visits from local Boutiques "If the Shoe fits" and "The Rack on 3<sup>rd</sup>". Our monthly wellness speaker will be on Thursday Nov 23<sup>rd</sup> at 10:30am with PCN nurse Kim. She will be talking about FALL PREVENTION and give us tips and information regarding what to do if you fall, and when it may be time to get your own mobility aid (walker).

We have many daily activities designed to encompass an overall healthy wellness lifestyle and I encourage you all to come on out and try something new this month! I look forward to seeing you all around!

- Take care and stay safe.

Brianne Rothfus: Activities Coordinator

*Brianne Rothfus*

## NOTICEBOARD

### Sign-up Sheets

If you are interested in attending a Lodge "Spanish Class" please sign up on the Sheet across from Jim's Office. If we have enough interest we will begin with classes in the New Year.

### 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

Thank you to Doris Wiebe who has volunteered as our Resident Puzzle Coordinator. She will be helping to circulate completed puzzles and boxing up older 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!

**If you or a family member wishes to donate a puzzle to our collection, please bring the donation to Brianne's Office instead of leaving it in the 2A puzzle room.**

**Those donating a puzzle will be required to sign a Donation Waiver.**

Anyone wishing to donate books to our Lodge Library please bring your donations to Brianne instead of Donna. You will also be required to sign a Donation Waiver regarding the books you choose to give.

Thank you! – Brianne Rothfus  
Activity Coordinator



### New Residents

A very warm welcome to our new residents this month:

John & Esther Mills  
&  
Andy & Irene Nakaska

We hope you enjoy your time here!



**Hilda Pauls  
Hilda Schindel  
Orlene Csakany  
Esther Mills**

**Please join us in the auditorium  
Wednesday Nov 22 @ 2pm  
To celebrate**

### Special Days in November

- 1st All Saints Day
- 3rd Sandwich Day
- 5th Guy Fawkes Night
- 6<sup>th</sup> Melbourne Cup
- 11th Remembrance Day
- 11th Veterans Day
- 12th Tongue Twister Day
- 12<sup>th</sup> Diwali
- 13th World Kindness Day
- 14th Monet's Birthday
- 19th Philosophy Day
- 21st World Hello Day
- 21st World TV Day
- 28<sup>th</sup> French Toast Day
- 30<sup>th</sup> Mark Twain's Birthday
- 30<sup>th</sup> St. Andrew's Day

# October Highlights



Thanksgiving and Gratitude Tree



New activity: Axe Throwing!



Prairie College Service Group and Crokinole!



We said goodbye to our 2023 garden with the on slot of a snowy October. Thank you to everyone who made our garden Beautiful!



Wellness Wednesday Session:  
Diabetes Awareness and Information!  
Thank you, Reyanna, for the insightful presentation this month!

Next Month: Fall Prevention with PCN nurse Kim Larson.



# Upcoming Events



## **Samaritans Purse: Christmas Shoe Box Packing:**

Nov 1 @ 2pm in Auditorium.

## **Men's/Ladies Coffee Break** Tuesday Nov 7<sup>th</sup> @ 10:00am

Men in unit 5 Dining Room, Ladies in ¾ coffee room

## **If the Shoe Fits: Shoe Boutique** Nov 2nd @ 10am-2pm

Auditorium: Enjoy some shoe shopping!

## **Movie Matinee:** Monday Nov 6<sup>th</sup> @ 2pm: The Great Escape:

Classic about a group of individuals who make plans to escape a Nazi Prison Camp.

## **Remembrance Day Ceremony:** Thursday Nov 9<sup>th</sup> @ 2pm

in the Auditorium with Local Royal Canadian Legion Members.

## **In and Out, Door Sign Workshop:** Wed Nov 15<sup>th</sup> @ 1:00-

3:00pm, Come and learn how to make one, or sign up to have one made for you, With Lorraine Labelle.

## **NEW! Afternoon Drumline Class**

Tuesdays at 1:00 pm: Come on out and have fun while exercising your body and your brain!

## **NEW! Brain Boost Session** Monday's and Fridays in the

Auditorium @ 10:00 am unless otherwise listed on the calendar: come and participate as a group for more brain focused exercises: Word games, brainteasers, riddles and more!

## **The Rack on 3<sup>rd</sup> Ladies Clothing Boutique:**

Monday Nov 13<sup>th</sup> @ 2:00 -4:00 pm in Auditorium

## **NEW! Wellness Talk:** Thursday Nov 23rd @ 10:30am Join

us for a monthly session where we learn about specific topics related to aging and healthy lives: **November's Speaker: PCN Nurse Kim: Fall Prevention Info and Tips**

## **New! Thinking Thursday Class:** Thursday Nov 16<sup>th</sup> @3pm Come join in conversation as we

watch and discuss topics relevant to our lives that inspire our intellect.

**Armchair Travel:** Tuesday Nov 28<sup>th</sup> @ 2pm: England

# 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

Nov 14<sup>th</sup> at 10:30-11:30am

## **Vitamin B12 Clinic:**

Wednesday Nov 1<sup>st</sup> at 10am

## **Nimble Fingers Crocheting**

**& Knitting** Thursday Nov 9<sup>th</sup>

@ 9am in Yarn Barn on Unit

One.

## **ATB Financial Bank:**

Thursday Nov 9<sup>th</sup> at 9am

## **Birthday Tea:** Wednesday

Nov 22<sup>nd</sup> @ 2:00pm in

Auditorium.

## **Craft Sale: Saturday Nov**

**18<sup>th</sup> @ 9:00am-3:00pm**

**In the Auditorium.**

# Seniors Outreach News: November

Please Check out the Pink Seniors Outreach Bulletin Board Located by the front entrance public washrooms and Chris' Office.

- They have their monthly calendar of events posted.
  - November 22<sup>nd</sup> Country Christmas: Scotts Wood Band Concert in Drumheller: Bus Trip: Call to book.
    - o Tickets are \$45.00 and Bus trip is \$10.00 – \$55.00 total with the bus.
- Seniors Outreach Phone Number: 403 443 2555

## Craft Sale

Saturday November 18<sup>th</sup> 9:00am – 3:00 pm  
Golden Hills Lodge Auditorium  
Knitting, Crocheting and crafty items for sale.

## If the Shoe Fits Boutique

November 2<sup>nd</sup> 10:00am-2:00pm in the Auditorium



Winter Selection will  
be Available:

Winter Boots  
Winter Shoes  
Slippers  
Etc.



# REMEMBRANCE DAY CEREMONY



**Thursday November 9th  
at 2pm in auditorium**

**Coffee to follow service**

**Annual Christmas Tree Decorating in the Lobby: Friday**

**Dec 1st @ 2pm.**



# Brain Boost Story Cubes-

- Written by the residents of Golden Hills Lodge

## The Arts Academy

I went to the Arts Academy on Thursday night to see how trees grow. It was very interesting, but it was starting to get late – 4 o' clock! Time to go!



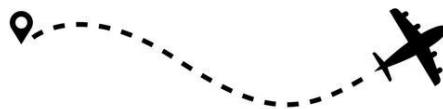
I enjoy going to the Theater, but so often the programs are too small, so I took my magnifying glass with me. I decided to also bring a larger book to help me read the program better.



There were some nails on the floor, and they were falling out of my shoes, so I tried to pick them up using a magnet. Somebody might have seen what we were doing and frowned.

I eye-balled the situation and thought it was fantastic!

The End



# Laughing Matters



A little old lady sold pretzels on the street corner for fifty cents each. Every day, a young lawyer would exit his office building at lunch, and as he passed her pretzel stand, he'd leave two quarters. However, he never took a pretzel.

This went on for nearly five years.

Even though they never spoke, every day he'd leave fifty cents, they'd make eye contact, and she would nod her gratitude as he walked away without a pretzel.

Finally one day, as the lawyer passed her stand and laid down his two quarters, the pretzel woman spoke to him.

"Sir, I appreciate your business. You are my best customer, but you need to know something. The price of pretzels has gone up to seventy-five cents."

.....

A man goes to a job interview and presents himself well. The interviewers are really impressed by how professional he is.

"Wow! You have an amazing resume and you present yourself fantastically but you seem to be missing 5 years on this part of your resume, what happened there?" asked an interviewer.

"Oh that's when I went to yale" says the man and the interviewers are even more impressed and offer him a job on the spot.

The man shows his gratitude by saying "Thank you for the job!"



# Word Search

## CLASSIS TV SERIES WORD SEARCH



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

Bewitched

Happy Days

Alf

Golden Girls

Get Smart

Brady Bunch

Star Trek

Dallas

Macgyver

Lassie

Waltons

Matlock

Cheers

Seinfeld

Mister Ed

Mash

Simpsons

Full House

Roseanne

Jetsons

# Baking Word Scramble

Unscramble the letters to solve the puzzle!

1. RIXEM \_\_\_\_\_
2. AUPECCK \_\_\_\_\_
3. CRDEOETA \_\_\_\_\_
4. NEIKHCT \_\_\_\_\_
5. SKOIOCE \_\_\_\_\_
6. AGUNMEISR UCP \_\_\_\_\_
7. STAPUAL \_\_\_\_\_
8. APN \_\_\_\_\_
9. YUSRP \_\_\_\_\_
10. SMERUEA \_\_\_\_\_
11. BRIOSWEN \_\_\_\_\_
12. VNOE \_\_\_\_\_
13. UFRLO \_\_\_\_\_
14. UGRAS \_\_\_\_\_
15. NCIIG \_\_\_\_\_
16. CURTTE \_\_\_\_\_
17. ECSKA \_\_\_\_\_
18. GHNWISKI \_\_\_\_\_
19. TTREBU \_\_\_\_\_
20. CNGOKOI \_\_\_\_\_

# Monthly Devotional



I recently had a conversation with a good friend of mine about Remembrance Day. It revolved around a simple question. “What does it *really* mean to remember?”

When he was young, my friend was encouraged to remember the sacrifices of the brave men and women who had served our country. But at a young age, he questioned how one could remember something they never witnessed or experienced themselves. Needless to say, he was confused.

As Christians, this too can be a conundrum. The very same confusion may arise surrounding the practice of Communion. Christ himself says of the practice, “Do this in *remembrance* of me.” So once again, the question is begged. “What does it mean to remember?”

“I always tried to picture myself there,” my friend admitted. As we approach God in communion, should we attempt to remember the very night Christ died? Remember what he looked like? Remember the weather? Though Scripture may give us some idea of specific details like these, the simple answer is no. You and I cannot enter our mind and recall the events leading to Christ’s death on the cross for one simple reason: *we were not there!*

This does *not* mean that picturing ourselves there cannot be a valuable reflective practice, however, we must conclude that this narrow view of remembrance does not capture the full sense of remembrance to which both Remembrance Day and Communion prompt us. No, to remember can also mean to “remain aware of.” Perhaps another Biblical example would be helpful to think through this meaning.

In Joshua 4, after the Israelites crossed over the Jordan River, God commanded them to commemorate His miraculous parting of the waters by erecting a memorial of stones. Verses 6 and 7 say, “In the future, when your children ask you, ‘What do these stones mean to you?’ you should tell them, ‘The waters of the Jordan were cut off in front of the ark of the Lord’s covenant. When it crossed the Jordan, the Jordan’s waters were cut off.’ Therefore, these stones will always be a memorial for the Israelites.” To remember as it is explained here, is to cultivate an ever present awareness of something that has been done for you, that ultimately undergirds your entire outlook on life.

Therefore - though our ultimate allegiance to God takes higher priority - let us as Christians approach Remembrance Day in a similar fashion. Let us truly appreciate our country and Honor the sacrifices of so many who have gone to war. Let Remembrance Day serve as a ‘stone monument,’ erected for us to remember - not in the sense of returning to a memory of our own minds but rather to cultivate an ever present awareness that shapes the outlook of our life. Let us be grateful for the men and women who have served us, grateful for our country, and ultimately grateful for a sovereign God who has seen fit to allow us to live in a prosperous and peaceful nation. By: Blaise Kemna – Trinity Baptist Church, Calgary AB.