

News from Home



Gibson Family Health Care Newsletter — *Our family caring for your family*

November 2024

RSV vaccines

Our home is administering the RSV vaccine this fall. If you would like your loved one to have this one-time vaccination, please let us know.

Business award

Carveth Care Centre was delighted to accept an award from the 1000 Islands Gananoque Chamber of Commerce last month. Please see Page 5 for details.

Daylight savings

The days are getting shorter which means it's time to turn your clocks back one-hour. Remember to turn your clocks backward on Nov. 3 at 2 am (or before you go to bed if that's too early).

Staff huddles

Our Care Coordinator Lisa Smith is finding success with staff huddles. Details on Page 3.



Interesting facts about NOVEMBER 1. In the United States and Canada, November is National Beard Month or No Shave Month. 2. On November 18, 1963, Bell Telephone Company introduced to the public the push button phone. 3. The Erie Canal was formally opened in New York on November 4, 1825. 4. The first mechanically ventilated underwater tunnel in the world, The Holland Tunnel, opened to traffic on November 13, 1927. 5. The Suez Canal opened, November 17, 1869.



Weather or not

Use this November weather lore to predict the weather in future months: Ice in November brings mud in December. As the weather is in November, so it will be in March. Thunder in November means a fertile year to come.

Family Council

We would love to find a few more people to join our **Family Council**. It's a small group that meets every month at Carveth for an hour or two. The group tells us what we're doing well and what we could do better. It's invaluable feedback because we're always looking for ways to improve. Please consider joining this fun group at our next meeting at 6:30 pm on Nov. 20. Everyone welcome!

Holiday fun for the family

The weather is getting cooler which means Christmas is around the corner. Please watch for the Gananoque Santa Claus Parade at 5:30 pm on Nov. 30. The parade will travel down King Street to Elizabeth Street and then onto Park Street. The town's Festival of Lights is having a Lighting of the Park at 6:30 pm on Nov. 29. Free hot chocolate will be served. Lyndhurst Santa Claus Parade begins at 4 pm on Nov. 23.

"November comes and November goes,

With the last red berries and the first white snows." - **Elizabeth Coatsworth**

Tell us what you think

Do you have a story idea or feedback?

Contact Catherine Reynolds at 613-384-4585 ext. 251 or catherinereynolds@gibsonfamilyhealthcare.com



In Flanders Field

by Lieutenant Colonel John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks still bravely singing fly
Scarce heard amid the guns below.

We are the dead: Short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved: and now we lie
In Flanders fields!

Take up our quarrel with the foe
To you, from failing hands, we throw
The torch: be yours to hold it high
If ye break faith with us who die,
We shall not sleep, though poppies grow in
Flanders fields.

O Canada

O Canada!

Our home and native land!

True patriot love in all thy sons command.

With glowing hearts we see thee rise,

The True North strong and free!

From far and wide,

O Canada, we stand on guard for thee.

God keep our land glorious and free!

O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.

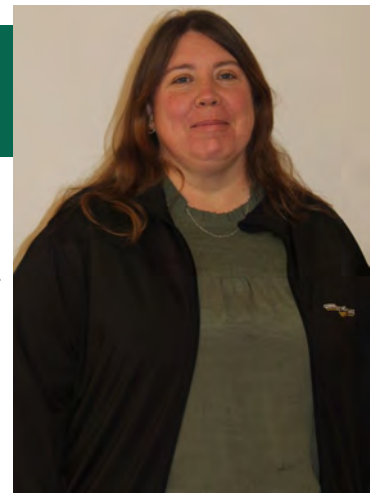
**Please join Carveth Care Centre
for a Remembrance Day/Memorial
Service in the Multipurpose Room
at 2 pm on Nov. 11.**

Staff Spotlight

If you want something you've never had, you must do something you've never done.

That famous quote is the basis behind a new practice called staff huddles at Carveth Care Centre, a retirement lodge and long-term care home in Gananoque that is working to strengthen and improve communications and operations.

Speaking for the home is Care Coordinator Lisa Smith who started leading the staff huddles in 2024. "Every mid-afternoon during the week, I go around to each nursing station and ask staff if they have any comments, questions or concerns. I answer them on the spot if possible. If not, I find the information for them and report back at a future date."



Lisa Smith

According to Lisa, she uses this opportunity to communicate to staff:

- Reminders of things found not being completed
- Family concerns
- Review of policies
- New admissions
- Surveys on how certain things can be handled/improving workflow
- Background information on new diseases that are relevant to current residents
- Behaviour interventions to try
- Results of audits completed

"The main purpose of the huddles is to allow staff to vent and express their feelings on matters they have experienced," says Lisa. "Sometimes I have suggestions, other times I communicate frustrations to other wings or bring forward to other staff on another huddle day for ideas."

The huddles also allow nursing staff to consider a resident's care needs based on information shared in the huddles.

"Staff seem to get more out of the huddles than a memo on the desk," she explains.

At the end of each month, Lisa creates a summary to keep track of information that has been shared with her in the huddles. She also tracks questions that needed to be answered to ensure she has followed up. At the beginning of every month, she reviews last month's unanswered questions. The previous month's huddle summary can be found on the bulletin board inside her office which can be accessed by staff.

"Although it's still fairly new, the staff huddles are going well," says Lisa with a smile. "It is just another tool in our toolbox to improve the health care we provide to the 104-residents in long-term care, here. Residents and staff seem to benefit which is the outcome we were hoping for."



Tickets \$5 each or three for \$10

1st prize: Homemade Quilt (double)



2nd prize: Gift Basket

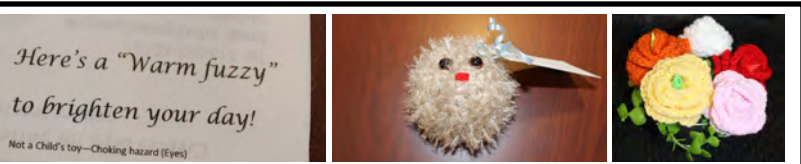
3rd prize: Homemade tarts

Draw is
Dec. 6



Buy your tickets today!

See the Activation Department or Carmel, President of Residents' Council at Carveth Care Centre



Residents enjoyed poetry by Gretchen Huntley on Oct. 2 who gave every resident a small homemade crochet gift called a warm fuzzy.

Holiday open house

Sunday

Dec. 8 2-4 pm

at
Carveth Retirement Lodge

Live music by Michael Myers
Festive Treats & Draw Prizes

Personal tours available!

375 James Street, Gananoque, Ontario | 613-382-4752

Family business wins Employer of the Year

A long-term care home in Gananoque has won Employer of the Year for 2024.

The prestigious award honours a business that creates a supportive and inclusive workplace. It was presented to Carveth Care Centre, a combined 150-person retirement lodge and long-term care home, by the 1000 Islands Gananoque Chamber of Commerce earlier this month.

Tasked with promoting business, industry and tourism in and around Gananoque, the chamber exclaims, “Congratulations to everyone – nominees and winners, all are great achievers!”

Speaking on behalf of the home, Administrator Brett Gibson notes, “Lisa and I are born/raised in Gananoque so to be recognized by our community is very rewarding. Our grandparents and parents created a legacy and standard for us that we strive to uphold every day. I am honored to accept this award on behalf of the employees of Carveth who provide the quality of care our residents deserve in their homes.”

Steve Clark, MPP for Leeds, Grenville, Thousand Islands and Rideau Lakes, notes, “It was great to attend last night’s 1000 Islands Gananoque Chamber of Commerce Awards Gala. Kudos to Shorelines Casino Thousand Islands for such a fantastic venue. Congratulations to all of the outstanding businesses and individuals nominated and to the award recipients.”

Awards were presented to:

- Businessperson of the Year: Theo Graham, Songwood Contracting
- Hal McCarney Tourism Award: Carol Sudds, Rockport Boat Line Business
- Achievement Award: Ray Stedman, Laverne's Eatery
- Non-Profit of the Year: The Gananoque and Area Food Bank
- Skilled Trades of the Year: Wes Eves
- Volunteer of the Year: Brian Mabee
- Employer of the Year: Carveth Care Centre



Carveth Care Centre in Gananoque is part of Gibson Family Health Care, owned and operated by the Gibson family. Carveth is a fully accredited retirement and long-term care home located at 375 James Street, Gananoque, Ontario. For more information about living or working in our home, please call 613-382-4752 or visit www.gibsonfamilyhealthcare.com

The Carveth Crossword Puzzle (Answers on Page 14)

ACROSS

- | | |
|--|---|
| 1) Problems for directors | 43) Cause of some shivers |
| 5) At a quick rate, poetically | 44) Begin an Internet session |
| 10) Some precipitation | 45) 3-D hospital procedure |
| 14) Eye layer | 46) Pungent condiment |
| 15) '70s White House name | 49) Duck's domain |
| 16) Shoppers' bag | 50) Stereotypically stubborn animal |
| 17) Easily achieved goals | 51) Minnow variety |
| 20) Dark | 53) Bygone despot |
| 21) Aspen features | 55) Some kind of nut |
| 22) Whacks | 58) Pigeon's perch |
| 25) Insult but good | 62) Weaponry that's neither large nor small |
| 26) After-hours school gp. | 65) Black cat, to some |
| 29) Common welcomers | 66) Chose not to dine out |
| 31) Last name for an unbalanced egghead? | 67) ___ vera |
| 35) ___ Gabriel | 68) British title |
| 36) Very angry | 69) Year-end tunes |
| 38) Buffalo's canal | 70) Some evergreens |
| 39) It may be needed to be an NFL player | |

DOWN

- 1) Streaming service
- 2) Shakespeare's river
- 3) Cry like a baby
- 4) Colonial title in India
- 5) ___ Arbor
- 6) "Animal Farm" critter
- 7) Line on a graph
- 8) Hits on the head
- 9) Decorate with gold leaf
- 10) Played a banjo, in a way
- 11) It may be proper in a sentence
- 12) Mayberry's self-jailer
- 13) Moist
- 18) Type of energy
- 19) German wife
- 23) "Legal" prefix
- 24) Drag one's feet
- 26) "Don't give me that!" old-style
- 27) Evergreen-forested landscape
- 28) Black ___ (cattle breed)
- 30) Posture problem
- 32) Donna's intro?
- 33) Stadium features
- 34) Abominable creatures
- 37) Cereal grain killer
- 40) It's designed to get your attention
- 41) Charged particles
- 42) Ultimate object
- 47) Hindu Mr.
- 48) "The ___ Cometh"
- 52) A Muse
- 54) Pass on in a race, as a baton
- 55) Disaster relief grp.
- 56) Footnote word
- 57) Leaves home?
- 59) Take-out order?
- 60) Shoot up
- 61) Storm centers
- 62) Like hip Brits in the '60s
- 63) "Shop ___ you drop"
- 64) ___ and outs

FAN SETTINGS

By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17			18						19				
20						21							
			22		23	24		25					
26	27	28		29			30		31		32	33	34
35				36				37		38			
39			40						41	42			
43						44					45		
46				47	48		49				50		
			51			52		53			54		
	55	56					57		58		59	60	61
62								63	64				
65					66						67		
68					69						70		

Happy Birthday Staff

Jashanpreet S, Nov. 2

Laurie B, Nov. 3

Varaidzo G, Nov. 11

Krystyna S, Nov. 14

Marcie G, Nov. 15

Kelvin A, Nov. 15

Nancy F, Nov. 22

Hunter C, Nov. 25

Wendy, A, Nov. 27

Amanda G, Nov. 29



Happy Birthday Volunteers

Nicole G, Nov. 3

Ann B, Nov. 5

Welcome

Hilary Watson, Volunteer

Kevin Gibrayei, Volunteer

Stephanie Gipson, PSW

Alexis Wakelin, PSW

Brianna Bollen, Cook

Geordie Hachez, Accounting

Coordinator



Safety tips for the holidays

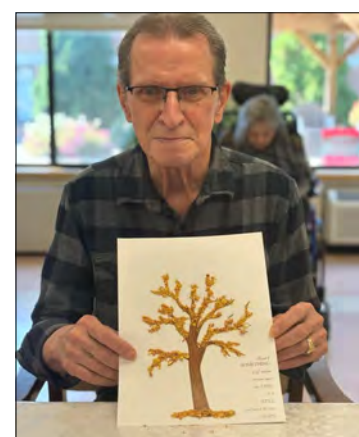


The holidays are rapidly approaching and with them come increased travel and shopping. Below are a few tips to help you stay safe this holiday season:

Travel Safety

- 1) Put away distractions such as cell phones, iPads, laptops, etc. Many accidents are caused by cell phone use and distracted driving. That call or text can wait; it may save your life. If you need to use the phone, find a safe place to pull over.
- 2) Make sure your vehicle is in good condition.
- 3) Never drive tired. Get a good night's sleep before heading out on a long drive.
- 4) Don't drink and drive...EVER! Don't text and drive...EVER!
- 5) Always buckle up. Many lives are saved every day by seatbelts.
- 6) Allow plenty of time to get where you are going. There are a lot more vehicles on the road during the holidays.
- 7) Obey the rules of the road. Don't drive in an aggressive manner. If someone tries to merge into your lane, slow down and let them.
- 8) Always stay to the right if more than one travel lane. Only drive in the left lane if passing or turning. It's the law.
- 9) Keep your eyes "scanning" at all times. Look for potential hazards like kids or animals near the road.

Seen at
Carveth



Giddy up N go Ponies



There was an abundance of cuteness in our home on Oct. 9. Residents spent the afternoon with Holly and Jazz the mini-ponies and Rita the donkey. Thank-you Stephanie of [#giddyupngo](https://www.facebook.com/giddyupngo) Ponies for the visit.

Welcome to cold and flu season

As cold and flu season begins, health care experts want you to remember a basic practice that can prevent the spread of harmful germs: wash your hands.

That is the advice of Jo-Ann Agius, an RPN at Carveth Care Centre who has been leading the Infection Prevention and Control (IPAC) work at the home for the past six years.

“It’s a lot of work because it’s not black and white,” the friendly woman says about preventing and controlling infections. “It’s tough.”

Jo-Ann notes the number one thing people can do to prevent, manage and control the spread of cold and flu germs is to wash your hands.

“Hand washing is a major,

major thing,” she confirms. “It’s also important for staff and residents to follow precautions when donning and doffing personal protective equipment (PPE). The home makes it as easy as possible.”

Influenza or commonly known as the flu is a serious respiratory infection caused by a virus. The flu can cause a cough, fever, chills, sore throat, muscle aches and fatigue.

People of all ages can get the flu, and complications of the flu can include pneumonia and even death. The population most affected by complications are the very young and elderly individuals.

“We can’t prevent people from coming into the home sick, but we can try to contain people here who are sick,” explains

Jo-Ann. “Saying that, we ask people not to come into the home when they’re sick. We also recommend cold and flu vaccinations for everyone.”

According to public health, everyone can benefit from the flu vaccine. In the elderly, the flu vaccine has been shown to prevent pneumonia and hospitalization in six out of ten people. Most people have no side effects from the flu vaccine and few people may get fever or muscle aches shortly after receiving the flu vaccine, typically lasting one or two days.

Protect your loved ones

Remember, if you are feeling sick, please stay home during flu season. When visiting, frequent hand hygiene is essential in helping to stop spread the virus.

Some of the fun and games at Support Staff Week last month



November is Falls Prevention Month

As we age, our risk for falling increases. People fall due to:

- Tripping or slipping due to loss of footing or traction.
- Slow reflexes which makes it hard to keep your balance or move out of the way of a hazard.
- Balance problems.
- Reduced muscle strength.
- Poor vision.
- Illness.
- Consumption of medication or alcohol.

At Carveth Care Centre, our goal is to prevent falls. Let's work together to achieve this goal.

Music by Cowboy Mark

Birthday party at Carveth Care Centre



Nov. 28
2 pm



Nov. 14



Entertainment by Colleen
2 pm | Carveth Care Centre

Carveth Care Centre

Visit our website

SCAN ME

SCAN ME

Like our facebook page

LIKE **SHARE & FOLLOW**

New service provider

We would like to welcome a new footcare provider, Brad James.

If you haven't completed a consent form (and would like your loved one to be seen by Brad), please stop by the main nursing station complete this step. Brad will be at the home providing foot-care every Wednesday. Once consent is received, Brad will set up routine appointments (generally every 6/7 weeks) for each resident under his care.

If you wish to contact Brad directly in regard to care or appointments, he can be reached at:

Brad James RPN AFCN

JAMES Family Foot Care

613-929-5993

btbjames@yahoo.ca



Fall outings...



Keeping residents engaged and connected at Carveth Care Centre
www.gibsonfamilyhealthcare.com



Crystal Clean

Enjoy clean glasses by the Crystal clear cleaning crew at Carveth Care Centre

Nov. 4 & 18

10:30 am



Birthday Diners' Club

for residents of Carveth Care Centre

Roast chicken, fingerling potatoes, spinach salad, cheesecake



Nov. 21

Noon



Residents' Council Meeting *Everyone welcome*

Nov. 19

2 pm



www.GibsonFamilyHealthCare.com



The Caregiver by Jim Taylor

Celebrating Family Council at Carveth Care Centre

Falls are a large part of injuries to today's population and with November being Falls Prevention Month, here are some things to think about as we head into the winter months.

What role can we, as caregivers, play in reducing and hopefully eliminating falls?

Our first objective should be to recognize and accept that winter weather brings a whole new set of fall hazards and potential injuries – snow, ice, cold, freezing conditions, slippery floors, different footwear and the list goes on.

As caregivers, we can highlight and report so many of these hazards, and press strongly for elimination of these problems by:

- Changing into dry footwear when entering the building.
- Spotting spills and wet floors and insisting on prompt clean-up.
- Ensuring that you have adequate help and assistance if taking residents out of the building.

Whenever possible, offer your assistance to any residents who may not have a caregiver nearby.

The longer-term goal is to eliminate all falls. To help with this endeavour, there is a hardworking committee at Carveth whose work is to track and analyze all causes of falls and monitor the progress in achieving this important goal of zero falls.

It will take time, hard work and the efforts of everyone at Carveth. Caregivers can, and should, play an important role.

Join the Carveth Care Centre

FAMILY Council

Everyone welcome!

Contact Shannon Buell
to learn more:
613-382-4752 ext. 107

6:30 pm

Fireplace
Room
(virtual link
available upon
request)

Nov. 20

Volunteers making a difference
www.gibsonfamilyhealthcare.com

Carveth
Care Centre

Wordsearch (Answers on Page 14)

Nursing Home 1

Find and circle all of the words that are hidden in the grid.
The remaining 47 letters spell a Mother Theresa quotation.

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

ACTIVITIES
AIDES
ASPIRIN
BATHROOM
BEDRAIL
BEDS
BOARD GAMES
BULLETIN BOARD
CANE
CARE
CASE MEETING
CHARTS

COMFORT
DENTURES
DINING ROOM
DOCTOR
DRUGS
EXERCISE
FALLS
FLU SHOT
FRAIL
GLUCOSE METER
HAIRDRESSER
HALLWAYS

HELP
INCONTINENCE
LAUNDRY
LINERS
MAGAZINES
MEDICAL GLOVES
MEMORY LOSS
MOISTURIZER
MUSIC
NAIL CLIPPERS
NEEDLE
NURSES

OUTINGS
PET THERAPY
PHYSIOTHERAPIST
PUZZLES
READING
RESIDENTS
ROUNDS
SCRABBLE
SCRUBS
SENIORS
SHAVE
SHOWER

SING ALONG
SLEEPING PILL
STAFF MEETINGS
SUPPER
TABLES
TELEVISION
TRANSFER BELT
URINAL
VOLUNTEERS
WANDERING
WHEELCHAIR

Crossword Answers

(Puzzle on Page 6)

FAN SETTINGS

By Timothy E. Parker

1	H	A	M	S		5	A	P	A	C	E		10	S	N	O	W						
14	U	V	E	A		15	N	I	X	O	N		16	T	O	T	E						
17	L	O	W	H	A	N	G	I	N	G	F	R	U	I	T								
20	U	N	L	I	T			21	S	K	I	R	U	N	S								
				22	B	O	P	S		24	S	L	A	M									
26	P	T	A			29	M	A	T	S		31	D	U	M	P	T	Y					
35	S	A	N			36	I	R	A	T	E				38	E	R	I	E				
39	H	I	G	H	C	A	L	O	R	I	E	D	I	E	T								
43	A	G	U	E				44	L	O	G	O	N		45	M	R	I					
46	W	A	S	A	B	I		47		48		49	P	O	N	D		50	A	S	S		
						51	D	A	C	E		52			53	T	S	A	R				
						55	F	I	L	B	E	R	T		57			58	L	E	D	G	E
62	M	E	D	I	U	M	A	R	T	I	L	L	E	R	Y								
65	O	M	E	N				68	A	T	E	I	N			67	A	L	O	E			
68	D	A	M	E				69	N	O	E	L	S			70	Y	E	W	S			

Wordsearch answers (Puzzle on Page 13)

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

Tips to be productive in bleak winter months

Get moving—Moving your body with regular exercise before, after or during work, especially outdoors, helps reduce stress and improve sleep.

Spend time outside—If you suffer from Seasonal Affective Disorder (and even if you don't), get 10 minutes of sunshine everyday if possible.

Keep your environment warm—It's important to have a comfortable environment.

Eat well—Watch what you eat and drink. Warm yourself with a cup of green tea.

Set goals—Eve if you're feeling a bit sluggish, set new goals and volunteer for something that excites you.

Stay healthy—While it's sometimes difficult or impossible NOT to get sick when everyone else is unwell, do what you can to prevent it (wash hands, take vitamins).

Music by Vicki Spurrell
Nov. 21
 2 pm
 at Carveth Care Centre

Live music

The Carveth Garden of Love

The rose speaks of love silently in a language known only to the heart



Welcome


Maureen Darby
Martha BenAlaya
Paul Beattie
Gary Wheeler
Norman Brown

Birthdays

Evelyn "Rose" J, Nov. 8
Helen W, Nov. 13
Jennifer G, Nov. 15
Ernest Wilfred W, Nov. 21
Susan B, Nov. 26
Mary C, Nov. 27
Bruce F, Nov. 30
Stewart R, Nov. 30
Chris J, Nov. 30

In Memory

Jim Bolger
Jean Vallentgoed
Marion Norris

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>WE REMEMBER</p>	<h1>November 2024</h1>					
<p>3 (All services held in our chapel) 10:30 Virtual RC Service 2:00 Virtual Worship Service</p>	<p>4 10:30 Crystal Clear Cleaning Crew 2:00 Bingo</p>	<p>5 10:30 Floral Therapy 11:00 RC Mass 2:00 Teamific Virtual Quiz</p>	<p>6 10:30 Bible Study with Betty 2:00 Music & Movement</p>	<p>7 10:30 Drum Fit 2:00 Fiddle Earth 6:30 Twilight Group</p>	<p>1 10:30 Manicures 2:00 Bingo</p>	<p>2 10:30 Coffee & Chat 2:00 Movie of the Week</p>
<p>10 (All services held in our chapel) 10:30 Virtual RC Service 2:00 Virtual Worship Service</p>	<p>11 10:30 Moment of Silence 2:00 Remembrance Day/Memorial Service</p>	<p>12 10:30 Bowling 2:00 Deck the Halls</p>	<p>13 Music Therapy 11:00 Christ Anglican Service 2:00 Holiday Dirty Laundry</p>	<p>14 10:30 Horseshoes 2:00 Colleen Monaghan 6:30 Twilight Group</p>	<p>15 10:30 Manicures 2:00 Bingo</p>	<p>16 10:30 Coffee & Chat 2:00 Movie of the Week</p>
<p>17 (All services held in our chapel) 10:30 Virtual RC Service 2:00 Virtual Worship Service</p>	<p>18 10:30 Crystal Clear Cleaning Crew 2:00 Bingo</p>	<p>19 10:30 Floral Therapy 11:00 RC Mass 2:00 Residents' Council/ Deck the Halls</p>	<p>20 10:30 Bible Study with Betty 2:00 Music & Movement</p>	<p>21 Birthdays Diners 10:30 Curling 2:00 Vicki Spurrell 6:30 Twilight Group</p>	<p>22 10:30 Manicures 2:00 Bingo</p>	<p>23 10:30 Coffee & Chat 2:00 Movie of the Week</p>
<p>24 (All services held in our chapel) 10:30 Virtual RC Service 2:00 Virtual Worship Service</p>	<p>25 10:00- Lodge Residents Meeting 10:30 Sing a Long with Betty & Anne 2:00 Bingo</p>	<p>26 10:30 Deck the Halls 2:00 Holiday Baking</p>	<p>27 Music Therapy 10:30 Growing Older & Wiser with Jean 2:00 Snakes & Ladders</p>	<p>28 10:30 Balloon Volleyball 1-45 Birthdays Party with Cowboy Mark 6:30 Twilight</p>	<p>29 10:30 Manicures 2:00 Bingo</p>	<p>30 10:30 Coffee & Chat 2:00 Movie of the Week</p>