

# NEWSLETTER

## October 2023

Peter Dawson Lodge  
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403-485-2422



# Editor's Desk

Hello Residents, Families and Friends!

October is the month we celebrate two incredibly unique days, Thanksgiving and Halloween. In the Thanksgiving spirit I would like to take a moment to thank everyone for your support. I have had a wonderful 3 years here at the lodge. I am thankful every day for the wonderful Residents. We have shared a lot of laughter, survived a pandemic, gone through sad times, and become family.



This is not goodbye. I may no longer be The Director of Resident Care, but I will still be a part of all your lives and look forward to continuing the relationships I have started here.

Happy Thanksgiving!

Keep Safe!

*Janice Povey*

## October Trivia

October is full of food celebration dates. International Coffee Day is the 1<sup>st</sup>, the 4<sup>th</sup> is home to Taco Day and Cinnamon Roll Day, Candy Corn Day is the 30<sup>th</sup>, and that's just naming a few!

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

## Quote of the Day

*Courage is contagious.  
When a brave man takes a  
stand, the spines of others  
are often stiffened.*

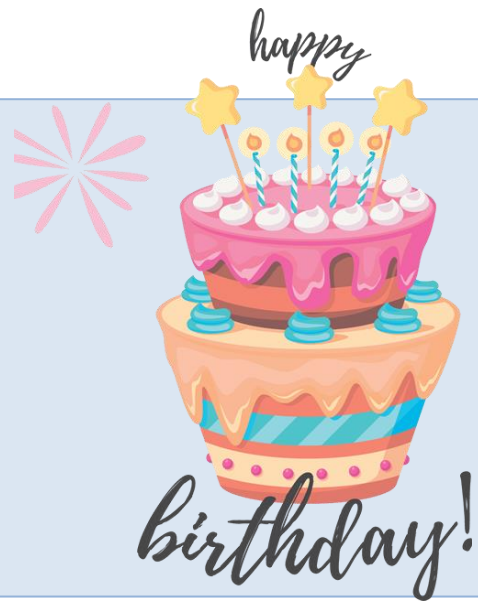
*- Billy Graham*

# October Birthdays

In October, we celebrate birthdays with:

- **Resident – Dorothy October 3<sup>rd</sup>**
- **Care-aid/cook – Shelley October 12<sup>th</sup>**
- **Resident – Willow October 25<sup>th</sup>**

Please wish these Residents and staff a Happy Birthday on their special day!



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 - Oct 22)**

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

## **Scorpio (Nov 23 – Nov 22)**

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

WOW!

## **October Spotlight: Vroom, Vroom**

On October 1, 1908, Henry Ford's Model T went on sale for the first time. It was considered to be a "universal car" designed for the masses. It went on to change the landscape of transportation worldwide.

# Month in Review

## FCSS VISITS

The ladies from FCSS have started a new weekly program where they come and visit with our Residents. They visit for an hour in the afternoon and have some fun activities to do with the Residents.



## Craft Day

Ladies making fall wreaths for their doors.

## Shuffleboard

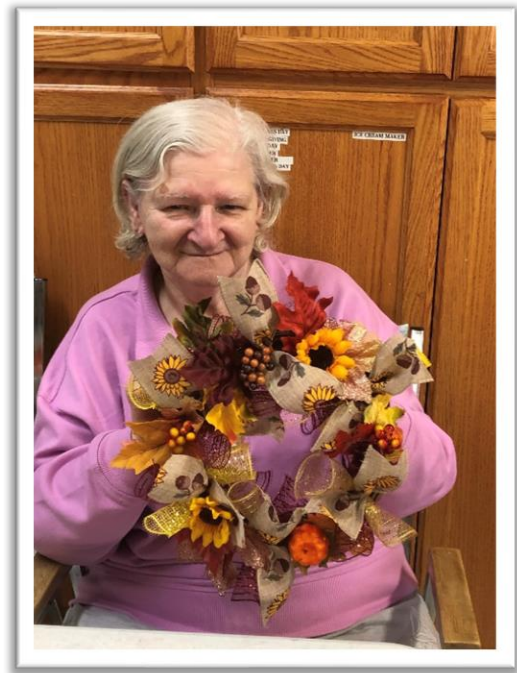
Residents enjoy playing shuffleboard every other Monday. Games can get competitive, but fun. Everyone is invited to come and play.



# Month in Review



Peek – a - Boo



## Lodge Activities

All Residents are invited to come and join us for any or all the different activities offered at the lodge. You can check the daily activities board in the dining room for events & times.



# Regular Events

## Resident's Meeting

Tuesday, October 3<sup>rd</sup> 10:30 am in the Atrium

## Pool Noodle Exercises

Tuesdays, Wednesdays, Thursdays, Saturdays & Sundays in the Atrium

## Balloon Badminton

Tuesdays & Thursdays in the Atrium

## Courtesy Car Service

Wednesdays

## Hairdresser

Thursdays

## Games

Daily except Saturdays 3pm in the Atrium  
Everyone is welcome to join us for these daily events.



## Special Days

- 1<sup>st</sup> Day of Older Persons
- 1<sup>st</sup> Intl. Music Day
- 1<sup>st</sup> Residents' Rights Month
- 4<sup>th</sup> World Animal Day
- 4<sup>th</sup> World Space Week
- 5<sup>th</sup> World Teachers Day
- 6<sup>th</sup> World Smile Day
- 9<sup>th</sup> Curious Events Day
- 9<sup>th</sup> Columbus Day
- 9<sup>th</sup> Indigenous Peoples' Day
- 9<sup>th</sup> Thanksgiving (Canada)
- 25<sup>th</sup> Pablo Picasso's Birthday
- 28<sup>th</sup> Full Moon
- 31<sup>st</sup> Halloween

October's full moon is called the Blood Moon and rises on October 28<sup>th</sup>. The Blood Moon is also known as the Travel Moon, Dying Grass Moon, Hunter's Moon, Harvest Moon, and the Sanguine Moon.

# Upcoming Events

## Ice Cream

Friday, October 13<sup>th</sup> 3:00 pm

## Resident's Choice Dinner

Thursday, October 12<sup>th</sup>

## Happy Hour

Friday, October 20<sup>th</sup> 3:00 pm

## Howling Happy Hour

Tuesday, October 31<sup>st</sup>

## Resident's Choice Supper

Tuesday, October 31<sup>st</sup>

# October 2023

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>10:30 Pool Noodle Exercises 3:00 Dice Game Residents' Rights Month</p> <p><b>1</b></p>	<p>9:30 Bean Bag Tournament \$2 1:30 Craft 6:30 Good News</p> <p><b>2</b></p>	<p>9:00 Balloon Badminton 10:30 Resident's Meeting 1:00 FCSS 3:00 Obie Games <b>Happy Birthday Dorothy!</b></p> <p><b>3</b></p>	<p><b>Courtesy Car</b></p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 3:00 Chase the Ace</p> <p><b>4</b></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Bingo</p> <p><b>5</b></p>	<p>9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 2:30 Bumps 6:30 Social Hour World Smile Day</p> <p><b>6</b></p>	<p>10:30 Pool Noodle Exercises</p> <p><b>7</b></p>
<p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> <p><b>8</b></p>	<p>9:00 Shuffleboard Tournament \$2 3:00 Uno <i>No Admin., Housekeeping or Maintenance Thanksgiving</i></p> <p><b>9</b></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:00 FCSS 3:00 31 Cards</p> <p><b>10</b></p>	<p><b>Courtesy Car</b></p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 2:30 SCH Meeting</p> <p><b>Horizon Foot Care</b></p> <p><b>11</b></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:00 Reader's Build 3:00 Darts <b>Happy Birthday Shelley! Residents Choice Dinner</b></p> <p><b>12</b></p>	<p>9:00 Soccer 10:30 Bible Study 3:00 Ice Cream 6:30 Social Hour</p> <p><b>13</b></p>	<p>10:30 Pool Noodle Exercises</p> <p><b>14</b></p>
<p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> <p><b>15</b></p>	<p>9:30 Bean Bag Tournament \$2 3:00 Rummikub 6:30 Good News</p> <p><b>16</b></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:00 FCSS 3:00 Chase the Ace</p> <p><b>17</b></p>	<p><b>Courtesy Car</b></p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 3:00 Card Bingo</p> <p><b>18</b></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Music Mike</p> <p><b>19</b></p>	<p>9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 3:00 Happy Hour 6:30 Social Hour</p> <p><b>20</b></p>	<p>10:30 Pool Noodle Exercises</p> <p><b>21</b></p>
<p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> <p><b>22</b></p>	<p>9:00 Shuffleboard Tournament \$2 3:00 Horse Race 6:30 Good News</p> <p><b>23</b></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:00 FCSS 3:00 Uno</p> <p><b>24</b></p>	<p><b>Courtesy Car</b></p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Halloween Treat Bags <b>Happy Birthday Willow!</b></p> <p><b>25</b></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:00 Reader's Build 3:00 Phase 10</p> <p><b>26</b></p>	<p>9:00 Soccer 10:30 Bible Study 1:30 Pumpkin Carving 6:30 Social Hour</p> <p><b>27</b></p>	<p>10:30 Pool Noodle Exercises</p> <p><b>28</b></p> <p>Full Moon </p>
<p>10:30 Pool Noodle Exercises 3:00 Dice Game Grandparents Day</p> <p><b>29</b></p>	<p>9:30 Bean Bag Tournament \$2 3:00 Bingo 6:30 Good News</p> <p><b>30</b></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:00 FCSS 3:00 Happy Hour <b>Residents Choice Supper</b> <b>Happy Halloween</b></p> <p><b>31</b></p>	<p><b>Autum skies and Pumpkin pies</b></p>			

# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

- Mrs. Helen Fulton
- Mrs. Mary Hergenhein

We hope that you enjoy your time here!



**Halloween is coming fast!**

**If you would like to donate candy or money to go towards purchasing Halloween Candy for our little trick-or-treaters, please see DRC by October 20<sup>th</sup>! We will fill treat bags on Wednesday, October 25<sup>th</sup> in the Atrium at 1:30 pm.**

**Thank you!**

**HAPPY  
THANKSGIVING!**

**From the Staff at PDL!**

Monday, October 9<sup>th</sup> is Thanksgiving Day! There will be no Administration, Housekeeping or Maintenance staff at the Lodge on this day!

## WINNERS

### Bean Bag Tournament:

September 4: Betty, Helen, Jessie & Margaret F.  
September 18: Betty, Karen, Helen, & John N.

### Shuffleboard:

August 28: Karen & Rose/ Hans & Janice  
September 11: Helen & John N./ Betty & Janice  
September 25: Helen & John N./ Jessie & John C.

### Rollerball:

August 30: Gladys, Albert, Janice & Helen  
September 6: Rose, John C., Albert, John N., Gladys, & Doreen  
September 13: Betty, Jessie, Gladys, John C. & John N.  
September 20: Tied, each team won  
September 27: Helen, Gerry, Laura, Keith, & Jeanette

### Floor Curling:

August: 25 Linda, Karen, Betty & John C.  
September 8: Hans, John C., Betty & Janice  
September 22: Jeanette, Jessie, Karen & Janice

### Bingo:

Alma, Donna, & Dorothy



# Noticeboard



## PUMPKIN WALK

The Credit Union has asked Peter Dawson Lodge to help make the 1<sup>st</sup> annual Pumpkin walk a success by carving or decorating some pumpkins. The pumpkins will be delivered on the morning of October 27<sup>th</sup>. We will carve or decorate pumpkins that afternoon.

## THE CLOTHING RACK

Take an item, leave an item! It doesn't have to be of the same value or even the same item, if you find something you like on 'the clothing rack' just simply leave an item that is clean and in good condition behind! Tired of wearing the same thing, switch it out! If you need it and can't leave an item to replace it, that is ok too! The clothing rack is displayed in the Atrium, feel free to stop by and see what you can find or leave behind! Please remember we have 35 Residents who check out the rack!



## FIRE ALARMS

To be prepared for fire alarms in the middle of the night, it is recommended that each of you keep your slippers or shoes and housecoats or jacket within easy reach. You do not have to be fully dressed. You need to evacuate to the nearest 'safe' exit from your room. You will not be expected to leave the building unless there is real danger to everyone and we have been instructed to evacuate. To be totally prepared, have a small bag packed with your essentials i.e.: toothbrush, medications etc. somewhere within easy reach upon evacuation of your room. If you need to evacuate the building, please head to the muster points. The muster points are the front PDL sign and the PDL sign on the east side of the building. Your cooperation is greatly appreciated.

# Poem to Share

## The Senior's Way

The row of bottles on my shelf,  
Causes me to analyze myself.  
One yellow pill I have to pop,  
Goes to my heart so it won't stop.  
A little white one that I take,  
Goes to my hands so I don't shake.  
The blue ones that I use a lot,  
Tell me I'm happy when I'm not.  
The purple pill goes to my brain,  
And tells me that I have no pain.  
The capsules tell me not to wheeze,  
Or cough or choke or even sneeze.  
The red ones, smallest of them all  
Go to my blood so I won't fall.  
The orange ones really big and bright,  
Prevent my leg cramps in the night.  
Such an array of brilliant pills,  
Helping to cure all kinds of ills.  
But what I'd really like to know.  
Is what tells each pill where to go?

# Laughing Matters



## A Little Halloween Fun

October is home to Halloween, so we couldn't resist adding some spook-tacular jokes to our newsletter this month. They'll have you laughing...or groaning!

### ***Why do ghosts go on diets?***

To keep their ghoulish figures!

### ***Why did the ghost go to the bar?***

For the boos.

### ***What does a ghost mom tell her kids when they get in the car?***

Fasten your sheet-belts!

### ***Why don't mummies take time off?***

They're afraid to unwind.

### ***How do monsters know their future?***

They read the horror-scopes.

### ***What's it like to be kissed by a vampire?***

It's a pain in the neck.

### ***Why did Dracula take cold medicine?***

Because he was coffin too much.

### ***Why do skeletons have low self-esteem?***

They have no body to love.

### ***Where does a skeleton go for a fun night?***

Anywhere, as long as it is a hip joint.

### ***Why can't skeletons play church music?***

Because they have no organs.



# HALLOWEEN COSTUMES WORD SCRAMBLE

REPITA \_\_\_\_\_

WNEINI HET OHOP \_\_\_\_\_

FWEOEWR \_\_\_\_\_

LNODAD UCDK \_\_\_\_\_

NJAIN \_\_\_\_\_

DWEIKC THIWC \_\_\_\_\_

PVEMAIR \_\_\_\_\_

SSEUPORERHE \_\_\_\_\_

YPEOPE \_\_\_\_\_

PREPLFA RGLI \_\_\_\_\_

NMRAO DGEODSS \_\_\_\_\_

PCOS & BBRROE \_\_\_\_\_

NCWSOL \_\_\_\_\_

DNRE \_\_\_\_\_

BYAB \_\_\_\_\_

NSWO THIWE \_\_\_\_\_

GGRSTREAN \_\_\_\_\_

LVDEI & LGEAN \_\_\_\_\_

RNSEU & CODTOR \_\_\_\_\_

GSKOLCDOLI \_\_\_\_\_

VCAE PEPOLE \_\_\_\_\_

YBSOOCW \_\_\_\_\_

NLKOESAT \_\_\_\_\_

MSIMUME \_\_\_\_\_