

# NEWSLETTER

## November 2023

Peter Dawson Lodge

Box 750 Vulcan, AB T0L 2B0 614 1<sup>st</sup> Street North

403-485-2422



# Editor's Desk

Hello Residents, Families and Friends!

I would like to thank you all for the warm welcome. I am very excited to be here. As some of you may already know I have lived out west of Brant for the past 24 years and grew up in this area. I worked in Homecare for the past 6 years so you may have seen me around the lodge. I am so pleased to be a part of your community and look forward to getting to know you all better.



Keep Smiling!

*Sherry*

Director of Resident Care

## November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter...or of summer.

Zodiac signs: **Scorpio & Saggiarius**  
Birthstone: **Topaz & Citrine**  
Flower: **Chrysanthemum**

## Quote of the Day

*Joy is the simplest form of gratitude.*

-- Karl Barth

# November Birthdays

In November, we celebrate birthdays with:

- **Care-aide – Robin November 2<sup>nd</sup>**
- **Resident – Karen D. November 15<sup>th</sup>**
- **Kitchen Support – Kieryn November 25<sup>th</sup>**

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



Vivien Leigh, Actress, 5<sup>th</sup> November 1913  
Richard Burton, Actor, 10<sup>th</sup> November 1925  
Grace Kelly, Actress, 12<sup>th</sup> November 1929  
Charles, Prince of Wales, 14<sup>th</sup> November 1948  
Rock Hudson, Actor, 17<sup>th</sup> November 1925  
Bo Derek, Actress, 20<sup>th</sup> November 1956  
Goldie Hawn, Actress, 21<sup>st</sup> November 1945  
Bruce Lee, Actor & Martial Artist, 27<sup>th</sup> November 1940  
Winston Churchill, Prime Minister, 30<sup>th</sup> November 1874  
Mark Twain, Writer, 30<sup>th</sup> November 1835

## Scorpio (Nov 23 – Nov 22)

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

## Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

WOW!

### Birthday Spotlight: Music Was Never the Same

On November 6, 1854, American conductor John Philip Sousa was born in Washington, D.C.

Sousa was best known for his rousing marches, forever changing the music scene.

Perhaps you have heard of a few of his tunes, like *Stars and Stripes Forever* or *El Capitan*.

# Month in Review

Residents playing Ballon Badminton. Balloon Badminton is always a fun time at PDL. The residents keep the staff on there toes.



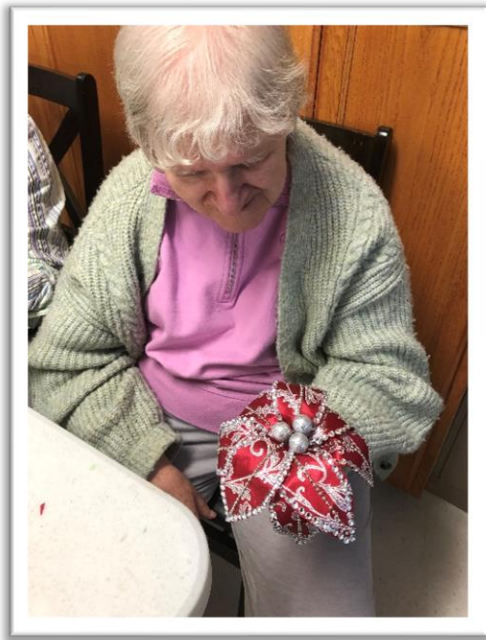
Mary enjoyed making her ribbon flower and decided to wear it as an accessory.



# Month in Review



**Craft Day**  
The residents enjoyed making ribbon flowers. Each one was beautiful and many different ideas.



# Regular Events

## Resident's Meeting

Tuesday, November 7<sup>th</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

- 1st All Saints Day
- 3rd Sandwich Day
- 5th Guy Fawkes Night
- 11th Remembrance Day
- 11th Veterans Day
- 12th Tongue Twister Day
- 13th World Kindness Day
- 14th Monet's Birthday
- 19th Philosophy Day
- 27<sup>th</sup> Full Moon
- 28<sup>th</sup> French Toast Day
- 30<sup>th</sup> Mark Twain's Birthday

November's full moon is called the Frost Moon also known as the Beaver Moon or the Snow Moon.

# Upcoming Events

## Ice Cream

Friday, November 10<sup>th</sup> 3:00 pm

## Resident's Choice Dinner

Thursday, November 16<sup>th</sup>

## Happy Hour

Friday, November 17<sup>th</sup> 3:00 pm

## Resident's Choice Supper

Tuesday, December 5<sup>th</sup>

# November 2023

SUNDAY

MONDAY









TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><u>Courtesy Car</u> 1</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 3:00 Memory Game</p>	<p>2</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:00 Reader's Build 3:00 Darts</p> <p>Happy Birthday Robin!</p>	<p>3</p> <p>9:00 Floor Curling 10-2 Personal Touch Fashions 10:30 Soccer 10:30 Bible Study 3:00 Uno 6:30 Social Hour</p>	<p>4</p> <p>10:30 Pool Noodle Exercises</p>
<p>Daylight Savings Ends</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> 	<p>6</p> <p>9:00 Bean Bag Tournament \$2 3:00 Card Bingo 6:30 Good News</p>	<p>7</p> <p>9:00 Balloon Badminton 10:30 Resident's Meeting 1:30 FCSS 3:00 Ring Toss</p>	<p><u>Courtesy Car</u> 8</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 3:00 Yahtzee</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Rummikub</p>	<p>10</p> <p>9:00 Soccer 10:30 Bible Study 3:00 Ice Cream 6:30 Social Hour</p>	<p>11</p>  <p>10:30 Pool Noodle Exercises</p> <p>Remembrance Day</p>
<p>12</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> 	<p>13</p> <p>9:30 Shuffleboard Tournament \$2 3:00 Chase the Ace 6:30 Good News</p>	<p>14</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 FCSS 3:00 Obie Games 6:30 United Church</p> 	<p><u>Courtesy Car</u> 15</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 3:00 31 Card Game</p> <p>Happy Birthday Karen D!</p>	<p>16</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 2:30 Music with Kelly</p> <p>Residents Choice Dinner</p>	<p>17</p> <p>9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 3:00 Happy Hour 6:30 Social Hour</p>	<p>18</p> <p>10:30 Pool Noodle Exercises</p>
<p>19</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> 	<p>20</p> <p>9:00 Bean Bag Tournament \$2 3:00 Craft 6:30 Good News</p>	<p>21</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 FCSS 3:00 Yahtzee</p>	<p><u>Courtesy Car</u> 22</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 3:00 Uno</p>	<p>23</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Bingo</p>	<p>24</p> <p>9:00 Soccer 10:30 Bible Study 3:00 Ring Toss 6:30 Social Hour</p>	<p>25</p> <p>10:30 Pool Noodle Exercises</p> <p>Happy Birthday Kiernyn!</p> 
<p>26</p> <p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> 	<p>27</p> <p>9:30 Shuffleboard Tournament \$2 3:00 31 Card Game 6:30 Good News</p>  <p>Full Moon</p>	<p>28</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 FCSS 2:00 Music Mike</p>	<p><u>Courtesy Car</u> 29</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 3:00 Crib Tournament \$1</p>	<p>30</p> <p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Chase the Ace</p>		

# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

- **Mr. Cody Whiteside**

We hope that you enjoy your time here!

## NEW STAFF

A warm welcome to the people who joined our team!

- **Sherry Kunkel**
- **Susan Clement**

We hope that you enjoy your time here!

## DAY IN LIEU

Saturday, November 11<sup>th</sup> is Remembrance Day.

The Administration, Housekeeping and Maintenance staff will not be here on Monday, November 13<sup>th</sup>.

## CONTINUOUS IMPROVEMENT

### Bean Bag Tournament:

October 2: Betty, John N., Jessie, Karen & Deb

October 16: Betty, Jessie, Karen & Sherry

October 23: Karen, Jessie, & Sherry

### Shuffleboard:

October 9: Jessie & John C./Sandy & John N.

### Rollerball:

October 4: Gladys, Gerry, Jessie, Jeanette, John N. & John C.

October 18: Helen, Jessie, Karen, Gladys, & John N.

October 25: Helen, Keith, Jessie, Karen and Gladys

### Floor Curling:

October 6: Linda, Hans, Betty & Karen

October 20: Hans, John C., Jessie, & Sherry

### Bingo:

Jeanette & Helen





# Noticeboard



## COLD & FLU SEASON

Everyone can do their part to help prevent the spread of colds and flus by following a simple daily routine. The importance of proper handwashing cannot be stressed enough.

### Handwashing

Wet your hands with warm/hot running water, soap hands and rub together to build up a good lather. Lather for at least 30 seconds cleaning all surfaces of the hands, under nails, between fingers and the back side of hand. Rinse thoroughly, then dry with clean towel.

If you sneeze or cough, please cover your nose and mouth with your arm not your hand. Then wash hands or use hand sanitizer.

Any garbage with blood, phlegm, or other body fluids should be disposed of immediately. Place in strong leak proof garbage bag, tie the bag and double bag if possible.

Let's keep everybody safe by following these few simple rules.

Thank You

## DAYLIGHT SAVINGS

Well, it is that time of year again to turn our clocks back 1 hour on the evening of Saturday, November 4<sup>th</sup>. This will give us a little more daylight during the day, but the sun will be setting earlier.



## Personal Touch Fashions

Personal Touch Fashions will be at PDL on November 3. Shopping will be from 10am – 2pm. Happy shopping! 😊

## WINTER WEATHER

With the weather changing, please use caution when walking outdoors. Dress warmly and wear boots with good grips.

If you notice any slippery spots, please report them to staff so we can apply sand or ice melt.

Also, with temperatures getting colder, please ensure your windows are closed when it is below 10 Celsius. It does not take long for the heating pipes in your room to freeze and burst!

Thank you!

# Poem to Share

## Perhaps the World Ends Here

*Joy Harjo*

The world begins at a kitchen table. No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human. We make men at it, we make women.

At this table we gossip, recall enemies and the ghosts of lovers.

Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.

We have given birth on this table and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

# 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