

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2024

<p>10:00 Mind Joggers 3</p> <p>10:30 St Peter's Church Ch 1 (Hurontel)</p> <p>1:00 Lake Shore United Church Service Ch 1 (Hurontel)</p>  <p>Daylight Saving Time Ends</p>	<p>9:15 Exercises 4</p> <p>9:45 Knitting Group</p> <p>10:30 Book Club</p> <p>2:00 Sing and Dance with The Irish Cowboys!</p> <p>6:30 Tea Time in the Dining Room</p>	<p>9:15 Exercises 5</p> <p>10:00 Shopping – Walmart</p> <p>10:00 Classie Casual Boutique</p> <p>2:00 Tongue Twisters Month!!</p> <p>6:30 Scrabble/Cribbage</p> <p>SOUND THERAPY</p>	<p>9:15 Exercises 6</p> <p>10:00 Communion Service</p> <p>10:00 Tuck Shop</p> <p>2:00 Remembrance Day Service with Legion Branch 109</p> <p>6:00 Cards</p>	<p>9:15 Exercises 7</p> <p>9:45 Ladies Group</p> <p>10:00 Quilt Tying</p> <p>2:00 Sing and Dance with Jim Otterbein!</p> <p>6:30 Tea Time in the Dining Room</p> <p>6:30 Bingo!!</p> <p>"7-11" Day!</p>	<p>9:15 Exercises 1</p> <p>10:00 Men's Group</p> <p>10:00 Free Bingo</p> <p>2:00 Monthly Chronicles and Trivia</p> <p>6:30 Adult Colouring</p> <p>Diwali (Hindu)</p>	<p>10:00 Coffee Group 2</p>  <p>10:30 Exercises</p> <p>1:00 Afternoon Movie</p>
<p>10:00 Mind Joggers 10</p> <p>10:30 St Peter's Church Ch 1 (Hurontel)</p> <p>1:00 Lake Shore United Church Service Ch 1 (Hurontel)</p>	<p>9:15 Exercises 11</p> <p>9:45 Knitting Group</p> <p>10:30 Book Club</p> <p>10:30 Service at The Cenotaph</p> <p>2:00 Cranium Crunches</p> <p>6:30 Tea Time in the Dining Room</p>  <p>LEST WE FORGET Remembrance Day (Canada)</p>	<p>9:15 Exercises 12</p> <p>10:00 Shopping – The Square</p> <p>2:00 Sing and Dance with Down Home!</p> <p>6:30 Scrabble/Cribbage</p>	<p>9:15 Exercises 13</p> <p>10:00 Communion Service</p> <p>10:00 Tuck Shop</p> <p>10:30 Christmas Photo!!</p> <p>Wear Red or Green</p> <p>2:00 Craft with Betty!!</p> <p>6:00 Cards</p>	<p>9:15 Exercises 14</p> <p>9:45 Ladies Group</p> <p>2:00 Chat with David Yates</p> <p>6:30 Tea Time in the Dining Room</p>	<p>9:15 Exercises 15</p> <p>10:00 Holiday Bazaar</p>  <p>6:30 Adult Colouring</p>	<p>10:00 Coffee Group 16</p> <p>10:30 Exercises</p> <p>1:00 Afternoon Movie</p> 
<p>10:00 Mind Joggers 17</p> <p>10:30 St Peter's Church Ch 1 (Hurontel)</p> <p>1:00 Lake Shore United Church Service Ch 1 (Hurontel)</p>	<p>9:15 Exercises 18</p> <p>9:15 Christmas Shopping Trip to Stratford</p> <p>9:45 Knitting Group</p> <p>10:30 Book Club</p> <p>9:15 Christmas Shopping Trip to Stratford</p> <p>2:00 Word Puzzles</p> <p>6:30 Tea Time in the</p>	<p>9:15 Exercises 19</p> <p>10:00 Shopping – Walmart</p> <p>2:00 Sing and Dance with Leavin' Tracks!</p> <p>6:30 Scrabble/Cribbage</p>	<p>9:15 Exercises 20</p> <p>10:00 Communion Service</p> <p>10:00 Tuck Shop</p> <p>2:00 Sing and Dance with Randy Satchell!</p> <p>6:00 Cards</p>	<p>9:15 Exercises 21</p> <p>9:45 Ladies Group</p> <p>10:00 Quilt Tying</p> <p>2:00 Show and Tell</p> <p>6:30 Tea Time in the Dining Room</p> <p>6:30 Bingo!!</p>	<p>9:15 Exercises 22</p> <p>10:00 Men's Group</p> <p>10:00 Free Bingo</p> <p>1:30 Lutheran Service</p> <p>2:00 Sing and Dance with Gladys and Friends!</p> <p>6:30 Adult Colouring</p>	<p>10:00 Coffee Group 23</p> <p>10:30 Exercises</p>  <p>1:00 Afternoon Movie</p>
<p>10:00 Mind Joggers 24</p> <p>10:30 St Peter's Church Ch 1 (Hurontel)</p> <p>1:00 Lake Shore United Church Service Ch 1 (Hurontel)</p>	<p>9:15 Exercises 25</p> <p>9:45 Knitting Group</p> <p>10:30 Book Club</p> <p>2:00 Cardmaking with Harriet</p> <p>6:30 Tea Time in the Dining Room</p>	<p>9:15 Exercises 26</p> <p>10:00 Shopping – The Square</p> <p>2:00 Food Tasting</p> <p>6:30 Scrabble/Cribbage</p>	<p>9:15 Exercises 27</p> <p>10:00 Communion Service</p> <p>10:00 Tuck Shop</p> <p>2:00 Monthly Welcome Tea and Birthday Party!</p> <p>6:00 Cards</p>	<p>9:15 Exercises 28</p> <p>9:45 Ladies Group</p> <p>10:00 Resident Meeting</p> <p>2:00 Armchair Travel to the Oldest Cities in the World!!</p> <p>6:30 Tea Time in the Dining Room</p> <p>Thanksgiving Day</p>	<p>9:15 Exercises 29</p> <p>10:00 Men's Group</p> <p>10:00 Free Bingo</p> <p>2:00 Junkdrawer Detective</p> <p>6:30 Adult Colouring</p>	<p>10:00 Coffee Group 30</p>  <p>10:30 Exercises</p> <p>1:00 Afternoon Movie</p>

Calendar & Newsletter

Goderich Place | Melanie Nurse, Activity Manager | 519-524-4243 ext. 221 | activationgp@hurontel.on.ca



ROOM RENTAL!!!!

Our activity is available for rental if you choose to have a family gathering here!

The cost is \$75, which is billed to resident invoice. Please contact Melanie for more information.



Reminder to turn your clock back 1 Hour before you go to bed on Saturday, November 2nd!!!

November Birthdays

Residents

- Helen November 1st
- Terry November 7th
- Marjorie November 7th
- Don R. November 9th
- Gladys November 16th
- Herman November 20th
- Robert A. November 22nd
- Fred Y. November 26th
- Mary S. November 28th

Staff

- Darlene November 3rd
- Tessa November 4th
- Alaiya November 9th
- Ciara November 9th
- Melanie November 10th
- Karen November 14th
- Kristian November 30th

IN FLANDERS FIELDS

by 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, tall down, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from falling 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.



We will be having "special food" days throughout the month of November!! Keep an eye out for posters.



Celebrating November Fall Awareness Month

Sing and Dance with The Irish
Cowboys!
November 4th

Classie Casual Boutique
November 5th

Remembrance Day Service with Legion
Branch 109
November 6th

Sing and Dance with Jim Otterbein!
November 7th

Inservice with Jeanette Sears on
Dementia and Brain Health
November 8th

Remembrance Day – Service at the
Cenotaph
November 11th

Sing and Dance with Down Home!
November 12th

Resident Christmas Photo
November 13th

Chat with David Yates
November 14th

Holiday Bazaar
November 15th

Shopping Trip to Stratford
November 18th

Sing and Dance with Leavin' Tracks!
November 19th

Sing and Dance with Randy Satchell!!
November 20th

Welcome to November!

The autumn leaves are falling, and winter is just around the corner (yay!!).

As the temperatures start to drop, staying active becomes challenging but also important. Physical activity helps boost your immune system and maintain mobility. Here are some tips for keeping warm and active: attend exercise classes which are held Monday to Friday at 9:15 and Saturdays at 10:30; when heading outside for a walk across to the park - make sure to bundle up to protect yourself from the elements.

November is Fall Prevention Month, and falls are the leading cause of injury and can affect individuals across all age groups, leading to serious harm. Most falls can be prevented. There are things you can do to prevent falls. **Check Your Vision** and ensure you have a complete annual eye exam. **Review Your Medications** annually with your doctor or pharmacist. **Reduce Falls in the Home** by keeping floors and pathways clear of furniture, cords and clutter.

November 11th is a day to remember the sacrifices of those who have served in our armed forces, Legion Branch 109 will be here for our Remembrance Day Service on Wednesday, November 6th. The van will be going to the Cenotaph on Monday, November 11th to attend the Remembrance Day ceremony.

We will be taking our resident Christmas photo on Wednesday, November 13th at 10:30, please wear **red** or **green**!

We will be having our Holiday Bazaar on Friday, November 15th. We have over 30 vendors attending with their various items and home-made goods to sell, including our very own knitting group!

Jeanette Sears from The Alzheimer's Society will be here to do another in-service on Friday, November 8th, the topic will be "Dementia and Brain Health". David Yates will be coming to chat with us on Thursday, November 14th, he always has great local historical stories for us to hear!

We have a lot of musical entertainment for the month of November, please refer to your calendar.

Have a great November!!

Melanie

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2024

Memory Care Unit



9:30 **Daily Chronicles** 1
 10:00 **Bingo**
 2:00 **Monthly Chronicles and Trivia**
 6:30 **Movie Night**

9:30 **Coffee Social** 2

 3:00 **Drawing**
 6:30 **Stories**

Diwali (Hindu)

9:15 **Church Service** 3
 3:00 **Afternoon Walks**
 6:30 **Sort the Stuff**



Daylight Saving Time Ends

9:30 **Daily Chronicles** 4
 10:15 **Manicures**
 2:00 **Sing and Dance with The Irish Cowboys!**
 6:30 **Bean Bag Toss**

9:30 **Daily Chronicles** 5
 10:00 **Classie Casual Boutique**
 10:15 **Roll and Stroll**
 2:00 **Tongue Twisters Month!!**
 6:30 **Cards (Scrabble/ Euchre/ Uno)**

9:30 **Daily Chronicles** 6
 10:00 **Communion Service**
 10:15 **Wacky Wednesday**
 2:00 **Remembrance Day Service with Legion Branch 109**
 6:30 **Foot Soaks**

9:30 **Daily Chronicles** 7
 10:15 **Exercises**
 2:00 **Sing and Dance with Jim Otterbein!**
 6:30 **Trivia**

"7-11" Day!

9:30 **Daily Chronicles** 8
 10:00 **Bingo**
 3:00 **Pool Noodle Games**
 6:30 **Movie Night**

9:30 **Coffee Social** 9
 3:00 **Drawing**
 6:30 **Stories**



9:15 **Church Service** 10

 3:00 **Afternoon Walks**
 6:30 **Sort the Stuff**

9:30 **Daily Chronicles** 11
 10:15 **Manicures**
 3:00 **Mind Joggers**
 6:30 **Bean Bag Toss**



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9:30 **Daily Chronicles** 12
 10:15 **Roll and Stroll**
 2:00 **Sing and Dance with Down Home!**
 6:30 **Cards (Scrabble/ Euchre/ Uno)**

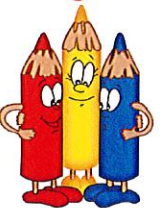
9:30 **Daily Chronicles** 13
 10:00 **Communion Service**
 10:00 **Christmas Photo!! Wear Red or Green!!**
 2:00 **Craft with Betty!!**
 6:30 **Foot Soaks**

9:30 **Daily Chronicles** 14
 10:15 **Exercises**
 2:00 **Chat with David Yates**
 6:30 **Trivia**



9:30 **Daily Chronicles** 15
 10:00 **Holiday Bazaar**
 3:00 **Pool Noodle Games**
 6:30 **Movie Night**

9:30 **Coffee Social** 16
 3:00 **Drawing**
 6:30 **Stories**



9:15 **Church Service** 17
 3:00 **Afternoon Walks**
 6:30 **Sort the Stuff**



9:30 **Daily Chronicles** 18
 10:15 **Manicures**
 3:00 **Mind Joggers**
 6:30 **Bean Bag Toss**

9:30 **Daily Chronicles** 19
 10:15 **Roll and Stroll**
 2:00 **Sing and Dance with Leavin' Tracks!**
 6:30 **Cards (Scrabble/ Euchre/ Uno)**

9:30 **Daily Chronicles** 20
 10:00 **Communion Service**
 10:15 **Wacky Wednesday**
 2:00 **Sing and Dance with Randy Satchell!**
 6:30 **Foot Soaks**

9:30 **Daily Chronicles** 21
 10:15 **Exercises**
 2:00 **Show and Tell!**



6:30 **Trivia**

9:30 **Daily Chronicles** 22
 10:00 **Bingo**
 1:30 **Lutheran Service**
 2:00 **Sing and Dance with Gladys and Friends!**
 6:30 **Movie Night**

9:30 **Coffee Social** 23
 3:00 **Drawing**
 6:30 **Stories**



9:15 **Church Service** 24
 3:00 **Afternoon Walks**
 6:30 **Sort the Stuff**

9:30 **Daily Chronicles** 25
 10:15 **Manicures**
 2:00 **Cardmaking with Harriet**
 6:30 **Bean Bag Toss**

9:30 **Daily Chronicles** 26
 10:15 **Roll and Stroll**
 2:00 **Food Tasting**
 6:30 **Cards (Scrabble/ Euchre/ Uno)**

9:30 **Daily Chronicles** 27
 10:00 **Communion Service**
 10:15 **Wacky Wednesday**
 2:00 **Monthly Welcome Tea and Birthday Party!**
 6:30 **Foot Soaks**

9:30 **Daily Chronicles** 28
 10:15 **Exercises**
 2:00 **Armchair Travel to the Oldest Cities in the World!!**
 6:30 **Trivia**

Thanksgiving Day

9:30 **Daily Chronicles** 29
 10:00 **Bingo**
 3:00 **Pool Noodle Games**
 6:30 **Movie Night**

9:30 **Coffee Social** 30

 3:00 **Drawing**
 6:30 **Stories**