

July Birthdays

HAPPY BIRTHDAY!

Neil M.	July 1	Glyn D.	July 12
Mary P.	July 5	Betty S.	July 13
Frances W.	July 11	Rose B.	July 14
Bente M.	July 12	June A.	July 18

Birthday Tea

Thursday @ 2 pm
July 7 in Willow
with Brian O'Neil



RESPECT

Find out what it means to us



Find time to sit with residents who may need company or to encourage socializing with each other.

RESPECT suggestions are new each month. Check them out!

BUCHANAN ART SALE

During the summer, paintings from our Art Sale will be displayed at reception for viewing and purchasing. Payment, by cash or cheque (Buchanan Lodge), can be left with the visitation staff. All proceeds will go to Resident Council.



HAPPY CANADA DAY

To all my Dear Canadian friends:
"Happy Canada Day!"
I trust you are enjoying it in your own special way.

It's a big, beautiful country with nature at its best: mountains, rivers, meadows, lakes, and coastlines north, east and west.

Opportunities thrive here, something for everyone. We have many freedoms and take advantage of each one.

I'll take a quiet moment today to be grateful I am here in Canada, this glorious land, to celebrate another year.

JEAN KAY



BUCHANAN LODGE



Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

JULY 2022

Precious Memories

hello summer!



Vi & Reg are singing "Sunshine on my shoulders makes me happy"



Norma stops to smell the roses



Anne is singing "In The Garden"



Our Filipino staff celebrate their Independence Day outdoors



We also know how to have fun indoors



Katherine loves our bus trips - especially with free chocolates



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Thought for July

SUMMERTIME

Summertime seems to get the most votes for favourite season, especially here in Lotus Land, the southwest coast of Canada! Bright blue skies, pristine lakes and beaches, and warm, gentle breezes combine to air out our sagging spirits, dampened by spring rains.

When I wrote this I was in my office, but my wife provided the inspiration. She had just phoned me from Rolley Lake while stretched out on a lounge chair under a beach umbrella sipping an ice cold Dr Pepper, my favourite beverage. She actually called to rub in the fact that she had one more week of vacation time than I had and was taking full advantage. My response, as usual, was profound (my word) and apparently predictable (her word): "I have summertime in my heart all the time!" Then I sang to her over the phone an old Christian chorus that goes like this: *It is summertime, in my heart. It is summertime, in my heart. Since Jesus saved me – new life He gave me - Ev'n in wintertime, it's summer in my heart!* Click! (the sound of her cell phone hanging up). Surprisingly, she was far less impressed with my positivity than I was!

That old chorus reminded me of some words penned by poet, Celia Thaxter: "There shall be an eternal summer in the grateful heart!" It's hard to disagree with that statement. When you hang around a thankful person, it feels like a breath of fresh air and warm rays of sunshine (make that Sonshine) no matter what the weather is like outside or whether you are stuck inside.

As parents and grandparents, one of our primary tasks in life is to teach our kids and grandkids the beauty of "please" and "thankyou." Those "two little magic words" (another old song I sing with the grandkids) can immediately improve the atmosphere in your home, and our home here at Buchanan.

Michael Josephson, a lawyer of all people, said it well: *The world has enough beautiful mountains and meadows, spectacular skies and serene lakes. It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it.*

The Bible said it even better: *Give thanks in all circumstances; for this is God's will for you in Christ Jesus (1 Thessalonians 5:18).*

Let's be thankful no matter what the weather forecast and make it summertime in our hearts every day all year long! *Chaplain Rob*

When you hang around a thankful person, it feels like a breath of fresh air and warm rays of sunshine.



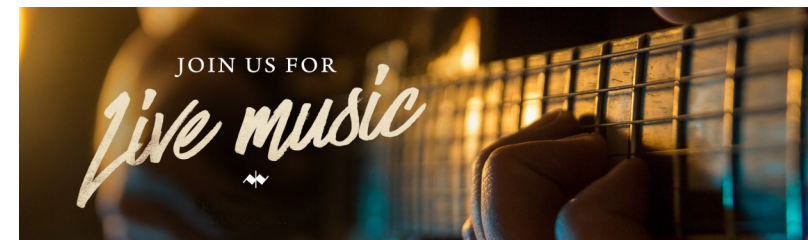
Coming Soon



Friday, July 15
from 2:00-3:30 pm
in each of the 4 houses.
Have a sundae or a float
compliments of our residents'
fundraising efforts!



Willow & Rose
July 14
Magnolia & Camelia
July 28
Hamburgers, chips,
lemonade, ice cream bars



- July 2** - Sat. 2 pm Rose - Dave O'Malley
- July 7** - Thurs. 1:45 pm Willow - Brian O'Neil
- July 12** - Tues. 2:00 pm Rose - Alastair
- July 16** - Sat. 2:00 pm Camelia - Dave O'Malley
- July 20** - Wed. 3:30 pm Willow - Dave O'Malley
- July 21** - Thurs. 2:00 pm Camelia - Dave O'Malley
- July 22** - Fri. 2:00 pm Camelia - Alastair
- July 30** - Sat. 2:30 pm Camelia - Alastair

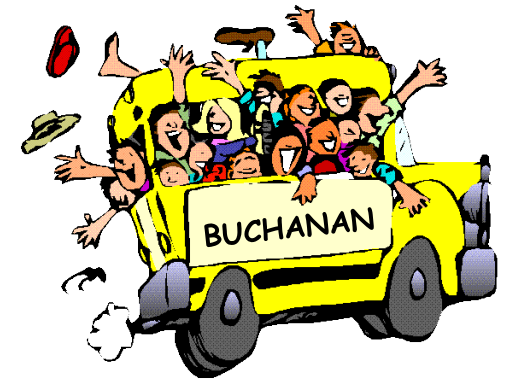
Bottle Depot Fundraiser for Buchanan Resident Council



Through express recycling
Use the link below to view types of containers eligible for refunds and to find "Return It" locations near you.

<https://www.return-it.ca/beverage/recycling/recycling101/>

- ⇒ Collect your recyclables in a max 75-liter clear/blue bag
- ⇒ Tie and bring to an express location
- ⇒ Type in and print the label: (604-522-7033)
- ⇒ Attach the label to the bag(s)
- ⇒ Leave it with the "return it" staff
- ⇒ The "return it" staff will count the products and deposit the funds into the Resident Council account in 5-10 business days.

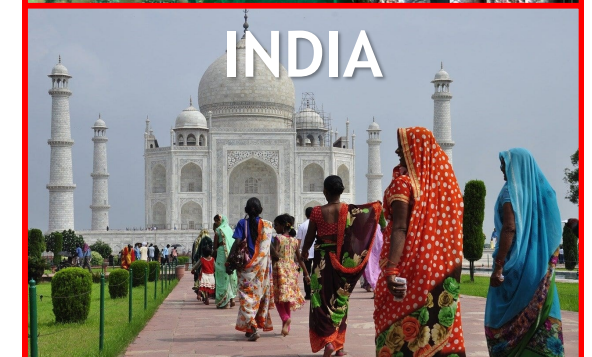


On The Road Again!

Bus outings - Rocky Point Park
1:30-5pm July 6 - Willow
July 7 - Magnolia, July 26 - Rose

Bus outings - Afternoon Drive
1:30-3:30 pm July 19 - Rose
July 28 - Willow, July 29 - Magnolia

ARMCHAIR TRAVEL
with Chaplain Darlene
INDIA
Monday, July 18
Willow at 1:45 pm
& Rose at 3:15 pm
Monday, July 25
Magnolia at 1:45 pm
& Camelia at 3:15 pm



INDIA