

# August Birthdays

## BIRTHDAY TEA

August 13  
Wednesday 10 am  
with Pete  
in Magnolia



Ed W.  
Malcolm H.  
Yue T.  
Anna Z.  
Trudy B.  
Harriet A.  
Bing T.

August 1  
August 1  
August 6  
August 11  
August 20  
August 23  
August 23

## RESPECT

Find out what it means to us

Remind yourself we always  
have a reason to be grateful  
and to offer someone else a  
smile!

## SPIRITUAL HEALTH SUMMER 2025



### Mondays

SPIRITUAL REFLECTIONS

Rose at 10 am | Willow at 11 am

### Tuesdays

SPIRITUAL REFLECTIONS

Camelia at 10 am | Magnolia at 11 am

### Wednesdays

MASS - 1<sup>st</sup> Wednesday at 11 am

COMMUNION - 3<sup>rd</sup> Wednesday at 11 am

### Thursdays

CHAPELS

Rose at 10 am | Willow at 11 am

### Sundays

Camelia at 10 am | Magnolia at 11 am

## Magazines

### Dear families -

If you have magazines at home that have already been read & are no longer needed, we would love them for our residents! They can help provide great joy, entertainment, information, inspiration & relaxation to our residents, especially for those who may have limited mobility or difficulty engaging in other activities.

If you would like to contribute, please drop off your magazines at our reception area during regular business hours. We kindly request that the magazines be in good condition, suitable for a mature audience, and free of any offensive or explicit content. Thank you in advance for considering this donation.

### Available for Orders

We now have birth year poster templates from 1908 -1965 so if you would like to have an individualized one for yourself, friends or family members, they can now be ordered through the Chaplains. The cost is \$20, including the 11X17 frame, and the proceeds will be used to enhance the Spiritual Health Programs for the residents.

It's the perfect Birthday  
or Christmas gift idea!



## BUCHANAN LODGE



### Fun Facts about B.C.

- ◆ B.C. was the sixth province added to Canada, in 1871.
- ◆ B.C.'s motto is "Splendour without Diminishment."
- ◆ The provincial flower of B.C. is the Dogwood.
- ◆ There are only 30 countries larger than B.C. (and one state: Alaska).
- ◆ Mile 0 of the 7,699 km Trans Canada Hwy is in Victoria.
- ◆ Fairweather Mountain is the highest point in B.C. at 15,299 feet.
- ◆ Osoyoos is the warmest freshwater lake in Canada.
- ◆ Ogopogo has been a protected species since 1989.
- ◆ B.C. Place was the first covered stadium in Canada.
- ◆ The world's largest hockey stick resides in Duncan.
- ◆ Although the Canucks have come up short three times, two B.C. teams have won the coveted Stanley Cup - 1915 Vancouver Millionaires & 1925 Victoria Cougars.
- ◆ Vancouver is 2nd only to Los Angeles in TV production and 3rd in movie production.

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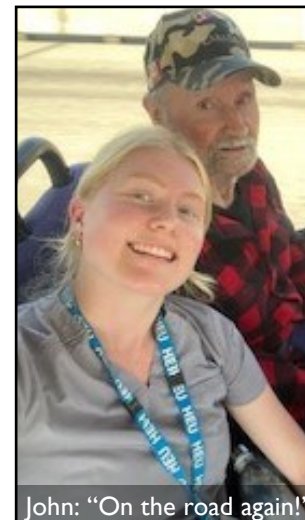
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# Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

AUGUST 2025

## Precious Memories



John: "On the road again!"



Our New West MP, Jake Sawatsky, visited Buchanan



Garry: "Men's Breaky is surprisingly good!"



Thank you BBQ Team!



Mike: "I second that - seconds please!"



Rosemary: "Life is peachy - um, Nectariney!"



# Thought For August

We often long dreamily for days without difficulty, but God knows better. The easier our life, the weaker our spiritual fiber.



Narendran helps Philip with resistance exercises

**“Get strong; stay stable!”** This is the motto of our Physiotherapy Team who work together to help our residents regain strength in their arms and legs, which in turn helps them to avoid falls. Their favourite techniques include isometrics, or resistance exercises. We get stronger when our muscles push against other muscles or against something that pushes back.

In the early days of the Russian space program, they learned this the hard way. When their first cosmonauts touched down after 211 days in space, they suffered from dizziness, high pulse rates and heart palpitations. They couldn't walk for a week, and after 30 days they were still undergoing therapy for atrophied muscles and weakened hearts. At zero gravity, the muscles of the body begin to waste away because there is no resistance. To counteract this, the Soviets began a vigorous exercise program for their cosmonauts. They invented the "penguin suit," a running suit laced with elastic bands designed to resist every movement the cosmonauts made, forcing them to exert more strength. It worked!

This principle applies to our entire life, especially spiritually. We often long dreamily for days without difficulty, but God knows better. The easier our life, the weaker our spiritual fiber. Strength of any kind grows only by exertion, through resistance. The Bible reminds us that “no discipline is enjoyable while it is happening - it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way. So take a new grip with your tired hands and strengthen your weak knees” (Hebrews 12:11,12 NLT).

The Path of Most Resistance

Eileen Egan worked with Mother Teresa and the Missionaries of Charity for 30 years. On one particular day they were experiencing a litany of problems. When Eileen complained to Mother Teresa, she suggested substituting the word “problem” with “gift.” So Eileen rephrased her complaint, “Mother, today we have been given a basketful of gifts!” The same could be said of the many “gifts” we may be unexpectedly receiving right now!

“When troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow” (James 1:2,3 NLT). The Bible has it right, and so does our rehab team: “Get strong; stay stable!”  
~ Chaplain Rob



## BBQ STEAK DINNER REC FUNDRAISER

August 7 - ROSE & WILLOW  
August 21 - MAGNOLIA & CAMELIA  
Thursdays | 5pm | Cost \$20 each

### MARVELOUS MENU

BBQ Beef tenderloin steak (4 oz)  
Garlic mashed potatoes  
Green beans  
Ice cream novelty  
Sparkling lemonade punch, coffee or tea

Music by **Alastair McMurray**

Special “Thank You” for donating his time!

Email [patricia.foley@salvationarmy.ca](mailto:patricia.foley@salvationarmy.ca) with your name, number & names joining & resident’s name (to help with seating)



### ICE CREAM TASTING



August 5	Tuesday	Magnolia	1:30 pm
August 13	Wednesday	Willow	1:30 pm
August 14	Thursday	Rose	1:30 pm
August 20	Wednesday	Camelia	1:30 pm



### DOG SHOW - AUGUST 27

The recreation team will be hosting a Dog show Wednesday, August 27 at 10 am in the MPR. If you have or know of someone who has a dog that is good with people & other dogs and would like to be in our event please contact Trish, Recreation Coordinator, [patricia.foley@salvationarmy.ca](mailto:patricia.foley@salvationarmy.ca) for more information and to request the dog show registration form.



August 2	Saturday	10:45 AM	– Pete Campbell, Magnolia
August 7	Thursday	1:30 PM	– Banjo Jam, Willow
August 7	Thursday	5:45 PM	– Alastair, Rose or Willow
August 11	Monday	9:45 AM	– Alastair, Camelia
August 13	Wednesday	10 AM	– B'DAY TEA, Pete, C&M
August 13	Wednesday	1:30	– Dean, Rose
August 19	Tuesday	10:30 AM	– Steve, Camelia
August 26	Tuesday	1:30 PM	– Dean, Willow
August 27	Wednesday	1:30	– Alastair, Rose



### MEN'S BREAKFAST

Friday | August 15  
8 am | MPR

### MEN'S CLUB

Thursday  
August 21  
1:30 pm | MPR



### On The Road Again! Scenic Bus Drives

10 am, Fridays  
August 8 & 22

Please let Trish or the Recreation Team know if you would like a family member to go on one of these drives.