

September Birthdays

Linda R.	Sept 3	Maija J.	Sept 22
Frances E.	Sept 14	Gerald B.	Sept 29
Angelo C.	Sept 22	Khan H.	Sept 30



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AGM

Annual General Meeting

Buchanan AGM Tea
Thursday Oct. 10 2-4 pm

Birthday Tea
with **Paul Bennett**
Wednesday Sept 25
2:30 pm MPR



Recreation Staff and Calendar Updates

Due to changes (good ones!) taking place this month with the Recreation staff schedules and calendars, you will notice staff adjustments, program dates, times and day changes that will take effect early September (hopefully by September 9th).

As soon as these changes are finalized we will reissue new calendars, posting them on the bulletin boards and on the new website.



DON'T BE ALARMED

Our new fire alarm system meets current codes requiring a much louder alarm sound than before. Be warned!

Bus Trip News

Our resident bus is not in use due to recent vandalism. While we look at ways to secure our own bus, we will be renting other buses for our outings.



Ask anything about life, faith & God
ALPHA COMING TO BUCHANAN
TryAlpha.ca

STARTING SEPTEMBER 24
Coffee, tea & snacks - free!
For Buchanan residents, families & staff
Tuesdays 2-3 pm - MPR
8 weeks: Sept 24 - Nov 12
New editions of the renowned Alpha videos followed by your questions.
Register with Spiritual Health.



Find out what it means to us

Stay tuned for suggestions in the Buzz and on the reception TV from the staff & volunteers who attended our RESPECT In-service, like...
Remember our Canadian manners and use "please," "thank you" and "sorry" liberally.

Buchanan's Annual Fall Fair

Saturday, Nov. 16
10 am-2 pm

Homemade baking, perogies, samosas, crafts, vendors, white elephant sale and hot dog concession.
Accepting donations for the White Elephant Sale
Please mark your name on the donations (in case Trish needs to contact you) and drop them off at the Recreation Office. No clothing, books, or VHS tapes.
Questions regarding donations? Call Trish at 604-636-3654.

BUCHANAN LODGE



MARK YOUR CALENDARS

Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

SEPTEMBER 2019

Resident Council Meeting
Tues. Sept. 10
2 pm - Willow

Family Council Meeting
Fri. Sept. 13
11 am - Boardroom

Annual General Mtg (AGM) Tea
Thurs. Oct. 10
2 - 4 pm in MPR

Volunteering?
Please contact Trish
604 636 3654 or
Trish.Foley@buchanan-lodge.com

Precious Memories



Wayne Usselman and his wacky wardrobe



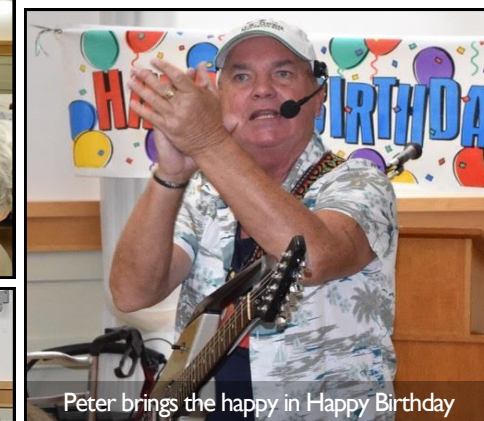
Ice Cream at Rocky Point - the perfect combo



Justine and Judy always up for some fun



Reg knows how to get the place hopping!



Peter brings the happy in Happy Birthday



The Silver Diamond Country Dancers show off their moves



Greta, Blake & Herb Loving the Wild West

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Thought for September

make good choices

It's September and, as school starts up again, moms everywhere will remind their kids: "make good choices!" Usually they are referring to behaviour, but the first choice we make each day is the one which determines everything we say and do. To have a great day we need to choose the right **attitude**.

Some people think their attitudes are predetermined: "I can't help it, it's who I am!" Or they might blame others for the way they feel: "you make me so mad!" The truth is, our attitude is one thing we can always choose, and sometimes it's the only thing.

Paul the Apostle, while languishing in a Roman jail awaiting execution, wrote these words: "I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength." Just before this he said: "Rejoice in the Lord always. I will say it again: rejoice...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things (Phil. 4:4,8,11-13). Paul could have spent his days complaining about his aches and pains, his dank cell, prison slop, cruel guards, the unfairness of life. He had reason to blame his miserable circumstances on religious leaders, racist oppressors, corrupt governments, and perhaps even God. But this short letter he sent to encourage the church of Philippi includes 16 references to joy and rejoicing.

This is what I see here at Buchanan. Outside these walls and around our world we see increasing attitudes of entitlement, the expectation of unearned rights, and the constant complaining and blaming when these unrealistic demands are not met. There is a serious lack of contentment, of joy, of gratitude, of peace in our self-centered world. But here in this haven I see many inspiring elders, family members, staff and volunteers who find purpose in each day, reasons to be grateful, and genuine joy. Their zest for living is infectious, generously expressed through twinkling eyes, big smiles, thoughtful gestures, kind words, and heartfelt praise to God for the ordinary miracles of life.

These are people who listened to their moms and to God's Word, and who make good choices every day. They've discovered that "you can't always change your circumstances, but you can always choose your attitude!"

Chaplain Rob Buzza



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Coming Soon



SUMMER BBQ Dinner Party Thursday, Sept. 12 - 5pm in the MPR

BBQ burgers, French Fries, Coleslaw
Strawberry Shortcake
With entertainment
Cost: \$18.00 per person

ALPHA

2-3 pm for 8 Tuesdays
Starting September 24
For residents, family members,
staff or volunteers.
Register with Spiritual Health.



SPIRITUAL REFLECTIONS

Mondays
10 am Magnolia Grove
11 am Camelia Park
Tuesdays
10 am Rose Garden
11 am Willow Creek
CHAPELS
10 am Thursdays & Sundays MPR
CATHOLIC MASS
11 am Wednesday Sept. 4 MPR
COMMUNION
11 am Wednesday Sept.18 MPR



Make it a
september
TO REMEMBER



MAKING LOTS OF "DOUGH"

Any family members interested in helping to make perogies for the Fall Fair please contact Trish
Trish.Foley@buchanan-lodge.com
Instruction provided. Meet in the MPR:
Thursday, Sept. 5 1-4 pm
Thursday, Sept. 19 1-4 pm
Friday, Sept. 27 9:30 am -12:30 pm



Bus Outing
to the
GREATER VANCOUVER ZOO
Thursday
Sept. 26 at 1 pm

BUCHANAN MUSIC PROGRAMS

Saturday Sept 21

2 pm in Willow Creek
A Hit and A Miss

Sunday Sept 29

2:30 pm in Willow Creek
3 pm in Rose Garden
Salvation Army Hymn Sing

