

November Birthdays

Dorothy D.	Nov. 3	Herb H.	Nov. 19
Wai L.	Nov. 12	Chris L.	Nov. 20
Fred I.	Nov. 15	Tula G.	Nov. 24
Doug S.	Nov. 16	Richard M.	Nov. 26
Cindy H.	Nov. 17	Norma M.	Nov. 26

Candlelight Memorial

TUESDAY | NOV. 19 | 7 pm | MPR
 A special evening to remember those of our Buchanan community who passed away in this last year.

Birthday Tea

Wed. Nov. 27
 2:30 pm in the MPR
 Musical entertainment from Bruce Tilden

CHRISTMAS FUND

MPR Audio/Visual Project -\$10,000

Our fundraising goal this year is to enhance the resident's experience in the MPR (multi-purpose room) with improved sound and clearer video projection. If you would like to end your tax year by giving a special Christmas gift to Buchanan, please let Trish or reception know. They will help you help the residents so you can help yourself get some tax dollars back. Thank you and Merry Christmas!

Electronics in Resident Rooms

This is a reminder to families that electric kettles, rice cookers, blankets, heaters, etc. are not to be brought into resident rooms. Anything electrical must be approved by the maintenance department first because of fire & safety regulations.

Christmas Fundraiser

Purdy's catalogue/order forms are available at Reception & nursing stations. Submit to Trish or Reception, and pay with cash, cheque or online. Online orders: www.purdysgpp.com. Go to home page, click "register" to start, click "create account," fill out the information, enter Buchanan's customer #31808, click "Join Group," click "go to home page," click "shop on line" from the bar at the top. Deadline Nov. 25.

FLU PRECAUTIONS

As we approach the flu season, on behalf of our frail and vulnerable residents, we are asking families and visitors to follow these precautions:

- Do not visit if you are sick.
- Wash your hands before and after visits and use the alcohol-based hand sanitizer located throughout the Houses.
- Visit only one resident and check in at the Nursing Station if visiting a House in Outbreak status.
- Cover your mouth with your elbow when sneezing or coughing.
- The Flu Shot is recommended for all visitors; otherwise masks are provided for your use.

Buchanan Buzz

NEWS FROM 409 BLAIR AVE. NOVEMBER 2019

BUCHANAN LODGE

MARK YOUR CALENDARS

Family Council
 Friday Nov. 8
 11 am in Boardroom

Resident Council
 Monday Nov. 25
 10:30 am in Rose

Fall Fair
 Saturday Nov. 16
 10-2 pm

Hand-made gifts and stocking stuffers for Christmas, home-made baked goods, samosas, perogies, white elephant sale, silent auction, and fabulous vendors.

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

Precious Memories



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Thought for November



At some point in life we may want to think about our investment strategies. Although we never know how long our life on earth will be, we could live 3 or 4 more decades after our retirement from the work force. With interest rates still at an all-time low, the advantage goes to the young and in-debt. But for those of us who are old and sitting on an underdeveloped nest egg, there is a decided disadvantage!

That being said, I've always believed what Jesus said about our future. He felt it was more important to focus on eternal life because the brief time we have here on earth is but a drop in the proverbial bucket. Better to invest now in the things that will last into the life to come (Matthew 6:19-21).

It's worth remembering this oft-told true story. Charles Adams, grandson of John Adams and son of John Quincy Adams, served as a Massachusetts state senator, a US Congressman and an ambassador to Great Britain under Abraham Lincoln. He was also very conscientious about keeping a daily journal and encouraged his children to do the same.

Henry Brooks, the fourth of his seven children, followed his advice and began journaling at a young age. A particular entry written when Brooks was eight has continued to catch our attention. Following a day spent with his father, he wrote: *Went fishing with my father today, the most glorious day of my life.* In fact that day was so glorious, he talked about it for the next thirty years, which is when he thought to compare journal entries with his father. For that day's entry, Charles had written: *Went fishing with my son, a day wasted.*

Now it's possible that Charles was upset because they came home empty-handed, but he, like us, forgot for a moment the importance of a life invested in the future. On November 11 we will remember those who invested their lives, some making the ultimate sacrifice, for our futures. The upfront costs of a life devoted to giving to others can be high, but the interest rate, the dividends, the future rewards, are quite literally "out of this world!" ~ *Chaplain Rob*

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Coming Soon



Wednesday Nov. 20 at 5 pm

CHINESE FOOD

Dinner Party

Great Entertainment

Cost: \$20.00 each

- Egg Rolls | Lemon Chicken | Beef & Green Beans
- Sweet & Sour Pork | Pork Chow Mein | Fried Rice
- Sherbet | Coffee | Tea | Punch



McBride School Students

from the grade 4/5 class will be coming to Buchanan on the 2nd and 4th Wednesdays of the month to take part in programs with our seniors. This will take place in both Willow and Rose from 10 -11 am.



Sunday, Nov. 24

at 2:30 & 3 pm

Salvation Army

Hymn Sing in Willow & Rose

Buchanan's Annual Fall Fair

Saturday, November 16 from 10-2 pm

Wonderful Christmas gifts & stocking stuffers under \$5! Many great vendors and items available, including homemade baked goods, perogies, samosas, handmade craft & ceramic pieces, Silent Auction and White Elephant Sale. **Spread the word - all proceeds help the residents.**



Movies



A Dog's Purpose
Sat. Nov. 23 @ 1:30 pm

We start our Christmas decorating on **Monday, Nov. 25** Distributing Decorations

Tuesday, Nov. 26 Magnolia & Camelia 10 am

Wednesday, Nov. 27 Reception 10 am

Thursday, Nov. 28 Rose & Willow 10 am

Friday, Nov. 29 Alcoves & Wreaths

Please talk to Rec Staff to join the fun!