


October Birthdays

Birthday Tea
Thursday
October 17
Steve Mariott
MPR - 1:30 pm



Mike M.	Oct. 01
Jim B.	Oct. 05
Marion S.	Oct. 10
Josef E.	Oct. 11
Patricia G.	Oct. 14
Robert B.	Oct. 17
Adeline T.	Oct. 21



FLU PRECAUTIONS
As we approach the flu season we are recommending the following precautions for families and visitors:

- 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.



Covid Booster & Flu shots Oct. 15

The resident COVID and Influenza Clinic is tentatively booked for October 15 (dependent on the availability of the vaccines). Our Senior Pharmacist, Renee, will be providing this again this year.

And whatever you do,
whether in word or deed,
do it all in the name
of the Lord Jesus,
giving thanks
to God the Father
through him.
Colossians 3:17





Bus Trips
The Buchanan Bus requires a major repair and therefore all bus trips at this time have been canceled until further notice. The bus is 23 years old and once we have the cost estimate for repair we may have to weigh the current value of the bus against the estimate (it may not be worth it to repair).

RESPECT


Find out what it means to us

*Form relationships
with family
members and
remember details
about their lives
for further
conversations.*

SPIRITUAL HEALTH
Fall Schedule 2024


Mondays
SPIRITUAL REFLECTIONS
Rose at 10 am | Willow at 11 am

Tuesdays
SPIRITUAL REFLECTIONS
Camelia at 10 am | Magnolia at 11 am

Wednesdays
MASS - 1st Wednesday at 11 am
COMMUNION - 3rd Wednesday at 11 am

Thursdays
CHAPELS
Rose at 10 am | Willow at 11 am

Sundays
Camelia at 10 am | Magnolia at 11 am

BUCHANAN LODGE


Buchanan Buzz

NEWS FROM 409 BLAIR AVE. OCTOBER 2024

Thanksgiving Observance
(Author Unknown)

Count your blessings instead of your crosses;
Count your gains instead of your losses.
Count your joys instead of your woes;
Count your friends instead of your foes.
Count your smiles instead of your tears;
Count your courage instead of your fears.
Count your full years instead of your lean;
Count your kind deeds instead of your mean.
Count your health instead of your wealth;
Count on God instead of yourself.

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Precious Memories



Elvis "Can't Help Falling In Love" with Patricia!



Eva & Willow - both so cute!



Wiwik, Ann and Marie - Orange is the new blond!



Freya feels at home with Mila



The Vaudevillians bring back the "good ole days!"



Vi stirs things up in Magnolia

Thought for October



*I am
convinced that
life is 10% what
actually happens
to us and 90%
how we react
to it.*



There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today!" So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hmmm," she said, "I think I'll part my hair down the middle today!" So she did and had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Okay," she said, "today I get to wear my hair in a ponytail!" So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "Yea!" she exclaimed, "I don't have to fix my hair today!"

While that story may not be true, the moral is. Those who choose an attitude of gratitude each day tend to be happier, healthier, and more fulfilled. Thankfulness reduces stress, lifts depression, and apparently improves our heart rate and blood pressure. It also does wonders for our social life – people are attracted to those who look at others with appreciation instead of expectation.

Charles Swindoll once wrote: "The longer I live, the more I realize the impact of attitude on life. It is more important than education, than money, than failures, than successes, than circumstances, than whatever anyone might say or do. It is more important than appearances, giftedness or skill.

"The remarkable thing is that we have the choice to create the attitude we have for that day. We cannot change our past. We cannot change the way people act. We cannot change the inevitable. The one thing we can change is the only thing we have control over, and that is our attitude. I am convinced that life is 10% what actually happens to us and 90% how we react to it."

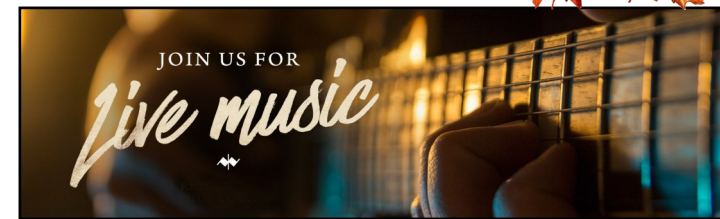
Paul, the apostle, said it even better, thanks to the inspiration of God Himself: *Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.* (1 Thess. 5:16-18). Let's take these words to heart, not just on Thanksgiving weekend, but throughout the month of October - good hair day or not!

~ Chaplain Rob Buzza

*Gratitude
IS THE BEST
attitude*



Coming Soon



Entertainment October Lineup 1:30 pm

- 5 Saturday, Music with **Dave** - Magnolia
- 11 Friday, Music with **Alastair** - Rose 10 am
- 12 Saturday, Music with **Alastair** - Magnolia
- 17 Thursday, **Birthday Tea, Steve Mariott** - MPR
- 19 Saturday, Music with **Dave** - Magnolia
- 21 Monday, Music with **Dave and Tom** - Willow
- 24 Thursday, **Dogwood Songsters** - MPR



Halloween October 31

Skwo:wech Elementary School (McBride) will hopefully be coming over with some of the children some time during the day to trick or treat on all areas and sing some songs for the residents.



TOVER GAMES

Fridays, October 11 and 18
in Magnolia at 10 am



Kentucky Fried Chicken Lunch

Wed., Oct. 9, 12 pm, Rose & Willow
Wed., Oct. 30, 12 pm, Magnolia & Camelia



Provincial Election

Thursday, October 10
Canadian Citizens & B.C.
Residents - Exercise
your rights and privileges
by voting in the MPR.
2:00-4:00 pm