

# August Birthdays

## BIRTHDAY TEA

August 8  
Thursday 1:30 pm  
with Alastair  
in the MPR



Anna Z.  
Duncan M.  
Peter S.  
Trudy B.  
Harriet A.  
Bing T.  
Grace E.

August 11  
August 12  
August 13  
August 20  
August 23  
August 23  
August 29

## 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!

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Thank you for August, Lord!

## SPIRITUAL HEALTH Summer 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 - 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 -

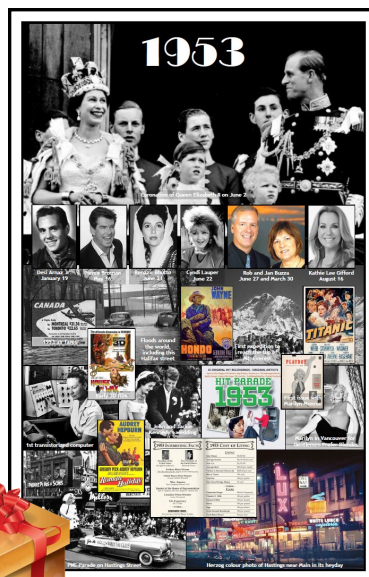
If you have magazines at home that have already been read & are no longer needed, we would love them for our residents! They can help provide great joy, entertainment, information, inspiration & relaxation to our residents, especially for those who may have limited mobility or difficulty engaging in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

NEWS FROM 409 BLAIR AVE.

AUGUST 2024

## Precious Memories



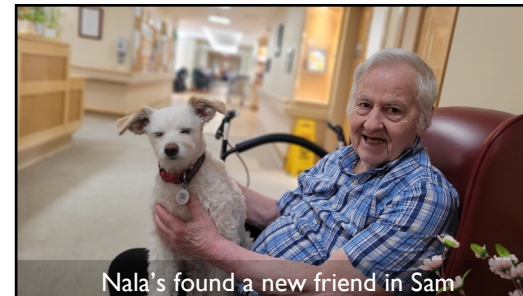
We love you Blake - a golfbag for your briefcase



Meta & Mary - one with nature



Our relaxed laundry folding crew



Nala's found a new friend in Sam



Donald is an outdoors man



It's a short way to Tipperary Park



Keep looking up, Mike - way up



# Thought for August *Do you believe?*

We start off this month cheering on Canada at the 2024 Summer Olympics. I'm a big sports enthusiast and love watching the best athletes compete for their home nations. I remember being particularly inspired when we hosted the 2010 Winter Olympics here in Vancouver, with our catchy theme song, "I Believe"! We heard it every day on TV ads followed by the question: "do you believe"? The focus of this collective faith was to win gold at home and if we answered "yes" to those commercials, we thought we could actually make that happen. Well Canada did win gold, a record number of times that year, but the truth is, Canada won those medals, not because we wished for it, but because our athletes trained for hours every day.

What we choose to believe is critical to our future. Contrary to popular opinion, truth is not relative. There is no "my truth" or "your truth", only "the truth." Believing the earth is flat, no matter how passionate you are, will not change the shape of our very spherical planet. Truth is not based on what we believe; however, what we believe should be based on absolute truth.

The opening scenes of the "I Believe" video featured one man skating across a beautiful frozen lake and another man standing atop a spectacular snow-capped mountain ridge. The bigger question than "how well can I skate this lake?" or "ski down this mountain?" is "how did this incredible mountain and lake get here in the first place?" Or better yet, we should be asking "what on earth am I doing here?" The answers to those questions give us a reason for getting up every morning, and an important clue to our ultimate destiny.

The lyrics to "I Believe" set the backdrop for these questions. The song starts off with the challenge of being alone and overwhelmed, but ends with the hope that we will make it because of "the power of you and I." As heartwarming as that sounded, it's not enough. Our world is too big, too beyond any of us to navigate by simply using the buddy system. We need help from the Designer, maybe an actual instruction manual, ideally some personal mentorship from somebody bigger than you and me.

The organizers for the 2010 Olympics didn't originate the question, "do you believe?" Listen to what Jesus said in John 11:25, 26 and then answer his question: "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe?"

*Chaplain Rob*



REASONS TO BELIEVE

## 2024 Olympic Games

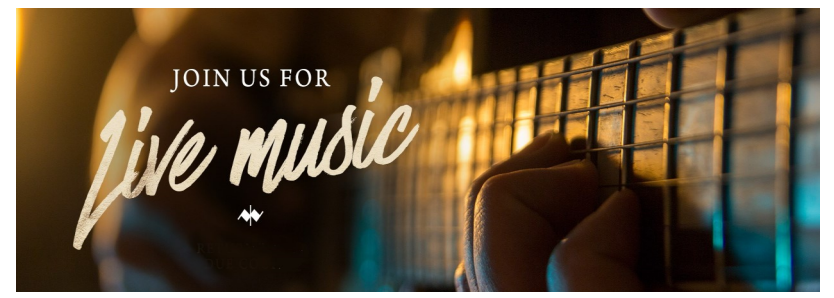
DO YOU BELIEVE?

Truth is not based on what we believe; however, what we believe should be based on absolute truth.



### Buchanan Olympics

August 8	10am	Penalty shots	MPR
August 9	10am	Basketball	MPR
August 12	1:45pm	Bowling	MPR
August 14	10am	Tennis	MPR
August 15	10am	Target Toss	MPR
August 16	10am	Closing Ceremonies	MPR



- August 1 Thursday 1:30 PM – Greg Alcock in MPR
- August 8 Thursday 1:30 PM – BDay Tea w/Alastair MPR
- August 9 Friday 1:30 PM – Dave O'Malley in Magnolia
- August 17 Saturday 1:30 PM – Prickly Pair Band MPR
- August 24 Saturday 1:30 PM – Dave O'Malley in Camelia
- August 31 Saturday 1:30 PM - Alastair in Camelia



### ICE CREAM CART

August 2	Camelia	1:30 pm
August 3	Willow and Rose	1:30 pm
August 6	Magnolia	2:45 pm
August 23	Camelia	1:30 pm
August 29	Magnolia	1:30 pm
August 31	Willow and Rose	1:30 pm



### SCAVENGER HUNT in SEPTEMBER

As the weather changes and we spend more time indoors you can wander around inside with a loved one and find the "hidden" objects. Stay tuned for more info in the September Buzz.



### DOG SHOW in SEPTEMBER

The recreation team will be hosting a Dog show Thursday, September 26 at 1:30 pm 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.