


January Birthdays

Margaret F.	Jan. 4	Richard S.	Jan. 22
Joseph R.	Jan. 10	Doreen M.	Jan. 22
Reginald C.	Jan. 11	David E.	Jan. 24
Donald R.	Jan. 15	Gerry A.	Jan. 24
Victoria G.	Jan. 21	Sandra V.	Jan. 27
		Art H.	Jan. 30

Birthday Tea

Wednesday, January 29th
@ 2:30 pm

Birthday cake, coffee, tea,
and dancing with
music from Shawn McKee





**We start un-decorating
our home in the new year**

**Monday - Thursday
Jan. 6 - 9**

9:30 am - 12 noon

Please talk to Recreation
staff to help out and
join the fun!

NEW YEAR'S FUND MPR Audio/Visual Project - \$10,000

What was a Christmas/Year-end fundraising goal has been extended to 2020 (get an early start on tax deductions for the new year)! Our goal 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 give a special New Year's gift to Buchanan, please let Trish or reception know. Thank you and have a Happy New Year!



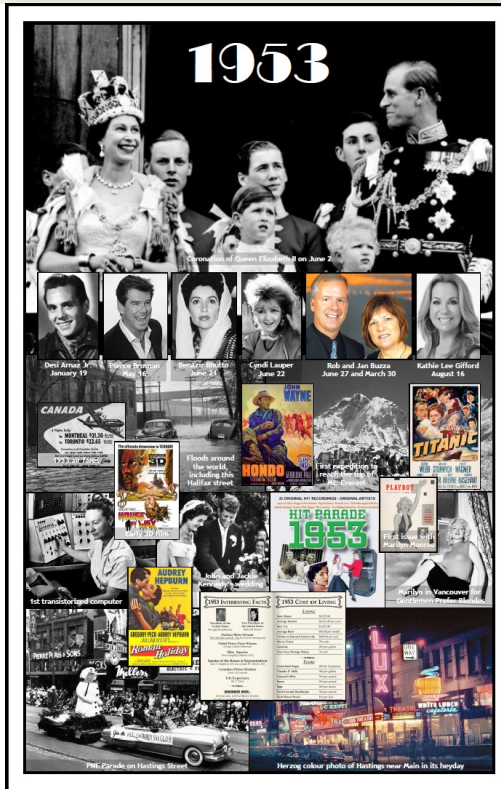
Birth Year Posters

We hope the residents who moved in last year enjoyed opening their Christmas present and reminiscing about the events of their birth year. We will replace the resident's photo if a family member wants to email a better one in jpeg form to Rob.Buzza@buchanan-lodge.com.

Available for Orders

We now have birth year poster templates from 1908 -1964 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



Resident Council
Monday Jan. 13
10:30 am in Willow

Family Council
Thursday Jan. 16
10:30 am in Boardroom

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

Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

JANUARY 2020



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Thought for January



We often wonder why the Christmas spirit doesn't seem to last past Boxing Day! Maybe the songs we sing and the movies we watch before Christmas should carry over. The message of "peace on earth and good will toward men" must not be confined to one season of the year! Like our tires, where the rubber meets the road, these values should be "all season," good for every day of every year!

One of my all-time favourite Christmas movies is Dickens' Christmas Carol, especially the Alastair Sim version. There are so many poignant moments, but one scene for me stands out above the rest. Scrooge is being transported ahead in time by the hooded ghost of his future when he overhears his maid, Mrs. Dilber. She is speaking disparagingly about a man who has just passed away, alone, as she turns in some of his things to a local pawnbroker. After asking who this man was, Scrooge is taken to a foreboding cemetery. When he sees in the eerie shadows his own name on a headstone, Scrooge asks the spirit: "are these the shadows of the things that Will be, or are they shadows of things that May be, only?"

Fortunately, Scrooge was given a second chance - an opportunity to rewrite his epitaph. While it makes for a great story, and a classic Christmas movie moment, the truth is we only get one chance to live our lives on this earth. Hebrews 9:27 says: *It is in the plan that all men die once. After that, they will stand before God and be judged.* It is a good idea to start each new year by writing our own epitaph ahead of time and then focusing on living every day the way we want to be remembered.

Scrooge realized he was wasting his life by taking and not giving back, thinking that the accumulation of wealth would bring him happiness. Happiness will always elude the one who selfishly pursues it. Real happiness is a by-product of loving others. Jesus said that if we learn to love others as He loves us, our joy will be full (John 15:9-12)! Throughout the year ahead, we might want to learn from Scrooge. Let's exchange our "bah humbug" attitudes for joy, peace, love and good will toward others.

While it makes for a great story, and a classic Christmas movie moment, the truth is we only get one chance to live our lives on this earth.



We may even want to repeat the words Scrooge uttered to the ghost of his future:

Assure me that I yet may change these shadows you have shown me, by an altered life! I will honour Christmas in my heart, and try to keep it all the year!

~ Chaplain Rob Buzzza

Coming Soon



Welcome to 2020

Friday, Jan 3, 2 - 3:30 pm
Ring in the new year with highlights from 2019, hot hors d'oeuvres, singing & dancing with Darcy Murdoch!



A Hit and A Miss

Saturday, January 18
@ 2pm in Rose
Hymn Sing with Salvation Army
Sunday, January 26
@ 3 pm in Willow
3:30 pm in Rose



Thursday, January 9
5 pm in the MPR

Roast Beef with Gravy
Haggis
Mashed potatoes
Mashed Turnips
Raspberry Cranachan

Address to the Haggis:
Stewart
Entertainment by the
Kathleen Carlson
Scottish Dancers
Cost \$20 per person



ARMCHAIR TRAVEL
Monday
Jan 20
1:45 - MPR
with Chaplain Darlene

**MOROCCO
HERE WE COME**

Pizza Fundraiser

Tuesday Jan 21

11 am - 1 pm
Slice of pizza, salad, drink & ice cream bar \$5.50
2 slices pizza, salad, drink & ice cream bar \$8.50

Pepperoni, ham & pineapple, and vegetarian pizza
All proceeds go to the Resident Council



Movie
LUCILLE BALL - DESI ARNAZ
The LONG, LONG Trailer

Long, Long Trailer
Sat. Jan. 11, 1:45 pm



CRIBBAGE & YAHTZE

Tuesdays
In Willow
at 2 pm
January
7, 14, 21, 28



Buchanan's Annual Dog Show

will be held **Thursday, March 19th** @ 2pm in the MPR.
If you or someone you know would like to have their dog in the show, please contact Trish or The Recreation Department for the information form.