



OCTOBER 2023

More Than A Day

As Thanksgiving Day rolls around,
It brings up some facts, quite profound.

We may think that we're poor,
Feel like burns, insecure,
But in truth, our riches astound.
We have guidance from heaven above.

We have so much more
Than they sell in a store,
We're wealthy, when we push comes
to shove.

So add up your blessings, I say;
Make Thanksgiving last more than a day.

Enjoy what you've got;
Realize it's a lot,
And you'll make all your cares go away.

-Karl Fuchs

THANKS GIVING
DAY

BAZAAR AND WHITE ELEPHANT NEWS!

Thank You

We are thrilled to share the fantastic news that our recent White Elephant and Bazaar sale was a tremendous success, thanks to the incredible support and dedication of our Harrison Landing Residents and their friends and family. Your collective efforts in various areas, from sales and tagging to crafting raffle baskets, setting up, and assisting with active games, were truly remarkable. Together, we

managed to raise an impressive total of \$652! These funds will be donated to two worthy causes: the Langley Lunch program and the Salvation Army. Your generosity and hard work have made a significant impact, and we couldn't be more grateful.

A special thank you goes out to the following individuals who went above and beyond to make this event a triumph: Evelyn Stewart, Lorrie Bryson, Bob Douglas, Ron Livingston, Arlene Brown, Pat Reeves, Margaret Jackson, Phyllis Hauka, Terrie Yerdon, and Maria La Blanc. Your dedication and unwavering support played a crucial role in achieving this remarkable outcome.

In addition, we're excited to announce the lucky winners of our raffle baskets:

- Basket #1: Donna G
- Basket #2: Karen Kaloff
- Basket #3: Fern L
- Basket #4: Joan L



Congratulations to the winners, and once again, thank you to everyone for your incredible contributions to our successful charity event.



OCTOBER- BIRTHDAYS

In October, we celebrate birthdays with:

- Dorothy Adamson on **October 1**
- Marie Fielding on **October 12**
- Arlene Brown on **October 14**

Join us for our **Monthly Social** in the dining room to celebrate birthdays each month



ANNIVERSARIES

Jack and Mabel Nichols on **October 27, 1958**

ZODIAC SIGNS:

LIBRA
September 23 - October 22

Symbol: **The Scales**
Ruling Planet: **Venus**
House Ruled: **Seventh**

Element: **Air**
Mode: **Cardinal**
Keyword: **"Relating"**

Libra is the sign of harmony and relationship and strives for balance between polarities. Librans are known for their good taste, elegance and charm. Their natural mode of living is in partnership with others. They are concerned with issues of social justice, and are natural diplomats. They may also struggle in making firm decisions.

ASTROGRAPH

Often considered the nicest and most charming personality in the world.

SCORPIO
[October 23 - November 21]

Symbol: **Scorpion**
Ruling Planet: **Pluto & Mars**
House Ruled: **Eighth**

Element: **Water**
Mode: **Fixed**
Keyword: **"Transform"**

Scorpios are intense and their emotions run deep. This sign is associated with sexual activity and with the transformative cycles of death and rebirth. Scorpios have great personal magnetism and great powers of persuasion or even the ability to coerce others. Their will is strong, and their depth of perception is powerful.

ASTROGRAPH

As a fixed water sign, Scorpios are known for their loyalty and devotion — and also their passion.

SPECIAL EVENTS

National Cinnamon Bun Day

Wednesday October 4: @ 2pm in the Bar Lounge

This day was first celebrated 19 years ago in Sweden. Since then, this splendid enjoyment has spread around the world, landing here in Harrison Landing! Now on National Cinnamon Roll Day, held annually on October 4, you can indulge yourself.

Come join us during Happy Hour and enjoy a tasty cinnamon bun! Best enjoyed with a hot beverage and good company (which will be readily available during our afternoon) the cinnamon bun will be a perfect start to October. Let the sweet times roll!



Gratitude Tree

Saturday October 14th during meal times

Please join us in expressing what we are grateful for! Upon entering the dining room each of you will be given a blank leaf and a pen. Once seated please think of something you are thankful for and write it on the leaf. All completed leaves will be collected after your meal or you may drop it off in the basket near the entrance of the dining room.

Near the end of the day your leaf will be placed on the Gratitude tree located next to the elevator (on the 1st floor) for you and all to admire. "Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

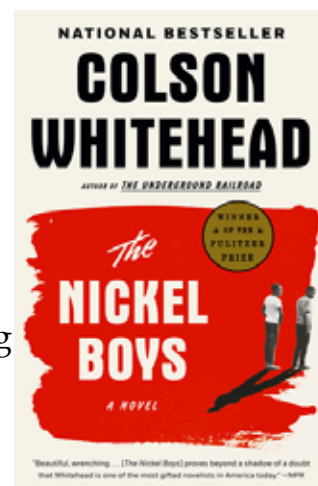
Margaret Cousins



Book Club – The Nickel Boys

Thursday October 26 th at 3:30pm

The Nickel Boys by Colson Whitehead tells the story of Elwood Curtis, a Black young man growing up in Tallahassee during the 1950s and 60s. Elwood is surrounded by the injustice of segregation but inspired by the early Civil Rights Movement. Raised with the love of his strict and religious grandmother, Elwood is described as industrious. He is a serious hard-working boy who is unable to turn a blind eye to injustice. It sets him apart from the other boys around him but also puts him in difficult situations.



SPECIAL EVENTS

Skeleton Scavenger Hunt

October 27th FRIDAY AT 1:00pm

The Skeleton Scavenger hunt will be on Friday, October 27th at 1:00pm. To start you will meet Leah in the bar lounge. Leah will randomly place you into groups/teams to search for your skeletons body parts with the help of clue cards. The skeletons parts will be located primarily on the 1st floor and reception area (common areas & hallways). Once your team has found all your skeletons bones you will connect them to make your skeleton complete. First team to show Leah their completed skeleton will win a prize! If you would like to play, please sign up in the sign up book located next to the Recreation office across from the reception area. Best of luck on your search!



Halloween Team Trivia!

Tuesday October 31st at 1:30 pm in the Bar Lounge!

Get ready to put your Halloween knowledge to the test as we dive into a series of fun trivia questions. To make it even more fun, we'll be forming teams with no more than three people. Gather your neighbors and come up with a creative team Halloween name that represents your group's spirit. Remember, teamwork is the key! Collaborate and pool your knowledge together to answer the trivia questions correctly. It's a wonderful opportunity to engage with your neighbors, showcase your collective wisdom, and have a great time together. Let's see which team will emerge victorious by answering the most questions correctly and claiming a prize!



the **PURSUIT** of
HAPPYNESS

A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career.

MOVIE
night

Thursday, October 19th
6:15pm in the TV Lounge

ENTERTAINMENT

Happy Hour with Shawn Mckee

Friday October 6th from 2:30 to 3:30

Please come join us in welcoming back Shawn Mckee on October 6th at 2:30pm in the bar lounge. Shawn will be featuring hit songs of 60's and 70's rock and roll era, so bring your requests and wear your dancing shoes. We will have Happy Hour beverages and snacks! Everyone is welcome.



ENTERTAINMENT

Monthly Social with Michelle Carlisle

Thursday October 12th from 2-3pm in the dining room

Please come and join our traditional Harrison Landing social this month where we will celebrate birthdays, new residents and anniversaries! Come enjoy coffee, tea, cake, and a live singing performance by Michelle Carlisle while we celebrate, bond and enjoy each other's company! Add to that some great door prizes, and a 50/50 draw, and it's bound to be one heck of a good time!



Pool Night with Ralph:

Friday October 27th at 7:00pm in the Downstairs Activity Room

Pool night is a chance to shoot a friendly game of pool, enjoy the music, have some snacks, and socialize ... Even if you don't play pool, come relax and cheer your friends on! All those in attendance will receive a free round of beer or wine, and complimentary soft drinks will also be available. Those who are interested please RSVP Leah or Ashley. All are welcome!



Langley Ukulele Ensemble performance

Saturday October 21st at 3pm-3:45

in the Dining room

The Langley Ukulele Ensemble returns to Harrison Landing with a diverse and wide variety of musical selections bound to entertain all the residents. Varying from music heard during the various generations of the 1950's 60's, 70's, and 80's, the ensemble will also highlight some of the most popular or well recognized musicians of these time periods. Celebrating



music will most certainly be at the forefront of the presentation and the ensemble hopes to see and hear residents smiling, laughing, singing, and dancing along. Everyone is welcome.



Thursday,
October 26th

PUB

Night

7:00 PM

in the

Bar Lounge

**GET READY TO TRICK OR TREAT YOUR SELF!
COME DRESSED IN YOUR BEST HALLOWEEN COSTUME!**

There will be fang-tastic appetizers, alcoholic boos,
a special alcoholic beverage "The Spooky Spirit"
and non-alcoholic beverage options.

We will have "Johnny Elvis" joining us
for our hex-tra special evening!

**LET'S GET READY TO BOOGIE AND HAVE SOME FUN!
A PRIZE WILL BE GIVEN FOR THE MOST ORIGINAL COSTUME.**

Happy Hour with Peter Montgomery

Tuesday October 31 st at 3pm in the bar lounge

Please come join us in welcoming back Peter Montgomery on October 31 st at 3:00pm in the bar lounge. Peter will be taking us on a musical trip down memory lane, so bring your requests and wear your dancing shoes. We will have Happy Hour beverages and snacks! Everyone is welcome.



BUS TRIPS

Bus Trip to Walmart

Thursday October 5 th at 1:00pm

Needing to do some shopping? Come and get your shop on! We will be taking the bus to Walmart for some retail therapy! Walmart has a variety of items for almost all your shopping needs. On the day of the bus trip please meet at the reception area for 12:45 pm and make sure to have your wallet! For those that have their lunch at 12:30pm please arrange with the chef to move your lunch time to 11:30pm or arrange to have your lunch packed up.



Bus trip to Willowbrook

Wednesday October 18 th at 1:00pm

Do you need or want to go shopping? We're hitting the mall this month! Join us shopping at Willowbrook Shopping Centre, they have a large variety of shops including Nordstrom Rack, Hudsons Bay, Aldo, Bath & Body Works, Winners, Coles and many more. Please meet at Reception at 12:45 pm and don't forget your wallet!



ANNOUNCEMENTS



Guests for Monthly Socials and Pub Nights

Reminder that guests attending monthly Socials and Pub nights at Harrison Landing will need to sign-up. This is to assure there is proper seating and for staff to set-up according. Please know that seating is limited and will be given on a first come basis. The sign-up binder is located on a table right outside the recreation office (across from the reception desk).



Common Areas:

Please be aware that programs that are scheduled in the calendar such as Crib, Dominoes, and Golf will get priority over the tables in the common areas. If there is not a scheduled program, then tables can be used on a first come basis. Please be courteous and respectful to residents using the common areas to enjoy games and socialize.



Fire Drills:

What are Residents expected to do:

When you hear the fire alarm go off: 1ST. Put on your coat and shoes 2ND Collect your essential medications e.g., inhalers, nitro etc. and place them in the Ziploc bag (given to you), 3RD Grab your green sleeve. 4. Walk outside your room using your mobility aids (walker, cane etc.) 5. Place your evacuation card (that was given to you) on the door handle and wait outside your room until the fire alarm is disarmed. (Both your evacuation card and zip lock bag has been provided by Harrison Landing prior to the fire drill).



Suggestion Box:

Just a friendly reminder - we have a “locked” suggestion box on the wall near the elevators on the first floor that is eagerly waiting your suggestions. No suggestions are too big or too small. Ralph has a key and will check the suggestion box regularly. Ralph promises that your suggestions will be addressed with the managers promptly. Remember your voice matters!

ANNOUNCEMENTS



Resident meetings: Thursday, October 12th

@ 11:00am

There will be a resident meeting held this month on September 14th @ 11:00AM. These meetings allow each department manager to discuss any updates or announcements from their departments, and allows you to address any questions, suggestions, or concerns that you may have.

Reminder to residents that the doors to the meeting room will not be opened until 10:50 AM, just before the meeting begins. This adjustment is aimed at ensuring that all attendees have ample time to arrive and find a seat before the proceedings begin.

We understand the importance of creating a comfortable and inclusive environment for all residents, including those who may have hearing difficulties. To accommodate residents who are hard of hearing, we recommend arriving on time and selecting a seat at the front of the meeting area. This will enhance your ability to hear the speakers clearly and fully engage in the discussions.

Your presence and participation in the resident meetings are highly valued, and we want to facilitate an environment where everyone can actively contribute.

Questions for meetings:

Reminder to residents that a clipboard and paper has been set up next to the elevators on the first floor. This initiative aims to provide an alternative avenue for residents who may have questions or concerns for the resident meetings, but prefer not to voice them in front of others. By utilizing the clipboard, you can anonymously write down any inquiries you may have,

allowing us to address them during the meeting and ensure that all residents' voices are heard. Your feedback is valuable to us, and we want to ensure that everyone feels comfortable participating in the resident meeting.

Thank you for your cooperation, and we look forward to addressing your questions during the upcoming meeting.



Tuk Shop – has been moved for your convenience.

We have relocated the Tuk shop cabinet. The new location will remain on floor P, but will now be next to the elevators. We will continue to have a small number of items, such as mints, Halls, Kleenex and assorted chocolate bars for purchase from 9am to 5pm daily.

ANNOUNCEMENTS



Compassionate Touch Canada - Every Second Tuesday of the Month

Chonna from Compassionate Touch Canada will be coming to Harrison Landing every second Tuesday afternoon to provide circulation and mobility massage. Compassionate Touch Canada provides weekly/biweekly 30–45-minute massage sessions to improve your health and keep you functionally independent. Sessions are only \$36. If you are interested, please see the sign-up sheet at the front desk for the next available appointment dates.



Dal Foot Care –Dal will be now only be here the First Wednesday of the month.

Sign-up for foot care services can be found in the binder at the front reception desk. Dal's foot care service rate is \$35.00. Services must be paid at the time of the appointment. 24 hours' notice is required for cancelations otherwise you will be charged in full. Thank you in advance!



Jolene the Hair Dresser: Jolene will be here every Tuesday from 9am to 5pm. **Reminder:** that payment for any hair services will be due at the time of the appointment. A 5% charge will be added for any payments past due. Please remember to contact Jolene directly to book your appointment.



Amplifon Hearing Clinic:

Our next visit from Amplifon will be on **Thursday October 5 th from 9:00 am – 11:00 am**. Ben and Graham will be providing cleaning of your hearing aids and complimentary hearing tests. These services are provided at no charge by Amplifon. You do not need to be a client of Amplifon to receive these services.



Wheels with Eric

Friday, October 20 th from 10:30-12pm in the Bar Lounge

How is your walker running these days? Could your brakes stand a little tightening? Does the height need an adjustment? You know what they say, "It's the squeaky wheel that gets the grease!" Bring your walker down to a "Walker Clinic" in the bar lounge and have it checked out! **Eric**, from TriCity Home Medical Equipment, is a master technician and will give your walker a complimentary examination, make minor adjustments on the spot, and provide expert advice on any mobility equipment questions or concerns you may have!

ANNOUNCEMENTS



Library:

Reminder - For all the book lovers who enjoy using our library we ask that once you are finished with your books that you place the books in the drop box located next to the bookshelves. Once these are dropped off into the drop box they will be put back on the shelves in the appropriate order. There are also now hands-free magnifiers for your visual assistance if needed. These can be located on the bottom of the bookshelf in the library. Please make sure all visual assists remain in the library for others to us. Thank you for your cooperation!

Librarian (Ron's) Author Pick of the month:

Is Iris Johansen. Iris first achieved success in the early 1980s writing category romances. In 1991, Johansen began writing suspense historical romance novels, starting with the publication of *The Wind Dancer*. In 1996 Johansen switched genres, turning to crime fiction, with which she has had great success. She now has over 30 consecutive New York Times bestsellers. Some of Iris's bestselling books you can read are: *Next Breath*, *The Perfect Witness*, *Live to See Tomorrow*, *Silencing Eve*, *Hunting Eve*, *Taking Eve*, *Sleep No More*, *What Doesn't Kill You*,



Bonnie, *Quinn*, *Eve*, *Chasing The Night*, *Eight Days to Live*, *Blood Game*, *Deadlock*, *Dark Summer*, *Pandora's Daughter*, *Quicksand*, *Killer Dreams*, *On The Run*, *Countdown*, *Firestorm*, *Fatal Tide*, *Dead Aim*, and more.



SIGNATURE MOBILE SPA – AESTHETICIAN SERVICES

Tuesday September 19th starting at

Please call Karen directly to book your appointment at 604-868-6283

Signature Mobile Spa is back! They will be offering numerous different services.

Signature Mobile Spa is the brand of Karen Wilson and Carmen Ribeiro. These two Vancouver ladies saw a need for professional, quality, yet cordial spa services that can be delivered to them at the location of their choosing. Their mobile spa services are brought to our clients in their home, hotel suite, office, golf tournament, or banquet/trade show location. Both Karen and Carmen are licensed estheticians with formal education and years of experience.

Please see a list of popular services with a short description beside it. All the services below are 30 minutes each.

Express Manicure \$20 (15-20 Min)

Polished perfection! Enjoy a nail trim and shape and fresh polish application on your hands ***Add Gel Polish \$20 ***

Express Pedicure \$20 (15-20 Min)

Polished perfection! Enjoy a nail trim and shape and fresh polish application on your feet ***Add Gel Polish \$20***

Express Hand Treatment \$20 (15-20 Min)

Relax those tired and hardworking hands with a rejuvenation treatment that will leave your hands feeling soft and supple. We begin your hand treatment with a sugar scrub exfoliate we follow this with a warm towel. We complete this hand treatment with a calming lotion application

Express Foot Treatment \$20 (15-20 Min)

Relax those tired and hardworking feet with a rejuvenation treatment that will leave your feet feeling soft and supple. We begin your foot treatment with a sugar scrub exfoliate we follow this with a warm towel. We complete this foot treatment with a calming lotion application

Paraffin Treatment \$25 (15-20 Min)

Nourish your skin and joints with the healing properties of Paraffin Wax. This treatment loosens stiff muscles and joints while softening any dry areas of your skin. Pamper yourself with a dip of wax including a lotion application on your hands OR feet with this treatment

Mini Facial \$35 (15 Min)

Enjoy a gentle cleansing with exfoliation and a hydrating face mask and moisturizer to leave your face soft and hydrated

Classic Manicure \$50 (40 minutes)

A spa manicure which includes a warm nail soak, nail shape and buff, detailed cuticle care, our Signature exfoliation treatment with relaxing hot towel removal, a hydrating hand & arm massage to revive your tired and overworked hands and finishing off with the perfect polish application

Classic Pedicure \$55 (40 minutes)

A spa pedicure which includes a warm herbal foot soak, nail shape and buff, cuticle and callus care, Signature exfoliation treatment to revive and invigorate your feet, a hydrating foot foam lotion application, and finishing off with the perfect polish application

Karen Wilson

604-868-6283

Signature Mobile Spa CA

info@signaturemobilespa.com

www.signaturemobilespa.com

Cancellation policy

Signature Mobile Spa requires 24 hours' notice for any cancellations prior to your scheduled spa appointment. Any cancellations done the day of will be subject to 100% of the cancelled spa treatments. Thank you for your attention and consideration to this sensitive matter.

COLOURING/PUZZLE STATION – FOR RESIDENTS

Creative Colouring and puzzle table (In the library area) Come down to the puzzle room for some creative colouring as colouring has many benefits such as helping with relaxation, great for socializing and reducing stress. There will be large colouring sheets to choose from. If you chose not to colour, your welcome to start a puzzle (puzzles will be available in the book-shelf next to the station) The table will be used to share both activities at the same time. Please remember to be courteous, share the space with others and clean up after yourselves!



BOWLING WITH PINS



Come and have some fun (and Exercise) while BOWLING with Pins! Meet us every Tuesday at 2pm in the Activity Room. You won't believe how easy it is. Please come try this fun and easy game. Come play or cheer on your friends.

Everyone is welcome.

Every second Tuesday at 1:30pm in the Activity room (Please check the monthly calendar for designated dates)

KNITTING CLUB

If you love to knit, why not join a knitting club? Joining a knitting club is the ideal way to combine a hobby you are passionate about with a fun social occasion. You can find new inspiration, meet new friends, knit gifts for family and friends, and give back to the community by knitting for charity.



Knitting Club is every Wednesday starting at 3pm

CRAFTS

Arts and crafts activities are a fantastic creative outlet and a great way to express yourself freely. Dare yourself to master a new skill, create more social connections and challenge your brain. Let your creative side shine during Saturday's craft programs!

Every second Saturday at 1:30 pm in the Country Kitchen on the fourth floor. Every one welcome!



CRAFTS WILL NOW BE EVERY SECOND Saturday starting at 1:30 pm on the 4th Floor

(please check the monthly calendar for the scheduled dates) Alternative Saturdays will now be an active game.

BRAIN AWAKE (TRIVIA) IN THE TV LOUNGE



Brain Awake is a great game similar to Jeopardy that gets your brain thinking, allows you to learn new things and is a great social bonding experience. Brain Awake is played in teams; this allows us to gather all our dearest and brightest friends for a chance to really shine. After all, even if one of you is stumped, chances are when you all put your heads together you will find the right answer. The team that wins gets bragging rights!

Every Monday at 2:30pm

HAPPY HOUR

Join us in the bar lounge for happy hour! The bar will be opened for you to order your alcoholic favorites whether that's beer, wine, or mixed drinks! Each alcohol beverage is \$3.00. Import beer is \$4.00. If you are not a drinker there will be non-alcoholic drinks available. There will also be complimentary chips for you to enjoy along with some stimulating mind puzzles and TV Trivia (NEW!) Come on down and get social!



Tuesdays from 3-4pm and Fridays from 2:30pm-3:30 pm in the Bar Lounge. Import beer is now \$4 dollars per beer

KINGS IN THE CORNER

Kings in the Corner is a fun, social card game! Be the first to play all your cards into the middle to win the round! If you have never played but are interested, please join us! Leah along with your fellow residents will teach you how to play; It won't take long until you get the hang of it!

Fridays at 1:30pm in the Bar Lounge



HANGMAN



Join us for the classic game, hangman! Work together with your peers to guess the right word before it is too late!

Saturdays at 3:00 pm in the Bar Lounge

COFFEE, TEA AND SNACK CART

Come down and socialize with your fellow residents and enjoy a cup of coffee, tea or juice with a snack in the bar lounge everyday at 2pm!



Everyday at 2:00pm in Bar Lounge

QUILTER GUILD

Langley Quilting Guild volunteers Barbara and Darlene will be coming the first Thursday a month at 10:00 am until further notice. Please see the calendar to see the next Quilter Guild. The Quilting Guild ladies will be coming in to help us with all of our sewing and quilting projects! Our volunteers will bring their wisdom and knowledge as well as a constant supply of new ideas and projects. No experience needed!



Will only be here the first Thursday of every month until further notice Next Quilting Guild will be Thursday October 5th @ 10:00 am

WALKING CLUB



There are numerous benefits to joining the walking club. Going out for walks with your fellow friends allows you to enjoy the weather, get fresh air, have good conversations, and it gets your body moving.

Tuesdays will change to independent residents walking at 10am and Saturdays will remain as scheduled with Ashley at 10:00am (Meet at Reception)

MOVE IT, SHAKE IT, LIFT IT (EXERCISES)



We all know that exercise is good for us but for some reason, the older we get, the less we do. Contrary to popular belief, poor balance and muscle weakness has a lot more to do

with inactivity than age. Implementing a regular exercise routine can have a dramatic impact on your health and wellbeing. The old adage is true: Use or Lose it!

Here at Harrison Landing making exercises part of your routine can be easy. Leah hosts exercise classes 3 times a week and always tries to have fun, and add humor to the class. These classes always include warm up, muscle strengthening, cool down and stretching all while seated. Please keep in mind this program can be adjusted to suit your mobility needs.

Mondays, Wednesdays, and Fridays at 10am in the Downstairs Activity Room

SALVATION ARMY WORSHIP SERVICE



Get in touch with your spiritual side by joining the worship service! This is a non denominational service. Everyone is welcome to join during this time of worship and inspiration.

October 4 th at 2:00 pm

ANGLICAN CHURCH SERVICE

Please join members of St Andrew's Anglican Church for a worship service. We will sing hymns and share communion together. Members of St. Andrews invites you all to join!

Wednesday October 11th @ 2:00pm



ST JOSEPH CATHOLIC CHURCH SERVICE

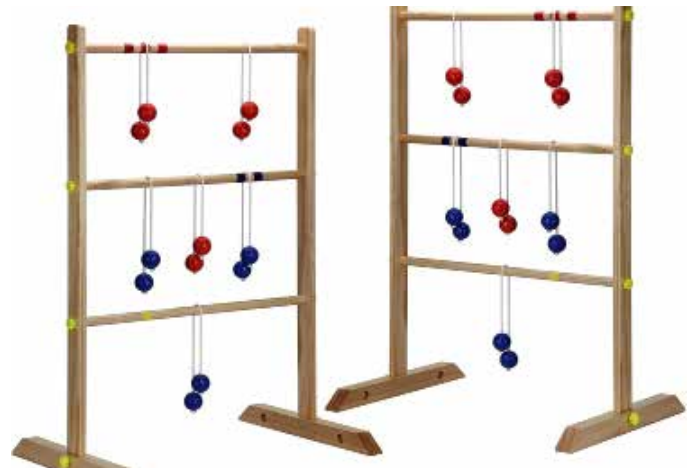


Please join members of the St Joseph's Catholic Church as they celebrate and worship together. Come and enjoy a community that brings god's love to everyone!

***Wednesday, October 25th
@ 2:00pm in the TV Lounge***

LADDER BALL

Take a toss and try to score some points for your team! This game is great for anyone to try. Ladder Ball is played with 2 or more players or teams. Each player has 3 ball bolas. A bola is 2 golf balls attached by a nylon rope. The object of the game is to wrap your bolas around the steps of the ladder. Each time you wrap your ball bolas around the ladder step you get a point. Team with the highest points wins bragging rights!



BEAN BAG TOSS



Join us for a classic game of bean bag toss! Take a toss and try to score as many points as you can for your team!

CARD GAME "GOLF"



Come join Fern and others for the card game Golf! Golf is a card game for two or more players, in which the objective of the game is to score as little as possible, as in the sport. If you have never played but would like to learn how, Fern will teach you!

***Saturdays at 7:00pm in the
Bar Lounge***

CRIB



Attention all card players! Card nights are back! Playing cards is good for your mind, hand-eye co-ordination, memory, social life, and more! So, mark your calendars and come join the fun!

***Mondays at 7:00pm in the
Puzzle Room***

HARRISON BILLIARDS

Get a partner or a small group of friends together to play a game of pool! Pool is a great game that allows you to socialize and enjoy some friendly competition!



***Fridays at 7:00pm in the
Downstairs Activity***

SHUFFLEBOARD



Get a partner or a small group together and enjoy a game of shuffleboard. The objective of the game is for you and your opponent to take turns sliding pucks to the other end of the shuffleboard table. The goal is to get your puck to stop on the highest scoring area without it falling off the end of the board.

***Sundays at 7:00pm in the
TV Lounge***

POKER

Poker is a gambling game which involves some luck, but also skill! The poker games are dealers' choice. Buy in is \$10! Everyone is welcomed! If you are interested in learning how to play come watch a few games and the players will help teach you, their skills! For more info contact Fern.



***Thursdays from 7-9pm on the
4th Floor***

DOMINOES



If you are interested in playing dominoes meet in the puzzle room every Tuesday at 7:00pm. There is limited space, therefore it is recommended you come 5-10 minutes early to assure you get a spot at the table.

Tuesdays at 7:00pm in the Puzzle room on the 1st floor

BINGO



Come play a classic game of bingo in the dining room. Buy in will be \$1.00 per card. 50/50 tickets will also be sold on the day of bingo before each lunch seating (11:00am-11:30am & 12:00pm-12:30pm). The winner of the 50/50 will be announced after bingo.

Wednesdays at 7:00pm in the Dining Room

MUSIC BINGO



Mix the friendly competition of bingo with everyone's love of music, and you have a winning combination. Participants will be humming and winners will receive a prize!

HARRISON LANDING SING A LONG



We invite you all to come and sing along in a relaxed environment and sing to some good old tunes from the past. If you do not sing, NO Problem just come along and listen. Music therapy is so beneficial for your physical and mental wellbeing and of course a great opportunity to get involved with your community. Katie and Doris will be here to play the piano for you all while you sing.

Every Monday at 1:15pm

Laughing Matters



Fun

October is home to Halloween, so we couldn't resist adding some spook-tacular jokes to our newsletter this month. They'll have you laughing...or groaning!

Why do ghosts go on diets?

To keep their ghoulish figures!

Why did the ghost go to the bar?

For the boos.

What does a ghost mom tell her kids when they get in the car?

Fasten your sheet-belts!

Why don't mummies take time off?

They're afraid to unwind.

How do monsters know their future?

They read the horror-scopes.

What's it like to be kissed by a vampire?

It's a pain in the neck.

Why did Dracula take cold medicine?

Because he was coffin too much.

Why do skeletons have low self-esteem?

They have no body to love.

Where does a skeleton go for a fun night?

Anywhere, as long as it is a hip joint.

Why can't skeletons play church music?

Because they have no organs.





HALLOWEEN COSTUMES WORD SCRAMBLE

REPITA _____

WNEINI HET OHOP _____

FWEOEWLR _____

LNODAD UCDK _____

NJAIN _____

DWEIKC THIWC _____

PVEMAIR _____

SSEUPORERHE _____

YPEOPE _____

PREPLFA RGLI _____

NMRAO DGEODSS _____

PCOS & BBRROE _____

NCWSOL _____

DNRE _____

BYAB _____

NSWO THIWE _____

GGRSTREAN _____

LVDEI & LGEAN _____

RNSEU & CODTOR _____

GSKOLCDOLI _____

VCAE PEPOLE _____

YBSOOCW _____

NLKOESSET _____

MSIMUME _____

PHOTOS

“A thing that you see in my pictures is that I was not afraid to fall in love with these people.”

– Annie Leibovitz



PHOTOS



“Photography
is a love affair
with life.”

Burk Uzzle

PHOTOS



**“Everything has
beauty, but not
everyone sees it.”**

—CONFUCIUS

RD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 2:00 Tea,Coffee, Snack Cart 7:00 Shuffleboard</p>	<p>2 <i>National Day for Truth and Reconciliation start holiday</i> 1:15 Sing Along 2:00 Tea, Coffee, & Snack Cart 7:00 Crib (Bar Lounge) <i>Independent programs & Sing Along only</i></p>	<p>3 <i>Jolene Hair Dresser</i> 10:00 Walking Club <i>(Indep)***</i> 10:00 Wheel of Fortune 1:30 Bowling 2:00 Tea, Coffee, Snack Cart 3:00 Happy Hour 7:00 Dominoes</p>	<p>4 <i>DAL'S FOOT CARE NURSE</i> 10:00 Move it, Shake it, Lift it 2:00 Tea, Coffee, & Snack Cart 2:00 Salvation Army 3:00 Knitting Club 7:00 Bingo</p>	<p>5 <i>amplifon Hearing Clinic</i> 10:00 Quilter's Guild 2:00 Bus trip to Walmart 2:00 Tea, Coffee, & Snack Cart 7-9 Poker (4th Floor)</p>	<p>6 10:00 Move it, Shake it, Lift it 1:30 Kings in the Corners 2:00 Tea, Coffee, & Snack Cart 2:30 Happy Hour <i>(Shawn Mckee)</i></p>	<p>7 2:00 Craft: 2:00 Tea, Coffee, & Snack Cart 7:00 Golf 7:00 Saturday Cinema <i>-Mamma Mia</i></p>
<p>8 2:00 Tea,Coffee, Snack Cart 7:00 Shuffleboard</p>	<p>9 <i>Thanksgiving</i> 1:15 Sing Along 2:00 Tea, Coffee, & Snack Cart 7:00 Crib (Bar Lounge) <i>Independent programs & Sing Along only</i></p>	<p>10 <i>Jolene Hair Dresser</i> 10:00 Walking Club <i>(Indep)***</i> 10:00 Wheel of Fortune 1:30 Bean Bag Toss 2:00 Tea, Coffee, Snack Cart 3:00 Happy Hour 7:00 Dominoes</p>	<p>11 10:00 Move it, Shake it, Lift it 2:00 Anglican Service 2:00 Tea, Coffee, & Snack Cart 3:00 Knitting Club 7:00 Bingo</p>	<p>12 <i>No Quilters Guild</i> 11:00 Resident Meeting 2:00 Monthly Social <i>-Michelle Carlisle</i> 2:00 Tea, Coffee, & Snack Cart 7-9 Poker (4th Floor)</p>	<p>13 10:00 Move it, Shake it, Lift it 1:30 Kings in the Corners 2:00 Tea, Coffee, & Snack Cart 2:30 Happy Hour</p>	<p>14 2:00 Craft: 2:00 Tea, Coffee, & Snack Cart 7:00 Golf 7:00 Saturday Cinema <i>-Dream Girls</i></p>
<p>15 2:00 Tea,Coffee, Snack Cart 7:00 Shuffleboard</p>	<p>16 10:00 Move it, Shake it, Lift it 1:15 Harrison Sing-along 2:00 Tea, Coffee, Snack Cart 2:30 Word Worm/ Brain Awake 7:00 Crib (Bar Lounge)</p>	<p>17 <i>Jolene Hair Dresser</i> SIGNATURE MOBILE SPA 10-4 10:00 5th Ave Jewellery 10:00 Walking Club <i>(Indep)***</i> 10:00 Wheel of Fortune 1:30 Bowling 3:00 Happy Hour 7:00 Dominoes</p>	<p>18 10:00 Move it, Shake it, Lift it Bus trip to Willowbrook 2:00 Tea, Coffee, & Snack Cart 3:00 Knitting Club 7:00 Bingo</p>	<p>19 <i>Recreation Clean up</i> 2:00 Tea, Coffee, & Snack Cart 2:00 Bean Bag Toss 7-9 Poker (4th Floor) MOVIE NIGHT 6:15PM</p>	<p>20 10:00 Move it, Shake it, Lift it 10:30 Wheels with Eric 1:30 Kings in the Corners 2:00 Tea, Coffee, & Snack Cart 2:30 Happy Hour</p>	<p>21 2:00 Craft: 2:00 Tea, Coffee, & Snack Cart 7:00 Golf 7:00 Langley Ukelele Ensemble Performance 7:00 Saturday Cinema <i>-Age of Addine</i></p>
<p>22 2:00 Tea,Coffee, Snack Cart 7:00 Shuffleboard</p>	<p>23 10:00 Move it, Shake it, Lift it 1:15 Harrison Sing-along 2:00 Tea, Coffee, Snack Cart 2:30 Word Worm/ Brain Awake 7:00 Crib (Bar Lounge)</p>	<p>24 <i>Jolene Hair Dresser</i> 10:00 Walking Club <i>(Indep)**</i> 10:00 Wheel of Fortune 1:30 Bean Bag Toss 3:00 Happy Hour 7:00 Dominoes</p>	<p>25 10:00 Move it, Shake it, Lift it 2:00 Catholic Church Service 2:00 Tea, Coffee, & Snack Cart 3:00 Knitting Club 7:00 Bingo</p>	<p>26 2:00 Tea, Coffee, & Snack Cart 2:00 Curling 3:30 Book Club Meeting 7-9 Poker (4th Floor) 7-8:30 Halloween theme Pub Night with Johnny Elvis</p>	<p>27 10:00 Move it, Shake it, Lift it 1:00 Halloween Scavenger Hunt 2:00 Tea, Coffee, & Snack Cart 3:00 Happy Hour 7:00 Pool night with Ralph</p>	<p>28 2:00 Craft: 2:00 Tea, Coffee, & Snack Cart 7:00 Golf 7:00 Saturday Cinema <i>-Holiday in the Wild</i></p>
<p>29 2:00 Tea,Coffee, Snack Cart 7:00 Shuffleboard</p>	<p>30 MOBILE DENTIST 10:00 Move it, Shake it, Lift it 1:15 Harrison Sing-along 2:00 Tea, Coffee, Snack Cart 2:30 Word Worm/ Brain Awake 7:00 Crib (Bar Lounge)</p>	<p>31 <i>Jolene Hair Dresser</i> 10:00 Walking Club <i>(Indep)***</i> 10:00 Wheel of Fortune 1:30 Halloween Team Trivia 2:00 Tea, Coffee, & Snack Cart 3:00 Happy Hour <i>(Peter Montgomery)</i> 7:00 Dominoes</p>		<p>OCTOBER 2023</p> <p>Harrison Landing Activity Calendar</p> <p><i>See Newsletter for details</i></p>		