

OCTOBER 2023



# Thanksgiving Day

In 2023 Thanksgiving is on Monday October the 9th .

Thanksgiving is on the second Monday in October. It is celebrated to thank the Lord Almighty for a bountiful harvest. Our neighbours to the south celebrate Thanksgiving on the fourth Thursday of November of every year. The reason behind this is geographical. The autumn season starts earlier in Canada than in America.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> National Homemade Cookie Day 1:30 <b>Dominos</b> (Library) 2:00 <b>St. Johns Therapy Dog</b> 3:00 <b>Whist Card Game</b> 4:00 <b>Happy Hour</b> 7:00 <b>Pool (Library)</b> 7:00 <b>Sunday Movie</b> <i>Dirty Dancing</i>	<b>2</b> <b>THANKSGIVING</b> 10:00 <b>Chair Tai Chi</b> 3:00 <b>Shuffleboard</b> (Library) 4:00 <b>Happy Hour</b> 6:30 <b>Rook</b>	<b>3</b> <b>SIGN-UP DAY</b> 11:00 AM to 3:00 PM <b>COMPASSIONATE TOUCH</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Jeopardy</b> 2:00 <b>BINGO</b> 3:00 <b>Busy Hands</b> 4:00 <b>Happy Hour</b> 6:30 <b>Tile Rummy</b>	<b>4</b> <b>National Cinnamon Bun Day</b> <b>National Taco Day</b> 10:00 <b>Fun &amp; Fit</b> 2:00 <b>Bowling - All floors</b> 4:00 <b>Happy Hour</b> 6:30 <b>Dominos</b>	<b>5</b> <b>DAL'S FOOT CARE NURSE</b> Lynn and Jolene Hair Dresser 8:50 <b>Shuffleboard</b> 10:00 <b>Horse Races</b> 2:00 <b>Michelle Carlisle - Octoberfest</b> 3:00 <b>Remember When</b> 4:00 <b>Happy Hour</b> 7:00 <b>Movie Night</b>	<b>6</b> <b>World Smile Day</b> 10:00 <b>Fun &amp; Fit</b> 2:00 <b>Bingo</b> 4:00 <b>Happy Hour</b> 6:30 <b>Crib</b>	<b>7</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Coffee Klatch</b> 2:00 <b>Game on</b> 3:00 <b>Yoga</b> 4:00 <b>Happy Hour</b> 7:00 <b>Saturday Cinema</b> <i>The Good, The Bad and The Ugly</i>
<b>8</b> <b>National Perogi Day</b> 1:30 <b>Dominos</b> (Library) 2:00 <b>St. Johns Therapy Dog</b> 3:00 <b>Whist Card Game</b> 4:00 <b>Happy Hour</b> 7:00 <b>Pool (Library)</b> 7:00 <b>Sunday Movie</b> <i>Enchanted</i>	<b>9</b> <b>THANKSGIVING</b> 10:00 <b>Chair Tai Chi</b> 3:00 <b>Shuffleboard</b> (Library) 4:00 <b>Happy Hour</b> 6:30 <b>Rook</b>	<b>10</b> <b>COMPASSIONATE TOUCH</b> <b>World Mental Health Day</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Crafters Corner - Pumpkins</b> 2:00 <b>Dan Hare</b> 3:00 <b>Busy Hands</b> 4:00 <b>Happy Hour</b> 6:30 <b>Tile Rummy</b> 7:00 <b>"Special Movie Night</b> <i>Disenchanted - Disney</i>	<b>11</b> 10:00 <b>Fun &amp; Fit</b> 2:00 <b>Bowling - All floors</b> 4:00 <b>Happy Hour</b> 6:30 <b>Dominos</b>	<b>12</b> <b>DAL'S FOOT CARE NURSE</b> Lynn and Jolene Hair Dresser 8:50 <b>Shuffleboard</b> 10:00 <b>Shoppers Drug Mart</b> 11:00 <b>Alta Vista Pop Up Shop</b> 1:30 <b>Alta Vista Fashion Show</b> 2:00 <b>Armchair Entertainment</b> 3:00 <b>Music Bingo</b> 4:00 <b>Happy Hour</b> 7:00 <b>Movie Night</b>	<b>13</b> <b>National Yorkshire Pudding Day</b> 10:00 <b>Fun &amp; Fit</b> 2:00 <b>Bingo</b> 4:00 <b>Happy Hour</b> 6:30 <b>Crib</b>	<b>14</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Coffee Klatch</b> 2:00 <b>Game on</b> 3:00 <b>Yoga</b> 4:00 <b>Happy Hour</b> 7:00 <b>Saturday Cinema</b> <i>Fist Full of Dollars</i>
<b>15</b> <b>National Love Lucy</b> 1:30 <b>Dominos</b> (Library) 2:00 <b>St. Johns Therapy Dog</b> 3:00 <b>Whist Card Game</b> 4:00 <b>Happy Hour</b> 7:00 <b>Pool (Library)</b> 7:00 <b>Sunday Movie</b> <i>Love Lucy</i>	<b>16</b> <b>SIGNATURE MOBILE SPA</b> 10:00 <b>Fun &amp; Fit</b> 1:30 <b>Sing along with Katie</b> 2:00 <b>Jeopardy</b> 3:00 <b>Shuffleboard</b> (Library) 4:00 <b>Happy Hour</b> 6:30 <b>Rook</b>	<b>17</b> <b>COMPASSIONATE TOUCH</b> <b>National Peas Day</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Brain Games</b> 1:30 <b>Walmart</b> 3:00 <b>Busy Hands</b> 4:00 <b>Happy Hour</b> 6:30 <b>Tile Rummy</b>	<b>18</b> 10:00 <b>Fun &amp; Fit</b> 1:00 <b>Wheels with Eric</b> 2:00 <b>Bowling - All floors</b> 4:00 <b>Happy Hour</b> 6:30 <b>Dominos</b>	<b>19</b> <b>DAL'S FOOT CARE NURSE</b> Lynn and Jolene Hair Dresser 8:50 <b>Shuffleboard</b> 1:30 <b>Ed Wahl</b> 3:00 <b>Yoga</b> 4:00 <b>Happy Hour</b> 7:00 <b>Bingo</b> 7:00 <b>Movie Night</b>	<b>20</b> <b>National Cheese Toast Day</b> 10:00 <b>Fun &amp; Fit</b> 2:00 <b>Bingo</b> 4:00 <b>Happy Hour</b> 6:30 <b>Crib</b>	<b>21</b> <b>Pumpkin Cheesecake Day</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Coffee Klatch</b> 2:00 <b>Game On</b> 3:00 <b>Yoga</b> 4:00 <b>Happy Hour</b> 7:00 <b>Saturday Cinema</b> <i>Butch Cassidy and Sundance Kid</i>
<b>22</b> 1:30 <b>Dominos</b> (Library) 2:00 <b>St. Johns Therapy Dog</b> 3:00 <b>Whist Card Game</b> 4:00 <b>Happy Hour</b> 7:00 <b>Pool (Library)</b> 7:00 <b>Sunday Movie</b> <i>Up</i>	<b>23</b> 10:00 <b>Fun &amp; Fit</b> 2:00 <b>Jeopardy</b> 3:00 <b>Shuffleboard</b> (Library) 4:00 <b>Happy Hour</b> 6:30 <b>Rook</b>	<b>24</b> <b>COMPASSIONATE TOUCH</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Brain Games</b> 1:30 <b>Walmart</b> 3:00 <b>Busy Hands</b> 4:00 <b>Happy Hour</b> 6:30 <b>Tile Rummy</b>	<b>25</b> <b>Empiflon Hearing Clinic</b> 10:00 <b>Fun &amp; Fit</b> 2:00 <b>Bowling - All floors</b> 4:00 <b>Happy Hour</b> 6:30 <b>Dominos</b>	<b>26</b> <b>DAL'S FOOT CARE NURSE</b> Lynn and Jolene Hair Dresser 8:50 <b>Shuffleboard</b> 10:00 <b>Scrabble in Bistro</b> 1:30 <b>Harrison Pointe Social</b> 2:00 <b>Worship</b> 3:00 <b>Yoga</b> 4:00 <b>Happy Hour</b> 7:00 <b>"Special" Pool Night</b>	<b>27</b> 10:00 <b>Fun &amp; Fit</b> 2:00 <b>Bingo</b> 4:00 <b>Happy Hour</b> 6:30 <b>Crib</b> 7:00 <b>Halloween Party</b> <i>Suede Dogs</i>	<b>28</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Coffee Klatch</b> 2:00 <b>Game On</b> 3:00 <b>Yoga</b> 4:00 <b>Happy Hour</b> 7:00 <b>Saturday Cinema</b> <i>Unforgiven</i>
<b>29</b> 1:30 <b>Dominos</b> (Library) 2:00 <b>St. Johns Therapy Dog</b> 3:00 <b>Whist Card Game</b> 4:00 <b>Happy Hour</b> 7:00 <b>Pool (Library)</b> 7:00 <b>Sunday Movie</b> <i>Yes Day</i>	<b>30</b> <b>SIGNATURE MOBILE SPA</b> 10:00 <b>Fun &amp; Fit</b> 1:30 <b>Sing along with Katie</b> 2:00 <b>Jeopardy</b> 3:00 <b>Shuffleboard</b> (Library) 4:00 <b>Happy Hour</b> 6:30 <b>Rook</b>	<b>31</b> <b>COMPASSIONATE TOUCH</b> <b>Halloween</b> 8:50 <b>Shuffleboard</b> 10:00 <b>Crafters Corner - Halloween</b> 2:00 <b>Gordon Groening - Accordion</b> 3:00 <b>Busy Hands</b> 4:00 <b>Happy Hour</b> 6:30 <b>Tile Rummy</b>	<b>Harrison Pointe Activity Calendar</b> <b>OCTOBER 2023</b> <i>See Newsletter for details</i>			



# 10 Fun facts about Thanksgiving

- The first Thanksgiving took place in 1621.
- Each Thanksgiving the current president pardons a turkey.
- Macys has put on a parade every Thanksgiving since 1924.
- Thanksgiving is the biggest travel day of the year.
- The foods eaten on Thanksgiving hasn't changed much since 1621.
- Americans eat over 280 million turkeys on Thanksgiving.
- Cranberries are native to North America.
- There is an official Thanksgiving postage stamp.
- The wishbone tradition is much older than Thanksgiving.
- Watching football is an integral part of Thanksgiving dinner.

*Happy Thanksgiving Everyone*



## National Taco Day – October 4, 2023

October 4th is National Taco Day. The word taco means “light lunch”, which is quite ironic when you consider the fact that people like to fill their tacos with all kinds of delicious and sometimes heavy fillings!

1. Americans consume more than four billion (!) tacos every year.
2. Half the U.S. population eats Taco Bell at least once a month.
3. While the word “taco” literally translates to “plug” or “wad” a small hole, it also translates to “light lunch” in Mexican Spanish.
4. Taco Bell’s founder invented the U-shaped crispy taco shell.
5. Taco Bell first started as Bell’s Hamburgers and Hot Dogs in San Bernardino, CA back in 1950. Founder Glen W. Bell Jr. took advantage of the fact that his stand was located in a Hispanic neighborhood and started selling crispy-hard-shell tacos at 19 cents each.
6. Although the Taco Bell commercials starring Chihuahuas became a pop culture phenomenon, the chain’s taco sales during that time actually went down.
7. Ensenada, Mexico is said to be the birth place of the fish taco.
8. Tacos predate the Europeans in Mexico and were discovered to be the food of choice by the indigenous folk in the Valley of Mexico.
9. The biggest taco ever was made on November 20, 2011 in a town called Queretaro. It was 246 feet long and was filled with carnitas.
10. One of the first taco trucks is thought to have started in 1966 by two New York housewives.

NATIONAL DAYS IN OCTOBER

- October 1 – National Homemade Cookie Day
- October 4 – National Cinnamon Bun Day
- October 4 – National Taco Day
- October 5 – National Do Something Nice Day
- October 6 – World Smile Day
- October 8 – National Pierogi Day
- October 9 – Thanksgiving



- October 15 – National I Love Lucy Day
- October 16 – National Bosses Day
- October 17 - National Pasta Day
- October 21 – National Pumpkin Cheesecake Day
- October 23 – National Boston Cream Pie Day
- October 31 – National Knock Knock Joke Day
- October 31 - Halloween

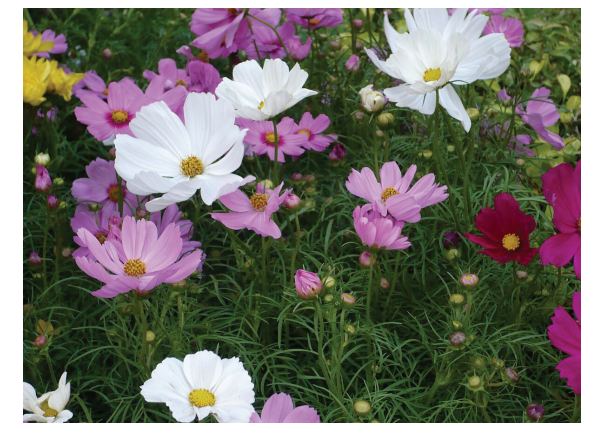
- October 10 – World Mental Health Day
- October 11 – National Bring your Teddy Bear to work day
- October 11 – National Stop Bullying Day
- October 13 – National Yorkshire Pudding Day



OCTOBER'S BIRTH FLOWERS



**Marigolds** are known for their bright colors and strong odor and have long been associated with death and grief. They are a prominent fixture in Day of the Dead festivities, used to decorate gravesites and home altars.



**Cosmos** is a symbol of order and balance, peace and innocence. They represent luck and have many medicinal purposes.



# OCTOBER'S BIRTHSTONES

## October Birthstone.

Those born in October enjoy two spectacular birthstones to commemorate their birthdays – **opal and tourmaline.**

Both October birthstones have endless color combinations and beautiful coloring characteristics.




The ancient Greeks believed **opals** gave their owners the gift of prophecy and guarded them from disease.





**Tourmaline** is thought to be for people who bear a broken heart, as it encourages love, gently disperses emotional pain and dissolves disruptive feelings. It calms the negative emotions that upset relationships.

# OCTOBER ZODIAC SIGNS




**LIBRA**  
September 23 - October 22






Symbol  
**The Scales**




Ruling Planet  
**Venus**



House Ruled  
**Seventh**


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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




**SCORPIO**  
[ October 23 - November 21 ]






Symbol  
**Scorpion**




Ruling Planet  
**Pluto & Mars**




House Ruled  
**Eighth**


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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

# PHOTOS

"A thing that you see in my pictures is that I was not afraid to fall in love with these people."  
– Annie Leibovitz







Bev Capadouca – **October 01**  
 Ralph Sonen – **October 2**  
 Leo Short – **October 16**  
 Don Gray – **October 19**  
 Fred Roots – **October 25**  
 Nicole Vegara – **October 26**  
 Dot Nash – **October 27**  
 Fay Archibald – **October 28**  
 Elsie Bennett – **October 29**

### Welcome New Residents

Gail McDermid  
 Diane Lee  
 Patricia Culley  
 Andrew Littlejohn



## JOKES FROM A RESIDENT

– Judy Lahay



**Question:** How many days in a week?  
**Answer:** 6 Days and 1 Sunday.

**Question:** When is a retiree's bedtime?  
**Answer:** Two hours after falling asleep on the couch.

**Question:** How many retirees does it take to change a light bulb?  
**Answer:** Only one, but it might take all day.

**Question:** What is the biggest gripe of retirees?  
**Answer:** There is not enough time to get everything done.

**Question:** Why don't retirees mind being called seniors?  
**Answer:** The term comes with 10% discount.

**Question:** Among retirees, what is considered formal attire?  
**Answer:** Tied shoes,



## ENTERTAINMENT

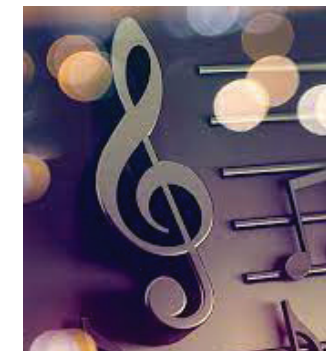
**MICHELLE CARLISLE**  
 October 5th at 2pm in the Hangar



**DAN HARE**  
 October 10 at 2pm in the Hangar



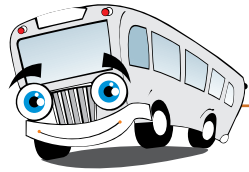
**ED WAHL**  
 October 19 at 2pm in the Hangar



**GORDON GROENING**  
 October 31 at 2pm in the Hangar







## BUS OUTINGS

### Shoppers Drug Mart, IGA and Dollarama

October 10<sup>th</sup> at 10:00 am

Let's go shopping!! We will be taking the bus to Shoppers Drug Mart, IGA and Dollarama this month. On the day of the bus trip please meet in the lobby at 1:30 pm and remember to bring your wallets.

Sign up for this outing on October 3<sup>rd</sup> in the Hangar from 11am to 3pm.



### MONTANAS BBQ AND BAR LUNCH OUTING

October 17<sup>th</sup> at 11:00 am

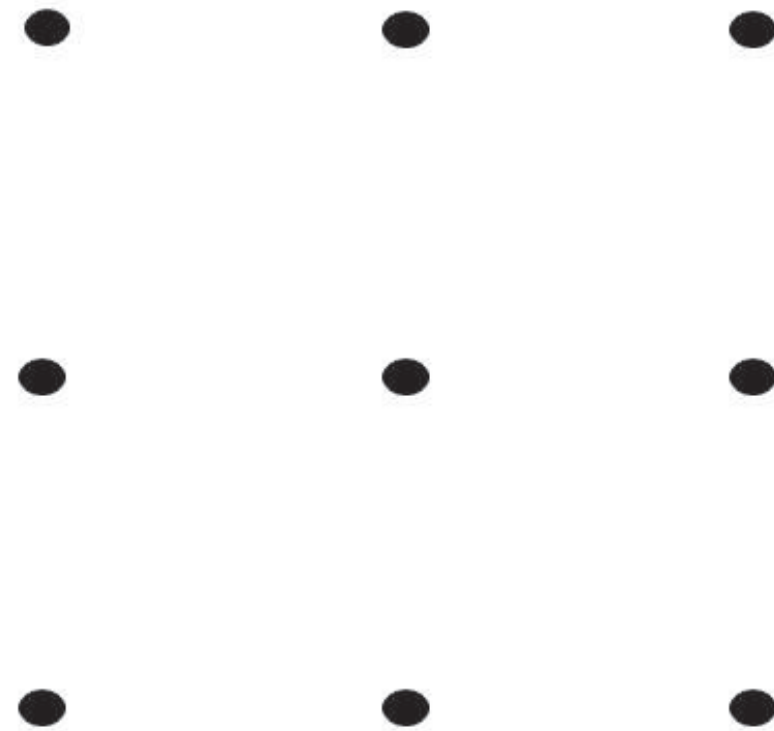


Please join us on *Thursday, October 17<sup>th</sup> at 11:00 am* as we head out to Montana's BBQ and Bar in Langley, BC. Let's fill our bellies with a delicious lunch. There will be no cost for this outing but bring your wallets to pay for lunch.

Sign up for this outing on October 3<sup>rd</sup> in the Hangar from 11am to 3pm.

## BRAINTEASER

DIRECTIONS: ***WITHOUT*** taking your pencil off the paper, draw ***4 straight lines*** through each dot! You can only go through each dot ***ONCE!*** Remember that each line has to be a straight line, and you can only draw 4 lines!  
Draw more boards if you need to!





# october word search

F F H B S L K C X D Y R Y Z P U M P K I N T G M  
 G A D X K P U C A M Z R R K X N I J A E D D T L  
 O I L Q E C O T U T K Z W F M B I O G R E X N D  
 B D G L L L K O K P J C A E O O V C W R I R X D  
 L D F C E E J H K C L H G O F S O G Y T R T R Y  
 I M B O T C W Z G Y B T E D M A E R C S S D J V  
 N H G S O M W C O Q A C V X W S J Z B O P E S L  
 C C C T N I A R W M A Q M L H U Q D H G D K L M  
 O A V U Q W W S W F B L I T Q A K G N X V C R Z  
 T C D M O L O M K L X I U T F A R C H C T I W Y  
 L R E E E R I P M A V K E O D B W U X O L W J K  
 M X E S M H C T I W Q M E S Y D J B T U Z S I G  
 P L R A N U F N I E T S N E K N A R F O G U F L  
 T R I C K O R T R E A T J R L W A M C S R P A A  
 W T E T I R I T B Y H J J T C J N O L F A E P N  
 U Y D C B R F T K M K G L Z H E F C G R V R P T  
 Z E T W E R E W O L V E S R W F Q V S H E N L E  
 K A K I A T A F L P Q V I S I X V F U J Y A E R  
 B C O B W E B S A P Y H E N U F Y W L Y A T C N  
 P R I D C D B O J Y L N E Q H A U N T W R U I R  
 F A H F H O C U S P O C U S U A J M P B D R D N  
 L M X Q T L W S L B E V G I R N B E L O A A E C  
 N R O C Y D N A C S R R C O C T O B E R J L R U  
 E J L L E P S Y J M O N S T E R S F R I G H T G

- |             |              |                |             |            |
|-------------|--------------|----------------|-------------|------------|
| apple cider | bat          | bones          | boo         | broom      |
| candy corn  | cobwebs      | coffin         | costume     | eerie      |
| fall        | frankenstein | fright         | ghost       | goblin     |
| graveyard   | haunt        | hex            | hocus pocus | jinx       |
| lantern     | mask         | monster        | october     | ogre       |
| potions     | pumpkin      | scream         | skeleton    | spell      |
| spooky      | supernatural | trick or treat | vampire     | werewolves |
| wicked      | witch        | witch craft    | zombies     |            |



## BUS OUTINGS



### BUS TRIP- WALMART SHOPPING TRIP:

*Tuesday, October 24<sup>th</sup> at 1:30pm Meet at Reception*

Needing to do some shopping? Come 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 1:30pm and make sure to have your wallet!

*Sign up for Walmart outing is on October 3rd from 11 am to 3 pm in the Hangar.*

*Time to dust off those costumes!  
This years Halloween Party will be a SMASH hit!*

**Harrison Pointe  
HALLOWEEN PARTY  
with Suede Dogs**

**The Suede Dogs will be entertaining us.  
Kent will be surprising us with his costume choice.  
The party will start at 7:00 pm to 8:30 pm.  
There will be prizes for best costume,  
best decorate apartment doors  
and best decorate pumpkins.  
There will be 50/50 draws, tons of candy,  
specialty drinks and door prizes.**

**Friday, October 27<sup>th</sup>  
7:00 PM • In The Lounge**

*Put on this dancing shoes,  
Everyone is welcome!*



# MOVIE Night

## Disney DISENCHANTED



Fifteen years after her happily ever after,  
Giselle questions her happiness,  
inadvertently turning the lives of those in the real world  
and Andalasia upside down in the process.

October 10<sup>th</sup> | 7:00 PM | In The Hangar

## Laughing Matters



What do sweet potatoes wear to bed? **Yammies.**

What did the Thanksgiving turkey say to the Christmas ham?  
**Nice to meat you.**

Why don't side dishes tell jokes? **They're too corny.**

What do you call a sad cranberry? **A blueberry.**

What do you need to make Thanksgiving s'mores? **Pil-grahms.**

Do you know where you can get turkey stock in bulk?  
**The stock market.**

What do you tell your jokester cousin on Thanksgiving?  
**You're on a casse-roll!**

What did the president say when presented with a poorly cooked turkey?  
**"Is it too late for a pardon?"**

What does grandma say when you burn the holiday meal?  
**Oh, good gravy!**

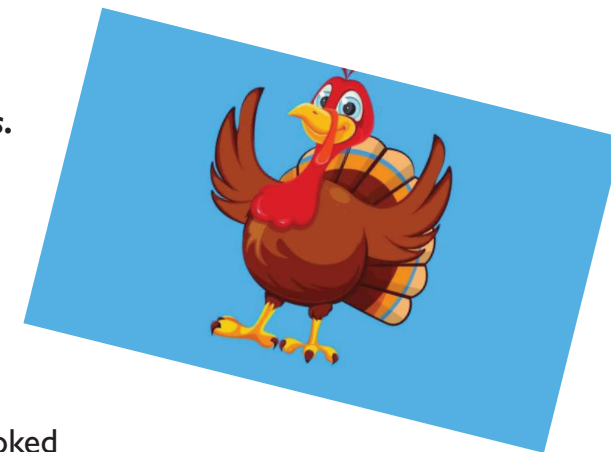
How did you find grandma's turkey this year?  
**I just looked next to the gravy.**

Why did the cranberries turn red?  
**Because they saw the turkey dressing.**

What side dish do you bring for Thanksgiving dinner  
when you accidentally sat on the sweet potatoes?  
**Squash casserole.**

Why should you never set the turkey next to  
the dessert? **Because he will gobble, gobble it up!**

What is a turkey's favorite dessert? **Peach gobbler!**





## SIGNATURE MOBILE SPA – AESTHETICIAN SERVICES

**Monday, October 16th and 30th from 9am to 3pm from 9am to 3pm**

We are so pleased to announce that we have found a mobile Aesthetician to take care of our spa needs. They will be here on here on here on **Monday October 9 th and 23 rd** in the **Harrison Pointe Spa** on the 1st floor by the elevators. We have included the services offered and fees for your review. Please book your appointment directly at **604-868-6283**.

### **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

*Nurses Corner*

## **Arthritis Awareness Month**



Tara Slevin



Abigail Biddlecombe

### **St. John Ambulance Therapy Dog**

Fanta and Marlene are BACK !!! We are thrilled to have the **St. John Ambulance Therapy Dog team back every Sunday at 2pm in the Fireside Lounge**. The St. John Ambulance Therapy Dog Program reaches out to thousands of people across Canada on a daily basis bringing comfort, joy and companionship to members of the community who are sick, lonely, reside in long-term care and mental health facilities; are in hospitals, schools, retirement communities and library settings. Program participants reap the therapeutic benefits of the unconditional companionship of a four-legged friend. I am so excited to introduce Marlene Peterson and her dog, Fanta, a Shetland Sheepdog. Marlene and Fanta are excited to meet and get to know the residents at Harrison Pointe.





# SATURDAY CINEMA

## Saturday Cinema

### THE GOOD, THE BAD AND THE UGLY

October 7th at 7:00 pm  
in the Hangar

A bounty hunting scam joins two men in an uneasy alliance against a third in a race to find a fortune in gold buried in a remote cemetery.

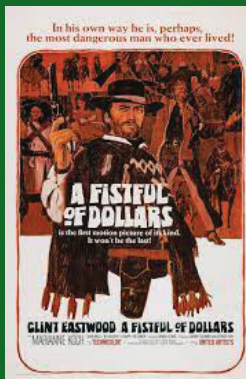


## Saturday Cinema

### FIST FULL OF DOLLARS

October 14th at 7:00 pm  
in the Hangar

A wandering gunfighter plays two rival families against each other in a town torn apart by greed, pride, and revenge.



## Saturday Cinema

### BUTCH CASSIDY AND SUNDANCE KID

October 21st at 7:00 pm  
in the Hangar

Wyoming, early 1900s. Butch Cassidy and The Sundance Kid are the leaders of a band of outlaws. After a train robbery goes wrong they find themselves on the run with a posse hard on their heels. Their solution - escape to Bolivia.



## Saturday Cinema

### UNFORGIVEN

October 28th at 7:00 pm  
in the Hangar

Retired Old West gunslinger William Munny reluctantly takes on one last job, with the help of his old partner Ned Logan and a young man, The "Schofield Kid."



# Celebrate

**Come join the traditional Harrison Pointe Social this month where we will celebrate birthdays, new residents and anniversaries! Come enjoy coffee, tea, and snacks while we sing happy birthday and enjoy each other's company!**

**Thursday, October 26 th from 1:30 - 2:00pm in the Bistro**

## COMPASSIONATE TOUCH CANADA

*We come to you!*

### Geriatric Massage

- reduced chronic pain and discomfort
- improves circulation and mobility
- strengthens immune system
- improves mental health and sleep
- improves neuro muscular transmission

### Compassion Massage

- gentle approach for older adults living in longterm, complex care or hospice who are bed ridden or highly sedentary.

### Dementia Touch Therapy

- integrated approach stimulating mind and body of older people living with dementia



**Tuesdays 9:00am to 1:30pm in the Spa. Call Chonna at 604-353-6794 for an appointment.**





# ANNOUNCEMENTS

## SPILLS HAPPEN

In order to keep our community looking its best we ask that you please report any and all spills to the front desk as soon as possible that way we can address it right away. If you'd like to take something from the dining room back to your suite please ask the servers for a to-go cup that has a lid or better yet bring your own with you. If we can tackle the stains appropriately and promptly, it will keep our home looking AMAZING!

## SUGGESTION BOX

Just a friendly reminder - we have a "locked" suggestion box on the wall at the bar on the second floor that is eagerly waiting your suggestions. No suggestions are too big or too small. Christie has a key and will check the suggestion box regularly. She promises that your suggestions will be given to the managers promptly. It is proven that suggestions and constructive criticism creates positive growth and that's what we are striving for at Harrison Pointe.

## THE PROVINCE AND SUN NEWSPAPER UPDATE

It has been brought to our attention that the Province and Sun Newspaper is going digital on Monday's going forward, therefore, Audrey will not be able to copy and hand out crossword puzzles on this day, however, do not fret as there will be crossword puzzles the rest of the week (Tuesday through Sunday) UGH Mondays!!

## MEALS

If you aren't going to make it to lunch or dinner please contact the front desk by 11:00 am for lunch and 4:00 pm for dinner.

## SHUFFLEBOARD CARPET

Our shuffleboard carpet (the long blue carpet in the Hangar) is very delicate. Please do not walk on the shuffleboard carpet in the Hangar. We will always make sure there is another way to get around, to get into and to get out of the Hangar. Walking on the carpet is not an option.

## PERFUME ALERT

Please be considerate of those around you who are sensitive to perfumes and scents by refraining from wearing them. Some residents are unable to participate in activities due to fragrance allergies and would appreciate your understanding.

# SUNDAY CINEMA

## Sunday Cinema

**October 1st at 7:00 pm  
in the Hangar**

## DIRTY DANCING

Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle.



## Sunday Cinema

**October 8th at 7:00 pm  
in the Hangar**

## ENCHANTED

A young maiden in a land called Andalasia, who is prepared to be wed, is sent away to New York City by an evil Queen, where she falls in love with a lawyer.



## Sunday Cinema

**October 15th at 7:00 pm  
in the Hangar**

## I LOVE LUCY

The wife of a band leader constantly tries to become a star - in spite of her having no talent, and gets herself (along with her best friend) into the funniest predicaments.



## Sunday Cinema

**October 22nd at 7:00 pm  
in the Hangar**

## UP

78-year-old Carl Fredricksen travels to Paradise Falls in his house equipped with balloons, inadvertently taking a young stowaway.



## Sunday Cinema

**October 29th at 7:00 pm  
in the Hangar**

## YES DAY

A mom and dad who usually say no decide to say yes to their kids' wildest requests with a few ground rules on a whirlwind day of fun and adventure.







**SPECIAL GAMES**

Games night is a chance to shoot a friendly game of pool, play a friendly game of crib or a friendly game of shuffleboard in the Library while enjoying some snacks, beverages and good company. Even if you don't play, stop by and socialize. Everyone in attendance will receive a free round of beer, wine or soft drinks.

**October 26th  
at 7:00pm  
in the Library**

**Everyone is welcome.**

**FLOOR SHUFFLEBOARD**

Join us on **Tuesdays, Thursdays and Saturdays in the Hangar at 8:50 am.** It is such a fun game, good exercise and a great way to socialize. We hope to see you there.



**TABLE SHUFFLEBOARD**



Join us on **Mondays in the Library at 3:00 Pm.** It is such a fun game, good exercise and a great way to socialize. We hope to see you there.

**BOWLING**



Come and have some fun (and exercise) while BOWLING! Meet us in the Fireside Lounge on the ground level. You won't believe how easy it is! Please come and try this fun, easy game! No experience necessary.

**Wednesdays 2pm for ALL floors**

**Sign-Up for Shopping, Outings, and Special Events**

Due to limited capacity, sign-up is required for shopping shuttles, outings, and certain special events. Please consult your newsletter and calendar to see what outings and events require sign-up, then check to see if those dates conflict with any appointments etc, you might have. The sign-up day will be on the calendar and announced in the newsletter. On that day, come down to the HANGAR during the appointed hours and put your name in the box for every event you would like to sign up for. Each event will have its own sign-up box, put your name on a ticket provided and put the ticket in the corresponding box. Sign up for as many outings as you like! In the event there are more people signed up for a specific event/activity than is the maximum, names will be drawn lottery-style to ensure fairness to everyone. Those whose names have been drawn will receive confirmation in their mailbox, and a wait list will be started for those who did not. Please see Shannon or Emilee if you have any questions regarding the sign-up procedure.

**October 3rd  
11:00 AM to  
3:00 PM**





## Yoga: Thursday and Saturday at 3pm in the Theatre Room

No Yoga on October 12th

### A little inspiration and motivation about why yoga is beneficial for us:

As we age, exercising regularly is a huge component in maintaining a healthy way of life. To achieve this, we need not have to aim for high-impact exercises such as running, biking or lifting weights, we can use walking, swimming, gardening, gentle aerobics and chair yoga just the same to meet our goals. Yoga is easy on our joints, promotes clarity and connection with our breathing and body awareness. Chair yoga specifically is a lovely form of yoga for anyone at any fitness level, from older adults to people looking to deepen their meditation practice and for those recovering from an injury.

### MOBILE DENTIST



**October 27th – Gary Khangura our Mobile Dental Hygienist will be in the house!!**

Travel no more. Gary Khangura has offered to provide dental hygiene services right here in our Spa.

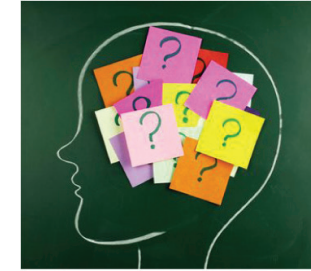
His cleaning takes about an hour per resident and he can charge dental plans directly. For those without dental coverage, his dental cleaning package starts at \$275. This includes dental hygiene examination, 40-45 minutes dental cleaning, x-rays if needed.

Book appointment directly with Gary at **604-210-2030**.

**The last Friday of every month – October 27th**

### BRAIN GAMES

COME PLAY WITH US



COME PLAY WITH US! Brain Games can be anything from Jeopardy, Scategories, Tribond, 20 questions, Hangman, Scrabble, Yahtzee, Bananagrams, Telestrations etc. Brain games are a fun and easy way to keep those brain cells sparkling while enjoying a great afternoon with friends. Join us as we use it instead of lose it. Everyone is welcome. No experience needed. I promise you will have a great time.

**October 3, 16, 23, 24, 26, 30**

### BINGO



Yes, you read that right, BINGO! Games will be .50 a card and we generally play 7 games. The money will be collected when you arrive, so be sure to bring your change with you. Bingo is open to everyone. Bring a friend, come on down and let's get our BINGO on!!!!

**Fridays at 2pm in the Hangar**

### CRIB

#### ATTENTION ALL CARD PLAYERS!

Calling all crib players to the Bistro Friday evenings at 6:45 pm. Playing cards is good for your mind, hand-eye co-ordination, memory, social life and so much more! So mark your calendars and come join the fun!



**Fridays at 6:30pm in the Bistro**

### POOL/BILLIARDS

We would like to invite everyone who is interested in playing pool to come together on Sundays at 7:00 pm in the Library or Hangar.

This is resident run activity and everyone who loves pool or billiards is invited to attend. If you don't play pool or billiards but appreciate watching a game and enjoying good company, please come and be a cheerleader! Bring your pool cue if you have one, however, we do have cues available for those who don't.



**Sundays at 7:00 PM**



## SING-ALONG WITH KATIE

**Everyone is welcome!!**

What's more fun than a good old fashion sing-a-long? Join us twice a month at 1:30 pm in the Hangar as our pianist tickles the ivories to some wonderful songs of old and new.



**October 16th and 30th at 1:30 pm  
in the Hangar**

## FUN AND FIT

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 Pointe making exercises part of your routine can be easy and fun. Shannon and Emilee host exercise classes 3 times a week and always try 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.



**Monday's, Wednesday's, and  
Friday's at 10am in the Hangar  
NO FUN AND FIT ON OCTOBER 2nd or 9th**

## WHEELS WITH WES



How's your walker running these days? Could your brakes stand a little tightening? Does the height need adjusting? You know what they say, "It's the squeaky

wheel that gets the grease!" TriCity Home Medical Equipment, provide master technicians that 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!

**Wheels with Eric will be in on October 18th  
from 1:00pm to 2:00 pm.**

**Contact TRICITY at 604-945-0980  
to set an appointment.**

## HAIR SALON



We are so delighted to have Lynn and Jolene here at Harrison Pointe Salon. Lynn and Jolene are taking clients on Thursday from 8am to 3 pm. The salon is located on the ground level. Make your appointment in the

**Call Lynn or Jolene at 6015**  
*Pricing information is available in the Salon. Both women and men welcome.*

**Lynn and Jolene will be here every Thursday  
in October**

## PRAIRIE GENERAL STORE

Our own general store is open daily from 9am to 5pm. We have a small number of items, such as Kleenex, toilet paper, bar soap, batteries, chocolate bars, chips, mints, cards (get well, happy birthday etc etc) for purchase.

## SELF-SERVE COFFEE & TEA TIME



Although we have removed Tea & Coffee Time from our calendar this activity still happens every day at 2pm in the Bistro. This is a great time to socialize with your fellow residents and enjoy a cup of coffee, tea or juice with a snack! Everyone is welcome. The more the merrier!

**Everyday at 2:00pm in Bistro**

## GAME ON



FUN, FUN, fun! We will be playing different games during our "game on" times, including but not limited to Ladder Ball, Bean Bag Toss, Axe Throw and more. Come join us for what will be a fun afternoon regardless of what we are doing! We need a cheering section too if you want to applaud from the sidelines, come join us in the Hangar at 2pm every Saturday. Guaranteed fun! No experience needed, come one come all!!

A GREAT afternoon with your friends and neighbours!

**Saturdays at 2pm**

## HEARING CLINIC

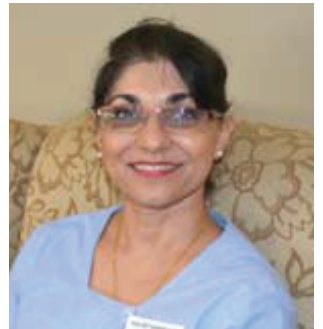


Our next visit from Amplifon will be on **Wednesday, October 25th from 1pm to 3pm** assistant will be providing cleaning of your hearing aids and complimentary hearing tests. These services are provided at no charge by Amplifon. You do not need to be a client of Amplifon to receive these services. Book your appointment today at our front reception.



## FOOT CARE

DAL Khor is a Registered Nurse who specializes in Foot Care. She is a DVA provider (Department of Veterans Affairs) which allows Vets free care in most cases. Now is your chance to have Dal help you with your nails, corns, callouses and more. She comes to Harrison Pointe several Thursdays a month to address all of our "foot care" needs. She books private appointments and will see you in our very own Spa Room on the 1st floor by the hair salon. *Call 604.534.0425 anytime to and make your appointment directly with DAL. She comes highly recommended.*



**Dal will be here every Thursday in OCTOBER in  
the SPA**



## LIBRARY BOOKS



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. Thank you for your cooperation!

## CHAIR ZUMBA



Chair Zumba is one of the easy exercises that can be done by seniors. It is more of doing dance moves while seated safely and comfortably in a chair. We will start with easy dance moves and build as we progress. Everyone is welcome to attend.

**October 2 at 10:00am  
in the Theatre Room**

## WORSHIP

Join us in the Hangar Room for Worship. This worship will be hosted by Lee Serediuk and Don Ernst. Everyone is welcome.



**October 8th and 22nd at 2:00pm  
in the Theatre Room**

## HAPPY HOUR



Join us in the bar lounge for happy hour! The bar will be opened for you to order your alcohol favorites whether that's beer, wine, or mixed drinks! Each alcohol beverage is \$3.00. If you are not a drinker there will be non-alcoholic beer for \$2.00 and non-alcoholic specialty drinks for \$1.00 available.

***Come on down and get social!***

***Open Everyday***

## MUSIC BINGO

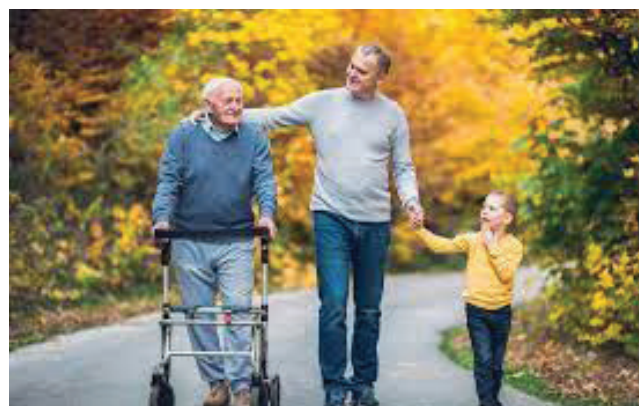


What is music bingo? It is a fun spin on traditional bingo that allows guests to sing along to snippets of their favourite songs while playing the exciting game of bingo. First time is free? Come on out and give it a try.

***Everyone is welcome.***

**October 12th at 2pm in the Hangar**

## WALK IT OUT



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, Thursday and Saturdays  
(resident run). Meet at Reception  
at 9:30am**

## BUSY HANDS



Join us for Busy Hands every Tuesday at 3:00pm in the Fireside Lounge (outside the Library). Busy Hands is going to look a bit different this time around. It is similar to knitting club but with extra flair. Bring your knitting, crocheting, needle point, quilting, scrapbooking, cards or crafting – anything you are working on down to the Fireside Lounge to socialize while you work. If you'd like to bring a cup of coffee or tea in a to-go cup from the bistro you are more than welcome to. Everyone is welcome, the more the merrier.

**Tuesdays at 3:00pm in the Fireside Lounge**

## COFFEE KLATCH



Join Emilee in the Country Kitchen for coffee or tea and a treat. It's an enjoyable hour to catch up and "spill the tea".

**Everyone is welcome!**

**Every Saturday at 10am**



## SELF-SERVE TOAST BAR



Join us daily in the Bistro from 6am – 10am for our toast bar breakfast. Our Toast Bar Breakfast not only offers toast with all the fixings but tea and coffee as well. Additionally, there are fresh baked muffins and other baked goods to choose from. It is a wonderful way to start the day socializing with other early risers.

**Every day from 6am – 10am in the Bistro**

## CRAFTERS CORNER



Join Shannon and Emilee in the Hangar at 10:00 am to create your very crafting masterpiece. The craft is not too difficult and may require the use of a hot glue gun. Everyone is welcome.

**October 10th and 31st**

## WHIST CARD GAME



Whist is a simple trick taking game, played in pairs. The players sitting across from each other are a team and together they try to get as many tricks as possible.

**Sundays at 3:00**

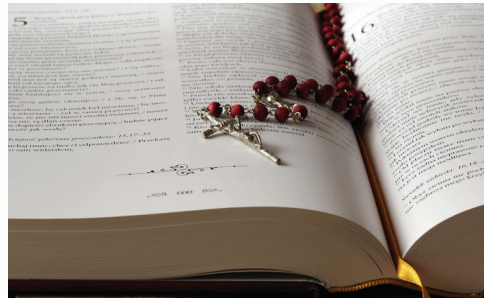
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**Every day at 2:00pm in Bistro**

## WORSHIP (ST. ANDREWS) IN PERSON



Join us on October 26th at 2:00 pm in the Hangar for church services presented by St. Andrews. Everyone is welcome. Come for a time of worship and inspiration.

**October 26th – Hangar**

## TILE RUMMY

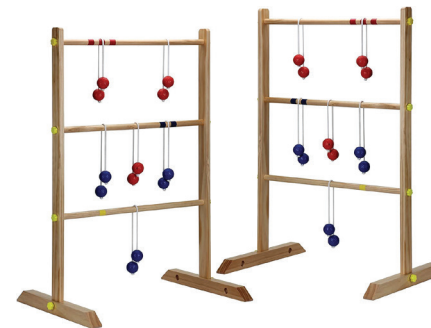
Please join us in the Bistro on Tuesdays at 6:30pm for a fun game of Tile Rummy. Tile Rummy is a fun and easy game to learn. The game is played with 106 numbered tiles that are in four different colours and two jokers. The object of the game is to get rid of your tiles first. Everyone is welcome!



**Meeting everyday Tuesday at 6:30pm in the Bistro**

## LADDER BALL

Take a toss and try to score some points for your team! This game is great for anyone to try. Ladder 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!



## DOMINOES



Dominoes is a fun and easy game to learn but will also challenge your mind and offer you an opportunity to socialize with great friends. Everyone is welcome. Please come out and play!!

**Sundays at 1:30pm and Wednesdays at 6:30 pm in Library**

## ROOK

Rook is a fun point-based card game that's played with 4 people. Before you play, you'll need a deck of cards made specifically for Rook (if you don't have one, play the similar game Hearts instead). Playing Rook may be a little complicated at first, but once you get the hang of it, you'll have no problem winning tricks and tallying your score! Everyone is welcome to attend. Gwen has offered to teach the game to newcomers and it's FREE!!



**Mondays at 6:15pm in the Bistro**

## BEAN BAG

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. Winner gets bragging rights!

