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<b>1 Turn Your Clock Back</b> <i>All Saints Day</i>  Eleanor H.	<b>2</b> 9:30 Darts - Down 10:30 Morning Stretch followed by Roll a Ball - Up 1:30 National Geographic - Up  	<b>3</b> 9:30 Hand & Nail Care - Down 1:00 Face Timing - Down 3:00 Music with Robin - Down 3:15 Pet Therapy - Down  	<b>4</b> 9:30 Gentle Chair Yoga - Down 10:30 Roll a Ball - Up 1:30 Family Feud - Up  	<b>5</b> 9:30 National Geographic - ↓ 12:45 Card Bingo - Up (Lodge) 1:30 Face Timing - Up 2:30 Church with Robin on DVD - Down  	<b>6</b> 9:30 Current Events - Down 10:30 Chair Yoga - Up 1:30 Friday Matinee and Popcorn - Up and Down  	<b>7 The Last CPR Spike</b> 
<b>8</b> 	<b>9 Remembrance Day Services with Pastor Kevin:</b> 9:15 - DSL Residents (Eastside) 9:45 - DSL Residents (Westside) 10:30 - Up West Residents 11:00 - Up East Residents (Upstairs West Lounge) 1:00 Face Timing - Down	<b>10 Forget-Me-Not Day</b> 9:30 Life on the Farm - Down 10:30 Morning Exercise followed by Roll a Ball - Up 12:45 Bingo - Up 3:00 Music with Robin - Down  	<b>11 Remembrance Day</b> <b>No Activities Today</b> 	<b>12</b> 7:30 Hair Salon Open 9:30 Morning Movie - Down 1:30 Afternoon Matinee - Up (West Lounge) 	<b>13 World Kindness Day</b> 9:30 Morning Movie - Down 1:30 Friday Matinee - Up (West Lounge) 	<b>14</b> 
<b>15</b> 	<b>16</b> 9:30 Gentle Chair Yoga - Down 10:30 Morning Stretch followed by Roll a Ball - Up 1:30 Life on the Farm - Up (West Lounge) 2:00 Bingo - Down  	<b>17 World Peace Day</b> 9:30 Hand & Nail Care - Down 9:30 Crafts with Cindy - Up 1:00 Face Timing - Down 3:00 Music with Robin - Down  	<b>18</b> 7:30 Hair Salon Open 9:30 Bean Bag Toss - Down 10:30 Roll a Ball - Up 1:30 Armchair Travel - Up  	<b>19</b> 7:30 Hair Salon Open 9:30 Short Stories - Down 12:45 Card Bingo - Up (Lodge) 1:30 Face Timing - Up 2:30 Church with Robin on DVD - Down 	<b>20 Universal Children's Day</b> 9:30 Current Events - Down 10:30 Gentle Chair Yoga - Up 1:30 Friday Matinee and Popcorn - Up and Down  	<b>21</b> 
<b>22 JFK Memorial</b> 	<b>23</b> 9:30 Ring Toss - Down 10:30 Roll a Ball - Up 1:30 Autobiography - Up  <i>Christmas Decorating Starts</i>	<b>24</b> 9:30 Short Stories - Down 9:30 Crafts with Cindy - Up 1:00 Face Timing - Up 3:00 Music with Robin - Down  	<b>25 30 Days to Christmas</b> 7:30 Hair Salon Open 9:30 Gentle Chair Yoga - Down 10:30 Morning Stretch followed by Roll a Ball - Up 1:30 Ring Toss - Up 2:00 Bingo - Down 	<b>26 American Thanksgiving</b> 7:30 Hair Salon Open 9:30 Autobiography - Down 12:45 Bingo - Up Residents 1:30 Face Timing - Up 2:30 Church with Robin on DVD - Down 	<b>27 Black Friday</b> 9:30 Morning Movie - Down 1:30 Friday Matinee - Up 	<b>28</b> 
<b>29 First Day of Advent</b> 	<b>30</b> 9:30 Bible Study with Pastor Kevin - Down 10:30 Bible Study with Pastor Kevin - Up (West Lounge) 1:30 Gentle Chair Yoga - Up (West Lounge)		<b>November is:</b> <ul style="list-style-type: none"> <li>- Fall Prevention Month.</li> <li>- Osteoporosis Month.</li> <li>- November.</li> </ul>	 <b>*** Please Note: Activities/Programs Could be Subject to Change.</b>		

**\*\*\*Please Note: A Maximum of 15 Residents per Activity – Abiding by Physical Distancing Guidelines.**



# Happy November!

*~ November is the month to remind us to be thankful for the many positive things happening in our life. ~*

## In Flanders Fields

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

- Lieutenant Colonel John McCrae

## Rest for Your Souls

November can seem tough, in Canada it is a month when we are preparing for winter. I have found that if I have not done anything for winter by the time November rolls in, it feels I am too late.

Years ago, I lived in the country of Malawi it is a small nation in South East Africa. Being that Malawi is in a different hemisphere than Alberta, the weather patterns were unlike ours here. Actually, the weather was very different, in Malawi we did not experience snow or frost. In fact, we only had two seasons dry and wet. The dry season began in May and lasted until October, not a drop of rain for six months. In October everything was dusty, even the leaves on the trees were covered in dust! In October there were often water rations, and electrical shortages and rioting because of the scarcity of food, occasionally even famine. October was a difficult month to say the least. As the month dragged on we eagerly anticipated the change in season.

November brought the rains, every afternoon the skies would open up and it would rain. The rain would soak the soil and bring about a refreshing and cleansing. The rains seem to bring a joy and hope to the entire nation. Smiles would rise on people's faces as the rivers and lakes would fill up again. Hope would blossom in people's heart and minds as crops would sprout and grow.

As I remember the Novembers in Malawi I am reminded of Psalm 23 The LORD is my shepherd; I shall not want. He makes me lie down in green pastures.

He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

This Psalm is familiar to you I am certain, yet powerful and meaningful. As we enter November in Canada, I pray that your soul and heart may be refreshed. The COVID-19 virus has been difficult and draining on everyone. I encourage you to find renewing and refilling with this passage of scripture.

Blessings,  
Pastor Kevin  
Regional Chaplain

