

November



Health Topic

Falls Prevention



Did You Know...

Anyone can fall, but as you grow older, the risk increases. Falls are the leading cause of serious injuries in older adults. The facts do not lie: every year, 1 in 3 Alberta seniors will fall.

The good news is that you can take steps to prevent slips, trips and falls.

For more information visit: <http://www.findingbalance.alberta.ca/seniors.html> or speak to your health care provider.

*Stay
Safe*

Remembrance Day



Remembrance Day, also known as Poppy Day due to the tradition of the remembrance poppy, is a day observed in Commonwealth member states which includes 53 member states including Canada, nearly all of them former territories of the British Empire. The tradition goes back to the end of the First World War as a way to honor the members of their armed forces who have died in the line of duty.

King George V began the holiday in 1919. The tradition of Remembrance Day evolved out of Armistice Day. The initial Armistice Day began at Buckingham Palace, with the King hosting a banquet honoring the French president.

Armistice Day, which held throughout the 1920's declared that Canada's Thanksgiving would also be observed on Armistice Day-the Monday of the week in which November 11th fell. The government in 1931, officially changed the date to November 11th. The name also changed to Remembrance Day. Canada's Thanksgiving now falls on the second Monday in October. At 11am. on November 11th, join the rest of the country in observing two minutes of silence to commemorate the time at which the Armistice was signed in 1918 and focus our thoughts on remembering those who died in the line of duty.

Canada has declared that the date is of "remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace"; particularly the First and Second World Wars, the Korean War, and all conflicts since then in which members of the Canadian Armed Forces have participated. After WWI, the red poppy quickly came to symbolize the blood shed by the soldiers on the Western Front. To honor those who died in both WWI and in other wars, please wear a poppy. You will be joining millions of Commonwealth residents all over the world in this silent but meaningful gesture. From "Remembrance Day-November 11, 2020" by nationaltoday.com-creative commons license*

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November Birthdays to Celebrate

Nov. 2 nd	Alice L
Nov. 6 th	Helen W
Nov. 29 th	Sandra N
Nov. 30 th	Rita J



Flu Clinic:

- The Flu Clinic was very successful and there was a good turnout. Please remember to wash your hands and/or use hand sanitizers located throughout the building to avoid picking up and/or spreading germs especially during the current COVID-19 Pandemic Situation and the current Flu Season. Also please remember to sneeze or cough into your elbow area not your hand and please social distance 2 metres (the length of a hockey stick) from one another. Please wear a mask also when going out. Thank you so much for your continued cooperation 😊

Did You Know?

- Please put your recyclable beverage containers ie. Milk, juice, wine or any other beverage container that is recyclable in the Blue Bins provided in the Garbage Room. Please do not leave plastic bags with recycle containers by the garbage. Thank you for your assistance 😊



Remembrance Day Services:

There will be 3 Services each one repeated to allow for a different group of residents to attend to be held on Tuesday, Nov. 10th. Please sign up for either 9:15am., 10:15am. or 11:15am.

Recreation Activities:

If you see a Recreation Program on the Recreation Calendar that you are interested in attending, please sign up on the Activity Sign-up Sheets on the Bulletin Board across from the Laundry Room as activities are limited to only 10-15 people per program. If the program is full, please put your name on the Wait List in case a cancellation arises. Thank you 😊

Please contact Sandy, the Activities Convenor at 780-962-6149, Ext. 203 or email at sclarke@smhg.ca



Grove Manor Toronto Blue Jays Cheer Team



Residents Enjoying Pie at the Thanksgiving Tea



Volunteer Appreciation Drive by Event Cheer Team