

November
2016

THE GARDEN GLOBE

The Gardens at West Highlands

2641 Garry Drive Lethbridge

403-942-0606

November

Personal Touch Fashions

November 2nd

Remembrance Day Activity

November 10th

Remembrance Day

November 11th

Dale Ketcheson (Guitar)

November 13th

Marina Acoustic Entertainment

November 14th

Mini Massages

November 16th

Mennonite Choir

November 20th

Mall Christmas Shopping

November 21st

Flute Concert with Grant Cahoon and Karen

November 21st

Birthday Party with Dawn Clarke

November 24th

Homemade Ice Cream

November 25th

Reminisce Chuck and Adele

November 27th

Make Cabbage Rolls

November 30th



Remembrance Day Activity at The Gardens

We will hold our Remembrance Day Service on

Thursday, November 10th at 2:00 in the afternoon.

If you have a story or poem you would like to share at this time please let us know. We are blessed to live in this wonderful country. Many have sacrificed so that we can enjoy peace and freedom. Please feel free to share any war memorabilia or pictures you may want to display. Let Karen know and she will come pick it up. Let's honor those who have given so much for us.

Entertainer Dawn Clarke Retires

If you have been here at The Gardens for many parties you will recognize Dawn Clarke as one of our favorite entertainers. She has performed for many years traveling around southern Alberta. She is retiring at the end of November so we wanted to be sure to get her on our calendar this month. Come join us for our **November Birthday Party**. You will enjoy her beautiful voice and comfortable stage presence.

WHIST! (and other games)

Whist is one of our more popular group activities. We would love to teach you how to play if you don't already know. Friday afternoon, November 4th we will teach anyone who wishes to learn this game. Let us know if there are other games you would like to learn.

Christmas Preparations!

Christmas is coming and so is our Resident Christmas Party!

We would love your help with the program. If you are interested in participating in the choir or some fun skits or even a poem or something on your own, please let us know! You are also welcome to join our hand bell choir and line dancing.

We will provide shuttle service to the mall for Christmas shopping on Monday November 21st from 1:00-4:30. You will need to sign up for this.

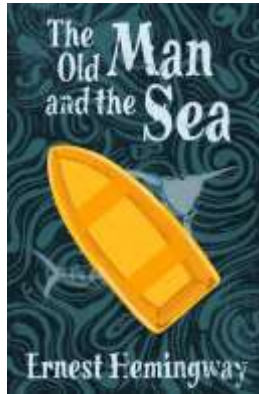


**Sunday, November 6th Daylight Saving Time Change
Move Clocks Back 1 hour**

Book Club

We had a successful meeting in October, and want to encourage others to join us! It was decided that we would not start reading until the beginning of

November so as to complete current books. November's book of the month is Ernest Hemingway's *The Old Man and the Sea*. If possible, please find your own copy. The public library, Kindles, iPads, or used book stores are great sources to find free/cheap copies. Talk to Randi if you have any questions or need any help finding a copy! Everyone is welcome!



Personal Touch Fashions is Returning!

November 2nd they will be in the main lobby from 1:00-4:00pm. They have a wonderful selection of women and men's clothing, as well as jewelry and other accessories. Come prepared to shop!

Organic Food Information Session

Tuesday, November 8th at 3:30, Randi will be explaining the different qualities of organic food versus non-organic food. She will discuss the benefits, the drawbacks, key terms to watch out for on labels, and give examples that will help you when shopping! This will be a very educational session, so come out and learn!



Ed and Anne Erickson celebrated their 64th wedding anniversary on October 28th. Congratulations to you!



Our Table Swap has been a very fun and useful event. Thank you for sharing your discards!! We will have another Table Swap the first of January so you can organize and de-junk your suite after Christmas

November Activities

Every day Activities (Except Sunday)

10:00 – Coffee and Chat

Monday Wednesday Friday

11:00 – Group Exercises

Tuesday Thursday

11:00 Tai Chi / Yoga

Monday Friday

6:45 Movie Night

7:00 Pay Me

Tuesday

1:30 Bridge 2:00 Bingo

7:00 Shuffleboard

Wednesday

3:30 Line Dancing 6:45 Rook 7:00 Crib

Thursday

7:00 Whist

Saturday

7:00 Shuffleboard

Sunday

7:00 Shuffleboard

November Activities at The Gardens

November 2 - Personal Touch Fashions

November 2 - Book Club

November 3 – Sing Along

November 4 – Hand Bells

November 4 – Learn to Play Whist (2nd floor)

November 7 – Mini Golf

November 8 – Organic Food Info Session

November 9 – Games: Sequence

November 10 – Remembrance Day Activity

November 13 – Dale Ketcheson and Phil Sillito
Guitar Performance

November 14 – Marina – Songs & Stories

November 15 – Skit Practice

November 16 – Free Mini Massages

November 16 – Bean Bag Toss

November 17 – Hand Bells

November 17 – Christmas Song Practice

November 18 – Christmas Craft or Cards

November 18 – Resident Council

November 20 – Mennonite Choir

November 21 – Bean Bag Toss

November 21 – Christmas Shopping at the Mall

November 23 – Craft: Christmas Crackers

November 24 – Birthday Party

November 24 – Song Practice

November 25 – Homemade Ice Cream

November 27 – Reminiscing with Chuck and Adele

November 28 – Carpet Bowling

November 29 – Games: Sequence

November 30 – Make Cabbage Rolls

November 30 – Bean Bag Toss

October in Review

We held a lovely Thanksgiving Celebration on October 7th. We heard from our infamous hand bell choir and our vocal choir as well. Thank you to the residents who participated. We especially enjoyed hearing beautiful solos from John Wevers and Micheline Richer. We are going to have another choir at Christmas. Watch for the practices in the November calendar.
EVERYONE WELCOME!



Thank you to Michell Anderson (Duane Oliver's daughter) for taking these pictures!



These ladies helped make Halloween decorations which turned out great! Thanks to Denise, Sara, Verna and Aurora!



We've had a large group out for exercises lately and are so glad! Come join us every Monday/Wednesday/Friday at 11:00am for a fun time!



Gladys Dougan had a special visitor. Her Great-Granddaughter, Clair Peake, was with the kindergarten class who came to sing for us!



We were lucky enough to enjoy not one but two performances by the FLVT kindergarten and grade 3 classes. They sang the cutest Halloween songs! We LOVE having little people visit The Gardens.



Marina entertained us with some old songs and stories. It was a hoot! If you missed her in October be sure to catch her this month on November 14th at 2:00

November Birthdays

Those born from November 1–21 are Scorpios. Scorpios are curious investigators and determined executives. They are passionate and rarely lose endeavors they set their heart to. If you were born from November 22–30, you are a Sagittarius, the Archer. Archers are not only confident but also lucky, so they often find success. Their enthusiasm is infectious, so people often help them achieve their ambitious and lofty goals.

Daniel Boone (frontiersman) – Nov. 2, 1734
Joni Mitchell (musician) – Nov. 7, 1943
Ed Asner (actor) – Nov. 15, 1929
David Ortiz (baseball player) – Nov. 18, 1975
Oscar Robertson (athlete) – Nov. 24, 1938
C.S. Lewis (writer) – Nov. 29, 1898

Garden View cancelled our Crib day with them again this month! Sorry for the disappointment!!

