

Elen's Salon



Elen: Hairdresser and Barber. Tuesday and Friday mornings before noon.



Tuck Store

The store is open Friday afternoons (1:30 -3:00) **Downstairs Theatre Room.** Special orders will be filled once per week.
**Prices may vary.

Optometry Clinic:

(Dr. Chan)
Check for next in-house visit

Lifestyle Hearing Clinic

Available Second Wednesday of each month (East Wing Alcove).
See Care Manager or enquire at Nurse's Station

Mobile LifeLabs

is continuing service on Tuesday mornings (7-8am)

Foot Care Nurse will be visiting on select days



Live Music

Join us Wednesday (2pm) for our very popular live music program. Basement Activity Room or front patio when weather is right.

"Karaoke Joe"

-select days at 2:30pm in the Complex Heritage Room or Oak Lounge.

In case you didn't know, Joe is a Care Aide but also happens to be a popular singer as well !!

Mobile Dentist / Hygiene Services

Available on select days
Book with D.O.C. or Nurse's station



WELCOME NEW RESIDENTS



DIANA RODHAM
NANCY LANGTON
EVELYN WALKLEY
ARDEN ROBERTSON

LEAVING



HUGUETTE HILBERT



IN LOVING MEMORY

ROSA IANNANTUONI
MARY THORPE
BYRNE TURNER



Autumn Word Search



See how many of these autumn related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindhart
Grand Forks Herald 2013

- | | | | |
|-----------|-------------|---------------|------------|
| 1. Autumn | 5. Raking | 9. Gourds | 13. Corn |
| 2. Fall | 6. Harvest | 10. Football | 14. Maize |
| 3. Leaves | 7. Pumpkins | 11. Season | 15. Yellow |
| 4. Colors | 8. Apples | 12. Scarecrow | 16. Orange |

WESTMINSTER HOUSE

Retirement Community

1653 140th Street

Surrey, BC V4A 4H1

Phone: (604) 538-5291 Fax: (604) 535-2510

www.westminster-house.org

ORGANIZATION LIST

General Manager Gordon McNaughton
Director of Care Jyoti Arora
Resident Care Manager Divya Kapoor
Administration Manager..... Tracy Campbell
Human Resources Tania McNaughton
Payroll & Benefits Thuzar Win Maung
Recreation and Volunteer Manager Ken Biehl
Pastoral Care..... John, Michelle & Walter Opmeer
Maintenance..... Scott Munroe / Alex Ferguson / Ilya Rusk
Dietician..... Julie Stephenson
Housekeeping Supervisor..... Anne Gravelle
Clinical Resource Nurse/Staff Educator..... Honey George
Reception..... Nicoleta Stratulat/Vicky Gastaldello



Sunday	Monday Pet Visit (Kathleen & Patsy)	Tuesday <i>Elen's hair Salon</i>	Wednesday	Thursday	Friday Janet & Lucy <i>Elen's hair Salon</i> Tuck Store 1:30-3pm Theatre Rm	Saturday
 						1. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 2:00 Music w/Alastair McMurray 
2. <u>Clocks back 1 hour*</u> 9:30 Exercise/Awareness© 10:30 Mystery Time 2:00 Music w/ Allen Boolinoff  (Hymns & Songs) {C} (AL& C)	3. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:15 Prayers & Songs(+) (Communion)  1:30 Mystery Time © 1:30 Bingo (T) 	4. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:15 Catholic Communion(+)  1:15pm -Bus Outing Scenic Drive  1:15 Spirit Lifters (T) 1:30 Mystery Time ©	5. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 10:15 Hymn Sing (+)  2:00 Music Afternoon w/ Ranj Singh 	6. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games & Pencil Talk (B) 1:30 Mystery/ © 1:30 Painting Class 	7. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:30 Bible Study  1:30 Tuck Store (T) 1:30 Garden Club 	8. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 2:00 Sing-a-long 
9. 9:30 Exercise/Awareness© 10:00 Sam & Tucker  10:30 Mystery Time 2:30 Karaoke Joe © 	10. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Shuffleboard(B) 10:15 Prayers & Songs(+)  1:30 Mystery Time © 1:30 Bingo (T) 	11. STAT REMEMBRANCE DAY NO Armchair Exercise 10:15 Remembrance Day Service (B) NO Catholic Communion NO Bus Outing  1:30 Pencil Talk (B) 1:30 Mystery Time ©	12. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Reminisce (B) 10:15 Hymn Sing (+)  2:00 Music Afternoon w/Peter Tennant 	13. 9:30 Armchair Exercises(B) 10:30 Memory Project Guest Speaker -Percival Smith (B) 1:30 Mystery Time © 1:30 Table Games & Pencil Talk 2:30 Karaoke Joe © 	14. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:30 Bible Study  1:30 Tuck Store (T) 1:30 Mystery Time ©	15. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games(B) 2:00 Music w/Alastair McMurray 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16. 9:30 Exercise/Awareness© 10:30 Mystery Time 2:00 Music w/ Allen Boolinoff (Hymns & Songs) {C} (AL& C)	17. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:15 Prayers & Songs(+) 1:30 Mystery Time © 1:30 Bingo (T)	18. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:15 Catholic Communion(+) 11:15am -Bus Outing White Spot Lunch 1:15 Spirit Lifters(T) *1:30pm Sing-a-long w/L.C. © *2:45pm Hand Chimes w/L.C.	19. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 10:15 Hymn Sing (+) 2:00 Music Afternoon w/Nathen Aswell	20. 9:30 Awareness © NO Armchair Exercises 9:45 GrandFriends 1:30 – Table Games & Pencil Talk 1:30 Mystery Time ©	21. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Table Games (B) 10:30 Bible Study (+) 1:30 Tuck Store (T) 1:30 Garden Club	22. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games(B) 2:00 Music w/Alastair McMurray
23. 9:30 Exercise/Awareness© 10:00 Sam & Tucker 10:30 Mystery Time *2:00 Sophia Bouvier{C}	24. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Shuffleboard(B) 10:15 Prayers & Songs(+) 1:30 Mystery Time © 1:30 Bingo (T)	25. 9:30 Armchair Exercises(B) 9:30 Awareness © NO Catholic Communion today 11:15am -Bus Outing ND Chamber Music 1:15 Spirit Lifters(T) *1:30pm Sing-a-long w/L.C. © *2:45pm Hand Chimes w/L.C.	26. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games (B) 10:15 Hymn Sing (+) 2:00 Music Afternoon w/Kierah Raymond	27. 9:30 Armchair Exercises(B) 10:00 Table Games & Pencil Talk 1:30 Mystery Time © 1:30 – Painting w/Starlene 2:30 Karaoke Joe ©	28. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Helping Hands (Newsletters) 10:30 Bible Study (+) 1:30 Tuck Store (T) 1:30 Mystery Time ©	29. 9:30 Armchair Exercises(B) 9:30 Awareness © 10:00 Word Games(B) 2:00 Sing-a-long
30. 9:30 Exercise/Awareness© 10:00 Sam & Tucker 10:30 Mystery Time *2:00 Sophia Bouvier{C}	LEGEND FOR ROOMS (O) Oak Lounge (B) Basement Activity Rm (T) Theatre Room (F) Fireside Lounge (P) Back Patio © Complex Care (G) GardenView –Complex {C} Coffee Shop (+) Chapel	NOVEMBER 2025 Legion			NOVEMBER 2025 	



In celebration of all
November Birthdays...

Andrew Owens	November 6
'Arden' Robertson-	November 8
William 'Bill' Ross	November 10
Noreen Mills	November 10
Max Bissegger	November 11
Violet Stork	November 11
Sheila Hildred	November 13
Robert Rausch	November 14
Roy Cleaver	November 15
Gwen Furness	November 17
Sandi Stacey	November 17
Diana Dickson	November 21
Tom Tabian	November 29

Zodiac:

Oct. 24 - Nov. 20 Scorpio
Nov. 21 - Dec. 21 Sagittarius

Birthstone: Opal and topaz

Flower: Marigold and
Chrysanthemum

Colours: Brown and Yellow

Origin of November:

The name November comes from the ninth month in the Roman calendar (from the Latin, novem, denoting "nine"). November retained its name when January and February were added.

UPCOMING EVENTS

Painting with Starlene:

Thurs. Nov. 6th & 13th

1:30pm – Theatre Room.

Try your hand at water-color painting.

You might be surprised

No experience required



November 4th Tuesday 1:15 pm
-Scenic Drive

November 11th **NO bus outing**

November 18th Tuesday 11:15 am
-Lunch @ White Spot

November 25th Tuesday 11:15 am
-Classical Concert in North Delta

PLEASE NOTE*

***If you wish to go on a bus outing,
you**

MUST SIGN UP IN ADVANCE*

Did you know?

You can view our monthly Recreation calendar on our website:

<http://www.westminster-house.org/our-services.php>

Gardening Club:

Friday **November 7 & 21**
(10am - Oak Lounge)



Remembrance Day Service **Tuesday November 11th**

Basement Activity Room
@ 10:15am



Nov. 13 – Memory Project
guest speaker Percival Smith
10:30am (Activity room)*

LIVE MUSIC

- Nov. 1: Alastair McMurray
- Nov. 5: Ranj Singh
- Nov. 12: Peter Tennant (guitar)
- Nov. 15: Alastair McMurray
- Nov. 19: Nathen Aswell
- Nov. 22: Alastair McMurray
- Nov. 23: Sophia Bouvier
- Nov. 26: Kierah Raymond
(Celtic Fiddle)
- Nov. 30: Sophia Bouvier

Plus ...sing-a-longs on select Saturdays



Karaoke Joe

Now in Complex Oak Lounge at 2:30pm

- Nov. 9
- Nov.13
- Nov.20



Allen Boolinoff

Sunday **November 2 & 16**
Hymns and other favorites

Music Therapy w/ Louise
Cadrin: Nov. 18 & 25.

Pet Therapy



We have some great four-legged friends at Westminster-House these days...

Samantha & Tucker visit on select Sundays, Kathleen & Danny with their dog Patsy on Mondays...Janet & her dog Lucy on Fridays and of course, Gord & Tania's dog Riley can be seen most days hanging around the office. *(Please don't feed him, though!)*.

Thursday, November 20

The Ray Shepherd Grand-friends program continues.. They visit monthly during the school year – In the Basement Activity room. This inter-generational program is a very positive experience for young and not so young!

**** Reminder ****

Sunday November 2
At 2am

Turn the clocks back

Remember to move
your clocks
back one
hour.



AP

Pastor's Corner



Walter, Michelle
and John
Opmeer

Michelle and I have heard many interesting stories from residents over the years. They have been and still continue to be a source of inspiration to us. Here are three quick examples.

As many of you know, both of us were born and raised in The Netherlands. In 1940 Hitler invaded our country. We suffered 5 years of occupation and towards the end of the war, the so-called "hunger winter" of 44/45, mostly in the big cities in the West. The Dutch church came to the help of frustrated parents by offering to find host families in the more rural areas of the country. Our parents took the offer, and so we spent the last months of the war away from home. Michelle ended up far north, and in April 1945 was liberated by the Canadian army. I was liberated a few days earlier farther south. Sixty years later Michelle and I visited a resident who turned out to be a veteran from WW2. Imagine our surprise when it turned out that he had been part of an army detachment that liberated the small village that hosted the 8 year old girl who is now my wife! But there is more: some 8,000 Canadian soldiers gave their lives to liberate the Dutch from Nazi bondage!

Another dramatic story. During one Bible study in chapel we talked about life after death. To our surprise there were two residents who had

had a "near death, out of the body" experience. I have no space here to give any details shared. But there are thousands of such documented stories, many of which hint at the reality of life after death.

One more, very quick. Years ago we met a resident with the last name of Scriven. Since one of the most beloved hymns of all time, "What a Friend we have in Jesus" was written by a Joseph Scriven, I asked her, "Are you family?" She was not so sure, but I think so, since it is not a very common name.

When I thought about these three memories (and several others), it dawned on me that they all have something in common. Can you guess? There is someone who came to liberate people from bondage, not to Nazis but to sin. He, too, gave his life to set people free, to become worshippers of their Father in heaven. His name is Jesus, the name above all names. He offers freedom from bondage to sin to all who want to come to know him and trust him. Do you know him already? Then you love to sing, "What a Friend we have in Jesus"! Soon, we are getting ready again to celebrate the birth of Jesus, long foretold by the prophets of old. The world may celebrate it in different ways, but those who open their heart to this Prince of Peace have the joy of knowing the Friend Joseph Scriven wrote about.

Let's not miss out. With thanks for the stories you share,

Pastor John and Michelle

Each November, Poppies bloom on the lapels and collars of millions of Canadians. The significance of the Poppy can be traced back to the Napoleonic Wars in the 19th century, over 110 years before being adopted in Canada. Records from that time indicate how thick Poppies grew over the graves of soldiers in the area of Flanders, France. Fields that had been barren before battle exploded with the blood-red flowers after the fighting ended. During the tremendous bombardments of the war, the chalk soils became rich in lime from rubble, allowing the "*popaver rhoeas*" to thrive. When the war ended, the lime was quickly absorbed and the Poppy began to disappear again. The person who first introduced the Poppy to Canada and the Commonwealth was Lieutenant-Colonel John McCrae of Guelph, Ontario, a Canadian Medical Officer during the First World War. John McCrae penned the Poem "In Flanders Fields" on a scrap of paper in May, 1915 on the day following the death of a fellow soldier. Little did he know then that those 13 lines would become enshrined in the hearts and minds of all who would wear them. McCrae's poem was published in *Punch Magazine* in December of that same year, and the poem later served as inspiration three years later for Moina Michael, an American teacher. Moina Michael

made a pledge to always wear a Poppy as a sign of Remembrance. During a visit to the United States in 1920, a French woman named Madame Guerin learned of the custom. Madame Guerin decided to make and sell poppies to raise money for children in war-torn areas of France. The Great War Veteran's Association in Canada (our predecessor) officially adopted the poppy as its Flower of Remembrance on July 5, 1921.

Today, the Poppy is worn each year during the Remembrance period to honour Canada's Fallen. The Legion also encourages the wearing of a Poppy for the funeral of a Veteran and for any commemorative event honouring Fallen Veterans. It is not inappropriate to wear a Poppy during other times to commemorate Fallen Veterans and it is an individual choice to do so, as long as it's worn appropriately.

Thanks to the millions of Canadians who wear the Legion's lapel Poppy each November, the little red flower has never died, and the memories of those who fell in battle remain strong.



Remembrance Memories

From W.H. resident (and veteran)
Bill Nicholson:

Mons, a city in Belgium, has ties to Canada due to two events. The city was liberated by the Canadians November 10, 1918. While on patrol on the morning of November 11th, 1918 private George Price was shot by a sniper (time: 10:50). Died 10:58, two minutes before the official cease fire. Pvt. Price is the last known Commonwealth soldier killed during the 1914-1918 war. Price is buried in a graveyard outside the city. Coincidentally, not far from Price is the grave of the first British soldier killed in the war.

The Memory Project

Is an initiative of Historical Canada. It is a volunteer speakers bureau that arranges for veterans and Canadian Forces members to share their stories of military service at school and community events across the country. Our speakers have reached more than 3 million Canadians of all ages since 2001. Our volunteer speakers are enthusiastic about sharing their first-hand accounts, and their

experiences cover topics from front-line battle, peacekeeping to domestic service. The Memory Project Speakers Bureau is available year-round for both school and community groups, and for audiences of all ages

Please join us **November 13 @10:30 am** in the Basement Activity Room with our special guest Speaker – Percival Smith.

Please note:

As we prepare for Christmas, some programs may be cut short or cancelled in order to adequately decorate the building for the holiday season.

....On the lighter side

(Courtesy of Resident Sheila J.)

So... Paper plates and bamboo cutlery?
What have we done to deserve such luxury?

We go about our daily (walk-wheeling)
Greeting each other with friendly talk-
how's the back?

But there is one thing that may spoil our thinking – Where people sit in the dining room.

One, the frequent coughers – some loud, some soft, some tuneful,
Two – The sneezer: e.g: "He sneezed a sneeze into the air, it fell to earth, I know not where."

But cold and hard were the looks of those in whose vicinity he snooze."

Three - The burpers (I am one of these) – started as an infant. Try to suppress and everyone sees you.

The rest should be thankful.

Some interesting thoughts from Jon Elton's collection:

So if a redhead goes crazy,
Is it called Ginger snaps?

A big pack of toilet paper fell on me
at the store.
I suffered soft tissue damage...

A truck loaded with Vicks vapor rub
overturned on the highway.
Amazingly, there was no congestion
for eight hours.
Everyone told Beethoven that he
couldn't be a musician because he
was deaf.
But did he listen?

Better to be disliked for walking
alone than loved for walking with
fools going in the wrong direction.

Imagination is more important than
knowledge. Knowledge is limited.
imagination encircles the
world. — Albert Einstein

The bad news is that time flies. The
good news is that you are the pilot.

There is no enjoying the possession
of anything valuable unless one has
someone to share it with.
— Seneca

"One person with passion is better
than forty people merely
interested."
~ E.M. Forster

"You have not lived today until you
have done something for someone
who can never repay you." —
John Bunyan

We ought to do good to others as
simply as a horse runs or a bee
makes honey or a vine bears grapes
season after season without
thinking of the grapes it has borne.
— Marcus Aurelius

Anti-intellectualism has been a
constant thread winding its way
through our political and cultural
life, nurtured by the false notion
that democracy means "my
ignorance is just as good as your
knowledge".
— Isaac Asimov

The most dangerous thing you can
do is educate people. Because when
people become educated you
cannot control them, you cannot
frighten them. People who are
educated know their own power
and don't surrender it to others.
— Jordan Maxwell

Never claim to be honest. Just say
something that only an honest
person would say.
Never claim to be a perfectionist.
Just do something that only a
perfectionist would do.
Don't tell people that you are an
author or a podcaster. Just give
them a copy of your book. Invite
them to be on your podcast.



Grade 3 Grand-friends



Pumpkin Carving

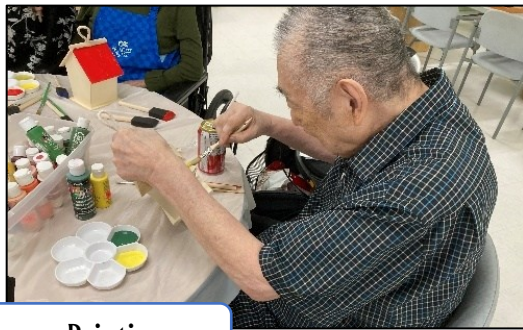


Richard Stepp



C-Lovers Outing





Birdhouse Painting



GARDEN CLUB



Aldor Acres Field Trip



Pet Therapy w/Danny & Patsy



Coffee Shop Puzzlers



Display at Boundary Bay Airport



Art display Oct. 17. Thanks to Greg Smith & Patricia Dunn for organizing



Peter Montgomery



Brian Zalo

