News from Home

Carveth Care Centre

Gibson Family Health Care Newsletter — *Our family caring for your family*

November 2026

Remembrance Day

On Nov. 11, please join us for a moment of silence at 10:30 AM and for a special Remembrance Day service at 2 pm in our Sunshine Sensor Room.

Turkey Winners

Congratulations to the staff who won Thanksgiving turkeys from the Gibson family last month!

Daylight Savings

The days are getting shorter which means it's time to turn your clocks back one-hour. Remember to turn your clocks back on Nov. 1 at 2 am (or before you go to bed if that's too early.)

Daily updates

Watch for regular updates about our home on our website and Facebook page.

Staff Spotlight

This month, we are featuring the good work of Sara Dennison, a Residential Aide in our lodge. Please see details on Page 3.



Interesting facts about November

1. In the US and Canada, November is National Beard Month or No Shave Month. 2. On Nov. 18, 1963, Bell Telephone Company introduced to the public the push button phone. 3. The Erie Canal was formally opened in New York on Nov. 4. 1825. 4. The first mechanically ventilated underwater tunnel in the world, The Holland Tunnell, opened to traffic on Nov. 13, 1927. 5. The Suez Canal opened on Nov. 17, 1896.



Weather or not

Use this November weather lore to predict the weather in future months: As the weather is in November, so it will be in March. Thunder in November means a fertile year to come.

Family Council

We would like to find a few more people to join our Family Council. It's a small group that meets every month at Carveth for an hour or two. The group tells us what we're doing well and what we could do better. It's invaluable feedback because we're always looking for ways to improve. Please consider joining this fun group at our next meeting. Everyone welcome!

Holiday fun for the family

The weather is getting cooler which means Christmas is around the corner. The Gananoque Santa Claus Parade starts at the high school at 5:30 pm on Saturday, Nov. 28. The Lyndhurst Santa Claus Parade starts at 4 pm on Nov. 21.

Upcoming Christmas events

We have two upcoming Christmas activities: The Carveth Christmas Pop Up Sale Nov. 26 to 28; and an Open House in our lodge from 1:30 to 3:30 pm on Saturday, Dec. 5.

"November comes and November goes,
With the last red berries and first white snows."

Tell us what you think

Do you have a story idea or feedback for our newsletter? Contact Catherine Reynolds at 613-384-4582 ext. 251 or **catherinereynolds@gibsonfamilyhealthcare.com**



In Flanders Field

by Lieutenant Colonel John McCrae

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 live 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.

Did you know this Canadian poem was inspired by the poppy: The iconic red poppy tradition grew out of the poem "In Flanders Fields," written in 1915 by John McCrae, a Canadian military doctor and poet from Guelph, Ontario, after he noticed bright red poppies blooming across the churned-up battlefields of Belgium.

O Canada

O Canada!
Our home and native land.
True patriot love, in all they sons' command.
With glowing hearts, we see they rise, the true north strong and free. From far and wide, O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

Did you know about The Thanksgiving Merger? From 1921 through 1930, Canada held Armistice Day on the Monday of the week of Nov. 11, merging it into a joint holiday with Thanksgiving. This mix of celebration and solemn mourning upset many veterans and the public, leading Parliament to separate the two holidays and establish official Remembrance Day on Nov. 11 in 1931. The 11th Hour Origin*: The date and time mark the official end of First World War fighting through an armistice that took effect on the "11th hour of the 11th day of the 11th month" in 1918.*



Carveth Retirement Lodge celebrates Sara Dennison

Residential aide is Employee of the Month for November

As a new member of the workforce at Carveth Retirement Lodge, Sarah Dennison has made a big impact on its residents and staff in a short amount of time.

A Residential Aide at Carveth Retirement Lodge for less than seven months, Sarah is the home's Employee of the Month for November 2026 in recognition of the care and support she provides residents.

Since joining Carveth in May 2026, Sarah has enjoyed getting to know the residents and making a difference in their day-to-day lives. For her, the people she works with are what make the job so rewarding.

"The residents are the best part of the job for sure," she says with a smile.

Lodge Manager Joe Classen recommended Sarah for the award, recognizing her dedication and the positive contribution she makes to the Carveth team.

"Sarah has been a wonderful addition to our team at Carveth Retirement Lodge," explains Joe. "Her commitment to her work and the care she brings to her role help make our home a welcoming place for residents. We're pleased to recognize her contributions and congratulate her on being named Employee of the Month."

When she's not at work, Sarah enjoys photography, watching movies and spending time at home with her two cats, Ellie and Malcolm.

Looking ahead to the next decade, Sarah hopes to keep things simple and focus on what matters most.

"In 10 years, I hope I am healthy, happy and not taking life too seriously," she says with conviction.

Carveth Retirement Lodge congratulates Sarah on this well-deserved recognition and thanks her for being part of the team. Her appreciation for the residents and the relationships she builds with them reflect the importance of compassion and connection in everyday life at the Lodge.

To learn more about living or working at Carveth, please call 613-382-4752 ext. 110 or visit www.gibsonfamilyhealthcare.com

Snapped at Carveth Care Centre











Carveth Auxiliary
is requesting
DONATIONS
for its
Christmas Pop-Up Sale

Carveth Care Centre

Donations:
Xmas items, baked goods or new items that can be gifted.

Call Krystyna
613-572-2274
for drop off.

Save the date for this popular
SALE!
Nov. 26 - 29
at Carveth Care Centre

Carveth Care Centre
3rd Annual
Holiday Open House
at Carveth Retirement Lodge
Come Home for the Holidays
at Carveth Lodge
Sweet Christmas



Live Music | Festive Treats | Tours

SATURDAY,
DEC. 5
1:30 to 3:30 pm

Carveth Retirement Lodge
Affordable Assisted Daily Living
375 James Street, Gananoque ON | 613-382-4752

Carveth Care Centre team member receives Award of Excellence

Nicole Chisamore recognized for her dedication to keeping residents safe, comfortable & cared for



At Carveth Care Centre, creating a safe, clean and welcoming environment for residents takes a dedicated team working behind the scenes every day.

For Nicole Chisamore, a member of the home's housekeeping team, that commitment is personal — and it has now earned her special recognition. Nicole has received the Award of Excellence from the Canadian Healthcare Environmental Services Association (CHESA), celebrating her dedication, professionalism and valuable contributions to healthcare environmental services.

The award recognizes individuals and teams whose work helps create clean, safe and welcoming healthcare environments for residents, patients, staff and visitors.

For Nicole, maintaining that environment is about much more than keeping a building clean. It is about caring for the people who call Carveth home.

"Being part of the Carveth housekeeping team, I feel our work is extremely important to the comfort, cleanliness and safety of the residents' home," Nicole explains.

Her connection to Carveth Care Centre runs deep. Over the years, she has worked at the home as both a Personal Support Worker (PSW) and a member of the housekeeping department. Her family connections to Carveth, including having her mother live there, have made her work especially meaningful.

With her aunt and other loved ones also connected to the home, Nicole understands firsthand the importance of providing an environment where residents feel safe, comfortable and respected.

"It is important to me that their environment is safe, healthy and clean, and I will go the extra mile, share ideas and, from time to time, put in a little extra of my own time to assure my job is complete," she says with sincerity.

Nicole is quick to share the credit for her achievement with her colleagues, emphasizing the importance of teamwork and the supportive workplace they have built together.

"I love my work and the team that I work with because each of us brings something valuable and works hard at our job," she says, adding that housekeeping manager Mark Campbell provides fantastic leadership and treats the team with respect, making coming to work enjoyable.

She also credits her fellow housekeeping colleagues — Amanda, Jen, Kathy, Amy, Shawny and Cass — along with Mark and Tom from the maintenance team, for making her work rewarding and inspiring her to do her best.

"We are a circle of care at Carveth Care Centre," Nicole said.

Anitha Chandrahausan, Infection Prevention and Control (IPAC) Lead at Carveth Care Centre, shares her congratulations and pride in seeing Nicole's contributions recognized by CHESA.

"Nicole's Award of Excellence is a wonderful recognition of the dedication and care she brings to her work every day. Our housekeeping team plays an essential role in infection prevention, resident safety and creating a clean, comfortable home for everyone who lives and works here. Nicole's commitment to going the extra mile reflects the values we strive to uphold at Carveth Care Centre. We are very proud of her and delighted to see her receive this well-deserved recognition."

CHESA's Award of Excellence celebrates the important contributions of healthcare environmental services professionals across Canada, highlighting the meaningful difference their work makes in the lives of others.

For Nicole, the award is a reflection not only of her own dedication but also of the colleagues who support her and the residents who inspire her.

At Carveth Care Centre, her story is a reminder that exceptional care takes many forms. Sometimes, it is found in the everyday work of people who quietly go the extra mile to make a place feel safe, healthy and like home.

To learn more about living or working at Carveth Care Centre, please call 613-382-4752 or visit www.gibsonfamilyhealthcare.com

SPARKLE

a Senior's Spirit THIS CHRISTMAS

at Carveth Care Centre

"Help us buy a gift for a resident and give them joy on Christmas day."

Carveth Care Centre

Christmas Sparkle

Help Carveth Auxiliary bring a smile to a senior this Christmas...

Your monetary donation will help us bring a personalized/requested item for a resident at Carveth Care Centre. Donations can be mailed, or dropped off, to our home. Mailed donations can be made payable to Carveth Auxiliary and sent to Carveth Care Centre (Attention Activation). Thank you! Address:

375 James Street, Gananoque, ON K7G 2Z1 | 613-382-4752 ext. 107

Dates to Remember
at Carveth Care Centre

November is Falls Prevention Month

Long-Term Care

Nov. 1…Daylight Savings Time
Nov. 3…Teamific Quiz
Nov. 5…Live music by Andy Clark in LTC Main Dining Room at 2 pm
Nov. 11… Remembrance Day service at 2 pm in Sunshine Sensory Room
Nov. 12…Live music by Tim Hallman in LTC Main Dining Room at 2 pm
Nov. 17…Visit by Sheba's Haven at 2 pm
Nov. 18…Culture Club at 2 pm
Nov. 19…Birthday Diners' Club at noon
Nov. 24…Residents' Council at 2 pm
Nov. 26…Music by Steve and Penny in Main Dining Room at 2 pm
Nov. 26 to 28…Auxiliary Sale from 10 am to 4 pm
Nov. 30…Crystal Clear Cleaning Crew at 10:30 am

Retirement Lodge

Nov. 3…Teamific Quiz at 2 pm
Nov. 5…Live music by Jessica Lavallee at 2 pm in Dining Room
Nov. 11…Remembrance Day service at 2 pm
Nov. 17…Visit by Sheba's Haven at 2 pm
Nov. 18…Culture Club at 2 pm
Nov. 19…Birthday Diners' Club at noon in Fireside Room and music by Vicki Spurrell at 2 pm in Lodge Dining Room
Nov. 24…Resident meeting at 10 am
Nov. 26…Auxiliary Sale from 10 am to 4 pm
Nov. 26…Music by Cowboy Mark in Dining Room at 6:30 pm
Nov. 30…Crystal Clear Cleaning Crew at 10:30 am















Celebrations



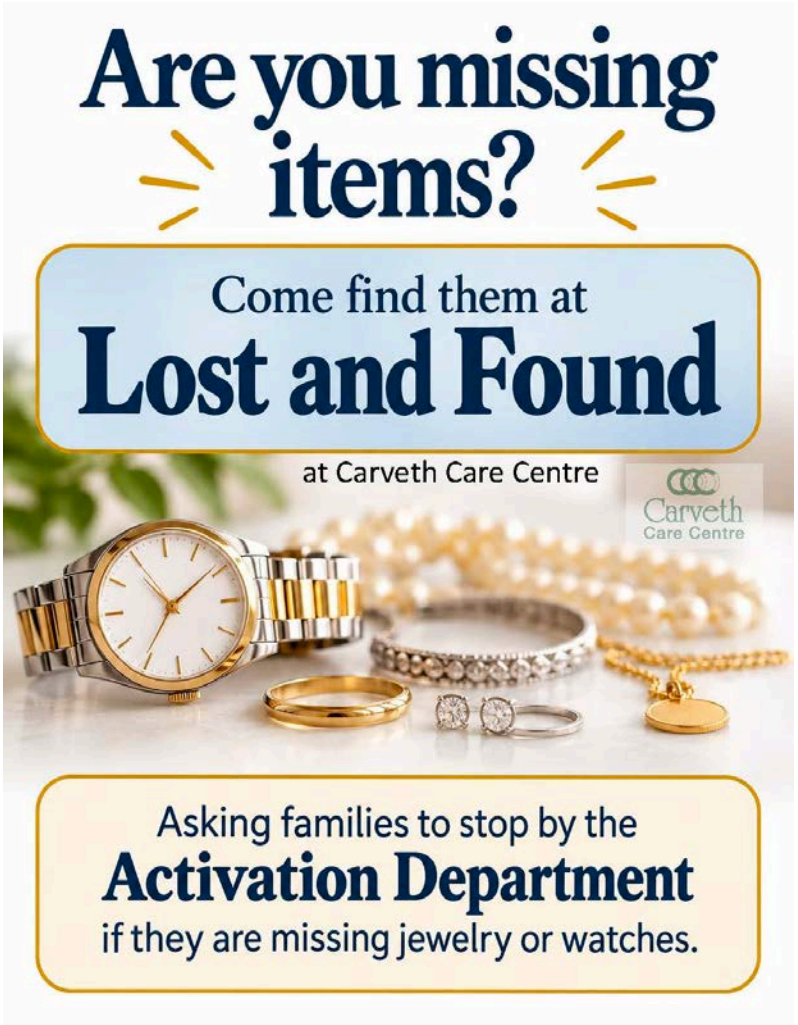
Cassandra A, Nov. 1
Preeti B, Nov. 1
Jennifer O, Nov. 2
Laurie B, Nov. 3
Ferly B, Nov. 3
Varaidzo G, Nov. 11
Krystyna S, Nov. 14
Marcie G, Nov. 15
George H, Nov. 22
Hunter C, Nov. 25
Wendy A, Nov. 27
Margi P, Nov. 28
Amanda G, Nov. 29

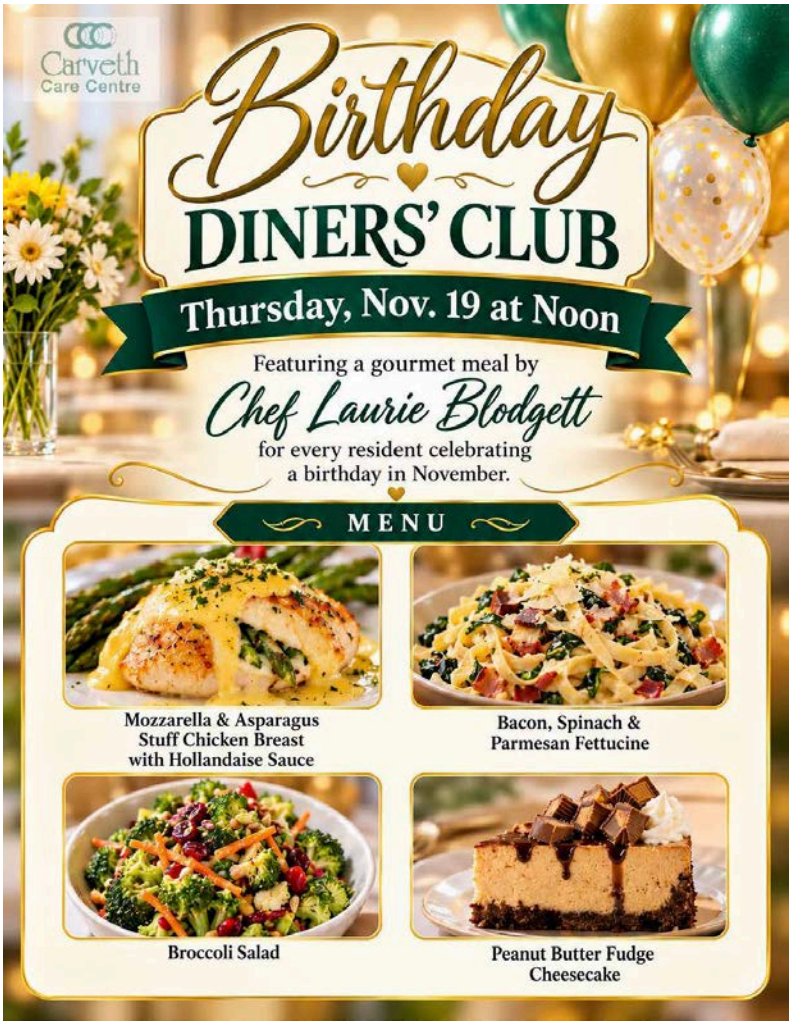


Nicole G. Nov. 3
Ann B, Nov. 5
Krystyna S, Nov. 14



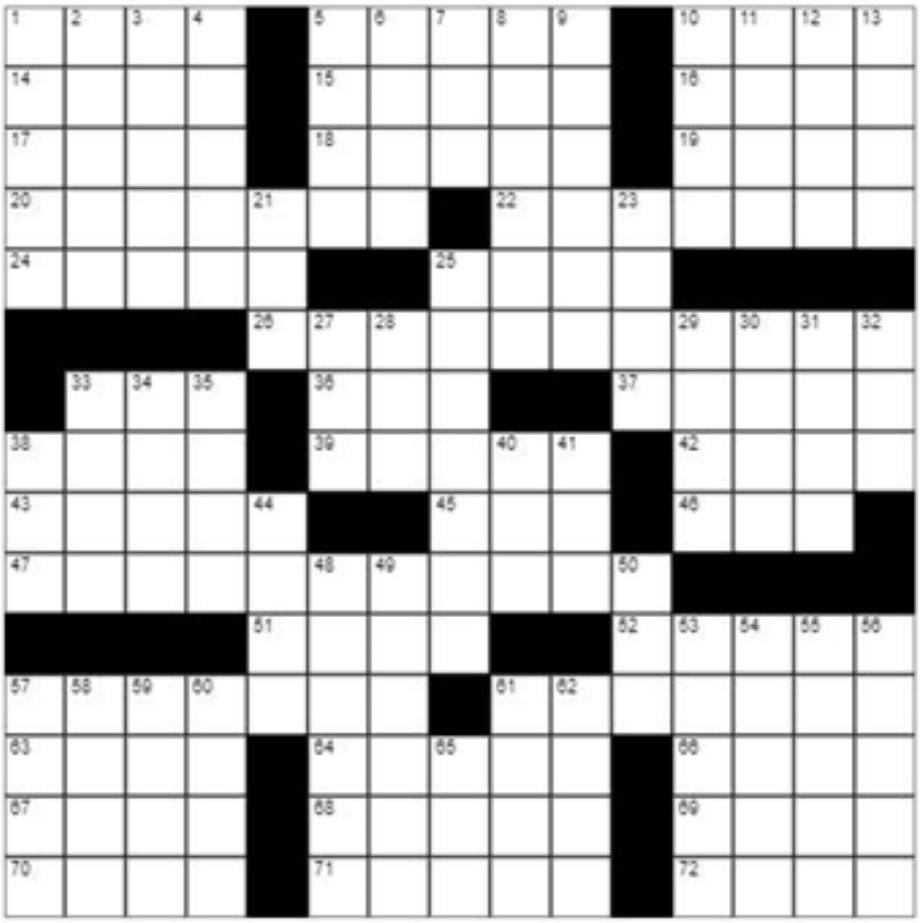
Amandeep Kaur, PSW
Gurjindeer Kaur, PSW
Diyaben Patel, PSW
Nandini Nandini, PSW





The Carveth Crossword Puzzle (Answers on Page 15)

BestCrosswords.com - "Stark Reality" by Steve Faiella



Across

1- "Li'l Abner" cartoonist Al; 5- Point the finger at; 10- "Saturated" food components; 14- Lion's comment; 15- Des Moines resident; 16- Dublin's land, in poetry; 17- Logician's "therefore"; 18- Be popular now on social media; 19- Cold-cuts seller; 20- Marvel Comics co-creator of 61-Across; 22- Prepares to go; 24- Dance "it takes two" to do; 25- Do in, as a vampire; 26- Love interest of 61-Across' alter ego, whose name is a pun on a soup of Guyana; 33- Inquire; 36- Grassy field; 37- "Carmen" or "Porgy and Bess"; 38- Cash register part; 39- Destiny, in Hinduism (Lennon's was "instant"); 42- Secondhand; 43- Farewell, in France; 45- Barbecuer's spice application; 46- Pig's home; 47- Alter ego of superhero "War Machine" and user of 61-Across' armor suit; 51- Catty remark; 52- Desert havens; 57- Nemo or Ahab; 61- 2008 Robert Downey Jr. hit, and this puzzles theme; 63- One of the Great Lakes; 64- Columbus's birthplace; 66- Goodyear product; 67- Bit of film dialogue; 68- Band that made Justin Timberlake famous; 69- Singer Fitzgerald; 70- Glasgow gal; 71- Porterhouse or T-bone; 72- Cubicle furniture;

Down

1- Colgate competitor; 2- Artery from the heart; 3- Wiccan or Druid; 4- Pitchfork part; 5- Mosquito attack; 6- Handed-down legends; 7- Feeling of amazement; 8- Severely mutilate or disfigure; 9- Make beloved; 10- U.S.Government agents, for short; 11- Greek god of war; 12- Ceramic floor piece; 13- "In a ___" (Agitated); 21- Cut off, as tree branches; 23- Keyboard error; 25- Fictional pirate Jack who shares his surname with a bird; 27- Broad-antlered deer; 28- It's "split" for soup; 29- Magnum ___ (greatest work); 30- Final or midterm; 31- Card that just beats a deuce; 32- Despondent; 33- Opera set on the banks of the Nile; 34- ___ pickings (few options); 35- Swiss artist Paul ___; 38- ___ Mahal (Agra attraction); 40- Puddle-bottom earth; 41- Emancipation Proclamation prez; 44- West Point institution, for short; 48- Occupies the throne; 49- Trustworthy, like 41-Down; 50- "Barney Miller" actor Jack; 53- Paid to play poker; 54- Photographer's request; 55- British noblemen below dukes; 56- Move furtively; 57- An amoeba has just one; 58- One of many solos in 33-Down; 59- Bowling alley targets; 60- Golf ball stands; 61- Scottish isle where Macbeth is buried; 62- Holder of spice jars; 65- 'Science Guy' Bill;





Welcome to cold and flu season

Flu season: Do's and don'ts for families in long-term care homes

by Anitha Chandrahuasan, IPAC Lead

Flu season can be a challenging time in long-term care homes. Families play an important role in keeping residents safe. This article highlights what to do, and not to do, during flu season.

Things to do

- Get your annual flue vaccine before visiting.
- Wash or sanitize your hands before and after visiting.
- Wear a mask if required by the home.
- Cover your coughs and sneezes with your elbow or a tissue.
- Encourage your loved one to stay hydrated and follow healthy routines.
- Stay informed about infection prevention measures at the home.

Things not to do

- Do not visit if you are feeling unwell (fever, cough, sore throat, runny nose).
- Do not bring young children who are sick or recently exposed to the flu.
- Do not share personal items such as water bottles, utensils or towels.
- Do not ignore posted infection prevention signs and guidelines.
- Do not assume symptoms such as confusion in residents always means flu – check with staff.

How families can support

- Remind your loved one to wash their hands, often.
- Encourage them to get vaccinated if recommended by health care providers.
- Help reduce stress by offering emotional support during flu season.
- Co-operate with staff during outbreaks and follow all safety protocols.

Together, we can reduce the spread of flu and protect our home. Thank-you for helping to keep residents safe and health during flu season!

In support of National Day for Truth and Reconciliation

A day in honour of children who never returned home & survivors of residential schools: Sept. 30









November is Falls Prevention Month

As we age, our risk for falling increases.

People fall due to:

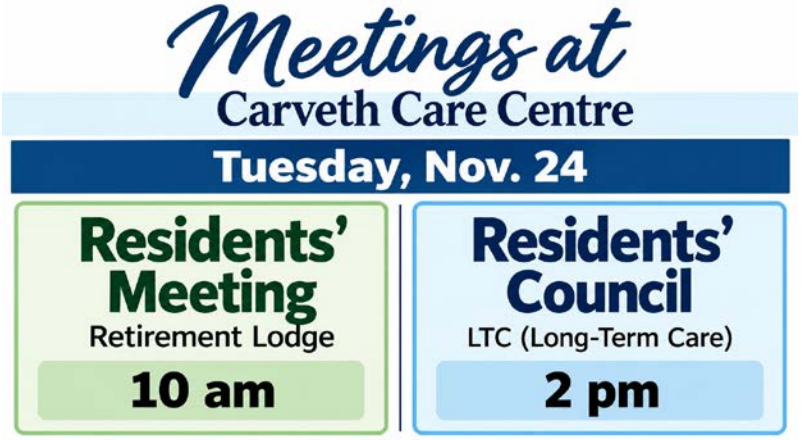
- Tripping or slipping due to lose of footing or traction.
- Slow reflexes which makes it hard to keep your balance or move out of the way of a hazard.
- Balance problems.
- Reduced muscle strength.
- Poor vision.
- Illness.
- Consumption of medication or alcohol/drugs.

At Carveth Care Centre, our goal is to prevent falls. Let's work together to achieve this goal.

Did you know: An older adult who falls once is twice as likely to fall again. Women are three times more likely than men to be hospitalized for a fall-related injury. Falls are the number one cause of injury, emergency department visits, hospitalizations, and injury-related deaths for older adults in Canada.

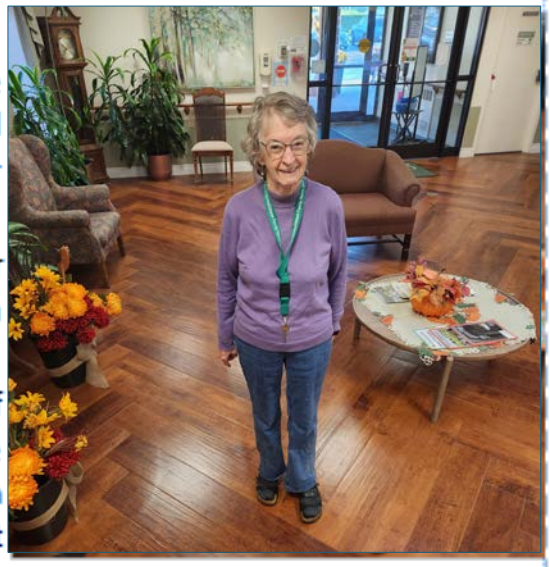








This Gananoque woman counted her blessings at Thanksgiving



Bernadette Mulvenna isn't sitting idle in retirement.

Thin and spry, the friendly 81-year-old Gananoque woman volunteers three mornings a week at a local food bank near the retirement home where she has lived for the past four months.

And as Thanksgiving approaches, Bernadette says her volunteer work is one of the many things that reminds her just how much she has to be grateful for.

"I like living here because it's in town and I can walk to a lot of places. I also like that I can come and go as I want," says the mother of two, who lives at Carveth Retirement Lodge, a family-owned and operated retirement community in the heart of Gananoque.

Bernadette is known for keeping busy. Between regular trips to Kingston to visit friends and lively family get-togethers, she is rarely one to sit still for long.

"I help at the local food bank on Monday, Wednesday and Friday mornings," she says. "I like it because you meet a lot of different people. When you see people use the food bank, it makes you appreciate how lucky you are."

Bernadette often arrives early, helping to stock shelves and prepare food for those who rely on the service. She is impressed by the food bank's organization and the dedication of the volunteers who keep it running.

"They're very good," she says with an approving nod.

While others may describe Bernadette as remarkable, she doesn't see herself that way.

"My older sister is turning 90 on November 1 and she's still going," she says with a smile. "I have another sister in the long-term care home here."

For Bernadette, staying active is simply part of who she is.

"I get bored, so I have to be out and doing stuff," she admits.

On the day she spoke about her busy schedule, Bernadette was looking forward to having lunch with her sister and helping her work on a puzzle.

And with Thanksgiving just days away, she was also looking forward to spending time with the people who matter most.

"This coming weekend, I'll be giving thanks with my family for all of our blessings," she says.

For Bernadette, those blessings are found not only around the Thanksgiving table, but also in the simple moments of everyday life — staying active, spending time with family and friends, and having the opportunity to give back to her community.

Speaking on behalf of the home, Administrator Brett Gibson notes, "Carveth Retirement Lodge is grateful for the many ways its residents continue to give back to the community, from volunteering their time to knitting mittens for local children. Their kindness and generosity are a wonderful reminder that there is always an opportunity to make a difference, no matter your age."

To learn more about living or working at Carveth Retirement Lodge, please call 613-382-4752 or visit www.gibsonfamilyhealthcare.com

Make it a healthy November

To have a healthy November, focus on staying hydrated, increasing vitamin D intake, and eating seasonal produce such as pumpkin and leafy greens. Stay active with indoor workouts or cold-weather activities, prioritizing eight hours of sleep and manage stress through mindful activities such as reading or yoga. You should also get your flu shot, wash your hands frequently, and plan ahead for holiday events to maintain balance.

Reminders=

- Stay hydrated – Drink plenty of water throughout the day, as it's easy to drink less in colder months.
- Increase Vitamin D - With shorter, darker days, supplement your intake through food or supplements.
- Eat seasonal foods – Focus on fall produce such as pumpkin, sweet potatoes, dark leafy greens, cranberries and apples, which are packed with nutrients and antioxidants.
- Incorporate walnuts – A handful of walnuts provide Omega Threes which can help with heart health.
- Mindful eating – During the holidays, practice moderation and fill your plate with lean proteins, colorful vegetables and whole grains.
- Healthy snacks – Have snacks such as baby carrots with hummus or a handful of nuts to curb cravings.

Practical tips

- Anchor Your Wake-Time, Not Your Bedtime: Shorter days can mess with your natural circadian rhythm. Instead of stressing over an exact bedtime, keep your morning wake-up time consistent within an hour every day—even after late nights—to keep your body clock steady.
- Schedule "No-Plan" Days: November kicks off the social and holiday rush. Prevent burnout before it starts by deliberately blocking out quiet, obligation-free days on your calendar to rest and recharge





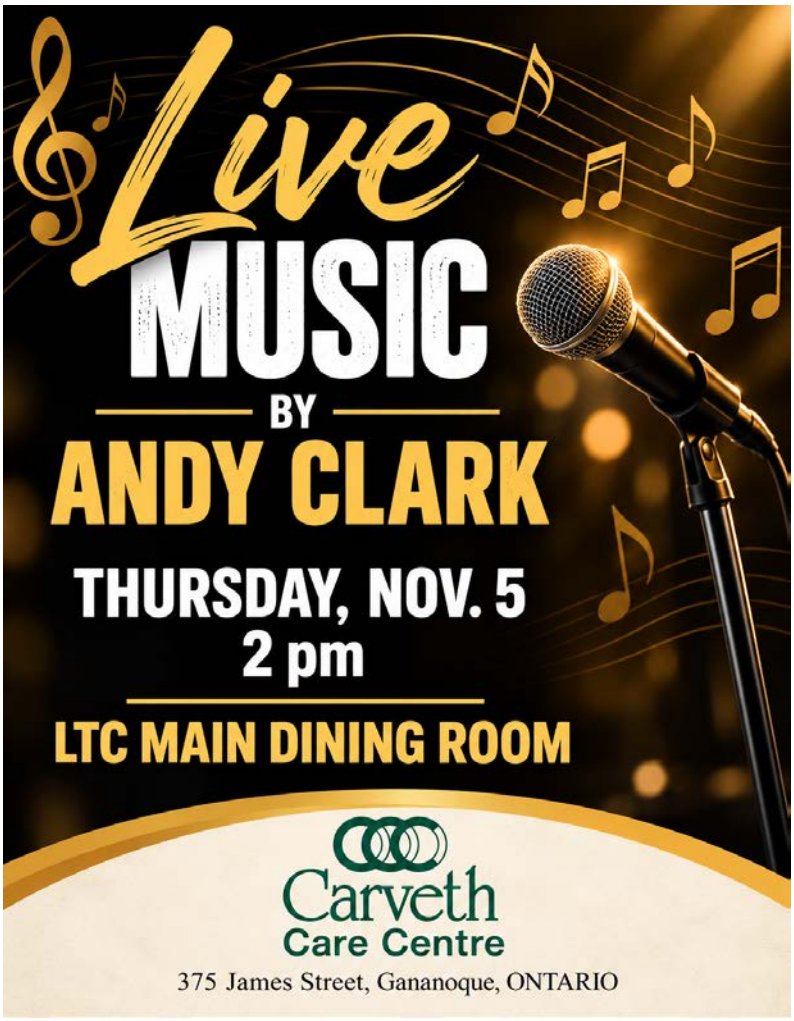
Wordsearch

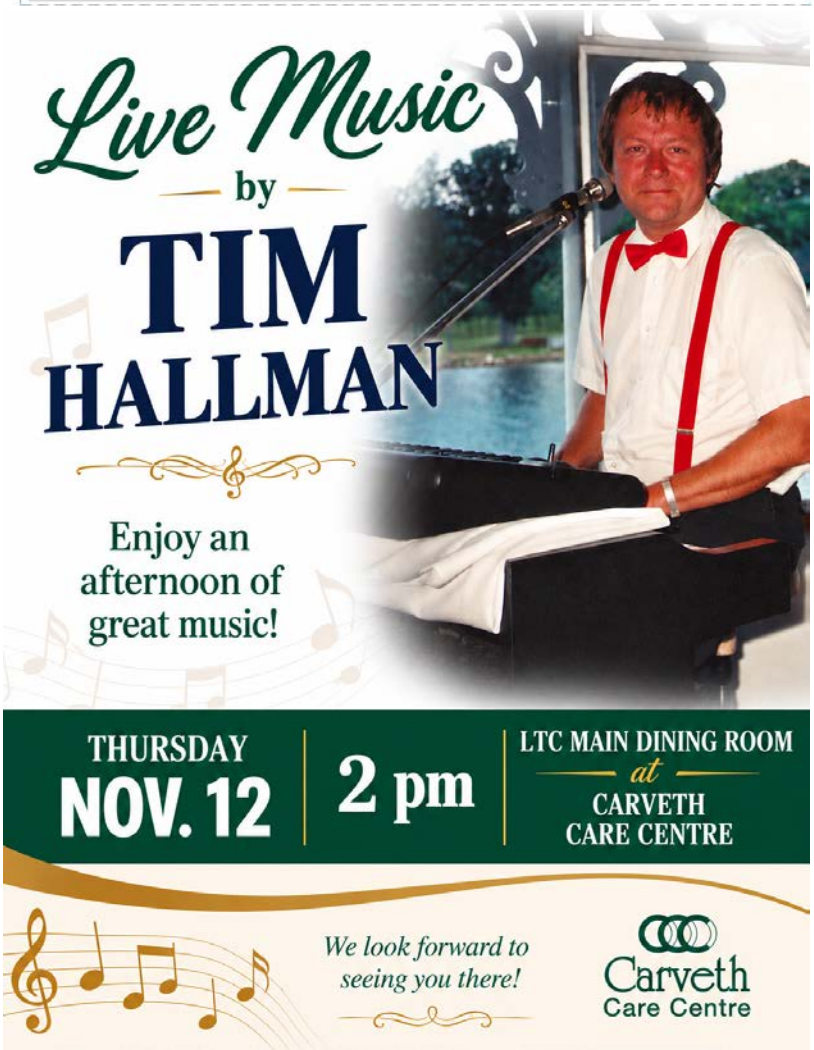
Human Bones

Answers on Page 15

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

MANDIBLE
RADIUS
METATARSAL
FEMUR
SCAPHOID
TALUS
STAPES
HAMATE
TRAPEZIUM
TIBIA
PATELLA
TEMPORAL
ULNA
CLAVICLE
COCCYX
STERNUM
MALLEUS
HUMERUS
FIBULA







Crossword Answers (Puzzle on Page 9)

1 C	2 A	3 P	4 P	■	5 B	6 L	7 A	8 M	9 E	■	10 F	11 A	12 T	13 S
14 R	O	A	R	■	15 I	O	W	A	N	■	16 E	R	I	N
17 E	R	G	O	■	18 T	R	E	N	D	■	19 D	E	L	I
20 S	T	A	N	21 L	E	E	■	22 G	E	23 T	S	S	E	T
24 T	A	N	G	O	■	■	■	25 S	L	A	Y	■	■	■
■	■	■	■	■	26 P	27 E	28 P	P	E	R	P	29 O	30 T	31 T	32 S
■	33 A	34 S	35 K	■	36 L	E	A	■	■	37 O	P	E	R	A
38 T	I	L	L	■	39 K	A	R	40 M	41 A	■	42 U	S	E	D
43 A	D	I	E	44 U	■	■	45 R	U	B	■	46 S	T	Y	■
47 J	A	M	E	S	48 R	49 H	O	D	E	50 S	■	■	■	■
■	■	■	■	51 M	E	O	W	■	■	52 O	53 A	54 S	55 E	56 S
57 C	58 A	59 P	60 T	A	I	N	■	61 I	62 R	O	N	M	A	N
63 E	R	I	E	■	64 G	E	65 N	O	A	■	66 T	I	R	E
67 L	I	N	E	■	68 N	S	Y	N	C	■	69 E	L	L	A
70 L	A	S	S	■	71 S	T	E	A	K	■	72 D	E	S	K



Wordsearch answers (Puzzle on Page 14)

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



Tips to be productive in bleak winter months: *Get moving* – moving your body with regular exercise before, after or during work, especially outdoors, helps reduce stress and improve sleep. *Spend time outside* – If you suffer from Seasonal Affective Disorder (and even if you don't), get 10 minutes of sunshine everyday if possible. *Keep your environment warm* – It's important to have a comfortable environment. *Eat well* – Watch what you eat and drink. Warm yourself with a cup of green tea. *Set goals* – Even if you're feeling a bit sluggish, set new goals and volunteer for something that excites you. *Stay healthy* – While it's sometimes difficult or impossible NOT to get sick when everyone else is unwell, do what you can to prevent it.



Welcome

Aimee Campbell
Mary Smith
Elaine Mainse
Wally Vandepol
Yvonne Landon
Lynn Pritchard (Lodge)

Birthdays

Helen W, Nov. 11
Jennifer G, Nov. 15
Heather C, Nov. 19
Eileen G, Nov. 21
Ernest W, Nov. 21
Anneliese S, Nov. 23
Yvonne L, Nov. 25
Susan B, Nov. 26
Mary C, Nov. 27
Elaine D, Nov. 29
Bruce F, Nov. 30
Chris J, Nov. 30

In Memory

Marguerite Graham
Elmer Steacy



The Carveth Garden of Love

The rose speaks of love silently in a language known only to the heart.

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Fall Back! 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	**2** 10:30 Duck Hunting 2:00 Bingo	**3** 10:30 Floral Therapy 2:00 Teamific Quiz	**4** 10:30 Bible study w/ Betty 2:00 Poppy Craft #1	**5** 10:30 Poppy Craft #2 2:00 **Music w/ Andy Clark** 6:30 Card Bingo	**6** 10:30 Manicures 11:00 Roman Catholic Mass 2:00 Bingo	**7** 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie; Ep 5"
8 10:30 Virtual RC Mass 2:00 Pinegrove Community Church Service	**9** 10:30 Whack-a-mole 2:00 Bingo	**10** 10:30 True or False 2:00 Balloon Volleyball	**11** 10:30 Christ Anglican Church 2:00 Remembrance Day Service	**12 Music Therapy** 10:30 Tetris Tumble 2:00 **Music w/ Tim Hallman** 6:30 Card Bingo	**13** 10:30 Manicures 2:00 Bingo	**14** 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie; Ep 6"
15 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	**16** 10:30 Deck the Halls 2:00 Bingo	**17** 10:30 Floral Therapy 2:00 Sheba's Haven Visit 3:45- St. Joes Craft	**18** 10:30 Bible Study w/ Betty 2:00 Culture Club - Newfoundland	**19 Birthday Diners** 10:30 Deck the Halls 2:00 Wheel of Fortune 6:30 Card Bingo	**20** 10:30 Manicures 11:00 Roman Catholic Mass 2:00 Bingo	**21** 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie; Ep 7"
22 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	**23** 10:30 Deck the Halls 2:00 Bingo	**24** 10:30 Chapel Service w/ Tammy & Joan 2:00 **Residents Council**	**25** 10:30 Bowling 2:00 Shut the box	**26 Music Therapy** Auxiliary Sale 10-4 10:30 Shopping 2:00 **Music w/ Steve & Penny** 6:30 Card Bingo	**27** Auxiliary Sale 10-4 10:30 Manicures 2:00 Bingo	**28** Auxiliary Sale 10-4 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie; Ep 8"
29 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	**30** 10:30 Crystal Clear Cleaning Crew 2:00 Bingo					

November 2026- Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Fall Back! 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	**2** 10:30 Duck Hunting 2:00 Bingo	**3** 10:30 Floral Therapy 2:00 Teamific Quiz	**4** 10:30 Bible study w/ Betty 2:00 Poppy Craft #1	**5** 10:30 Poppy Craft #2 2:00 **Music w/ Jessica Lavallee** 6:30 Card Bingo	**6** 9:15 Manicures 11:00 Roman Catholic Mass 2:00 Bingo	**7** 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie; Ep 5"
8 10:30 Virtual RC Mass 2:00 Pinegrove Community Church Service	**9** 10:30 Whack-a-mole 2:00 Bingo	**10** 10:30 True or False 2:00 Balloon Volleyball	**11** 10:30 Christ Anglican Church 2:00 Remembrance Day Service	**12** 10:30 Tetris Tumble 6:30 Card Bingo	**13** 9:15 Manicures 2:00 Bingo	**14** 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie; Ep 6"
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22 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	**23** 10:30 Deck the Halls 2:00 Bingo	**24** 10:00 **Resident Meeting** 10:30 Chapel Service w/ Tammy & Joan	**25** 10:30 Bowling 2:00 Shut the box	**26** Auxiliary Sale 10-4 10:30 Shopping 2:00 **Music w/ Cowboy Mark** 6:30 Card Bingo	**27** Auxiliary Sale 10-4 9:15 Manicures 2:00 Bingo	**28** Auxiliary Sale 10-4 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie; Ep 8"
29 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	**30** 10:30 Crystal Clear Cleaning Crew 2:00 Bingo					