

News from Home

HELEN
HENDERSON

Care Centre

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

September 2026

"Breathe the sweetness that hovers in August." -Denise Levertov

Back to school

Watch for a full week of games, classes and food Sept. 7 to 11. During this time, we will be making memories, sharing stories and having fun.

Support Staff Week

We love September for many reasons, one of which is the chance to celebrate the good work of Dietary, Maintenance and Housekeeping staff. Watch for games, food and fun Sept. 21 to 25.

Thank you VON

For the 14-week falls prevention exercise program in our retirement home!

Resident Spotlight

This month, we're featuring the skill, experience and talent of Bruce Hamilton who was a school principal and singer. Please see Page 3 for details.



by
Helen Henderson
Care Centre

Apple



Labour Day in Canada (Sept. 7, 2025) is celebrated the first Monday of September. Traditionally, Labour Day was an occasion to campaign for, and celebrate, workers' rights during parades and picnics organized by trade unions. These still play a role in Labour Day for some Canadians, but many people see the first Monday in September as an opportunity to take a late summer trip or enjoy the company of family and friends at picnics, fairs, festivals and fireworks displays.





The end of summer

Summer is almost behind us which means the dazzling colours of fall are almost here. Did you know that leaves change colour because they need a break after a summer of photosynthesizing (using sunlight to convert water and carbon dioxide into sugar). Sick trees often change colour and shed early, which means they don't have long to live.

The September Full Moon

This year, the full moon is Sept. 26. The September Full Moon is usually known as the Harvest Moon or the **Full Corn Moon** because it traditionally corresponds with the time of harvesting corn. It is also called the **Barley Moon** because this is the time to harvest and thresh ripened barley.

Family Fun Day last month

Thank you to the following people and groups for helping with this event: Cory in the kitchen for the balloon shapes; the fire department for providing spray foam; Kingston Party Rentals; Tribeck Inflatables; Michael Myers; Volunteer Adam for selling 50/50 tickets (won by Resident Ted & wife Mavis Walton); Alex for the tattoos; Christine Harvey for the face painting, cotton candy, popcorn and special visitors; our Maintenance Department for preparing the party area and our kitchen for the delicious food; Tom Flagler and friends for the classic car show; and Eilevale Farm in Battersea for the hay bales and corn stalks.

"We know that in September, we will wander through the warm winds of summer's wreckage. We will welcome summer's ghost. — Henry Rollins"

Tell us what you think



Do you have a story idea or feedback?

Contact Catherine Reynolds at 613-384-4585 ext. 251 or catherinereynolds@gibsonfamilyhealthcare.com

Fun facts about September

According to the Georgian calendar, September is the ninth month. But, on the Roman calendar, it was the seventh month. September has had 29 days, and 31 days; but, since the time of the Emperor Augustus, it has had only 30 days. The Autumn Equinox is Sept. 22 .

To many ancient people, the waning of the light signaled death. For example, in Welsh mythology, this is the day of the year when the God of Darkness, Goronwy, defeats the God of Light, Llew, and takes his place as king of the world.

To this day in Japan, the equinox is celebrated by visits to the graves of family members, at which time offerings of flowers and food are made and incense is burned. The three days preceding and following the equinox are called "higan," or the "Other side of the River of Death."

The definition of a Harvest Moon is: the full moon closest to the fall equinox. The Harvest Moon was thus named because it rises within a half-hour of when the sun sets. In early days, when farmers did not have tractors, it was essential that they work by the light of the moon to bring in the harvest.

This moon is the fullest moon of the year. When you gaze at it, it looks very large and gives a lot of light throughout the entire night. No other lunar spectacle is as awesome as the Harvest Moon.

September is one of the warmest months in the Southern United States. Northern states have warm September days, but the nights get much cooler. It is also harvest time for crops. In Switzerland, September is called Harvest Month.

"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer."

Resident Spotlight

At 90 years young, Bruce Hamilton has a lifetime of stories to share — from his days growing up on a farm and attending a one-room rural school to spending approximately 35 years helping shape the lives of students as a teacher and principal.

Born in North York, Bruce says he thoroughly enjoyed his career in education.

“I enjoyed it,” he says with a smile from his room at Helen Henderson Care Centre, where he has been a long-term care resident for the past few years. “The kids always had a few tough questions about life and always tried to give them the best answers.”

Bruce believes his own upbringing helped him understand and connect with students from a variety of backgrounds. Raised on a

farm, he attended a small, one-room rural school — an experience that gave him an appreciation for the different circumstances and experiences that shape young people.

When he wasn't busy at school, Bruce had another passion: music.

A fan of the classic sounds of Frank Sinatra and Dean Martin, Bruce enjoyed singing their songs and continues to share his love of music with others. In fact, when Bruce speaks about his life at Helen Henderson Care Centre on September 17, he plans to perform one of Sinatra's most memorable songs, *My Way*.

Bruce says he enjoys living at Helen Henderson Care Centre and appreciates the care he receives.

As a new school year gets underway this September, Bruce has some advice for today's students: enjoy your time in school because it will come to an end sooner than you think.

Looking back on his own long and rewarding career, Bruce knows just how quickly the years can pass.

From the classroom to the stage, Bruce Hamilton's story is one of service, music, memories and a life well lived — and he's still happy to share a song or two along the way.

A graphic titled "Resident Spotlight" with a blue banner at the top. Below the banner, it says "Celebrating Talent" with two stars. The text "This month, we are proud to shine the spotlight on" is followed by the name "Bruce Hamilton" in a large, elegant script. To the left of the name is a photo of Bruce Hamilton, an elderly man with white hair, wearing a blue shirt and a black hat. To the right of the photo, it says "Join us as Bruce shares stories and songs from his work as a school principal and singer." with musical notes. At the bottom, a yellow banner says "Hear Bruce speak at 10:15 am in the Fireside Room on Thursday, Sept. 17." The background is decorated with flowers and stars.

Resident Spotlight
★ Celebrating Talent ★
This month, we are proud to shine the spotlight on
Bruce Hamilton
Join us as Bruce shares stories and songs from his work as a school principal and singer.
Hear Bruce speak at
10:15 am in the Fireside Room
on Thursday, Sept. 17.

Birthday Party!
LIVE MUSIC!
 — Featuring —
Penny & Steve
 — ENTERTAINING MUSIC LOVERS —

WEDNESDAY, SEPT. 16
 ★ **2:30 PM** ★

HELEN HENDERSON RETIREMENT LODGE
Lodge Lounge



JOIN US FOR AN AFTERNOON OF GREAT MUSIC & BIRTHDAY CHEER!

COMING THIS SEPTEMBER!

Live Music
 by
Julia Moore

2:30 pm
Friday,
Sept. 11

Lodge Lounge
 at
 Helen Henderson
 Retirement Lodge

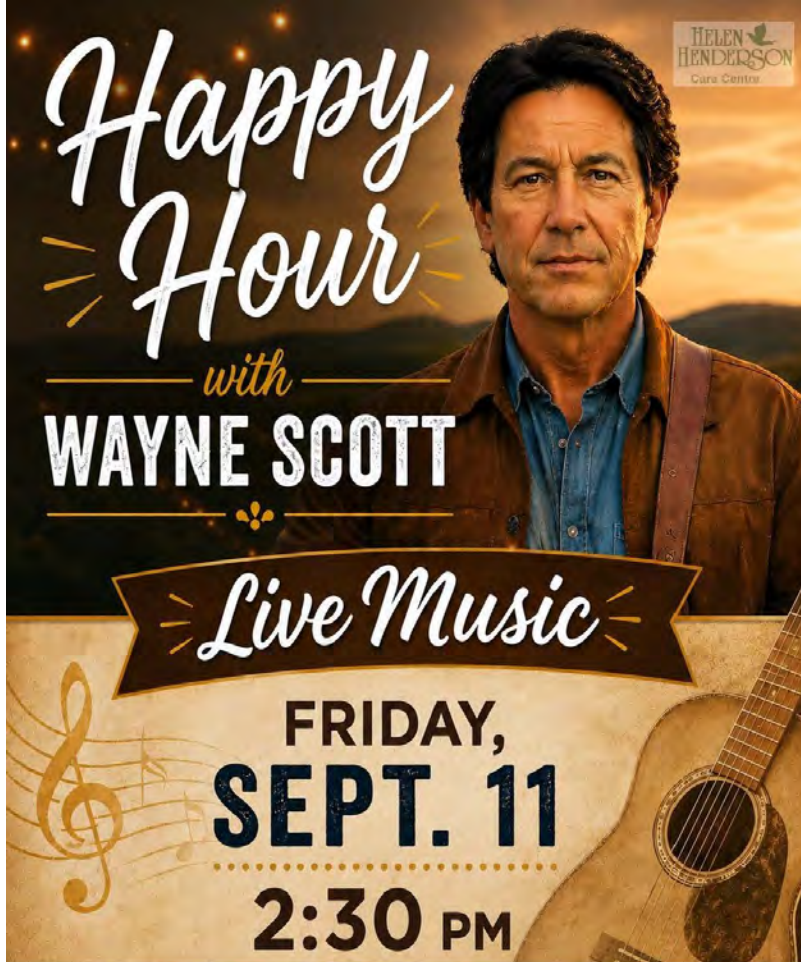



Happy Hour
 with
WAYNE SCOTT

Live Music

FRIDAY,
SEPT. 11
 2:30 PM

Reception Three at Helen Henderson Care Centre



Pub Night
 with Chris Murphy
Sept. 9
 7 pm

Live Music

Lodge Lounge at Helen Henderson
 Care Centre

Chris Murphy
 Finally Coming Home



Happy Birthday STAFF

Melissa B, Sept. 1
Ashley J, Sept. 4
Harpreet K, Sept. 7
Lilia D, Sept. 12
Victoria S, Sept. 14
Maria F, Sept. 16
James B, Sept. 18
Susie O, Sept. 18
Brad H, Sept. 20
Ancy J, Sept. 26
Angie O, Sept. 26
Edith F, Sept. 28
Jennifer S, Sept. 28



Diabetes and worker safety

Managing this chronic disease is crucial.

The seventh leading cause of death in the nation, diabetes can lead to heart disease, stroke, kidney disease, vision problems and lower limb amputation if not controlled.

So what are the implications for worker safety?

The blood of a person with diabetes has too much glucose, resulting in possible health issues. In people with type 1 diabetes, the pancreas makes little or no insulin, which is needed to turn sugar and other food into energy. With type 2 diabetes – the most common type – the body improperly uses insulin, leading to abnormal blood glucose levels.

Concerns about worker safety focus mainly on hypoglycemia, a state of low blood glucose. Symptoms of hypoglycemia range from hunger and dizziness to confusion and unconsciousness. In contrast, hyperglycemia occurs when blood glucose is high because the body has too little insulin or is improperly using insulin, resulting in symptoms such as hunger, thirst and frequent urination. Left untreated, hyperglycemia can lead to diabetic coma.

Experts say that, regardless of type, an individual with diabetes can work safely as long as he or she can effectively control the disorder and perform the job's essential functions. "It's very dependent on the person's job duties," said Wendy Strobel Gower, an expert in the field.

"Diabetes can be very mild and it can be very significant. It really depends on how you experience it and how you manage it."

To learn more, go to diabetes.ca or call Diabetes Canada at **1-800-BANTING (226-8464)**



BACK TO SCHOOL WEEK
at Helen Henderson Care Centre
SEPT. 7 TO 11

A week of fun, learning and community!

FEATURING:

- MEET THE PRINCIPAL
- CLASSES: Gym • Computer • Physical Education
Music • Language • Geography • Math
- SPELLING BEE
- MEET THE TEACHER
- COMMUNITY UPDATES AND EDUCATION
- PAPER LUNCH
- GRADUATION DIPLOMA CEREMONY

Let's make it a great school year!

FAMILY FUN DAY 2026



Spiritual CARE

Nurturing the spirit.
Building community.



ROMAN CATHOLIC MASS
Wednesday, Sept. 16
at 11 am in Chapel



WELCOME BACK
Blessed Sacrament Church

HAPPY HOUR

WITH LIVE MUSIC!

Enjoy live music
by new entertainer

TIME FOR TWO

Chris Alfano

2:30 PM •
FRIDAY, SEPT. 4

HELEN HENDERSON
RETIREMENT LODGE
LODGE LOUNGE

Excursion!

Join us for a delicious morning out!

We're heading out for

Breakfast

at

STACKS PANCAKE HOUSE

AT
9 am

ON
FRIDAY,
SEPT. 4

FAMILY FUN DAY



The weather was absolutely perfect for our Family Fun Day on Aug. 26 What a pleasure to see our residents, staff, families and volunteers having fun. Thank you for being a part of the Helen Henderson family!

Lyndhurst Turkey Fair

Looking for a fun activity for the family this month? The Lyndhurst Turkey Fair is celebrating its 32nd anniversary on Sept. 19. Enjoy live music, a classic car show, handmade quilts, delicious food, wagon rides and a variety of vendors in Lyndhurst from 10 am to 4:30 pm.

Look what's new in our home

Did you know the Recreation Department has purchased a variety of new tabletop games for residents to enjoy...

These games have been selected to meet the interests and abilities of people of all ages. From familiar favourites to new and exciting games, there will be something for everyone to discover and enjoy.

Come join us! Choose a game, invite a friend, and most importantly—have fun! This program will be offered in the Fireside Room every Tuesday afternoons. Called Tabletop Game Fun! Watch for this program on your calendar on Sept. 1, 15 and the 22.

Sept30

Wear orange to support residential school survivors

#OrangeShirtDay



The importance of Orange Shirt Day

On this day, we are listening, learning, showing compassion and working together

On September 30, we wear orange to honour residential school Survivors, remember the children who never returned home, and recognize the lasting impact of residential schools on Indigenous families & communities. Orange Shirt Day reminds us of the importance of listening, learning, showing compassion, and working together toward reconciliation.

To help us achieve reconciliation, please join us in the Fireside Room at 10 am to learn about the history of residential schools in Canada.

We will also use this time to:

- Honour Indigenous children and residential school survivors.
- Remember the children who lost their lives.
- Recognize the importance of dignity, respect, belonging, and cultural safety.
- Encourage understanding, compassion, and reconciliation.
- Create opportunities for meaningful conversations and education

September Recipe: Apple Cinnamon Bread Pudding

INGREDIENTS

- 6 cups cubed soft bread
- 2 apples, peeled and finely diced
- 3 eggs
- 2 cups milk
- ½ cup sugar
- 1 tsp cinnamon
- 1 tsp vanilla
- 2 tbsp melted butter
- Optional: ¼ cup raisins

DIRECTIONS

- 1 Preheat oven to **350°F (175°C)**.
- 2 Place the cubed bread and diced apples in a greased baking dish.
- 3 In a bowl, whisk together eggs, milk, sugar, cinnamon, and vanilla.
- 4 Pour the mixture evenly over the bread and apples.
- 5 Drizzle with melted butter.
- 6 Let stand for about **10 minutes** so the bread absorbs the mixture.
- 7 Bake for **35–45 minutes**, until set and lightly golden.
- 8 Serve warm.



Resident loved travelling to Second Chance Ranch, last month. Watch for more road trips this September!

by Wendy McKay, Resident

Some Helen Henderson residents made a interesting trip to Second Chance Ranch near Odessa, recently. It is the home of lucky animals who needed a home for various reasons but are now secure there. When we arrived, we were each given a generous container of food pellets. As we approached each paddock, the animals saw us coming and came to the fences to meet us. The first enclosure held a variety of lively pigs of many colours. We tossed pellets into the pen and the pigs skittered about finding them. Next, we crossed to a large enclosure containing goats and two ponies which greeted us at the fence. One of our group walked along the fence to separate the ponies from the goats who were being a bit aggressive towards each other in competition for the food. Finally resupplied with horse pellets, we crossed to the edge of a very large field where there were many horses. Two bonded horses came to the fence and were given lots of attention. One had a severe case of anxiety and followed the other everywhere. There were other pens and paddocks which I hope to see on a future visit.

LIVE Music

by
**AMANDA
& MIKE**
of
**WHISKEY
SMOKE**

★
Friday, Sept. 18
2:30 pm
Lodge Lounge





Sept. 24

Wine and steak night

5 pm in Lodge Dining Room | Steak, Baked Potato, Wine

Happy Hour
with
DRUMMIN' & STRUMMIN'

2:30 PM • FRIDAY, SEPT. 4

RECEPTION THREE
AT HELEN HENDERSON CARE CENTRE



Good Music
Great Friends
Great Times!

**MARK EASTER PERFORMING
LIVE MUSIC**



Happy Hour

AT HELEN HENDERSON RETIREMENT LODGE
LODGE LOUNGE AT 2:30 PM
FRIDAY, SEPT. 25

HELEN HENDERSON
Care Centre

Celebrating the PEOPLE WHO MAKE OUR HOME SHINE

*Thank You to Our Environmental
and Support Services Teams!*

Your hard work, dedication and care
behind the scenes keep our homes clean,
safe, comfortable and welcoming
for everyone.

We see you, we appreciate you,
and we couldn't do it without you.

You make a difference every day!

SUPPORT STAFF WEEK
Sept. 21-25

Carveth
Care Centre

HELEN
HENDERSON
Care Centre

Supported by
**Gibson Family
Health Care**

Thank you for your commitment, compassion and care.
YOU TRULY HELP OUR HOMES SHINE!



EarlyON

10 am

at Helen Henderson
Care Centre

Sept. 21

NEW

HELEN
HENDERSON
Care Centre



Look what's new at our home

Infection Prevention & Control Corner—Keeping everyone safe and healthy is a team effort. As we move into the fall season, it is important that we continue to practise good infection prevention habits. Remember:

- Wash or sanitize your hands regularly.
- Cover your cough or sneeze with your elbow or a tissue.
- Avoid touching your eyes, nose, and mouth with unclean hands.
- Let staff know if you are feeling unwell.
- Help keep your personal space and shared areas clean.

Follow any additional infection-control instructions provided by staff. Small actions can make a big difference in protecting the residents, families, visitors, and staff. Understanding PPE—PPE means Personal Protective Equipment.

Staff may wear PPE such as: gloves, masks, gowns and eye protection. PPE is used to help protect you and our staff when there is a risk of spreading germs. Did You Know?

Gloves do not replace hand hygiene. Staff still need to clean their hands before and after providing care, even when gloves are worn.

Hand Hygiene is Our Best Defence—Hand hygiene is one of the simplest and most effective ways to prevent the spread of infection.

Clean hands help keep our community healthy!

Back-to-School Memories—September means back to school!

Even though our residents may no longer be heading to the classroom, this time of year can bring back wonderful memories.

Resident Council Corner: Let's Talk About School!

September is a wonderful time to share memories and stories from our younger years!

Celebrating Our Support Staff—September is a wonderful opportunity to recognize the many people who help make our home a caring and welcoming place.

September Resident Council Message: *"When we work together, listen to one another, and care for our community, we make our home a better place for everyone."*

Resident Choice Luncheon

Noon in Fireside Room | Sign up with Activation

**Sept.
2**

at Helen
Henderson
Care Centre

Pita Pit



MUSIC

by
Piano Man
Ron

In celebration of
this month's birthdays!

WEDNESDAY, SEPT. 2

2:30 PM

FIRESIDE ROOM



AT HELEN HENDERSON RETIREMENT LODGE

RIB NIGHT



HELEN HENDERSON
Care Centre

★ **THURSDAY, SEPT. 17** ★

★ **AT 5 PM** ★

★ **IN DINING ROOM** ★

Dear Ann: I have kept a copy of this essay since I saw it in your column. Will you print it again?

- Longtime Reader

Dear Reader: With pleasure. Here it is. It was written by Frank Laubach.

Life Begins at 80

I have good news for you. The first 80 years are the hardest. The second 80 are a succession of birthday parties.

Once you reach 80, everyone wants to carry your baggage and help you up the steps. If you forget your name or anybody else's name, or an appointment, or your own telephone number, or promise to be three places at the same time, or can't remember how many grandchildren you have, you need only explain that you are 80.

Being 80 is a lot better than being 70. At 70, people are mad at you for everything. At 80, you have a perfect excuse, no matter what you do. If you act foolishly, it's your second childhood. Everybody is looking for symptoms of softening of the brain.

Being 70 is no fun at all. At that age, they expect you to retire to a house in Florida and complain about your arthritis, and you ask everybody to stop mumbling because you can't understand them. (Actually, your hearing is about 50 per cent gone.)

If you survive until you are 80, everybody is surprised that you are still alive. They treat you with respect just for having lived so long. Actually, they seem surprised that you can walk and talk sensibly.

So, please, folks, try to make it to 80. It's the best time of life. People forgive you for anything.

If you ask me, life begins at 80.



September JOKES

1. Why did September bring a sweater?
Because it heard there was going to be a *cool breeze*!
2. What did the tree say when September arrived?
"Leaf me alone!"
3. Why was the calendar excited for September?
It was ready to turn over a new *leaf*!
4. What is an apple's favourite month?
September — because it's time to get *picked*!
5. Why did the scarecrow love September?
Because he was *outstanding* in his field!
6. What did summer say to September?
"I'm just going to take a little *fall break*!"
7. Why did the pumpkin sit on the porch?
Because it had nowhere else to go *squash*!
8. What happens when summer meets September?
They have a *falling out*!
9. Why did the leaf go to school?
To learn how to turn over a *new leaf*!
10. What's the best thing about September?
The weather gets cooler, the leaves get colourful, and everyone suddenly remembers where they put their sweaters!

Harvest MEMORIES

Theme Week **Sept 28 to Oct 2**

- Gardening memories
- Harvesting vegetables
- Canning and preserving
- Favourite fall recipes
- Farmers' markets
- Apple picking
- Memories of working on farms

Fall into Fun!

- Music programs
- Exercise and movement
- Bingo and games
- Baking programs
- Craft programs
- Outings
- Social gatherings
- One-on-one visits

Helen Henderson CARE CENTRE

Our family caring for your family

In support of the

Terry Fox Run

SEPT. 20
One Day Your Way
3km walk or run

for residents of Helen Henderson Care Centre
www.gibsonfamilyhealthcare.com

Remember the dream

In support of the Terry Fox Foundation
Register at <https://terryfox.org/run/>

Resident Poetry Club for September

McKinnon Brothers Brewery

One sunny day we went to McKinnon Brothers Brewery

There we tasted beer that rhymes with deer

Also called ale we also enjoyed the famous Philomena beer

It was a beautiful afternoon having pizza, and nachos in a room that was a repurposed barn with great friends.

SKOL EIN
means – *Cheers!!!!*

Join Helen Henderson Care Centre for lunch & a
Shopping Trip



to
Walmart

Sept. 18
 10 am



www.gibsonfamilyhealthcare.com

Join the Helen Henderson Care Centre

**FAMILY
 Council**



If you would like to
 attend a meeting,
 please contact:

Donna Joudoin at
 613-384-4585 ext. 224

2 pm

Gibson Room
Everyone welcome

*Virtual link
 available
 upon request



**Sept.
 29**

Volunteers making a difference
www.gibsonfamilyhealthcare.com



Keeping residents engaged and connected
 at **Helen Henderson Care Centre**
www.gibsonfamilyhealthcare.com



Everyone welcome

**Residents'
 Council
 MEETING**

Sept. 28

10 am in Fireside Room

Sept. 28

2:30 pm in Lodge Lounge
 ...with refreshments

www.GibsonFamilyHealthCare.com



**Celebrating
 Residents' Council Week**



What is Residents' Council?

A Residents' Council is an independent, self-determining group made up of only residents of a long-term care (LTC) home. The council is intended and designed to form the collective voice of all residents who reside in the LTC home, whether or not they attend meetings. All residents have the right to participate in the Residents' Council.



**FOR RESIDENTS,
 BY RESIDENTS**

Sept. 14-20

Celebrating GRANDPARENTS

*Grandparents' Day –
September 13, 2026*

September is a wonderful time to celebrate the special role grandparents have in our families and communities. Grandparents have shared their love, wisdom, stories, traditions, and memories with generations of family members.

Grandparents often have a special way of making us feel loved, valued, and connected. Their stories remind us of days gone by, family traditions, favourite recipes, childhood memories, and the people and places that have helped shape our lives.

This month, we encourage everyone to take a moment to celebrate the grandparents in their lives. A visit, a phone call, a handwritten note, or simply sharing a favourite memory can bring a smile and create a meaningful connection.

*"Grandparents make the world a little softer,
a little kinder, and a little warmer just by being in it."*

**Let's celebrate the memories, stories, laughter, and love
that make grandparents so special!**

*Thank you
for your love,
wisdom &
memories*

GRANDPARENTS DAY PROGRAM: "A CELEBRATION OF GRANDPARENTS"

1 WELCOME & GRANDPARENTS DAY INTRODUCTION

- Welcome residents, families, and staff.
- Talk about the meaning of being a grandparent and the special memories grandparents create.
- Invite residents to share if they are grandparents or great-grandparents.



2 "GRANDPARENT MEMORIES" DISCUSSION

Ask questions such as:

- ♥ What did you enjoy doing with your grandchildren?
- ♥ What was your favourite treat to make for them?
- ♥ Did your grandchildren have a special nickname for you?
- ♥ What games did you play together?
- ♥ What is one special memory you have of your grandchildren?
- ♥ What advice would you give to today's grandparents?



3 "WHEN I WAS A GRANDPARENT..." REMINISCING GAME – 10 MINUTES

**Read prompts and let
residents finish the sentence:**

- ♥ "My grandchildren always loved when I..."
- ♥ "The best thing about being a grandparent was..."
- ♥ "A special family tradition was..."
- ♥ "I always kept treats in the..."
- ♥ "One thing my grandchildren taught me was..."

**This can lead to lots of wonderful
stories and laughter.**



4 GRANDPARENTS DAY SING-ALONG

- You Are My Sunshine
- Que Sera, Sera
- Let Me Call You Sweetheart
- Side by Side
- Sentimental Journey
- In the Good Old Summertime



5 GRANDPARENT TRIVIA

**Include fun questions about family
life from years gone by:**

- ♥ What was a popular baby name in the 1950s?
- ♥ What did grandparents use before microwaves?
- ♥ What was a popular toy when your children were young?
- ♥ What did a loaf of bread cost when you were raising your family?
- ♥ What television shows did families watch together?



GRANDPARENTS' SOCIAL

**Finish with a "Grandparents' Tea Party"
featuring:**

- ♥ Tea and coffee
- ♥ Homemade cookies
- ♥ Mini sandwiches
- ♥ Squares or butter tarts
- ♥ Lemonade or punch



**GRANDPARENTS:
OUR FAMILY
TREASURES**

JOIN US ON

**SUNDAY, SEPTEMBER 13TH – 2:00PM
IN THE FIRESIDE ROOM**

FOR PICTURES AS WE ARE CREATING A GRANDPARENTS WALL!!

♥ **THEME: "GRANDPARENTS:
OUR FAMILY TREASURES"**

♥ **"GRANDPARENT MEMORIES"
DISCUSSION PROGRAM**

♥ **"WHEN I WAS A
GRANDPARENT..." REMINISCING
GAME WITH FLAVORED COFFEE'S!!**



Helen Henderson Garden of Love

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

Welcome

Jacqueline "Jackie" Wood
Rosemarie Weber
Zibour "Mary" Bekmesian
Diaane Darling
Antonio "Tony" Pascoal
Joan Brown
Margaret Gallinger
Glenna Woodward
Valeria "Valerie" Alajtner
Margaret Beneteau (Lodge)

Birthdays

Chen Jui N, Sept. 1
Jeanie M, Sept. 1
Joyce D, Sept. 2
Verna M (Lodge), Sept. 2
Ross "Ferne" E, Sept. 2
William P (Lodge), Sept. 4
Mills J, Sept. 8
Patsy A (Lodge), Sept. 8
Lise D (Lodge), Sept. 12
Kwan P, Sept. 13
James "Jim" W, Sept. 15
Dennis S (Lodge), Sept. 15
Avis W, Sept. 21
Shirley M, Sept. 25
Wayne P, Sept. 29
Chris D, Sept. 30

In Memory

Margaret Gallinger | Nancy McFetrick
John Schneider | Sarah Cheetham
Vera Gardner | Ron Seguin