



October

Tuesday	Thursday
<p style="text-align: right;">3</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 Junk Drawer Detective 11:00 Hymn Sing 12:00 Lunch 1:00 Watercolor Painting 1:00 Baking Pumpkin Pies 1:00 Darts</p>	<p style="text-align: right;">5</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 JINGO 11:00 Church Service 11:00 Household Chores 12:00 Lunch 1:00 Pumpkin Pie Social with John</p>
<p style="text-align: right;">10</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 Table Puzzles 11:00 Hymn Sing 12:00 Lunch 1:00 Recycling 1:00 Curling 1:00 Word Games</p>	<p style="text-align: right;">12</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 Word Games 11:15 Ladies Group 11:15 Men's Group 11:15 Recycling 12:00 Lunch 1:00 Music with John</p>
<p style="text-align: right;">17</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 Junk Drawer Detective 11:00 Hymn Sing 12:00 Lunch 1:00 Bean Bag Toss 1:00 Vendor Sale Preparation 1:00 Trivia</p>	<p style="text-align: right;">19</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 Volleyball 11:15 Recycling 11:15 Baking 11:15 Vendor Sale Preparation 12:00 Lunch 1:00 Music with John</p>
<p style="text-align: right;">24</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 Trick Or Treat Bags 11:00 Hymn Sing 12:00 Lunch 1:00 Pumpkin Carving</p>	<p style="text-align: right;">26</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 Table Top Activities 11:15 Recycling 11:15 Ladies Group 11:15 Men's Group 12:00 Lunch 1:00 Music with John</p> <div data-bbox="1166 1423 1528 1551" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Vendors Fair! 10-4</p> </div>
<p style="text-align: right;">31</p> <p>9:45 Exercises 10:30 Mail Delivery 10:30 Halloween JINGO 11:00 Hymn Sing 12:00 Lunch 1:00 Baking 1:00 Balloon Badminton 1:00 Halloween Elimination</p> <div data-bbox="467 1705 764 1829" style="text-align: center;"> </div>	<p style="text-align: center;">**Please remember to call, 780- 442-5722 or email, barb.potter@capitalcare.net, if you are going to be absent. Refreshments are served at 2:15 prior to the clients leaving.</p>

KIPNES CENTRE FOR VETERANS DAY PROGRAM OCTOBER NEWSLETTER

Fall is quickly approaching, I need to say a big thank you to our gardeners; the vegetable garden was plentiful and the flowers were beautiful. We enjoyed a number of meals with fresh cooked vegetables and a variety of zucchini muffins and cakes. As we turn the page for fall we look forward to a wonderful Thanksgiving Dinner, Elder/Family Council, Pumpkin Carving and a Halloween Party.

We welcome back Kelsey, as she will return from her maternity leave, hard to believe her daughter is a year old. We thank Kristy for her time in Day Program and you will see her around the center as she will be working in long term care. We thank Wendy, Lucienne and Alex for helping out as well in Day Program.

Please mark your calendars for the following dates:

- The **Kipnes Choir Concert** will take place **on Friday, October 13 @ 1:30 pm**
- **There will be a Vendor Fair for you to come and get some Christmas Shopping done on Thursday, October 26 from 10 – 4**
- **Friday, October 27 @ 1:30 pm** the Ottawa National Arts Centre Orchestra is performing.

Day Program Elder and Family Council Meeting will take place on Monday, October 30th at 1:30 p.m. all clients and families are welcome to attend.



If you are unable to attend please let us know if there are any items you would like to see addressed. In addition to the Council meeting, we also have yearly conferences with our **Elders and Families** where we discuss the care and the goals of the Elder attending the program. These conferences occur very shortly after an Elder is admitted to the program and then again one year later. Elizabeth our clerk sets up these conferences and will be contacting you as they are needed. Please note at any time that you have a question/suggestion/concern, feel free to call Barb Potter to discuss.



Once again **Flu Season** is upon us and we are encouraging all of Elders to get their Flu Shot. Flu Clinics can be found in the community, please contact your pharmacist for your flu shot. Additionally if your family member is ill we ask that you not send them to the Day Program, but please call in to report an absence. Friendly reminder that the program is from 9:00 to 3:00 pm and therefore we ask that you drop off or pick up between those hours. If you come early we may not be in the room, but just ask at reception.

The **Christmas Lunch and Party will be on Monday, December 11, please RSVP if you can attend, if this is not your regular scheduled day there will be a charge.** Friendly reminder that we ask if you are sending spare clothing for your loved one to the program, keep in mind that we do need **all clothes labeled** to ensure they go back to the right home.

Barb, Myrena, Lucienne, Alex, Wendy and Kelsey
Day Program Staff

