



October

Monday	Wednesday	Friday
2 9:45 Exercises 10:30 Mail Delivery 10:30 October Trivia 11:15 Ladies Group 11:15 Men's Group 1:00 Apple Pie Social with Gord	4 9:45 Exercises 10:30 Mail Delivery 10:30 Daycare Visit 11:00 Hymn Sing 11:00 Independent Activities 1:00 Painting With Janet 1:00 Bocce Ball	6 9:45 Exercises 10:30 Roman Catholic Mass 10:30 Vendor Sale Preparation 11:30 Word Games 1:00 BINGO 1:30 Kipnes Choir
9 DAY PROGRAM CLOSED	11 9:45 Exercises 10:30 Mail Delivery 10:30 Daycare Visit 11:00 Hymn Sing 11:00 Independent Activities 12:00 Thanksgiving Feast 1:00 Thanksgiving Reminiscing and Clean-up	13 9:45 Exercises 10:30 Roman Catholic Mass 10:30 Card Making 11:30 Table Chat 1:00 Battle of the Sexes Trivia 1:30 Kipnes Choir Concert all are welcome to come and watch
16 9:45 Exercises 10:30 Mail Delivery 10:30 Ball Reminiscing 11:15 Darts 11:15 Reach For the Top 1:00 Fall Crafting 1:00 Pumpkin Making Craft 1:00 Recycling	18 9:45 Exercises 10:30 Mail Delivery 10:30 Daycare Visit 11:00 Hymn Sing 11:00 Independent Activities 1:00 What's in the Box 1:00 Baking	20 9:45 Exercises 10:30 Roman Catholic Mass 10:30 Remembrance Day Picture Frames 11:30 Trivia 1:15 Library Visit With Elton (Superstitions and legends)
23 9:45 Exercises 10:30 Mail Delivery 10:30 Discussion Group 11:15 Ladies Group 11:15 Men's Group 1:00 Word in a Word 1:00 Ladder Golf 1:00 Recycling	25 9:45 Exercises 10:30 Mail Delivery 10:30 Daycare Visit 11:00 Hymn Sing 11:00 Independent Activities 1:00 Bocce Ball 1:00 Remembrance Day Craft 1:00 You be the Judge	27 9:45 Exercises 10:30 Roman Catholic Mass 10:30 Ladies group 11:30 Discussion Group 1:00 Jeopardy 1:30 Ottawa National Arts Centre Orchestra
30 9:45 Exercises 10:30 Mail Delivery 10:30 Pumpkin Craving 11:15 Short Story 11:15 Bocce Ball 1:15 Client/Family Council Meeting – All families and Elders are welcome		**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.

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.

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

