

NOVEMBER 2022

LINDEN PLACE NEWS

a great place to live

LEST
WE
FORGET

A Time To Remember...

There will be a small tree placed in the MPR for November, we are calling it our Memory Tree. You are welcome to write the name(s) of any loved ones who have passed away, on one of the paper leaves provided, then place it on the tree in memory.



Janie Thiessen 204-326-9898 | Michael Obviar 204-326-2002

steinbachhousing.com

NOVEMBER BIRTHDAYS

Happy Birthday to our November Birthday People!

November 1 - Betty Martens November 8 - Yolande Boisjoli

November 7 - Robert Dyck November 16 - Helen Huitikka

Birthday Party:

Monday, Nov. 28 at 1:30 pm.

Treats and coffee served, cost \$2. Please sign up if you want to join - free for those with a November birthday!



Supportive Housing Opportunity

Supportive Housing is an option for people who are unable to live independently in their home but are not ready to move into a Personal Care Home, it is an excellent choice for people who require 24-hour support and care. This program provides assistance for people with physical limitations and ongoing health conditions. Tenants receive support and non-medical assistance with activities

involved in daily living such as hygiene, dressing, medication reminders, and recreational activities. **Amenities included are:** Three (3) meals per day plus snacks, daily housekeeping, weekly laundry, daily garbage collection, assistance with daily living needs through the home care program, complementary Wi-Fi in common areas, courtyard, scheduled leisure programming, hair salon and foot care services (additional fees apply), utilities includes, 24 hour secured building, smoke free environment.

To book a tour, contact Michael Obviar at 204-326-2002.

Don't forget to fall back!!

Sunday, November 6 at 2:00 am



From the Chaplain's Desk

"Conduct yourselves honourably among the pagans, so that in cases where they speak against you as 'those who do what is evil' they will, by observing your good works, glorify God on the Day of Visitation." 1 Peter 2:12.

In the earliest days of the faith, the Church faced constant opposition, pressure, and persecution from the pagan cultures around it, be they Roman or Greek. Roman emperors like Decius persecuted the Church with violence and martyrdom. Others, like Valerian, simply legislated against them, making civic life incredibly difficult.

Christians were seen as a strange Jewish cult, one which was dangerous to the lifestyle of the empire, a lifestyle which included worship of many gods, rampant sexual immorality, and a might-makes-right attitude towards others. Christians, by speaking of love and chastity, of worshipping only one God, of caring for the poor and forgiving enemies, were seen as a threat to the social order. They were strange, to be persecuted and cleared away. And yet...

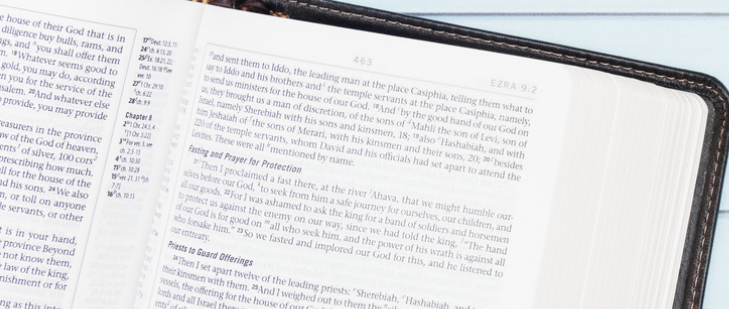
The Church grew in it's first three hundred years at a rate of about 40% per decade. That's a huge percentage of the population becoming Christian every year, until in 313 AD the emperor Constantine himself became a Christian and granted religious freedom to the empire. Why?

Because Christians lived what Peter said in the passage above. The moral beauty of the Christian life and their outreaching, all-encompassing love for one another and those around them (particularly the most vulnerable in society) had a deep effect on Roman culture. They were people transformed by the Gospel of Christ who likewise went out and transformed their world, starting hospitals, adopting abandoned babies, feeding the hungry, and living lives of impeccable purity. That Gospel way of life changed the world in the first three centuries. It can do so again in our day and any.

Scot Moir, SHI Chaplain (204-326-2547)

Bible Study Announcement

Our weekly Bible Study has been canceled for now. We are looking for a new leader and will let you know as soon as we have one.





GAMES NIGHT

Every Wednesday
at 7 pm

Invite friend or a neighbour to join you in the MPR and have fun playing a few games. We have Crokinole, Sorry, Uno and much more. There's room for everyone!

Card Making Class

Wednesday, Nov. 16 at 1:30 pm Cost \$2

Please sign up by Tuesday, Nov. 15

Join us as we make greeting cards - Christmas, Birthday or any occasion, you choose! These are easy to make and all supplies will be provided! Coffee and treats will be served.



Movie Night

Friday, Nov. 18 at 6:30 pm Cost \$1

We'll be watching *"The Derby Stallion"*

it's about a 15 year old boy who competes in the Derby Cup.

Bring your own beverage, popcorn twists will be provided.



Statler Brothers Music Video

Thursday, Nov. 3 at 6:30 pm

Join in the fun in the MPR as we watch a video of the Statler Brothers in concert; hosted by Bill Gaither



HEARING LIFE INFO

Wednesday, Nov. 30 at 1:30 pm

Join us in the MPR as we listen to a presentation from Bailey at Hearing Life about the importance of hearing and how hearing loss can effect us.

Coffee and snacks will be served.

Potluck Lunch

Wednesday, Nov. 23 at 12 pm

Bring some food to share and we'll enjoy a fun lunch together!

(Ideas: casserole, salad, buns, dessert).

Don't have anything on hand?

Bring \$2 to contribute.



Keeping Safe at Linden Place

Each one of us can do our part to help keep Linden Place as safe as possible, here are a few simple things you can do:

- **Never prop any entrance/outside doors open:**

If you need to let someone in, but you won't be near your phone, make arrangements with a neighbour or give them a key. Gathering in the MPR? Assign someone to be the door person.

- **Never open the entrance door for anyone you don't know:**

Anyone *who really needs to get in* will have a way! If they're visiting someone they can call them, and if that person isn't home they don't need to come in. If a repair person is trying to come in they can call maintenance to be let in. Never feel obligated to let anyone in. If there is a stranger in the entrance when you're coming or going, think about using your key so that they cannot enter behind you.

- **Use caution when talking to strangers or don't engage with them at all:**

Use caution and common sense, people may look harmless but you never know. If someone is acting suspiciously, call the police.



Cold Weather Safety Reminders

Stay warm indoors. A comfortable thermostat setting is 20 -21, setting it higher can promote over-dry skin and nasal passages. If you're still feeling chilly, try putting on some fleecy slippers and a sweater.

Beware of slick outdoor conditions. Check the forecast, wear nonskid boots and watch diligently for black ice.

Wear appropriate clothing outdoors. To prevent heat loss wear light, layered, loose-fitting clothing under an insulated, waterproof winter coat. Don't forget a warm hat and lined gloves or mitts.

Stay current on immunizations.

Consume a balanced diet and stay well-hydrated. Don't forget your fruits and veggies! Adding vegetables to soup and fruits to smoothies is an effective way to keep them in your diet. Drink six to eight glasses of liquid each day even if you may not feel thirsty in cooler weather.

Ward off isolation and depression. Harsh weather can often mean less social interaction. To ward off loneliness and the winter blues, stay connected with others. Come down and join the programs in MPR, call a friend or invite some over for coffee!



REGULAR EVENTS YOU DON'T WANT TO MISS!



Book Mobile: Friday, November 4 at 1 pm

Everyone is welcome to come and browse a great selection of books, audio books, magazines and more from the Jake Epp Library!



Giesbrecht Family Singers: Saturday, November 12 at 7 pm

Gospel Music from the Giesbrecht Family

Coffee Time: Mondays at 10 am

Coffee and treats and visiting in the MPR



Chair Exercise Class Video: Tuesdays at 9:30 am

Using a Youtube video we'll do seated chair exercises that are easy to do

Bingo: Tuesdays at 1:30 pm

Prizes for each game! Bring your own bingo chips, cards provided



Chapel Service: Wednesdays at 10 am

Pastor Scot will bring a devotional and some hymn singing



Games Night: Wednesdays at 7 pm

Invite your neighbour to come join you in playing some games in the MPR

Stretch Class: Thursdays at 9:30 am

Janie will lead us in some simple stretching exercises

Group Lunches: Tuesdays & Thursdays at 12 pm

Yummy homemade hot lunches in the MPR, Cost \$8, Call Janie to sign up



DID YOU KNOW? DID YOU KNOW? DID YOU KNOW?

- **PUZZLES!!** There are several NEW and NEW TO US puzzles available in the library. If you love to puzzle go ahead and take a look!
- **COFFEE TIME TREAT SIGN UP:** If you would like to provide treats for our Monday morning coffee time, please sign up on the sheet posted on the main floor bulletin board. Thank you to all those who have donated in the past!



NOVEMBER 2022



LINDEN MENU

S	M	T	W	T	F	S
		1 Cranberry Juice Meatloaf Mashed Potatoes Carrots Cream Puff Dessert	2	3 Peach Juice Ranch Chicken Mashed Potatoes Peas Pineapple Sunshine Cake	4	5
6	7	8 Apple Juice Roasted Chicken Bubbat Mashed Potatoes Peas & Carrots Keylime Squares	9	10 Orange Juice Country Baked Chicken Mashed Potatoes Carrots Sour Cream Coffee Cake	11	12
13	14	15 Iced Tea Chicken Drumsticks Mashed Potatoes Peas & Carrots Cheesecake	16	17 Raspberry Juice Pork Cutlets O'Brein Potatoes Tossed Salad Carrot Cake	18	19
20	21	22 Apple Juice Lazy Cabbage Roll Casserole Mashed Potatoes Caesar Salad Layered Lemon Dessert	23	24 Fruit Punch Lemon Butter Chicken Mashed Potatoes Carrots Cookies	25	26
27	28	29 Cranberry Juice Meatloaf Mashed Potatoes Carrots Cream Puff Dessert	30			

Cost: \$8 per meal. Please order by Thursday of the week before. Call Janie 24 hours in advance if you need to cancel, and if you don't cancel in time you will be charged for the meal.



NOVEMBER 2022

LINDEN EVENTS

S	M	T	W	T	F	S
		1 9:30 am: Chair Exercises 12 pm: Group Lunch 1:30 pm: Bingo	2 10 am: Chapel 7 pm: Games Night	3 9:30 am: Stretch Class 12 pm: Group Lunch 6:30 pm: Gaither Music Video	4 1 pm: Book Mobile	5
6 9 am: Chapel Service (Church of God in Christ)	7 10 am: Coffee Time	8 9:30 am: Chair Exercises 12 pm: Group Lunch 1:30 pm: Bingo	9 10 am: Chapel 7 pm: Games Night	10 9:30 am: Stretch Class 12 pm: Group Lunch	11 Remembrance Day - Offices Closed	12 7 pm: Giesbrecht Family Singers
13 9 am: Chapel Service (Emmanuel Free Church)	14 10 am: Coffee Time	15 9:30 am: Chair Exercises 12 pm: Group Lunch 1:30 pm: Bingo	16 10 am: Chapel 1:30 pm: Card Making 7 pm: Games Night	17 9:30 am: Stretch Class 12 pm: Group Lunch 7 pm: Neufeld Singers	18 7 pm: Movie Night	19
20 9 am: Chapel Service (TBD: To Be Determined)	21 10 am: Coffee Time	22 9:30 am: Chair Exercises 12 pm: Group Lunch 1:30 pm: Bingo	23 10 am: Chapel 12:00 pm: Potluck Lunch 7 pm: Games Night	24 9:30 am: Stretch Class 12 pm: Group Lunch	25	26
27 9 am: Chapel Service (Jake & Helen Harder)	28 10 am: Coffee Time 1:30 pm: Birthday Party	29 9:30 am: Chair Exercises 12 pm: Group Lunch 1:30 pm: Bingo	30 10 am: Chapel 1:30pm: Hearing Presentation 7 pm: Games Night			

Watch for posters as to when the hairdresser will be here.