

Brandt Pharmacy Presentation

Monday, October 3rd at 2 pm in the MPR

Virtual walk-in clinic, easy refilling prescriptions, free delivery and more. Come learn about what the Brandt Pharmacy can offer you!

Sing-a-long

Thursday, October 6th, 20th, 27th at 10:30am in the MPR

The Sing-Song group has switched to Thursday's beginning October, 6th. Join in the musical fun and sing along to your favourites!

Nails & Reflexology

Tuesday, October 4th at 1:30pm in the salon

Becky will be here to provide nail care and reflexology on Tuesday rather than Mondays starting in October. Call the TRC office to book an appointment at 204-380-4462.

\$20- Basic Pedicure \$30- Full Pedicure \$30- 20min Reflex \$50- 40min Reflex

Book Mobile

Friday, October 7th at 2pm in the MPR

Book Mobile is back! Jackie from Jake Epp Library will be setting up in the MPR at 2pm so come browse their selection and check a book or two out!

Alzheimer's Presentation

Wednesday, October 5th at 2pm in the MPR

Alzheimer's affects everyone, through relationships and friendships and personally. Join Meg from the Alzheimer's association to learn more about it.

Saturday Hymn Sing

Saturday, October 8th at 7pm in the MPR

Join David Doerksen and his family as they lead us in a hymn sing evening. Come congregate and enjoy worship through music.



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Threads of Time Quilters Guild
is looking for new participants to join the group.
If you are interested in joining or just learning a few new tips
& tricks about quilting come to the MPR on October 13th
between 10:30am & 2:00pm
There will be a small presentation on quilts
made from Evelyns fabric
to be donated.

**Kitchen and Offices
Closed October 10th.
Happy Thanksgiving Day!**

Games with Owen

**Monday, October 3rd at 10am &
Wednesday at 2pm in the MPR**

Welcome our Volunteer Student from the Steinbach Bible College. Owen will be with us once per week for to help out with activities and recreation. Come say "Hi" play some games and give him your suggestions on new programs you would like to see!

Pumpkin Carving

Wednesday, October 12th at 2pm in the MPR

Enjoy the spirits of fall with pumpkin carving! Pumpkins, tools, and stencils will be provided. Sign up is required and will be posted on the bulletin board on the main floor. The cost is \$2

Coffee & Craft Corner

Monday, October 17th & 31st in the MPR

Come and enjoy a hot cup of coffee and the company of others! You can bring your own colouring, craft or project that you're working on! Colouring pages and markers/pencil crayons will be provided..

Massage

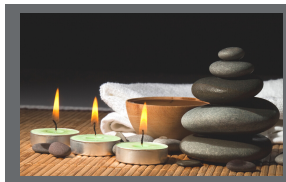
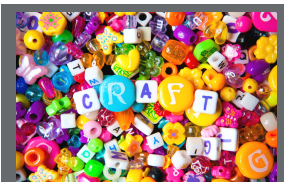
Monday, October 17th in the hair salon.

Bailey is a registered massage therapist that will be offering massages on October 17th. Book your appointment in the TRC office. First come First served.
\$99.00/ hour

Barkman Bake sale

Thursday, October 27th at 2pm in the MPR

The Barkman's are back with a delicious selection of baked and canned goods. Come early to make your purchases, as these goodies always sell quick!



Music

John Penner

October 11th & 25th in the MPR at 7pm

George Barkman

Friday, October 14th at
7pm in the MPR

Earl & Lisa Wiens Duet

Friday, October 28th at 2pm
in the MPR



Bible Study

Every Friday at 10:30am in the craft room

Bible study is in full swing every Friday. Gather together in fellowship with others in the building.

Vaccine Clinic

Monday, October 24th from 8:30am-3:30pm in the MPR

If you are interested in getting your flu shot or your covid booster, let the clinic come to you. A sign up sheet will be posted but walk-ins are welcome as well.

Coffee Time

Every Thursday at 9:30 am

Enjoy the spirits of fall with pumpkin carving! Pumpkins, tools, and stencils will be provided. Sign up is required and will be posted on the bulletin board on the main floor. The cost is \$2

Election Advanced Polls

Thursday, October 20th at 12:30m in the MPR

It's voting time! Advanced polls are coming your way. More information will be posted closer to the date.

Exercise

Monday Wednesday Friday

Join us three times a week with our seated, low impact exercises. All are welcome and encouraged to join the group to get moving and stay active.

Trick or Treat

Monday October 31st at 7pm by the front doors

Invite the grand/great grandchildren in your life to come to Fernwood to show off their costumes and receive a treat. Some treats will be provided, but we encourage you to stock up if you like!



Breakfast \$4.00

Continental style breakfast/Brunch

- ◆ Oatmeal
- ◆ Fruit
- ◆ Toast
- ◆ Yogurt
- ◆ Muffins
- ◆ Granola
- ◆ Boiled Eggs
- ◆ Coffee

*Please keep an eye out for the sign up sheet.

Please remember that some programs require sign up so remember to check the main board regularly to see updates on programs, sign up sheets and sign up deadlines.

Thank you!



Having trouble getting to the store?

GROCERY OPTIONS FOR SENIORS

Delivery Options

- 1st Choice Convenience does deliveries (FREE for seniors at this time!) See attached list for items that can be ordered. Call 1st Choice at (204) 326-9357 to place your order.
- Eastman Employment Services does deliveries for \$15/time, and will pick up from WalMart, Sobeys, or Superstore. Call or email Briana with your list at 204-326-4099/ briana@eastmanemployment.com. You can pay by cheque or cash. Each additional stop will be \$5 extra.
- Main B&B is offering a \$100 grocery pack for delivery (includes 4 lt. milk, 2 loaves bread, 1 ring farmer sausage, 1 lt. chicken noodle soup, 1 lt. cabbage borscht, 1 package date cookies, 2 frozen pizzas, 1 jar pickles, 1 dozen perogies, 1 700g bag noodles, 1 brick mild New Bothwell cheese, 1 bag La Cocina chips). Call 204-326-6108 to order.



REMINDER

Just a few reminders...

Please note that the TRC Office will no longer be able to process maintenance requests. These need to go to Michael in the admin office.

He can be reached at 204-326-2002, Monday to Friday.

In the event that he is not there, please call and leave a message. If it is an urgent matter while he is away, please call the Maintenance On-Call at 204-380-4181

*For maintenance needs that occur in the evening and on weekends please call Maintenance "on call" at 204-380-4181.

Just a reminder that invoices, room bookings, complaints or concerns should all be directed to Michael in the administrative office. Thank you!

Do you have a long Distance phone number that needs to be programmed to the front door panel? Please see Michael in his office and he will get you set up.

Volunteers needed:

- Setting up chairs and Hymn books for Chapel
- Safety checkers- Floor one, phase two. Floor four, phase one.
- Sound system set up for evening programs and presentations
- Tray deliveries for lunches- one week per month

FROM THE CHAPLAINS DESK



“Whoever guards his mouth and his tongue keeps himself out of trouble.” Proverbs 21:23

If there is one theme that comes up again and again in the book of Proverbs, it is that to keep silent is generally better than to speak. And if we must speak, to speak only those things which are useful, helpful, blessing.

There was a young man who asked a wise old Christian how he should respond to a person was causing him anger. The old man responded by saying, “Words and money are different things.” Intrigued and obviously confused, the young man asked him what he meant. The elder went on, “It is bad for the human soul to accumulate lots of wealth and not give it away to those in need, or otherwise use or spend it at least. But it is very good for the soul to hoard your words. Hold your silence. Don’t spend words lightly, but only when the greatest necessity prevails upon you. And even then, be sparing.”

James gives us a hint as to why guarding our words is so important: “Though the tongue is a small part of our body, it boasts great things. Consider how large a forest a small fire ignites. And the tongue is a fire...We praise our Lord and Father with it, and we curse men who are made in God’s likeness with it. These things should not be.” (Js. 3:5-6,9.) Our words have power beyond us to create good or evil, just like a fire can be used for cooking and warmth or to burn a forest down. Therefore, we must be careful with them Like Paul reminds us, “Your speech should always be gracious, seasoned with salt, so that you may know how you should answer each one.” (Col. 4:6.)

Scot Moir