

NOVEMBER 2024



WELCOME TO ORCHARD GARDENS

**Orchard Gardens Senior
Living**
295 Gerstmar Road
Kelowna, BC V1X 7W9
Tel 250.979.0600
Fax 250.979.0601
info@orchardgardens.com

**RON MC MYNN
MYRNA ROTENBURGER
BETTY EULOTH
MARVIN HOGLIN**

SPECIAL OBSERVANCES:

WED. NOV. 6TH NATIONAL STRESS AWARENESS MONTH

FRI. NOV. 8TH CAPPUCINNO DAY

THE MONTH OF NOVEMBER IS ALL ABOUT HEALTH AND AWARENESS

-ITS NATIONAL
EYE DONOR/LUNG CANCER/
EPILEPSY/HOMECARE AND HOSPICE/
DIABETES/COPD/BLADDER HEALTH/
ADOPT A SENIOR PET/WRITING MONTH.



MOVEMBER = TO HAVE AWARENESS FOR MENS HEALTH REGARDING PROSTATE CANCER/TESTICULAR CANCER/AND MENTAL HEALTH SOME MEN GROW OUT THEIR MUSTACHES FOR THE MONTH OF NOVEMBER.

MONTHLY FIRE BELL TEST ON NOVEMBER 6TH

**NOVEMBER 20TH
TOWN HALL MEETING 10:10AM
AND RESIDENT FUND MEETING
AT 1:15PM in the music room**

**HAPPY
BIRTHDAY**

IRENE KOPP	3RD
MARY ANN LYONS	11TH
PAUL BRAY	11TH
TIM LANG	13TH
INGRID WHYTE	14TH
GEORGE CRIDLAND	23RD
SALLY ZYTNYK	26TH
SVETLANA YERMINBAEVA	28TH

SATURDAY AT 7PM MOVIE NIGHT

NOV.2 ANGELS IN THE ENDZONE
NOV. 9TH THE INTERNSHIP
NOV.16TH THE WATCH
NOV. 23 DODGEBALL
NOV.30TH SECRET LIFE ON EARTH



**JEWELRY SALE
IN THE LOBBY
NOVEMBER 18TH
@ 10AM TO 2PM**

IMPORTANT DATES:

**NOVEMBER 3RD IS DAYLIGHT
SAVINGS PLEASE PUT YOUR CLOCK
BACK ONE HOUR ON NOV. 2ND
NOV. 4TH CHAIR YOGA ACTIVITY RM
NOV. 9TH MILITARY MUSEUM 10-11
NOVEMBER 11TH REMEMBRANCE DAY
NOVEMBER 13TH BLOOD PRESSURE
CHECK AND WE WILL DISCUSS COPD
WELLNESS ON NOV. 20TH PLEASE GO
TO ACTIVITY TABLE FOR
INFO. Nov. 20th RESIDENT FUND
MEETING MUSIC ROOM AT 1:15PM**



**TUESDAY NOV. 5TH
EGYPTIAN DINNER SPECIAL
LAMB KABOBS AND FRIED
CAULIFLOWER PITA BREAD
AND BAB GANOUSH**

**NOV 11TH FRENCH CANADIAN
STYLE BEEF BURGUNDY AND
MASHED POTATOES FOR
LUNCH**

**NOV 12TH DINNER SWEEDISH
MEATBALLS AND POTATO**

**CHEF'S COUNTRY CHOICES
OF THE MONTH:
SWEDEN**



AND EGPYPT



**NOV.9TH WITH ANDY 2PM
1940S -50S
ARMY/NAVY/AIRFORCE
PARTY DRESS UP ~**



**PLEASE WELCOME BACK
NOVEMBER PERFORMANCES BY:**

**ANDY, JEREMY, ROLAND, BRUCE
AND VIC AND CAROL**

**PLEASE WELCOME NEW COMER
SAM FARRUGGIO!**



The Red Poppy

**In November we wear a poppy,
In memory of those not here,
How they protected our country,
When they were over there,
But we must think of others,
Serving at home with support,
These are unsung heroes,
With jobs of a different sort.**

**Today we hear the stories,
There are a lot to tell,
Of bravery, sadness and joy,
And times that did not go well,
Remembrance each year.
For those we hold dear,
The poppy easy to see,
On the lapels of you and me.**

By Winnifred Langham

REMEMBRANCE DAY MONDAY NOV 11TH 2024

**Orchard Gardens will hold its own
ceremony for residents November 11th
@ 10am TV WATCHING IN THE LOBBY
CEREMONY begins at 10:30am in the
lobby+ SPECIAL GUESTS
APPEARANCES**

**Please join us to honour our fallen but not
forgotten heroes**

**POPPY'S SOLD BY DONATION ALL
PROCEEDS GO TO VETERANS SEE
FRONT DESK**

