Luther Court

Belonging & Inspiration

Activity Booklet - November 2026





Saints



At this time of year we have All Saints Day to remember the saints, all those who have died. On November 11th we remember those who died in war. We also think of the loved ones who live with loss. Outside, we have the turning of the seasons. The leaves fall, the much needed rain swells the creeks for the salmon to complete the cycle of life.

The mention of saints, the people who have touched our lives in some way, stirs emotions. I can have many different emotions at once. Tears come too. I used to feel like I was supposed to find a way to stop the tears but I am moving closer to celebrating them. A couple things I have heard about tears is that they come when we cannot find words. A friend sent me a note this year, "Where there are tears, love is present." Tears are an expression and can be healing to accompany sadness or joy, pain as well as laughter. What stirs in you?

When we talk about people in our lives that have died the memories begin to swirl. Many great memories. Sometimes difficult memories enter the picture. We also notice the place of people in our hearts, homes or parts of our day. Some deaths are recent and some more distant. People close to us in some way who have died call into question the meaning of life.

Some Bible verses that come to mind are:

"I go and prepare a place for you" (John 14:3) – points us to something more than death

"A season for everything" (Ecclesiastes 3) - some things are hard to explain, they just are

"I am with you always, to the end of the age." (Matthew 28:20) - we are not alone in this journey

Perhaps there are words from your experience that carry meaning. I would love to hear them.

We live in the hope of the new life that comes. The Easter message reminds us that there is a new life after death. That new life might take many forms. Making it through a day or even to the next breath after a loss is new life for us. When reviewing memories we can savour the delightful things. We might need to do some sifting through experiences or ways of living that need revision.

Maybe now is time to let go of unhealthy views of the world that have been keeping us separated from one another. I think of all the schisms around things like race, gender, social class, geography, age and ability. These differences often end up with someone wielding or using power over another. Holding the memory of the saints gives us a chance to question how we used to live. We have an opportunity to wonder and imagine a way toward wholeness and a world where there is enough for everyone to enjoy.

We can thank the saints for the gift of the chance to remember and live into a way that makes room for all people.

Blessings,
Spiritual caregiver, Ed Chell

November Birthdays



06 - Kersti A.
07 - Bernice P.
14 - Jeffrey "Jeff" H.
16 - Donald "Don" R.
16 - Marta T.
16 - Irene L.
25 - Ellen C.
25 - Helen L.
25 - Bonnie P.
26 - Katharine E.
30 - Kevin B.

Happy Birthday from all of us at Luther Court!



MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion**	2 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Curling **1:45 -** Board/ Card Games	3 **9:30 - Devotions** **10:15 -** Hula Fit w/ Tina **11:00 -** Bowling **2:30 -** Choir Practice	4 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Axe Toss **1:45 -** Music w/ Jesse B. **3:00 -** Poker
8 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion** **HAPPY DIWALI**	9 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Dice Game **1:30 -** Arm Chair Travel: The Netherlands	10 **9:30 - Devotions** **10:30 -** Concert of Remembrances Day **2:30 -** Choir Practice	11 **10:30 - Remembrances Day Service with Paster ED**
15 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion** **1:00 - Celebration Birthday Party for Irene Lefsrud** **(In The Lounge)**	16 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Bowling **1:30 -** Movie: "South Pacific!"	17 **9:30 - Devotions** **10:15 -** Hula Fit w/ Tina **11:00 -** Axe Toss **2:30 -** Choir Practice	18 **9:30 - Devotions** **10:15 -** Exercises **10:45 -** Java Music **11:00 -** Ladder Ball **1:30 -** Food Committee w/ Anne **3:00 -** Poker
22 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion**	23 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Pool Noodle Hockey **1:30 -** Let's Begin to Decorate for Xmas	24 **9:30 - Communion** **10:15 -** Hula Fit w/ Tina **11:00 -** Curling **1:30 -** Decorate Xmas **2:30 -** Choir Practice	25 **9:30 - Devotions** **10:00 -** Staff Forum **10:45 -** Decorate Xmas **11:00 -** Bowling **1:45 -** It's Them Again **3:00 -** Poker
29 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion**	30 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Bean Bag Toss **3:00 -** Living w/ Loss In Cafe		

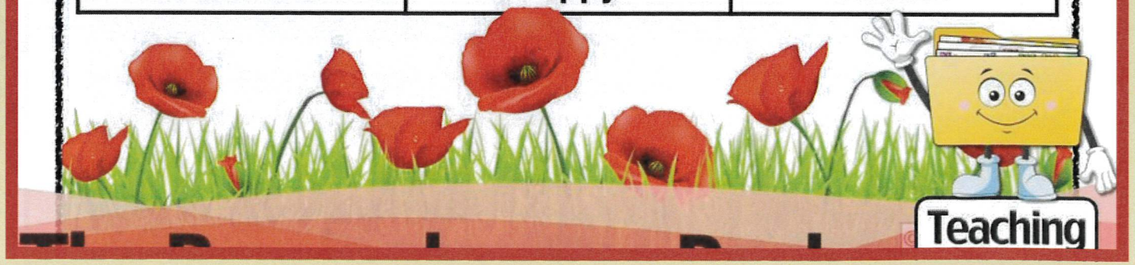
NOVEMBER 2026

THURSDAY	FRIDAY	SATURDAY
5 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Ladder Ball **11:00 -** One to One Visits **1:45 -** Hitz of the Blitz w/ Thersa & Carolyn **3:00 -** Craft & Connect, Knitting	6 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Bean Bag Toss **1:30 -** CHC talk with OT Pam Fall Prevention	7 **1:30 - Games with Grayson**
12 **9:30 - Devotions** **10:15 -** Hula Fit w/ Tina **11:00 -** Pool Noodle Hockey **1:30 -** One to One Visits **3:00 -** Oasis mini teepee workshop Knitting	13 **9:30 - Devotions** **10:15 -** Exercises **10:10 -** Coffee w/ Kevin **11:00 -** Curling	14 **1:30 - Games with Grayson** **1:30 - Heart Circle ADP Room**
19 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Bean Bag Toss **1:30 -** Birthday Celebration Tea for A/L w/ Jesse B. **3:00 -** Craft & Connect, Knitting	20 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Dice Game	21 **1:30 - Games with Grayson**
26 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Axe Toss **3:00 -** Craft & Connect, Knitting	27 **9:30 - Devotions** **10:15 -** Exercises **11:00 -** Ladder Ball	28 **1:30 - Games with Grayson**

Coffee with Kevin: Join Kevin on Friday, November 13th to swap stories and ask questions. Catch up with Kevin in the main floor café between 10:10am - 10:45am. Everyone is welcome! Coffee and treats will be available.

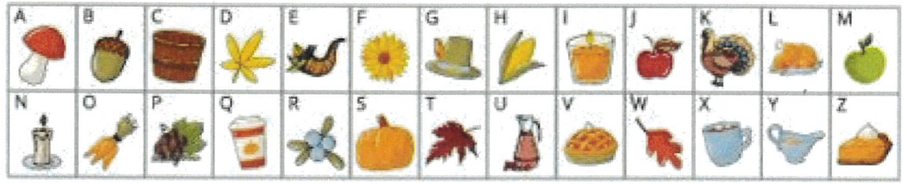
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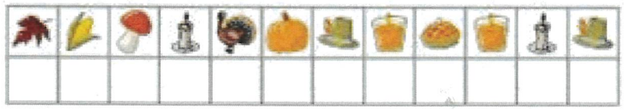
ANZAC	**Medal**	**Remembrance Day**
Cross	**Memorial**	**Soldier**
Grave	**Parade**	**Veteran**
Great War	**Poppy**	**Wreath**

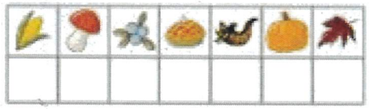


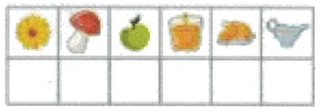
Hello November Cryptogram

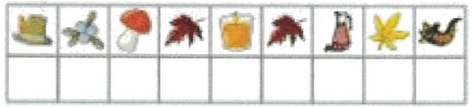
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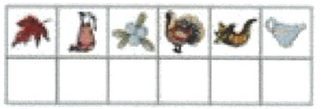


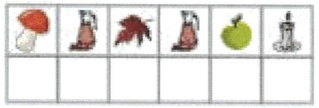
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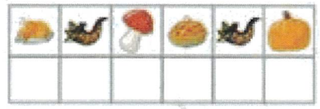
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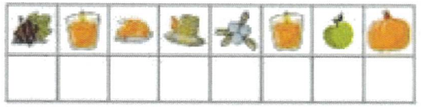
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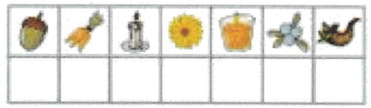
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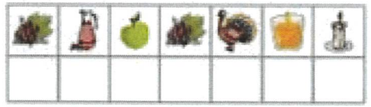
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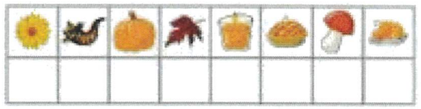
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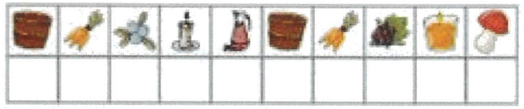
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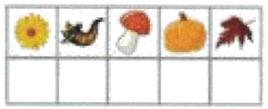
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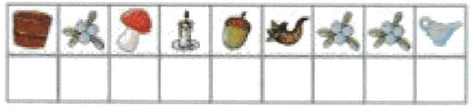
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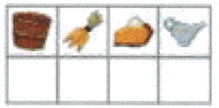
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LetsDoPuzzles.com - For personal use only

SECOND FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	2 9:30 - Devotions	3 9:30 - Devotions 2:30 - Choir Practice	4 9:30 - Devotions 1:45 - Music w/ Jesse B.
8 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion HAPPY DIWALI	9 9:30 - Devotions	10 9:30 - Devotions 10:30 - Concert of Rememberances Day 2:30 - Choir Practice	11 10:30 - Remembrances Day Service with Paster ED
15 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	16 9:30 - Devotions	17 9:30 - Devotions 2:30 - Choir Practice	18 9:30 - Devotion
22 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	23 9:30 - Devotions	24 9:30 - Communion 2:30 - Choir Practice	25 9:30 - Devotion 10:30 - Maudie's Music 1:45 - It's Them Again
29 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	30 9:30 - Devotions	WATCH FOR UPDATES	

NOVEMBER 2026

THURSDAY	FRIDAY	SATURDAY
5 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Hitz of the Blitz w/ Thersa & Carolyn 3:00 - Craft & Connect, Knitting	6 9:30 - Devotions 10:30 - Maudie's Music 1:30 - CHC Fall Prevention	7 2:30 - Dogs Visits
12 9:30 - Devotions 10:30 - Maudie's Music 3:00 - Oasis Craft & Connect, Knitting	13 9:30 - Devotions 10:30 - Maudie's Music	14 2:30 - Dogs Visits
19 9:30 - Devotions 10:30 - Maudie's Music 3:00 - Craft & Connect, Knitting	20 9:30 - Devotions 10:30 - Maudie's Music	21 2:30 - Dogs Visits
26 9:30 - Devotions 10:30 - Maudie's Music 3:00 - Craft & Connect, Knitting	27 9:30 - Devotions	28 2:30 - Dogs Visits
		Main Floor Lounge Programs are in Blue **Dave W** - 2nd floor Activity Worker (Tuesday to Saturday)

THIRD FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion** **2:00 - Resident Assessments**	2 **9:30 - Devotions** **10:30 -** Chocolaty Bingo **2:00 -** Finishing Lines **3:30** - Story Stolls	3 **9:30 - Devotions** **10:30** - Music w/ Ron O. **2:00** - Folding Frenzy	4 **9:30 - Devotions** **10:30** - Creative Corner **2:00** - Target Toss **3:00** - Balloon Volley
8 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion** **2:00 - Resident Assessments** **HAPPY DIWALI**	9 **9:30 - Devotions** **10:30 -** Chocolaty Bingo **2:00 -** Finishing Lines **3:30** - Story Stolls	10 **9:30 - Devotions** **10:30** - Music w/ Jesse B. **2:00 -** Active Games **3:00** - Friendly Visits	11 **10:30 - Remembrances Day Service with Paster ED**
15 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion** **2:00 - Resident Assessments**	16 **9:30 - Devotions** **10:30 -** Chocolaty Bingo **2:00 -** Finishing Lines **3:30** - Story Stolls	17 **9:30 - Devotions** **10:30** - Music w/ Ron O. **2:00** - Active Game **3:00** - Friendly Visits	18 **9:30 - Devotions** **10:30** - Creative Corner **2:00** - Twister Toss **3:00** - Story Strolls
22 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion** **2:00 - Resident Assessments**	23 **9:30 - Devotions** **10:30 -** Chocolaty Bingo **2:00 -** Finishing Lines **3:30** - Story Stolls	24 **9:30 - Communion** **10:30** - Name That Tune **2:00** - Folding Frenzy **3:00** - Friendly Visits	25 **9:30 - Devotions** **10:30** - Creative Corner **2:00** - Sing Along w/ Katy **3:00** - Balloon Volley
29 **10:00 - Sunday Service** **Live Lutheran Church TV Broadcast with Communion** **2:00 - Resident Assessments**	30 **9:30 - Devotions** **10:30 -** Chocolaty Bingo **2:00 -** Finishing Lines **3:30** - Story Stolls		

NOVEMBER 2026

THURSDAY	FRIDAY	SATURDAY
5 **9:30 - Devotions** **10:30 -** Chair Fit w/ Sherry Zac **2:00 -** Music w/ Maudie **3:00 -** Craft & Connect Knitting	6 **9:30 - Devotions**	7
12 **9:30 - Devotions** **10:30 -** Chair Fit w/ Sherry Zac **2:00 -** Music w/ Maudie **3:00 -** Oasis Craft & Connect Knitting	13 **9:30 - Devotions**	14
19 **9:30 - Devotions** **10:30 -** Chair Fit w/ Sherry Zac **2:00 -** Music w/ Maudie **3:00 -** Craft & Connect Knitting	20 **9:30 - Devotions**	21
26 **9:30 - Devotions** **10:30 -** Birthday Celebration w/ Jesse B. **2:00 -** Music w/ Maudie **3:00 -** Craft & Connect Knitting	27 **9:30 - Devotions**	28
		Main Floor Lounge Programs are in Blue **3rd floor Activity Worker Katy S. (Sunday to Thursday)**

The Library Corner By Sylvia M.

Gaelic is spoken on the Isle of Skye, The Old Man of Storr translates to Bodach an Stòr in Gaelic.

When the weather is clear, the iconic landmark can be seen from miles around and is a renowned symbol of Scotland.

Created by ancient landslip, the rock face and pinnacle is the thump of a giant who is now buried underground, others declare that the face of the old man can be seen in the rock face.

Community Health Centre
Upcoming Events

Thursdays 3:00pm

Community Craft & Connect

Paint, colour, craft, and chat with others! Snacks and crafts provided. Open to all ages and abilities!

Thursday Nov 12th 3:00pm

Oasis Society Community Craft & Connect

Join the Oasis Society on November 12th for a mini teepee workshop! Open to all ages and abilities.

Tuesday Nov 24th 6:00pm

Naloxone Training

Learn how to identify and respond to a drug poisoning, practice administering naloxone, and take home your own naloxone kit.

Contact Mia at community@luthercourt.org or 250-953-7628 for more information

The Importance of Remembering

As November approaches, we are reminded of the importance of remembering. Remembrance Day, observed on November 11, gives us an opportunity to pause, reflect, and honour the courage and sacrifices of those who served our country and those who continue to serve today.

For many of us, Remembrance Day brings back personal memories—of family members who served, stories shared around the kitchen table, photographs tucked away in albums, or perhaps the sound of a familiar name spoken with love and pride. These memories connect us to our families, our communities, and our history.

But remembering is about more than looking back. Memory is part of who we are. Our memories help shape our identity and give meaning to the lives we have lived. They remind us of people we have loved, places we have been, challenges we have overcome, and moments that have brought us joy.

In long-term care, remembering has an especially important place. A resident's life story is much more than a collection of dates and events. It may include a career, raising a family, travelling, volunteering, friendships, hobbies, traditions, celebrations, and countless everyday moments. Taking the time to listen to these stories helps us see the whole person—not simply the person living with us today, but the person they have always been.

Remembering also gives us an opportunity to share our stories with one another. A conversation about a childhood home can lead to memories of a favourite recipe. A photograph can bring a forgotten story back to life. A song can transport us to another time and place. These moments of sharing create connection and help preserve memories for future generations.

As we mark Remembrance Day, let us remember with gratitude and respect those whose lives were changed or lost through service and sacrifice. Let us also remember the families who waited, worried, and carried on at home.

And perhaps, this November, we can make remembering an everyday practice: ask a question, listen to a story, look through an old photograph, share a memory, or simply take a moment to remember someone who has made a difference in your life.

Because when we remember, we honour the past, enrich the present, and help carry important stories into the future.

Carmen S



Interdenominational Workship Services

ROMAN CATHOLIC COMMUNION

Communion offered 1:1 once a month.

November 16th - 10:00am

Contact Ed Chell to be added to this list

ANGLICAN COMMUNION

St. Luke's website: www. stlukesvictoria.ca

LUTHERAN CHURCH SERVICE

Church of the Cross website:

www.lutheranvictoria.ca

FOOT CARE

For information on foot care services offered, please contact the Wellness Clinic

WELLNESS CLINIC

VOLUNTEER OPPORTUNITIES

If you or someone you know would like to volunteer please talk to **Ed Chell**

Spiritual Caregiver & Coordinator of Volunteers 250 - 477 - 7241 ext.223

LCS CONTACT INFORMATION

Carolyn Hoekstra

Director of Care and Community

250 - 477 - 7241 ext. 228

THE GARDEN CAFE

LUNCH: Mon - Sun

11:30am to 1:00pm

Soup, Salads, Sandwiches and more

DINNER: Mon - Sun

Doors open at 4:45pm, meals served at 5:00pm

Meals are prepaid & $12.00

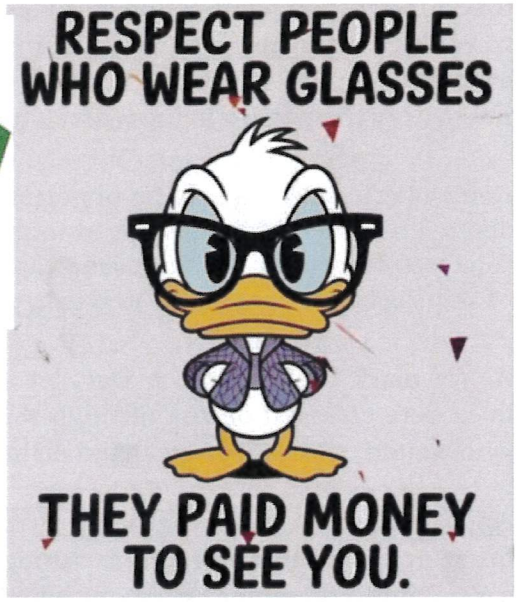
HAIR SALON

Wednesday & Thursday 9:00am to 2:30pm

Booking is advised

250 - 477 - 7241 ext. 233

***Drop-ins may be accommodated**





Welcome New Member of Luther Court
Rosaline's Baby Rayna