



ACTIVITY BOOKLET OCTOBER - 2025





What Are You Thankful For?

I like to ask this question at the prayer time in morning devotions.

Some of the answers include:

"To be alive!"

"Family"

"Friends"

We can go on with a list of favorite things or beauty in nature.

I would add "conversations" to the list. At Luther Court, we talk about things that matter to us like our health, faith, traditions, and who we are.

Recently, I joined a tour by an Elder teaching on the Lekwungen territory. He shared stories about the meaning and history of each place. He would respond to questions with, "What do you think?" The group became immersed in conversations of possibility and understanding. At the end of the tour, the Elder noted that reconciliation is all about conversation and deeper understanding.

This experience reminds me of the conversations at Craft and Connect time when Oasis comes. Culturally significant items are shared and made together: drums, bracelets, Bannock and tea. Conversation flows about personal stories and the meaning of the items.

With whom would you like to deepen your understanding of the world?

Blessings on your conversations,

Ed

Spiritual Caregiver



Happy Birthday



October Birthdays

02 Yvette N.

04 Garry R.

08 J. Elaine R.

15 Maxine R.

20 Theresa S.

26 Betty J.

29 John D

30 Zhou Wen J.

*Happy Birthday from all of us
at Luther Court!*

MAIN FLOOR ACTIVITIES

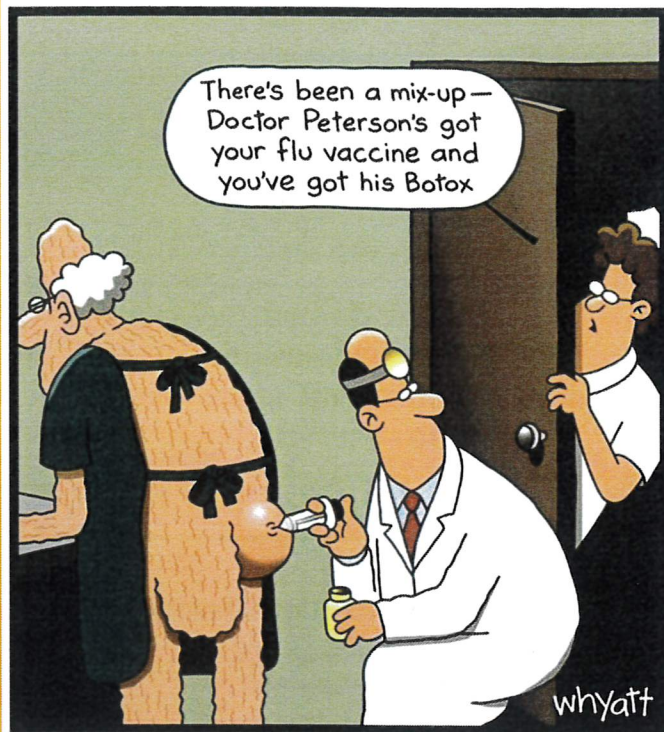
October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Coffee with Kevin : Join Kevin on Tuesday, October 14th to swap stories and ask questions. Catch up with Kevin in the main floor café between 10:10am - 10:30am. Everyone is welcome! Coffee and treats will be available.</p> 			
5 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	6 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:45 - Music: It's Them Again	7 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 2:30 - Choir Practice	1  9:30 - Devotion 10:15 - Exercises 11:00 - Dice Game 1:30 - Oktoberfest Music with Gypsy Belles
12 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	13 	14 9:30 - Devotions 10:10 - Coffee with Kevin 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Music w/ Mark Davies	8 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 1:30 - Celtic Band
19 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	20 9:30 - Devotion 10:30 - Catholic communion 10:15 - Exercises 11:00 - Bean Bag Toss 1:00 - Legacy Stories	21 9:30 - Devotions 10:15 - Exercises 2:30 - Choir Practice	22 9:30 - Devotion 10:15 - Exercises 10:30 - Java Music 1:45 - Music w/ Alyssa
26 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	27 9:30 - Devotions 10:15 - Exercises 1:45 - Music w/ Ron	28 9:30 - Devotion 10:15 - Exercises 2:30 - Choir Practice	29 9:30 - Devotions 10:15 - Exercises 10:30 - Java Music 1:30 - Dance Victoria

THURSDAY	FRIDAY	SATURDAY
2 9:30 - Devotions 10:15 - Exercises 11:00 - Bingo 2:30 - Oasis Society 3:00 - Knitting Club	3 9:30 - Devotions 10:15 - Exercises 11:15 - Trivia 1:30 - Music w/ Gary Cohen	4
9 9:30 - Communion 10:15 - Yoga with Moira 11:00 - Bean Bag Toss 3:00 - Craft & Connect 3:00 - Knitting Club	10 9:30 - Devotions 10:15 - Hula Fit w/ Tina 11:15 - Mental Aerobics 1:30 - Piano Music w/ Jesse Brown	11
16 9:30 - Devotions 10:15 - Yoga with Moira 11:00 - Dice Game 1:45 - Music w/ Ron 3:00 - Craft & Connect 3:00 - Knitting Club	17 9:30 - Devotions 10:15 - Hula Fit w/ Tina 1:45 - Music w/ 2 Among Friends	18
23 9:30 - Devotions 10:15 - Yoga with Moira 11:00 - Ladder Ball 3:00 - Craft & Connect 3:00 - Knitting Club	24 9:30 - Devotions 10:15 - Hula Fit w/ Tina 11:15 - Bean Bag Toss 1:30 - Vintage Fashion Show	25
30 9:30 - Devotions 10:15 - Yoga with Moira 3:00 - Craft & Connect & Knitting Club 1:45 - Heart Pharmacy Talk Healthy for the Holiday	31 9:30 - Devotions 10:15 - Hula Fit w/ Tina 11:15 - Halloween Trivia 1:00 - Braefoot Elementary Halloween Visit 	

SECOND FLOOR ACTIVITIES			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs Dave W - 2nd floor Activity Worker			1 9:30 - Devotion 10:00 - Crosswords 1:30 - Oktoberfest Music with Gypsy Belles 4:00 - Jeopardy
5 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 1:00 Music in Sunroom	6 9:30 - Devotions 10:30 - Catholic communion 1:45 - It's Them Again	7 9:30 - Devotions 10:00 - Crosswords 2:30 - Choir Practice 4:00 - Jeopardy	8 9:30 - Devotions 10:00 - Crosswords 1:30 - Celtic Band 4:00 - Jeopardy
12 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 1:00 Music in Sunroom	13 	14 9:30 - Devotions 10:00 - Crosswords 2:00 - Pop Corn Day 4:00 - Jeopardy	15 9:30 - Devotions 10:00 - Crosswords 10:30 - Staff Town Hall 1:45 - Music with Fire & Drought 1:30 - Garden Walk 4:00 - Jeopardy
19 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 1:00 Music in Sunroom	20 9:30 - Devotion 10:30 - Catholic communion 1:00 - Legacy Stories	21 9:30 - Devotion 10:00 - Crosswords 1:30 - Bowling 2:30 - Choir Practice 4:00 - Jeopardy	22 9:30 - Devotions 10:00 - Crosswords 1:45 - Music w/ Alyssa 4:00 - Jeopardy
26 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 1:00 Music in Sunroom	27 9:30 - Devotions 1:45 - Music w/ Ron	28 9:30 - Devotions 10:00 - Crosswords 1:45 - Pumpkin Carving 2:30 - Choir Practice 4:00 - Jeopardy	29 9:30 - Devotions 10:00 - Crosswords 1:30 - Dance Victoria 4:00 - Jeopardy

OCTOBER 2025		
THURSDAY	FRIDAY	SATURDAY
2 9:30 - Devotions 10:30 - Maudie's Music 2:30 - Dave's Workshop, Stained Glass 2:30 - Oasis Society 3:00 - Craft & Connect, Knitting Club 4:00 - Jeopardy	3 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Music w/ Gary Cohen	4 9:30 - Sunroom Devotions 10:00 - Crosswords 1:30 - Trivia 2:30 - Pats Visit
9 9:30 - Communion 10:30 - Maudie's Music 1:45 - Dave's Workshop, Stained Glass 3:00 - Craft & Connect & Knitting Club 4:00 - Jeopardy	10 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Piano Music w/ Jesse Brown	11 9:30 - Sunroom Devotions 10:00 - Crosswords 1:30 - Trivia 2:30 - Pats Visit
16 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Music w/ Ron Ogden 3:00 - Craft & Connect, Knitting Club 4:00 - Jeopardy	17 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Music w/ 2 Among Friends 4:00 - Jeopardy	18 9:30 - Sunroom Devotions 10:00 - Crosswords 1:30 - Trivia 2:30 - Pats Visit
23 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Dave's Workshop, Stained Glass 3:00 - Craft & Connect, Knitting Club 4:00 - Jeopardy	24 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Vintage Fashion Show 4:00 - Jeopardy	25 9:30 - Sunroom Devotions 10:00 - Crosswords 1:30 - Trivia 2:30 - Pats Visit
30 9:30 - Devotions 10:30 - Maudie's Music 2:30 - Dave's Workshop: Masks 1:45 - Heart Pharmacy Talk Healthy for the Holiday 3:00 - Craft & Connect, Knitting Club 4:00 - Jeopardy	31 9:30 - Devotions 10:30 -Braefoot Elementary Halloween Visit 1:45 - Halloween Stories	



The Library Corner by Sylvia

The Inn at Harts Haven: By Patricia David's

(One of the best writers in the Amish fiction genre.)

Pregnant & desperate, Victoria Worthington runs to the only place that ever felt safe; first by her abusive & crime controlling father, (than by her equally abusive ex - boyfriend.)

Donning a hand - scwen dress & 'kappa' a new name, she escapes as Abby Martin to the Amish community of Harts Haven, where she spent happy months.

Abby plans to repair her Grandparents abandoned house (left to her by her Grandparents.)

Since a tragedy took his family, contractor Joe Troyer has travelled from one Amish town to another, refusing to let anyone close.

Though, Abby & Joe are mutually drawn together, Joe helps Abby.

A tender and sweet story unfolds! Happy Reading!

Happiness Waiting for You.

There is a light at the end of the tunnel!

There is calm at the end of the storm,

There is rest at the end of the Journey & a hearth that is welcome & warm .

There is a Spring at the end of Winter.

Behind the black cloud it is blue, there is a song at the heart of your sorrow & Happiness waiting for You.....



Autumn

Find and circle all of the Autumn words that are hidden in the grid. The remaining letters spell a secret message - an Albert Camus quotation.

L	O	N	G	E	R	N	I	G	H	T	S	N	A	A	U	C	N
T	O	R	U	E	S	T	U	N	Y	R	O	K	C	I	H	R	I
M	S	O	A	Y	Q	E	N	I	S	I	A	O	T	R	W	O	K
R	C	Y	H	N	E	U	V	S	T	E	R	F	H	E	O	P	P
C	E	A	A	C	G	K	I	A	S	N	O	A	A	B	R	S	M
K	N	D	N	D	S	E	R	N	E	D	S	R	N	M	C	O	U
S	C	Y	L	N	R	G	L	U	O	L	P	M	K	E	E	C	P
Q	R	A	K	E	I	E	R	E	T	X	G	I	S	V	R	T	S
U	Y	D	T	M	A	N	T	S	A	E	F	N	G	O	A	O	E
A	D	Y	D	S	I	V	G	R	T	V	S	G	I	N	C	B	P
S	N	R	N	G	Y	W	E	H	O	E	E	N	V	W	S	E	T
H	I	E	L	P	P	A	E	S	P	H	A	S	I	V	O	R	E
B	W	T	Y	L	L	I	H	C	T	E	S	P	N	R	F	L	M
F	T	S	E	V	R	A	H	Y	E	L	O	I	G	C	R	E	B
A	A	U	H	A	L	L	O	W	E	E	N	E	F	I	O	S	E
A	F	L	S	E	V	A	E	L	W	O	L	L	E	Y	S	L	R
L	O	B	L	W	E	C	H	E	S	T	N	U	T	S	T	R	D

ACORN
APPLE
BIRD MIGRATION
BLOWING LEAVES
BLUSTERY DAY
CANNING
CHESTNUTS
CHILLY
COLD
CROPS

EQUINOX
FALL
FARMING
FEAST
FROST
HALLOWEEN
HARVEST
HAYSTACK
HICKORY NUTS
LONGER NIGHTS

NOVEMBER
OCTOBER
ORANGE LEAVES
PIE
PUMPKIN
RAKE
RED LEAVES
SCARECROW
SCHOOL
SEASON

SEPTEMBER
SHORTER DAYS
SQUASH
SWEET POTATOE
THANKSGIVING
TURKEY
WINDY
YELLOW LEAVES

THIRD FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs 3rd floor Activity Worker			1 9:30 - Devotion 10:30 - Chair Dancing 1:30 - Oktoberfest Music w/ Gypsy Balles 3:00 - 1 - 1 Visit
5 10:00 - Sunday Service 2:00 - Music & Memories 3:00 - Movie Matinee	6 9:30 - Devotions 10:30 - Reminiscing 11:00 - Sing Along 1:45 - Bingo 3:00 - Garden Visit	7 9:30 - Devotions 10:00 - Manicure 10:30 - Music w/ Ron Ogden 2:30 - Choir Practice 3:00 - Sensory	8 9:30 - Devotions 1:30 - Celtic Band
12 10:00 - Sunday Service	13 	14 9:30 - Devotions 10:30 - Music with Michael Majocha	15 9:30 - Communion 10:30 - Staff Town Hall 1:45 - Music w/ Fire & Drought
19 10:00 - Sunday Service	20 9:30 - Devotion 10:30 - Catholic communion 10:30 - Balloon Toss 11:00 - Sing Along 1:00 - Legacy Stories 1:45 - Bingo 3:00 - Garden Visit	21 9:30 - Communion 10:00 - Chair Exercise 10:30 - Music w/ Ron Ogden 11:00 - Water Color 1:45 - Yahtzee 2:30 - Choir Practice 3:00 - 1 - 1 Visit	22 9:30 - Devotions 1:45 - Music w/ Alyssa
26 10:00 - Sunday Service 2:00 - Music & Memories 3:00 - Movie Matinee	27 9:30 - Devotions 1:45 - Music w/ Ron	28 9:30 - Devotions 10:30 - Music w/ Rejean 2:30 - Choir Practice	29 9:30 - Devotions 10:30 - Pool Noodles 1:30 - Dance Victoria 3:00 - Sing Along

OCTOBER 2025


THURSDAY	FRIDAY	SATURDAY
2 9:30 - Devotions 10:30 - Coloring 2:00 - Maudie's Music 2:30 - Oasis Society 3:00 - Craft & Connect 3:00 - Knitting Club	3 9:30 - Devotions 1:30 - Music w/ Gary Cohen	4
9 9:30 - Communion 2:00 - Maudie's Music 3:00 - Craft & Connect 3:00 - Knitting Club	10 9:30 - Devotions 10:30 - Ball Toss 1:30 - Piano Music w/ Jesse Brown 3:00 - Seated Exercise	11
16 9:30 - Devotions 2:00 - Maudie's Music 3:00 - Craft & Connect 3:00 - Knitting Club	17 9:30 - Devotions 1:45 - Music w/ 2 Among Friends	18
23 9:30 - Devotions 2:00 - Maudie's Music 3:00 - Craft & Connect 3:00 - Knitting Club	24 9:30 - Devotions 1:30 - Vintage Fashion Show	25
30 9:30 - Devotions 2:00 - Maudie's Music 3:00 - Craft & Connect 3:00 - Knitting Club 1:45 - Heart Pharmacy Talk Healthy for the Holiday	31 9:30 - Devotions 1:00 - Breafoot Elementary Halloween Visit 	


Craft & Connect

with Oasis Society Medicine Bag Workshop



 **THURSDAY
OCTOBER 2ND**
2:30pm - 4:00pm

 **Luther Court
Society**
1525 Cedar Hill
Cross Rd, Victoria
BC

 **Free to attend!
Everyone welcome**



Monthly Safety Feature

Over the next several months Luther Court will be focusing on how to respond to our Emergency codes.

POLICY: Code Red indicates a fire or the presence of smoke within the facility. This is a critical emergency that requires staff to respond by activating alarms, shutting doors to contain the fire, and sheltering patients and visitors in place or evacuating them if directed by the incident commander.

PURPOSE: When a Code Red is called, staff are expected to immediately follow the steps below:

REMOVE - anyone in immediate danger if it's safe, giving extra help to those who need it.

ENSURE - the fire is contained by closing doors and windows to slow smoke and flames.

EXTINGUISH - only if the fire is small and you can stay between the fire and your exit.

PREPARE - to evacuate by keeping calm, gathering needed equipment, and following instructions.

Staff will remain calm, reassure residents and visitors, and wait for instructions from the Fire Response Team or emergency personnel. Everyone must stay alert to announcements and be prepared to assist with safe evacuation or relocation, prioritizing vulnerable individuals who need extra support.

Code Red (Fire)

- **PAGE** "Code Red + location" (Repeat 3 times)
- **REMOVE** persons from immediate danger
- **ENSURE** fire is contained – shut doors
- **EXTINGUISH** if safe to do so
- **PREPARE** to Evacuate
- **"CODE RED ALL CLEAR"** paged when situation controlled (repeat 3 times)
- **DOCUMENT & DE-BRIEF** (Incident Commander)

Interdenominational Worship Services

ROMAN CATHOLIC COMMUNION

Communion offered 1:1 once a month.

October 20, 10:30 - 11:30am

Contact Chaplain Ed to be added to the 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

Monday to Friday: Drop-in



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 CAFÉ

LUNCH: Mon - Sun

11:30am to 1:00pm

Soups, Salads, Sandwiches and more.

DINNER: Mon - Sun

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

Meals are prepaid & \$14.00

GAZEBO GIFTS & SWEETS

Crafts, Novelties, Candy, & Toiletries are available at a weekly trolley service

HAIR SALON

Wednesdays & Thursdays 9:00am to 2:30pm

Booking is advised 250-477-7241 ext. 233

***Drop-ins may be accommodated**

