



ACTIVITY BOOKLET– OCTOBER 2026





**Make a joyful noise to the Lord, all the earth...
Enter his gates with thanksgiving. (Ps 100)**

When I ask people what they are thankful for the first responses are usually around people – family, close friends as well as staff. The quantity does not seem to be the most important. Whether one or many it feeds our spirit to belong and connect with someone somewhere.

I recall as a kid hearing about futuristic phones where we would be able to see the person talking from the other end. It seemed unlikely to cram a television as I knew it into the phone on the wall. I could not imagine the big TV picture tube embedded in the wall or into something that could be held in the palm of the hand. Fast forward a number of decades and here we are able to converse and see the people that matter to us! The joyful noise of chatting. People do not need to be in the same location and we can experience mutual support. I would regularly call my Dad in Alberta and I knew he only needed to tap the red button on the screen and we could lift our hearts together.

People close to our hearts may no longer be living yet the memory of their love lives on in us. These connections are our roots and can be a source of strength. Since Dad died I miss calling him and talking about what is going on in the day. However, I do have moments when I am reminded of him. When I am hiking through the forest I think of how much he loved to ride his horses in the foothills of Alberta. I can smell the pine trees and hear the sticks crack underfoot and be transported to a place with Dad. For those moments I feel his presence and can see his smile as we would converse. My heart is warmed.

Creator, God, the divine, Spirit or deep connectedness seems to show up in relationships. People who care about us give life. Someone that laughs with us, listens to us or cries with us is not stranger but a part of our family.

We may talk every day or once in a while. People may be among the living or living in our hearts. We give thanks for the joyful noises we make together.

Blessings as you embrace those who are close to our heart this Thanksgiving season.

Ed Chell, Spiritual Caregiver

*give
thanks*

October Birthdays



02 - Yvette N.
02 - Gabby M.
03 - Tomoko M.
08 - Elaine R.
29 - John D.
30 - Jan S.
30 - Wen Jie Z.

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



MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	Coffee with Kevin: Join Kevin on Tuesday, October 13 th to swap stories and ask questions. Catch up with Kevin in the main floor cafe between 10:10am - 10:30am . Everyone is welcome! Coffee ☕ and treats 🍪 will be available.		
4 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	5 9:30 - Devotions 10:15 - Exercises 11:00 - Axe Toss 1:45 - Music w/ Jesse B.	6 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Ladder Ball 2:30 - Choir Practice	7 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Bean Bag Toss 1:45 - The Bergmann Story - Will & Margarethe 3:00 - Poker
11 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	12 	13 9:30 - Devotions 10:15 - Hula w/ Tina 10:10 - Coffee w/ Kevin 11:00 - Bingo 2:30 - Choir Practice	14 9:30 - Devotions 10:00 - Staff Forum 10:45 - Java Music 11:00 - Pool Noodle Hockey 1:45 - Board Games 3:00 - Poker
18 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	19 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:45 - Halloween Mini Golf	20 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Halloween Dice Game 2:30 - Choir Practice	21 9:30 - Communion 10:15 - Exercises 10:45 - Java Music 11:00 - Axe Toss 1:45 - It's Them Again & Celebration Tea for A/L 3:00 - Poker
25 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	26 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - Halloween Bingo	27 9:30 - Devotions 10:15 - Exercises 11:00 - Halloween Trivia 2:30 - Choir Practice 6:00 - CHC Naloxone Training	28 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Dice Game 1:45 - Minute to Win it 3:00 - Poker

OCTOBER 2026

THURSDAY	FRIDAY	SATURDAY
1 9:30 - Devotions 3:00 - Craft & Connect, Knitting	2 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:45 - Bowling	3
8 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:45 - Music, Music, Music 3:00 - Oasis Craft & Connect Knitting	9 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 11:30 - Staff Appreciation	10
15 9:30 - Devotions 10:15 - Exercises 11:00 - Bingo 1:45 - Trivia - Mental Aerobics 3:00 - Craft & Connect, Knitting	16 9:30 - Devotions 10:15 - Exercises 11:00 - Curling	17
22 9:30 - Devotions 10:15 - Exercises 11:00 - Pool Noodle Hockey 2:00 - Food Committee w/ Anne 3:00 - Craft & Connect, Knitting	23 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Music w/ Jesse B.	24
29 9:30 - Devotions 10:15 - Exercises 11:00 - Pumpkin Bean Toss 1:45 - Heart Pharmacy ❤️ 3:00 - Craft & Connect, Knitting	30 9:30 - Devotions 10:15 - Exercises Popcorn Day In The Lobby	31 

SECOND FLOOR ACTIVITIES			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs are in Blue Dave W - 2nd floor Activity Worker (Tuesday to Saturday)			
4 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	5 9:30 - Devotions 1:45 - Music w/ Jesse B.	6 9:30 - Devotions 10:00 - Crosswords 4:00 - Trivia	7 9:30 - Devotions 1:45 - The Bergmann Story - Will & Margarethe
11 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	12 9:30 - Devotions 10:00 - Crosswords 2:00 - Trivia <i>Happy Thanksgiving</i>	13 9:30 - Devotions 10:00 - Crosswords 1:45 - Balloon Volley 2:15 - Garden Visit 4:00 - Trivia	14 9:30 - Devotion 10:00 - Staff Forum 10:15 - Crosswords 1:45 - Bowling 4:00 - Trivia
18 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	19 9:30 - Devotions	20 9:30 - Devotions 10:00 - Crosswords 1:45 - Tales From The Vinyl Cafe 4:00 - Trivia	21 9:30 - Communion 10:15 - Crosswords 4:00 - Trivia
25 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	26 9:30 - Devotions	27 9:30 - Devotions	28 9:30 - Devotions 10:15 - Crosswords 1:45 - Bingo 4:00 - Trivia

OCTOBER 2026		
THURSDAY	FRIDAY	SATURDAY
1 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Dave's Workshop Bean Bags, Ext. 3:00 - Craft & Connect, Knitting 4:00 - Trivia	2 9:30 - Devotions 10:30 - Maudie's Music 4:00 - Trivia	3 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits
8 9:30 - Devotions 10:30 - Maudie's Music 3:00 - Oasis Craft & Connect, Knitting 4:00 - Trivia	9 9:30 - Devotions 10:30 - Maudie's Music 11:30 - Staff Appreciation 1:45 - Trivia	10 2:30 - Dogs Visits
15 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Dave's Workshop: Masks 3:00 - Craft & Connect, Knitting 4:00 - Trivia	16 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia	17 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits
22 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Balloon Volley 2:15 - Garden Visit 3:00 - Craft & Connect, Knitting 4:00 - Trivia	23 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Music w/ Jesse B.	24 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits
29 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Heart Pharmacy ❤️ 1:45 - Pumpkin Carving 3:00 - Craft & Connect, Knitting 4:00 - Trivia	30 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia	31 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits



FALL

WORD SEARCH

Find and circle the words in the list.

WORD LIST

- AUTUMN
- LEAVES
- PUMPKIN
- HARVEST
- APPLE
- SCARECROW
- ACORN
- FOOTBALL
- HAYRIDE
- CORN
- SUNFLOWER
- SWEATER
- BONFIRE
- RAKE
- FAMILY
- THANKFUL
- CIDER
- COZY
- NOVEMBER
- OCTOBER

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

My favorite fall word is: _____

Heart Circle Oct. 2026

Heart Circle has been meeting since the beginning of May, and we have formed a lovely community. Together, we have been learning about heart coherence—a state where our heart, mind, and emotions work in greater balance and synchronization.

Heart coherence is a natural state that can help us feel calmer, think more clearly, worry less, and feel more connected to ourselves and what matters most.

Moving Forward: We'll meet two more times before the end of the year—once in November and once in December.

Some of us have decided to keep a gratitude journal, and I invite you to join us!

1. Find a notebook and pen. If you need a notebook or a fun-coloured pen, see Karen, who will be away until the second half of October.

2. Choose a time of day for your practice. It could be how you begin your day or how you end it. Choose what works for you.

3. Write down three things you are grateful for. Always start with at least three. If you're having trouble thinking of something, start simply: "I am grateful I'm breathing." / "I am grateful I have a roof over my head." Sometimes the simplest things are the most meaningful.

4. Add heart-focused breathing. Bring your awareness to the centre of your chest and imagine your breath flowing in and out of the area of your heart. Slow your breathing so it is a little slower and deeper than usual, finding a comfortable rhythm. As you breathe, imagine breathing gratitude into your heart and breathing it out through your heart. (Continue for 1–3 minutes or longer if you wish).

5. Make a commitment to yourself to do this once a day. If you forget and miss a day or two, quickly forgive yourself and simply begin again. It sounds simple, and it is. It is also a powerful practice. There is something special about gratitude and the way it can gently shift our perspective, helping us notice and appreciate what is already present in our lives.

Bring your gratitude journal to our next Heart Circle and let's share our experiences!

Our Next Heart Circle:

November 14, 2026 | 1:30 p.m. | ADP Room



THIRD FLOOR ACTIVITIES			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs are in Blue 3rd floor Activity Worker Katy S. (Sunday to Thursday)			
4 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	5 9:30 - Devotions 10:30 - Chocolatey Bingo 1:45 - Music w/ Jesse B. 3:30 - Walk & Talks	6 9:30 - Devotions 10:30 - Music w/ Ron O. 2:00 - Balloon Volley 3:30 - Coffee News	7 9:30 - Devotions 10:30 - Mind & Body Fit 1:45 - The Bergmann Story Will & Margarethe 2:00 - Target Toss 3:30 - Story Strolls
11 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	12 	13 9:30 - Devotions 10:30 - Music w/ Jesse B. 2:00 - Balloon Volley 3:30 - Coffee News	14 9:30 - Devotions 10:00 - Staff Forum 10:30 - Creative Corner 2:00 - Balloons Volley 3:30 - Target Toss
18 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	19 9:30 - Devotions 10:30 - Chocolatey Bingo 2:00 - Finishing Lines 3:30 - Story Strolls	20 9:30 - Devotions 10:30 - Music w/ Ron O. 2:00 - Balloon Volley 3:30 - Coffee News	21 9:30 - Communion 1:45 - It's Them Again 3:30 - Balloons Volley
25 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	26 9:30 - Devotions 10:30 - Chocolatey Bingo 2:00 - Finishing Lines 3:30 - Story Strolls	27 9:30 - Devotions 10:30 - Name That Tune 2:00 - Balloons Volley 3:30 - Coffee News	28 9:30 - Devotions 10:30 - Chair Fit w/ Sherry Zak 2:00 - Twister Toss 3:30 - Walk & Talks

OCTOBER 2026		
THURSDAY	FRIDAY	SATURDAY
1 9:30 - Devotions 10:30 - Bird Needs 2:00 - Music w/ Maudie 3:00 - Craft & Connect Knitting	2 9:30 - Devotions	3
8 9:30 - Devotions 10:30 - Mental Aerobics 2:00 - Music w/ Maudie 3:00 - Oasis Craft & Connect Knitting	9 9:30 - Devotions 11:30 - Staff Appreciation	10
15 9:30 - Devotions 10:30 - Name That Tune 2:00 - Music w/ Maudie 3:00 - Craft & Connect Knitting 3:30 - Coffee News	16 9:30 - Devotions	17
22 9:30 - Devotions 10:30 - Finishing Line 2:00 - Music w/ Maudie 3:00 - Craft & Connect Knitting 3:30 - Walks & Talks	23 9:30 - Devotions 1:45 - Music w/ Jesse B.	24
29 9:30 - Devotions 10:30 - Birthday Celebration w/ Jesse B. 2:00 - Music w/ Maudie 3:00 - Craft & Connect Knitting	30 9:30 - Devotions	31 

The Library Corner by Sylvia

Opportunity is no longer working on Mars. It's mission on February 13, 2019, after the River had been operational for 5,111 'sol' (about 14 years and 138 Days!)

The last final contact was June 10, 2018, when it stopped sending data. Just before a severe Mars wide dust storm blanketed it's location in Meridiani Planum, covering it's solar panels and cutting off it's power suppley.

Engineers sent over a thousand commands to try and restore contact, sadly Opportunity never responded again.

Launched July 7, 2003 Opportunity was designed to last only 90 martian days, but exceeded it's planned life by 60 times, travelling more than 28 miles (48km) and making major discoveries about Mars past water activity.

It's longevity was party due to occasional Mars winds that cleaned the solar panels, restoring power. Today, Opportunity rests in 'Perseverance Valley' on the western rim of Endeavour Crater, a final resting place chosen for scientific value.

While no longer active, it's mission remains one NASA's most successful and enduring planetary exploration!

While this may be the end for Opportunity, the rover 'Curiosity' is stull chugging along as several Mars orbiters and the insight lander.

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
October 8th
3:00pm

Oasis Society Community Craft & Connect
Join the Oasis Society on October 8th for a Bean Mosaic Coaster workshop! Open to all ages and abilities.

Tuesday
October 27th
6:00pm

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

Email Mia at community@luthercourt.org
for more information

Small Steps, Safer Living: Working Together to Prevent Falls

Falls can happen to anyone, but in long-term care, preventing falls is an important part of keeping residents safe while supporting independence, dignity and quality of life.

Fall prevention is not about telling someone what they cannot do. It is about understanding each person and finding ways to help them do what they want to do as safely as possible.

There are many reasons someone may be at greater risk of falling. Changes in strength or balance, vision, medications, footwear, mobility, or health can all play a role. Sometimes the environment contributes too—a wet floor, poor lighting, furniture in an unexpected place, or a mobility aid that is not within reach.

Small things can make a big difference

Staff can help by knowing each resident's individual needs and watching for changes in mobility, confidence or routine. Residents and families also have an important role. If something seems different, speaking up can help the care team identify a concern before an accident occurs.

Supporting safety also means supporting choice and independence. A resident may want to walk to the dining room, get up independently, or take part in an activity. Rather than automatically restricting these activities, the team can look at what support might make them safer.

That could mean having a walker nearby, ensuring appropriate footwear, improving lighting, providing assistance at a particular time of day, or reviewing medications with the appropriate health-care professional.

When a fall does happen, we also have an opportunity to learn. The team can ask: What happened? What was different? Were there warning signs? Is there something we can change?

Looking at falls this way helps us move beyond simply responding to an incident. We can identify patterns, make improvements and share what we learn with the people involved in care.

Most importantly, fall prevention is a shared responsibility. Residents, families, care staff, volunteers and other members of the team all have information and experiences that can contribute to safer care.

5 Simple Ways Residents and Families Can Help

1. Speak up about changes - Let the care team know if you notice changes in balance, strength, confidence or mobility.
2. Keep mobility aids close - Make sure walkers, canes and other equipment are within easy reach when needed.
3. Choose safe footwear- ell-fitting, supportive footwear can help provide stability.
4. Ask for help when It's needed - Asking for assistance is a sign of good safety awareness—not a loss of independence.
5. Share what you know - Residents and families often notice changes first. Your observations can help the team provide safer, more personalized care.

At the heart of fall prevention is a simple goal: helping every resident live as independently, confidently and safely as possible.

Safety is not something we achieve once and then finish. We continue to look, listen, learn and improve—together.

Interdenominational Workshop Services

ROMAN CATHOLIC COMMUNION

Communion offered 1:1 once a month.

October 19th - 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**

