

Tips for Hand Hygiene

How to handwash

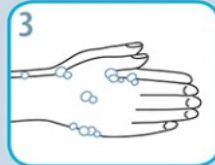
Lather hands for 15 seconds



1 Wet hands with warm water.



2 Apply soap.



3 Lather soap and rub hands palm to palm.



4 Rub in between and around fingers.

Lather hands for 15 seconds



5 Rub back of each hand with palm of other hand.



6 Rub fingertips of each hand in opposite palm.



7 Rub each thumb clasped in opposite hand.



8 Rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.



11 Your hands are now safe.



JUST CLEAN YOUR HANDS

For more information, please contact handhygiene@oahpp.ca or visit publichealthontario.ca/JCYH



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Let's all work together!!!

Happy Birthday

We send birthday greetings to everyone celebrating a birthday in November: George Leaver, Neil Morris, Don Weaver, Jean Harden, Robert Huddleston, Kathryn Loucks, Myrtle Crowe

Staff Birthdays:

Best wishes to Pinecrest staff that celebrate a birthday in November: Prell Wilkinson, Cameron Rayner, Alicia Griffin, Mandeep Kaur, Tammy Fullman, Shelly Griffin, Jason Hughes, Patricia Sullivan, Reegan Watters



ITS THAT TIME OF YEAR AGAIN!!

The Activity Department will be having a Christmas Fundraiser Thursday December 7th from 2pm-4pm All proceeds will go to the Resident Activity Fund

Message from Sara

Hello Everyone!!

Its that time of year again the months are getting cooler and winter is around the corner. With that being said just a friendly reminder make sure you dress warm when going outside and make sure to wash your hands regularly. This will help stop the germs!!!

We have a few busy months ahead of us with lots of festive activities planned. The Activity department is doing a fundraiser begining of Decemeber to raise money for the Resident Activity Fund.

There will be a...

Country Auction table- gift baskets, gift cards etc to be won by purchasing tickets.

White elephant table- New or slightly used items that can be purchased

Baking: All kinds of goodies!!

We are looking for donations for all the tables. If you wish to donate please contact Sara Robins.



Resident's Council Minutes

October Meeting was cancelled due to outbreak

Next Resident's Council meeting will take place Friday November 17th at 10am.

Thanks,

Sara Robins

Activation Coordinator

FUN FACTS ABOUT FALL

- 1. Bobbing for Apples was a Courting Ritual**
- 2. You Can See the Brightest Full Moon in Fall**
- 3. There are More Than 7,500 apple Varieties**
- 4. Only America Calls it Fall**
- 5. Fall Leaf Colors are Caused by Sugar**
- 6. The Autumn equinox is different each year**
- 7. Autumn is the season of love**



REMBERENCE DAY

**We will be having a Remberence Day service
Saturday November 11th at 10:30am
Please Join us in the dining room**

In Flanders Fields

BY JOHN MCCRAE

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Whats Happening this month...?

Friday November 3rd- Jersey Day!! Wear your Favourite Sports Jersey

Sunday November 5th- Christmas Baking for Fundraiser

Monday November 6th- JBS Clothing from 1-4pm in the dining room
Come check it out!!

Thursday November 9th- Baby Shower for Brooke Wood at 2pm
I love Lucy Biograpghy at 6:30pm

Saturday November 11th- Remberence Day Service 10:30am.
We will take the time to remember those who fought for our freedom.

Tuesday November 14th- Monthly Birthday Party at 2pm with
Bill Dickinson

Friday November 17th- Residents Council Meeting at 10am

Tuesday November 21st- Pacemakers to Entertain at 2pm

Thursday November 23rd- US Thanksgiving- Come join the Fun
evening planned!!

Sunday November 26th- Hollywood Doris Day Biograpghy

Tuesday November 28th- Glamour Shots- Come get all beautified

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Church 11:15 Stretch 2:00 Bingo	2 10:30 Music with Mary 2:00 Manicures 4:00 Short Stories 6:30 Bean Bag Toss	3 Jersey Day!! 10:30 Who am I? 11:15 Stretch 2:00 Bingo	4 10:30 Bean Bag Toss 11:15 Stretch 2:00 Catch of the Day
5 10:30 Script Sharing 11:15 Hymn Sing 2:00 Christmas Baking For Fundraiser	6 JBS Clothing 1-4pm 10:30 Word Games/Trivia 11:15 Stretch 2:00 Shopping at JBS Clothing 4:00 Java Music Club 6:30 Bingo	7 10:30 Sing Along 2:00 Balloon Ball 4:00 Book Club 6:30 Puzzles & Pasteries	8 10:30 Church 11:15 Stretch 2:00 Mid-week Social 4:00 Name that Tune 6:30 Bingo	9 10:30 Music with Mary 2:00 Babyshower for Brooke Wood 4:00 Catch of the Day 6:30 I Love Lucy Biograpghy	10 10:30 Newspaper 2:00 Baking w/ Fae 4:00 Chicken Soup 6:30 Bingo	11 10:30 Remberence Day Service 2:00 Armchair Travel 4:00 Newspaper
12 10:30 Chicken Soup 11:15 Hymn Sing 2:00 Ask Abby 4:00 Having a Ball	13 10:30 Moments in Time 11:15 Stretch 2:00 Mini Putt 4 Java Music Club 6:30 Bingo	14 10:30 Reminscing 2:00 Monthly Birthday Party with Bill Dickinson 4:00 Book Club 6:30 Minute to Win it	15 10:30 Word Games 11:15 Stretch 2:00 Church 4:00 Manicures 6:30 Bingo	16 10:30 Music with Mary 2:00 Deer Hunt 4:00 Balloon Badminton 6:30 Remeber then and Now/ Remember When	17 10:00 Residents Council Meeting 10:30 Newspaper 2:00 Baking w/ Jordyn 4:00 Word Games 6:30 Bingo	18 10:30 Christmas Decorating 11:15 Stretch 2:00 Basketball 4:00 It happened in..?
19 10:30 Script Sharing 11:15 Hymn Sing 2:00 Card Sharks 4:00 Montessori	20 10:30 Name that Tune 11:15 Stretch 2:00 Christmas Craft 4:00 Java Music Club 6:30 Bingo	21 10:30 Bird Races 2:00 Pacemakers to Entertain 4:00 Book Club 6:30 Jeopardy	22 10:30 Church 11:15 Stretch 2:00 Home Remedies 4:00 Parachute Fun 6:30 Bingo	23 10:30 Music with Mary 2:00 Manicures 4:00 Washer Toss 6:30 Football Pass US Thanksgiving	24 10:30 Newspaper 2:00 Baking w/ Brooke 4:00 Hangman 6:30 Bingo	25 10:30 Barbershop 11:15 Stretch 2:00 Minute to Win it 4:00 Chair Hockey 6:30 Sing Along
26 10:30 Chicken Soup 11:15 Hymn Sing 2:00 Christmas Craft 4:00 Bean Bag Toss 6:30 Hollywood Doris Day Bio	27 10:30 Word Games 11:15 Stretch 2:00 Bowling 4 Java Music Club 6:30 Bingo	28 10:30 Music and Cards 2:00 Glamour Shots 4:00 Book Club 6:30 Armchair Travel	29 10:30 Bingo 11:15 Stretch 2:00 Church with Trentside 4:00 Ball Toss	30 10:30 Music with Mary 2:00 Ping Pong Pals 4:00 You be the Judge 6:30 Catch of the Day		

