

N O V E M B E R 2 0 1 7

the

# Linden Place News

A great place to live

*“lest we forget”*

*“They shall not grow old, as we that are left grow old,  
Age shall not weary them nor the years condemn,  
At the going down of the sun and in the morning,  
We shall remember them”*

## Save The Date!

### Cheryl's Shopping Bag Event

Monday, Nov. 6

Do your Christmas shopping without leaving the building! From 11am-1pm in the

### Bus Trip to St. Vital Mall

Tuesday, Nov. 21

Christmas Shopping to St. Vital Mall! Cost for the bus is only \$15 and it includes snacks!

### Caroling & Games Night

Monday, Nov. 30

Come to the MPR at 7pm for a Caroling & Games night with EEFC Youth. More details on page 4.

## November Birthdays!

A hearty Happy Birthday to all those celebrating a

Birthday this month!

**Betty Martens – Nov. 1**

**Helen Huitikka – Nov. 16**

**Heinrich Doerksen – Nov. 27**

**Jessie Hiebert – Nov. 29**

## From the Chaplain's Desk

*Continue steadfastly in prayer, being watchful in it with thanksgiving.  
(Colossians 4:2 ESV)*

In the past two months, I had the opportunity to meet and connect with many residents at Linden and Fernwood Place and one of the joys of being a chaplain is the privilege to pray with you. It is an honour to bring concerns and celebrations before the Lord, and to pray for our families and the world around us. Through conversations, I have learned that seniors pray more because they have 'more time' to pray. It seems that retirement provides us with the gift of more time to pray for our children and their families because their lives are too busy.

The apostle Paul says, "Continue steadfastly in prayer, being watchful in it with thanksgiving." According to Paul, prayer is not only the exclamation of words. Prayer is the attitude of a person's spirit, and its elements may be distributed throughout our daily lives. It is a constant consciousness of God's presence and our contact with him. All our everyday experiences of God's grace and our submission to God's will are essential for prayer. Like continual background music, prayer should run through our daily lives beneath the various occupations of our day. I think that senior citizens are so good at praying because they are less distracted with work life and raising children. There are many ways in which we pray, and that is the strength of praying with and for those around us.

I'd like to invite you to join me in prayer every Monday from 12:45 – 1:00 pm in the multi-purpose room at Fernwood Place, beginning on Monday, November 6. Let us join together and pray for our families, neighbours, and current issues of the week.

Ron Babel, Chaplain

### **Connecting with the Chaplain:**

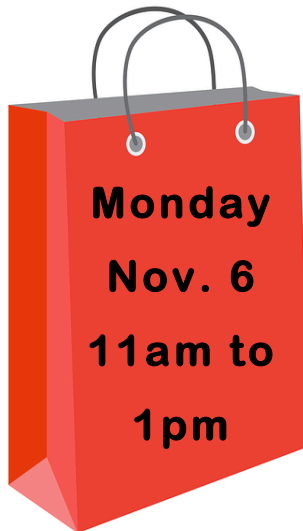
Ron plans to be here at Linden every Thursday morning, if you would like to talk with him, please call Janie at the office and we'll arrange a time for you to meet.

## Snow Removal From Your Car

If you would like some help clearing the snow off of your vehicle this winter, simple contact Dennis (Mary Harder's son) and he will scrape the snow off of your vehicle for \$5.



# Cheryl's Shopping Bag



**Shop in the comfort of the Multi Purpose Room from 11 am – 1 pm on Monday, November 6.**

Items available are: Morden's chocolates, Manitoba honey, Canada mittens, seasonal items, cozy socks, 2018 calendars and planners, gift bags, tissue, gift wrap, single cards, boxed cards, assortment of jewelry, watches, mugs, teapots, coin purses, wallets, small kitchen fun, scrubbies, figurines and so much more!

***Prices include all taxes and we accept personal cheques, cash, credit cards and debit cards!***

## Bus Trip to St. Vital Mall

Tuesday, November 21 9:15-3:30

All aboard for our Christmas Bus Trip to St. Vital Mall! Cost: \$15 per person and includes snacks on the bus! Lunch is extra but you can eat wherever you wish, there are lots of great choices in the Mall! Sign up by Thursday, Nov. 16.



## Christmas Greeting Card Pictures

Monday, November 20 from 10 am - Noon



Are you interested in sending or giving out Photo Greeting Cards to your friends and family for Christmas? Simply call Janie at the office (204-326-9898) to book an appointment!

We'll be taking pictures on:  
**Monday, November 20 from 10 am – Noon in the MPR**

We'll take the picture, you choose the picture and card design that you like best, and we'll get them printed and back to you in about two weeks! Price list to come!

## Caroling & Games Night

With Emmanuel EFC Senior High Youth Group



Join us in the MPR on **November 30 at 7 pm**

The Emmanuel Senior High Youth Group will lead us in some Christmas Carols and then stay a while to play games with us as well.





## Thursday, November 30 from 2–4 pm in the MPR

The Barkmans will be Christmas baking, fresh bread, buns, cookies and much more!

### Wellness Corner



### Intermittent Movement Will Benefit Your Health!

Did you know that even if you are a fit athlete who exercises regularly, you may still endanger your health simply by sitting too much? Researchers warn that the combination of sitting too much and exercising too little can have an impact on diabetes, heart problems, and other health concerns.

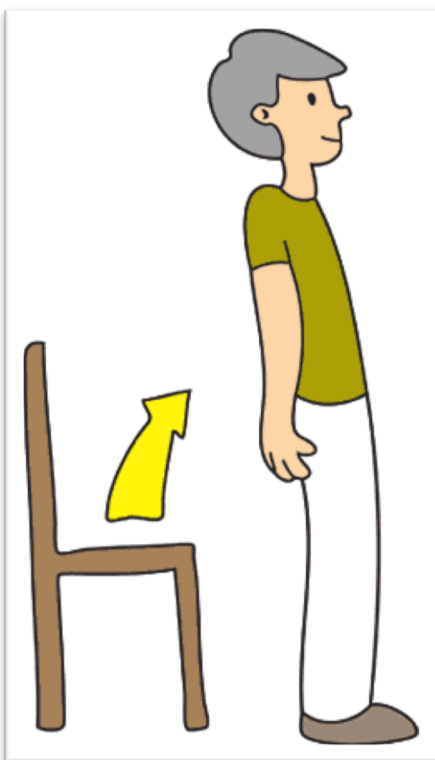
The act of standing up from a seated position frequently throughout the day has been found particularly effective at counteracting the detrimental health effects of sitting.

One reasonable goal is to **get up every 20 minutes** while you are sitting. Setting an alarm to remind yourself might be helpful! While you're standing, why not do a few of these stretches:

**#1. Neck Stretch** – Tip your head to one side and hold for 20 seconds, repeat on the other side. Do up to 10 repetitions.

**#2. Shoulder Stretch** – Round your shoulders forward and hold for a few seconds, then pull them back and hold for a few seconds, and then pull them down and hold for a few seconds. Do up to 10 repetitions.

**#3. Windmill Stretch** – With your feet shoulder width apart raise up both arms above your head and reach as high you can and hold it for a few seconds, then bring your arms down and repeat. Do up to 10 repetitions.



# November 2017

## Linden Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Soup's Hot 12 pm <b>Ham Vegetable Soup, Fresh White Bread, Cherry Slab Pie</b> Games Night 6:30 pm	2 Coffee with Janie 9:30 am Bingo 1 pm	3 Hair Salon Day	4 <b>Instrumental Group 7 pm</b>
5 Worship Service 9-9:30 am MB Youth 4 pm	6 <b>Cheryl's Shopping Bag 11 am – 1 pm</b>	7 Bingo 1 pm Bible Study 7 pm	8 Soup's Hot 12 pm <b>Minestrone Soup, Grilled Cheese Sandwich, Apple Cream Pie</b> Games Night 6:30 pm	9 Coffee with Janie 9:30 am Bingo 1 pm	10 Hair Salon Day	11 <b>Remembrance Day MPR Booked 2-9 pm</b>
12 Worship Service 9-9:30 am MB Youth 4 pm	13 <b>Faspa 3 pm</b>	14 Bingo 1 pm Bible Study 7 pm	15 Soup's Hot 12 pm <b>Cream of Turkey Pot Pie Soup, Brown Bread, Cream Pie</b> Games Night 6:30 pm	16 Coffee with Janie 9:30 am Bingo 1 pm	17 Hair Salon Day <b>The Ungers 7 pm</b>	18
19 Worship Service 9-9:30 am MB Youth 4 pm	20 <b>Christmas Pics 10 am - Noon</b>	21 <b>Bus Trip 9:15 – 3:30</b> Bingo 1 pm Bible Study 7 pm	22 Soup's Hot 12 pm <b>Cabbage Roll Soup, Cheese Biscuits, Pumpkin Pie</b> Games Night 6:30 pm	23 Coffee with Janie 9:30 am Bingo 1 pm	24 Hair Salon Day	25
26 Worship Service 9-9:30 am MB Youth 4 pm	27 <b>Potluck Lunch 12 pm</b>	28 Bingo 1 pm <b>No Bible Study</b> <b>Margaretha &amp; John Music Night 7 pm</b>	29 Soup's Hot 12 pm <b>Ham Vegetable Soup, Fresh White Bread, Cherry Slab Pie</b> Games Night 6:30 pm	30 Coffee with Janie 9:30 am NO Bingo 1 pm <b>Bake Sale with The Barkmans 2-4 pm</b> <b>7 pm Caroling &amp; Games with Emmanuel Youth</b>		