

SHERWOOD HOUSE OCTOBER EDITION

Happy Birthday to you!

- Shirley Currie
- Barbara Sinclair
- Leo Kasbergen



Warm Welcome to:

- Katherine Muir
- Don Naslund
- Lois & Gary Chase



OCTOBER'S SPECIAL EVENTS

- Oct 1st – 11:15am – Fall Prevention**
- Oct 5th – 2:00pm – Dolly Parton Day – Music, Movies, Dress Up**
- Oct 6th – 2:00pm – Gentlemen's Round Table Meeting**
- Oct 7th – 9:30am – Fun with Ardelle**
- Oct 8th – 2:00pm – Entertainer Dave Gallent**
- Oct 12th – Thanksgiving Day**
- Oct 13th – 2:00pm – Talent Show & Tell**
- Oct 15th – 11:15am – Fall Prevention – 2:00pm – Alf Carter Himself**
- Oct 19th – 2:00pm – Paint Afternoon**
- Oct 20th – 2:00pm – Flu Shots followed by a social**
- Oct 21st – 9:30am – Fun with Ardelle**
- Oct 22nd – Heart Song Singers & October Birthdays**
- Oct 26th – 2:00pm – BINGO**
- Oct 27th – 11:00am – Residents Meeting – 2:00pm – Mind Games**
- Oct 28th – 2:00pm – Evergreen Choir**
- Oct 29th – 7:00pm – Halloween Party in the Dining Room – Dress in Costume**



NATIONAL SENIORS DAY

Every year on October 1, communities and individuals across Canada come together for National Seniors Day. This day was created to help celebrate and recognize seniors' contributions, accomplishments, and experiences worldwide. It also helps draw awareness and attention to seniors' struggles, like having access to adequate healthcare and senior home care.

National Seniors Day presents a unique opportunity for everyone to reflect on their interactions with the elders in their lives. The impact seniors have on society is invaluable.

What is National Seniors Day?

National Seniors Day in Canada occurs every year on October 1, and it also coincides with the United Nations International Day of Older Persons (UNIDOP). The intent of National Seniors Day is to acknowledge and celebrate the profound, positive impact that seniors have made in our lives, communities, and workplaces.

Typically, National Seniors Day is marked by various events and activities held across the country. These activities and events help promote intergenerational interaction while acknowledging the various achievements of seniors. Some events can include community gatherings, workshops, educational programs, and, of course, volunteer opportunities.

Why National Senior Citizens Day is Important

National Seniors Day not only highlights the monumental impacts that seniors have in many parts of society, but it's also used to draw attention to the challenges they face. This includes issues such as age discrimination, stereotypes, mental and physical health issues, and difficulties with finding appropriate senior home care.

One of the main goals of National Seniors Day is to ensure that Canadian seniors are properly supported as they grow into their golden years. Many senior associations, like The National Association of Federal Retirees (Federal Retirees), call for action to fix long-term and senior home care for good.





AROUND TOWN:

Poppy Flag Raising Ceremony

City Hall 200 Craig Street, Duncan, BC, Canada

The Royal Canadian Legion Branch 53 is hosting a flag-raising ceremony on **October 25, 2026** on Kenneth Street outside Duncan City Hall to mark the beginning of the 2026 Poppy Campaign.

No matter what's going on in your life,
there is ALWAYS something to be



for



The Leaf

Written by Lauren Shark

The tree was empty,
No green in sight,
Until a little leaf
Grew at night.

It was green,
Then changed to red,
Turned dark brown,
And fell on my head.



AGATHA, WHAT'S WRONG?

THE DOCTOR SAID
I CAN'T HAVE KIDS.

NOW, NOW - FOOD
ALLERGIES AREN'T
THE END OF THE
WORLD.





Terry Fox Fundraiser

We raised
\$1200.00 for the
Terry Fox
Foundation!
Thank you to
everyone who
donated & those
who participated
in the Marathon
of Hope.

Potato Day



Craft Day



September Birthdays



More September Flashbacks





When is Canadian Thanksgiving?

Canadian Thanksgiving is celebrated on the second Monday in October (*Oct 13th this year*) and is an official statutory holiday, except in Nova Scotia, and Prince Edward Island. In Nova Scotia, Thanksgiving is a Designated Retail Closing Day. This means under the Retail Business Designated Day Closing Act, some retail businesses are prohibited from opening, but it is not a paid holiday.

Traditions of Canadian Thanksgiving

On Thanksgiving, Canadians give thanks for a successful year and harvest.

The Thanksgiving holiday tradition in Canada dates back to when the English explorer, **Martin Frobisher**, came upon the land we now know as Canada while searching for a Northern passage to the Orient.

When Frobisher arrived in Canada on his third voyage in 1578, he held a formal ceremony where he gave thanks for surviving the long journey - one of his ships had been lost on the way. Frobisher celebrated with salt beef and peas. South of the border, it would be another 43 years before the Pilgrims sat down to celebrate their first Thanksgiving meal.

Apart from taking place years before its American counterpart, Canadian thanksgiving also takes place over a month earlier. One reason is that the harvest season starts earlier in the more northerly Canada than it does in the US.

Initially, this festival was held on November 6th each year, irrespective of what day of the week it was. However, in 1908, railway workers lobbied for it to be held on Mondays so they could take a long weekend.

Thanksgiving became a nationally recognized holiday in Canada in 1879. The date of the holiday has moved around a few times since then and settled on the current date in 1957.

Today, it is celebrated by gathering with loved ones and preparing the Thanksgiving Day meal, which usually includes turkey, mashed potatoes, stuffing, cranberry sauce, and many other dishes. There are often regional variations on the meal. For instance, Newfoundlanders might hark back to Frobisher's original feast and serve Jiggs' dinner, a boiled meat dish often paired with a split-pea pudding. Instead of pumpkin pie, Ontarians often serve butter tarts, bite-sized pastry shells stuffed with a syrupy filling.

In the regions where Canadian Thanksgiving is celebrated, most government offices will be closed and so will many local amenities. Public transport is likely to run on a holiday or Sunday schedule. Banks will be closed along with the Toronto Stock Exchange.

In New Brunswick, Nova Scotia and Prince Edward Island, where the day isn't a holiday, employers aren't required to pay their employees for the day off, so families often celebrate their thanksgiving on the Sunday before instead.

Differences between Canadian and American Thanksgiving

- In Canada, it is celebrated on the second Monday of October, while in the United States it is celebrated on the fourth Thursday of November.
- Canada celebrates the voyage of explorer Frobisher in 1578, and in the United States, the Native Americans helping pilgrims get food in Massachusetts in 1621 is remembered.
- In the United States, Thanksgiving became a national holiday in 1789, while in Canada Thanksgiving became official nearly a century later.
- Turkey is a dish that is a key part of both Thanksgiving celebrations. But in Canada, other dishes are added, such as Jiggs dinner and butter tartlet.
- In the United States, the day after Thanksgiving is Black Friday, with the largest number of offers in stores in the country. However, this did not happen in Canada, because the main day for sales promotions is Boxing Day, which takes place on December 26th.
- Canadian holidays are smaller than American holidays. Residents gather as a family and enjoy sporting shows and events, but on a smaller scale. In addition, most people choose to organize celebrations on Saturday or Sunday and take advantage of Monday to rest before returning to work.

