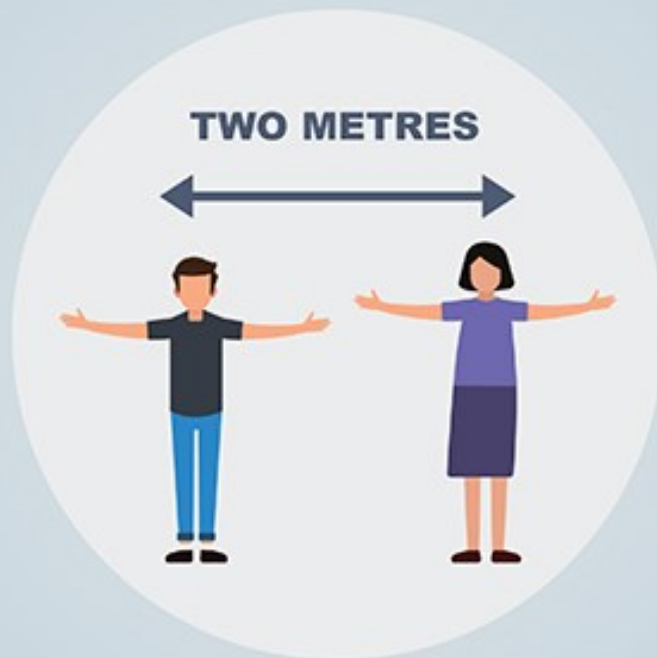




PHYSICAL DISTANCING PREVENTS THE SPREAD OF COVID-19



LEARN MORE AT
[FRASERHEALTH.CA/COVID19](https://fraserhealth.ca/covid19)



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

October 2021





Mission

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

Vision

To be a community committed to compassionate care, innovation and excellence.

Values

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.

October Bus Outings

Main South: Oct. 4th,

Oct. 18th (Pumpkin Patch - All Units)

Lower North: Oct. 12th,

Oct. 26th (Pumpkin Patch - All Units)

Main North: Oct. 13th,

Oct. 27th

BSTN: Oct. 7th, Oct. 21st



Canadian Thanksgiving Match

Match the clues on the left with an item from the right column.

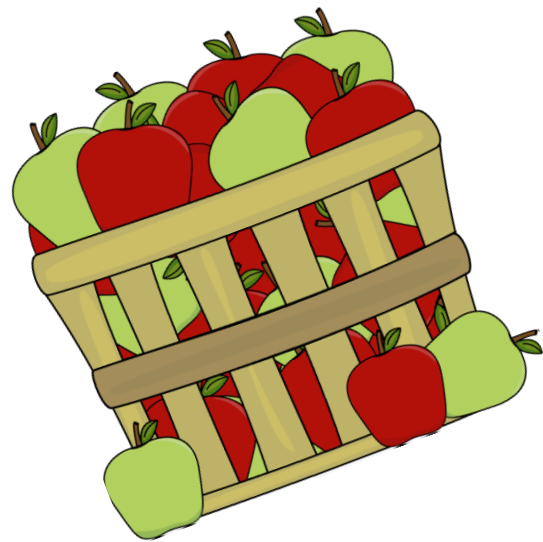


- | | |
|--|---------------------------------|
| 1. Year it was first celebrated ____ | A. <i>Petites pommes rouges</i> |
| 2. "Horn of Plenty" ____ | B. October |
| 3. Native bird often served on the holiday ____ | C. Salt beef |
| 4. French name for Thanksgiving ____ | D. Cornucopia |
| 5. He popularized thanksgiving feasts in Canada ____ | E. <i>Action de grâce</i> |
| 6. Month it is celebrated ____ | F. Martin Frobisher |
| 7. Native tribe that feasted with the French settlers ____ | G. Samuel de Champlain |
| 8. Became a national holiday in ____ | H. 1578 |
| 9. French settlers' term for cranberries ____ | I. Canadian goose |
| 10. Meat eaten at the first Thanksgiving ____ | J. Mi'kmaq |
| 11. Food served to settlers to combat scurvy ____ | K. Monday |
| 12. The holiday's founder ____ | L. Cranberries |
| 13. Traditional dessert ____ | M. Pumpkin pie |
| 14. Day of the week it is celebrated ____ | N. 1879 |

*See a Rec. Staff for **prizes** once you've completed the puzzle!



**Yum ...
Hot Apple
Crisp!**



Fun



&

Games!



October Special Events

October 6th: Dine In Lunch—
Oktoberfest

October 13th & October 27th:
Karaoke - 1:30 pm (Studio)

October 20th: Fall Fair!
(Residents Only)

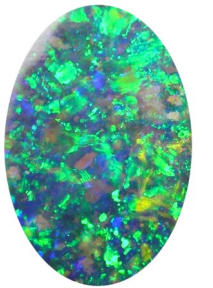
October 29th: Halloween Party - 2 pm
(Costume Contest)



OCTOBER

Birthstone of the Month - Opal

October's birthstone is the much-celebrated opal. Over 90% of the world's opals come from Australia, including the highly prized black opals. Opals come in a kaleidoscope of other colors, including blue, white, green, yellow, red, pink, purple, and orange. This rare, glittery stone is formed from silica and water. As they have a high water content, opals need to be rubbed with oil regularly to prevent drying out or cracking. Ancient Greeks thought the opal honored its wearer with the gift of foresight and prophecy.



Flower of the Month - Calendula



The calendula, which is commonly referred to as the pot marigold, is a hardy flowering plant that can thrive in all kinds of climates. Although native to the Mediterranean region, they are found all over the world. This little golden-yellow flower has many medicinal uses, including as a natural anti-inflammatory. Its petals can also be eaten and have been used to color cheeses. While the origin of the calendula's name remains unknown, some researcher's speculate that its common name, marigold, refers to the Virgin Mary.



October Zodiacs
Libra (The Scales) October 1—22
Scorpio (The Scorpion) October 23—31

