

Sweet Snippets

November 2025



Sylvan Lake Foundation



Flu Season is upon us... 10 ways to stay healthy!



1. Get the flu vaccine

Getting a flu shot reduces the risk of getting the flu. It also reduces the severity of the illness and protects against complications – both especially important for seniors.

The best time to get a flu shot is from October through November, but experts say that it's still useful to get the shot even if it's later in the flu season.

2. Wash or sanitize hands thoroughly and often

Frequently hand washing with regular soap is an effective way to get rid of cold and flu germs.

Using regular soap is fine because rubbing the hands together for at least 20 seconds is what eliminates germs – long enough to sing the Happy Birthday song twice. Make sure to clean under the nails, backs of hands, between fingers, and wrists.

If you can't get to soap and water often enough, use hand sanitizer to kill cold and flu germs.

3. Exercise regularly

Moderate exercise boosts the immune system and could reduce risk of a cold by a third.

4. Avoid touching the eyes, nose, and mouth

We often touch our faces without thinking, which is a common way for cold and flu germs to enter the body. To reduce the risk of getting sick, minimize touching of the face.

5. Clean the environment to eliminate germs

Try to keep the environment as germ-free as possible. That means using disinfectant when cleaning, especially in the bathroom and kitchen.

6. Sanitize your mobile devices

Something that many people forget is how dirty and germ-filled their mobile device is.

Clean it regularly with sanitizing wipes or rubbing alcohol – being careful not to wet the electronics.

7. Stay away from people who are sick

It might sound obvious, but it's worth repeating: keep your distance from people who are sick.

If you need to be around a sick person, limit your contact and avoid unnecessary touching like shaking hands or hugging.

8. Avoid crowds and unnecessary travel

Try to avoid being in large groups of people, especially in poorly ventilated spaces. That increases the chance of catching a cold or flu from an infected person.

9. Drink plenty of liquids

Drinking plenty of liquids, especially plain water or hot tea, helps the nasal passages stay moist and trap germs before they can spread into the body.

10. Get added Vitamin C and protein through nutritious foods

Some studies have shown that a little extra Vitamin C (but not too much) can reduce the risk of getting sick.

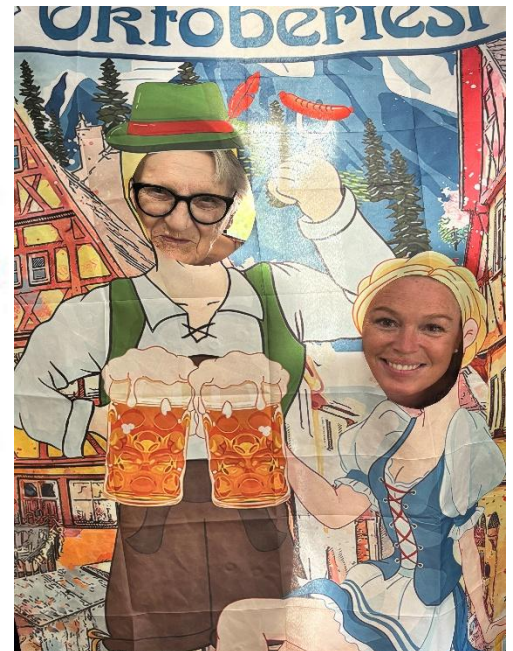
Why are simple jokes like a common cold?

Because everyone gets it.

What We've Been Up to Lately

Oktoberfest Fun at the Lodge!

We had a fantastic time celebrating Oktoberfest with our residents! The room was filled with laughter, music, and plenty of festive spirit. Everyone enjoyed the lively atmosphere - complete with classic German tunes, soft pretzels, bratwursts, and a few friendly rounds of brewskis. It was wonderful to see so many smiles and hear clinking mugs as we celebrated friendship and fun. Prost to another great event! 🍻



What We've Been Up to Lately

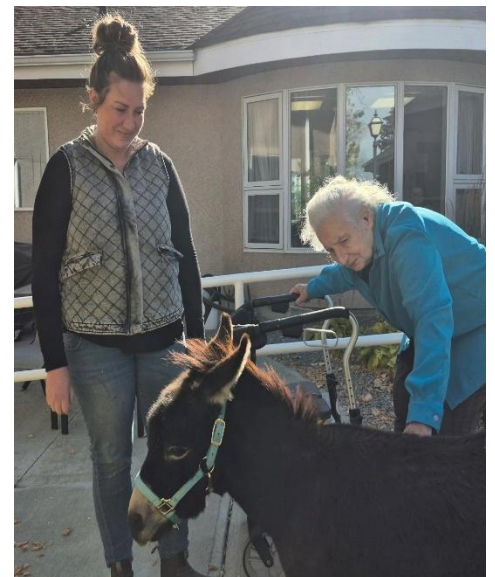
Toilet Paper Pumpkin Craft

A hand full of our residents had a wonderful time getting into the fall spirit by making adorable pumpkin crafts for the dining room tables! It's amazing how a simple craft can bring so much joy—and our dining room has never looked more festive! 🍂



Meet the Donkeys!

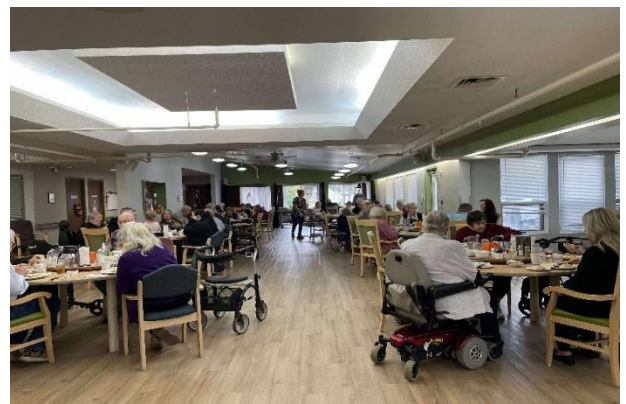
Everyone was all smiles when Alyssa brought her adorable mini donkeys in for a visit! The residents absolutely loved spending time with these gentle little guests—there were plenty of pats, hugs, and happy laughter all around. The donkeys brought such joy and excitement to the day, reminding us how special these simple moments of connection can be. ❤️



What We've Been Up to Lately

Thanksgiving Dinner at the Lodge

Thanksgiving is a time of togetherness and gratitude



What We've Been Up to Lately

Have your say – Time to vote for Town Council and Mayor



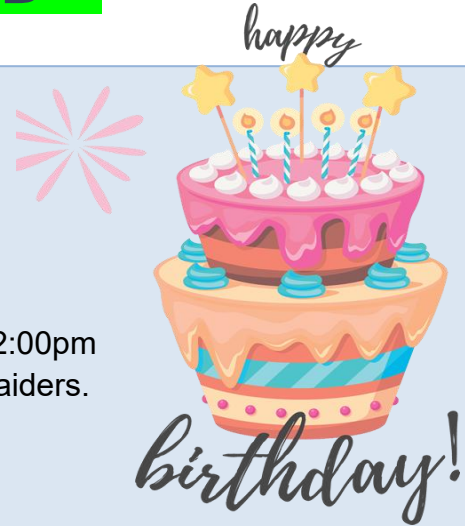
November Birthdays

In November, we celebrate birthdays with:

Ivette C – November 20th

Catherine R – November 29th

Please join us in the Dining Room on November 19th at 2:00pm for cake and musical entertainment Patti Bauer and the Plaiders.



"Why are birthdays good for your health? Studies show that people who have more birthdays live longer."

November Fun Facts

- November's Birthstones - Radiant Topaz (amber color)
- November's Birth Flower - Chrysanthemum
- November's full Moon is traditionally called the Beaver Moon.
- November's traditional birthstone is the topaz which is a symbol of honor and strength
- November is the month when daylight saving time ends, and we turn our clocks back, one hour to make the most of the shorter days.
- National Candy Day is November 4th!
- November's name comes from the Latin word "novem" (nine).

Scorpio (October 24 to November 21)

Symbol: The Scorpion

Element: Water

Traits: Scorpios are often described as intense, mysterious, and private.

Sagittarius - November 23rd - December 21st

Symbol: The Archer

Element: Fire

Traits: optimistic, adventurous, and freedom-loving.



Poem to Share

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.





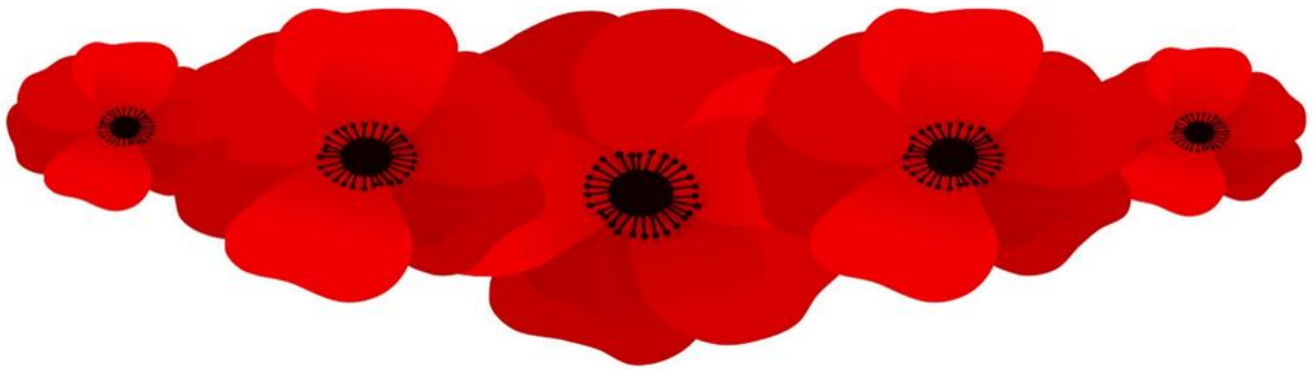
Remembrance Day Tribute



On November 11th, we pause to remember the brave men and women who served—and continue to serve—our country with courage, honour, and selflessness. Their sacrifices have given us the freedoms we cherish today, and their legacy lives on in our hearts and in the peace we enjoy.

At 11 a.m., we will join together in a moment of silence to reflect, to give thanks, and to remember. May we never forget the strength, resilience, and unity that our veterans have shown us.

“At the going down of the sun and in the morning, we will remember them.”
Lest we forget.



LEST WE FORGET



Noticeboard

Through the
Grapevine



Remembrance Day Ceremony

Our office will be closed on Remembrance Day; however, we will be having a ceremony that will take place on **November 10th/2025** at the lodge.

This year makes 80 years since the end of the second world war.

We invite everyone to join us in honoring and remembering those who have served and sacrificed. Your presence is a meaningful way to show respect, reflect, and come together as a community.

Sylvan Lake Lodge's Annual Silent Auction

Mark your calendars

Our silent auction starts on November 13th at 9am and runs through to November 17th at 9am!

We already have some amazing items up for grabs! Tell your friends and family to come on by and support our auction!



Nov. 2/2025, daylight saving time ends!

Starting in September we are back to having pancake breakfasts once per month! Don't forget to check the calendar for what day it will be held!



Diabetes Awareness Month

The month highlights the prevalence of diabetes in Canada and the importance of prevention, innovation, support, and the human and economic impacts of the condition.



Laughing Matters



Why did the scarecrow win an award?

Because he was outstanding in his field! 🌽

Why don't eggs tell jokes?
They'd crack each other up! 🥚

Why did the golfer bring two pairs of pants?
In case he got a hole in one! Now that's what we call being prepared on the green. 🏌️‍♂️

Why did the old man fall in the well?
Because he couldn't see that well! It is always important to wear your glasses. 🕶️

Why did the bicycle fall over?
It was two-tired! Maybe it should have taken a nice long nap first. 🚲

What do you call cheese that isn't yours?
Nacho cheese! Don't worry, sharing is caring... just not in this joke. 🧀

WHERE THERE'S A WILL ... THERE'S A WIFE

Isaac, through hard work, became wealthy. As he lay dying, he talked to his wife, Sophie.

"Sophie ... here are my last wishes."

"Whatever you want, I'll do."

"First, the business I leave to Morty, our eldest."

"Morty!" Sophie protested. "Morty's always with the girls. Better to leave it to Jeffrey."

"OK, Jeffrey," he sighed. "Now, the bonds I leave for Thelma."

"Better me," argued Sophie. "In two days, she'll spend it all at Bloomingdale's."

"Alright. The summer house I leave to our Ava."

"She's not spoiled enough? Leave it to Morty."

Finally, summoning his last ounce of strength, Isaac sighed,

"Sophie ... who's dying here – me or you?"



What's happening this Month?



Bull Riders Canada Finals

SEASON XIII FINALS AND CONCERT SERIES | NOVEMBER 7-8

NexSource Center | Sylvan Lake, AB

To purchase tickets please visit - <https://tickets.sylvanlake.ca>

NOVEMBER 7

Night #1 of the Bull Riders Canada Finals Cabaret

Tickets include entry to BRC Finals and the Saloon Cabaret Featuring Cole Malone. Doors at 6:00pm.
Event starts at 7pm

NOVEMBER 8

Night #2 of the Bulls Riders Canada Finals Rider Awards and Fireworks Cabaret

Tickets include entry to BRC Finals and Awards and the Cabaret featuring Robert Gosse. Doors at 6:00pm. Event starts at 7pm

November 2025 **BUS TRIPS**

**Wednesday November 5th @ 11:30am –
Lunch at the Egg Tree
(weather permitting)**

**Thursday November 20th @ 1:30pm –
Downtown Errand Bus with Tracy!**



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Cooking Up Community

Calling All Cooks: Help Us Create a
Community Cookbook!

We're cooking up something special — and we need your help! We're inviting residents, families, volunteers, and friends of our community to share your favourite tried-and-true recipes to help us build a heartfelt Community Cookbook.

Whether it's Grandma's famous cookies, a secret family casserole, or your go-to comfort dish — we'd love to include it! Once we've gathered enough recipes, we plan to publish the cookbook and use it as a fundraising opportunity to support our recreational programming.

If you have a recipe you'd like to share, please submit it to Alyssa at the lodge or by email @ alyssa.k@sylvanlakelodgefoundation.com. Don't forget to include your name and a little note about why it's special if you'd like — we'd love to hear the story behind the dish!

Let's celebrate the flavours of our community,
one recipe at a time. ❤️





Volunteer Appreciation Corner



☀ Volunteer Spotlight ☀

Each month, we are going to take a moment to shine a light on one of our amazing volunteers who goes above and beyond to make life at the lodge a little brighter.

This month, we're proud to recognize Maureen Murray!

She brings so much joy and enthusiasm to our residents—whether it's helping with Chase the Ace, sharing stories, or simply offering a warm smile. Maureen's kindness and dedication truly embody the spirit of community that makes our lodge feel like home.

Thank you, Maureen, for all that you do! Your time, compassion, and cheerful heart make such a difference. ❤️



Tips for Staying Active Indoors as the Weather Cools

As the chilly weather settles in, it's important to keep our bodies moving and our spirits high! Staying active indoors doesn't have to be complicated—just a few minutes a day can boost your energy, mood, and overall well-being.

Here are a few easy ways to stay active while keeping cozy:

1. **Stretch It Out** – Start your morning with gentle stretches to wake up your muscles and improve flexibility. Even small movements make a big difference!
2. **Walk Indoors** – Take a few laps around the hallways or common areas. Walking with a friend makes it even more enjoyable.
3. **Chair Exercises** – Try simple seated workouts for strength and balance. Many can be done while watching TV or listening to music.
4. **Dance a Little** – Turn on your favourite tunes and have a mini dance session—it's great exercise and guaranteed to lift your mood!
5. **Join Group Activities** – Participate in indoor games, exercise classes, or crafts to keep both body and mind active.
6. **Stay Social** – Staying connected with others keeps your heart happy and your mind sharp.

Remember, every bit of movement counts—and a little laughter along the way makes it even better! 



Word Search

REMEMBRANCE DAY



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REMEMBRANCE DAY
WORD SEARCH

🎄 Sneak Peek: December! ✨



The most wonderful time of the year is just around the corner!

December is shaping up to be full of sparkle, music, and festive fun. We'll be decking the halls together during our holiday decorating days (**Nov 26th**), sipping hot cocoa, and enjoying the warm glow of the season.

There will be plenty of festive activities, music, and maybe even a visit from a certain jolly guest in red! 🧑🏻‍🎅

Stay tuned for more details in next month's newsletter—we can't wait to celebrate the holidays with all of you! ❤️