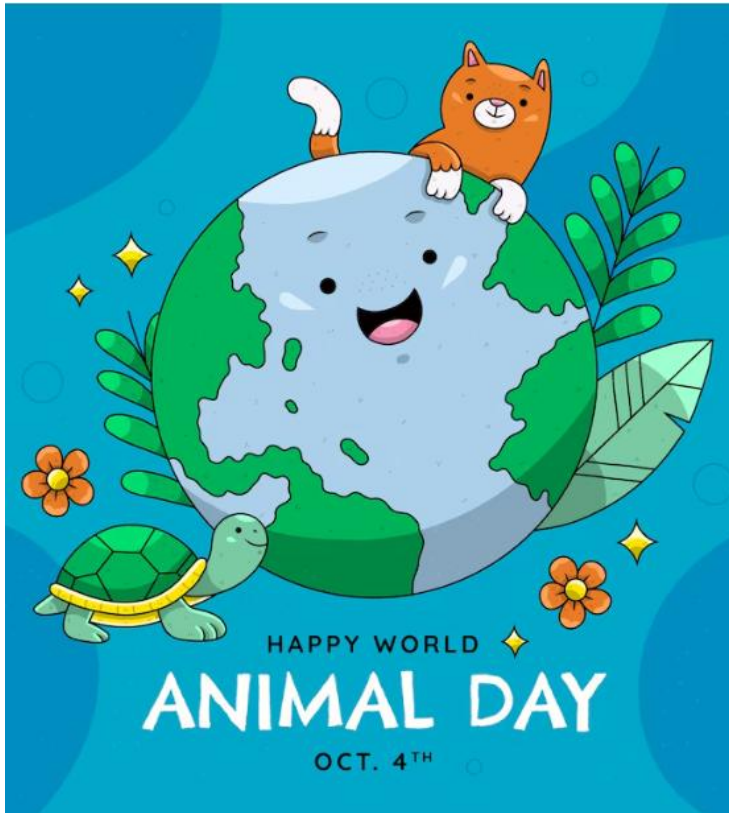


Sweet Snippets

October 2026



Sylvan Lake Foundation

Could Your Loved One Live Without Your Help?

It's a difficult question, but one every family may eventually need to ask.

Sometimes the signs are subtle:

- Have they had a fall?
- Are they eating less?
- Is the house becoming harder to maintain?
- Are they becoming more isolated?
- Have you noticed changes in their memory or personal care?



One change doesn't necessarily mean it's time for a move. But when several things begin to add up, it may be time to explore what support is available.

At Sylvan Lake Lodge, we believe getting a little extra support doesn't mean giving up independence. It means having the right support to continue living safely, comfortably, and independently.

Know someone who may benefit from a little extra support? Please feel free to pass our information along. Valerie would be happy to answer their questions, provide information, and help them explore whether the Lodge may be the right fit.

Book a Tour with Valerie Today!

Come see what life at the Lodge has to offer!

October Trivia

October was the eighth month in the Roman calendar, named from the Latin word "octo," meaning eight. Later, January and February were added, moving October to the tenth month.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day

*The important thing is
not to stop questioning.
Curiosity has its own
reason for existing.*

~ Albert Einstein

What We've Been Up to Lately

Country Scenic Drive – A Trip Down Memory Lane

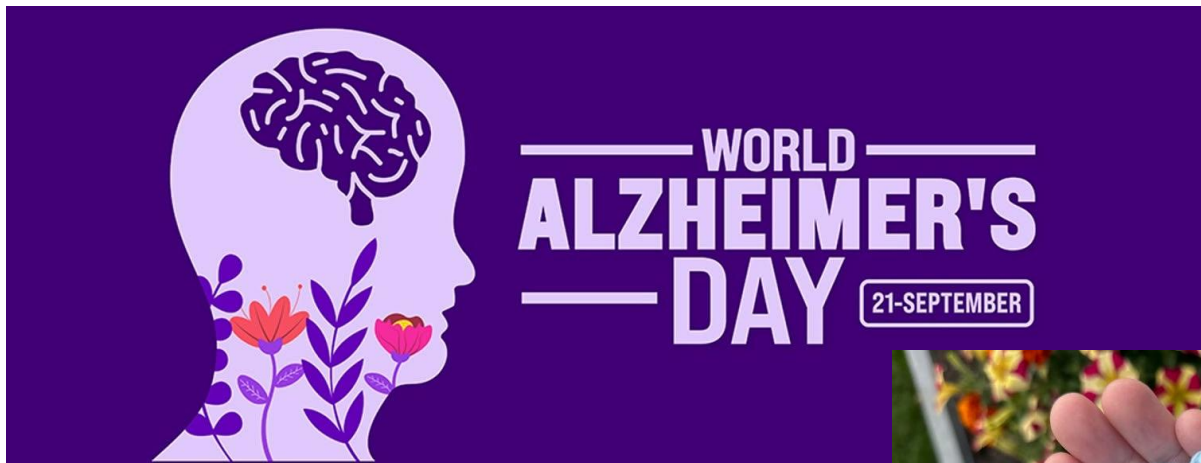
What a beautiful afternoon we had on our country scenic drive! We were able to visit some of our residents past homes and farms, bringing back lots of wonderful memories and stories from days gone by.

Along the way, we enjoyed watching the combines hard at work and seeing the progress being made in the fields.

We then made our way to Rimbey for a delicious milkshake before heading home.

It was such a lovely afternoon spent with friends, reminiscing, sharing stories, and enjoying the beautiful countryside. ❤️





World Alzheimer's Day – September 21

Today is World Alzheimer's Day, a day to bring awareness to Alzheimer's and dementia and to recognize the many people and families who are affected. Here at the Sylvan Lake Seniors Lodge, we know how important it is to make sure our residents feel cared for, included, and valued. Sometimes it's the little things that mean the most- a conversation, a familiar song, a laugh, or simply spending time together.

A special thank you to Carol, who took the time to crochet and donate all of the beautiful Forget-Me-Not flowers for our residents. Your kindness and thoughtfulness means so much to us! Today, we're thinking of everyone living with Alzheimer's and dementia, their families and caregivers, and all those who support them.

Let's continue to show a little extra patience, kindness and understanding.



October Birthdays

In October, we celebrate birthdays with:

- Cheri C- Oct 10th
- Ruth S – Oct 19th
- Marie M- Oct 23rd
- Harla Y- Oct 24th
- Dianne T- Oct 24th
- Ed S- Oct 24th

Please join us on Oct 27th @ 2:00PM in the Dining Room for Cake and Musical Entertainment by Wise Choice!



😊 World Smile Day

- Elephants can recognize themselves in a mirror.
- Octopuses have three hearts and blue blood.
- Giraffes have the same number of neck bones as humans - seven!
- Dolphins use unique whistles to identify one another.
- Owls can turn their heads up to 270 degrees.
- A group of hedgehogs is called an array.
- Goats have rectangular pupils, giving them a wide field of vision.

Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

WOW!

October Spotlight: The Phonograph

In October 1877, Thomas Edison invented the phonograph, one of the first machines able to record and play back sound. This remarkable invention helped pave the way for records, tapes, CDs and the digital music we enjoy today. Music may have changed how we listen, but its wonderful ability to bring back memories remains the same.

Poem to Share

Leisure

By W. H. Davies

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.



Special Days

- 1st Day of Older Persons
- 1st Intl. Music Day
- 1st Intl. Coffee Day
- 1st Library Month
- 2nd World Smile Day
- 4th World Space Week
- 4th World Animal Day
- 5th World Teachers Day
- 9th Curious Events Day
- 12th Columbus Day
- 12th Thanksgiving (Canada)
- 12th Indigenous Peoples' Day
- 25th Pablo Picasso's Birthday
- 31st Halloween

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Muriam. J
- David. L

We hope that you enjoy your time here!

HALLOWEEN PARTY!

Calling all family and friends! Join us for a spooktacular afternoon of treats, laughs, and a few good scares! 👻 🍂

Date: October 31
1:15–3:30 PM

Come dressed in your best Halloween costume and get ready for an afternoon full of fun, games, treats, and Halloween spirit!

we can't wait to see you there! 🕷️ 🍬

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are Feedback Forms available for you to express your views, suggestions and concerns.

These forms can be found outside of the kitchen on the **Chit Chat Board**. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Alyssa, or email me at

Alyssa.k@sylvanlakelodgefoundation.com

Thank you!

LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to residents' rooms via the Sylvan Lake Library twice per month. If you would like this service, please talk to Alyssa.

THANK YOU

A heartfelt thank you to all of our **families, relatives, volunteers, and Meals on Wheels volunteers** who support us day in and day out.

Your time, kindness, and energy make such a difference to our residents and community. From helping with activities and events to delivering meals and sharing a friendly smile — **we appreciate everything you do!**

Thank you for being such an important part of our Lodge family. ❤️

ARMCHAIR TRAVELS

It has been a few months since our last Arm Chair Travel, but we are going to be starting this back up with a BANG! And traveling to Thailand in October 😊 That being said, if you have traveled to an interesting place and would be willing to volunteer your time to share your stories, experiences and what you have learned, we would be so happy to help you with this! If this is something that interests you, please contact Alyssa.

CHRISTMAS PLANNING

We have officially started planning our Christmas season at the Sylvan Lake Seniors Lodge, and we want to make this Christmas the **most magical one yet for our residents!** ❤️

We are reaching out to our wonderful **community, families, friends, local businesses and supporters** to see if there are any donations available to help us make the holiday season extra special for our residents.

Some items that are always greatly appreciated include:

- 🎁 Personal care products
- 🧦 Warm socks
- 🧤 Winter mitts & hats
- 🧩 Puzzles (300–500 pieces)
- 🎲 Games & activities
- 🍪 non-perishable treats
- ☕ Coffee to-go cups
- 🎄 Christmas-themed goodies and decorations

Every donation, big or small, can bring a smile to a resident's face and help make their Christmas feel a little more special. ❤️

Our residents are such an important part of our community, and we are so grateful for the continued generosity and support we receive from the people around us.

If you, your family, group, or business would like to help spread some Christmas cheer, please reach out to us! 🎅 🎄

Let's work together to make this Christmas season one our residents will remember! ❤️

Thank you for helping us make the holidays a little brighter, warmer and more magical. ✨

Laughing Matters



Worms & Whiskey

Will was trying to teach his son about the evils of alcohol.

He put a worm in a glass of water & another in a glass of whiskey. The worm in the water lived while the one in the whiskey curled up & died.

“All right, son,” Said Will, “what does that show you?”

“Well dad, it shows that if you drink alcohol, you will not have worms.”

The Doorbell

A priest is walking down the street one day when he notices a very small boy trying to press the doorbell on a house across the street.

The boy is very small, and the doorbell is too high for him to reach. After watching the boy's efforts for some time, the priest walks across the street to the little boy and, placing his hand kindly on the child's shoulder leans over and gives the doorbell a firm ring.

Crouching down to the child's level, the priest smiles compassionately and asks, “And now what, my little man?”

To which the boy replies, “Now we run!”

Little Johnny Stands Up

A new teacher was trying to make use of her psychology training. She began the class by saying, “Everyone who thinks they're stupid, stand up!”

After a few seconds, Little Johnny stood up.

The teacher said, “Do you think you're stupid, Little Johnny?”

“No, ma'am, but I hate to see you standing there all by yourself!”

What's happening in Sylvan Lake This Month?

- **Oct 1st- Candidate Information Night**

5012 48 Avenue, Sylvan Lake, AB | 6:00 pm - 7:30 pm

Lakers interested in running for council can learn about governance, commitments, and what to expect in being a member of Council.

- **Oct 3rd- Flannel & Feast (All Day)**

Event details | [Flannel & Feast • Visit Sylvan Lake](#)

- **Oct 6th- Governance and Priorities Meeting**

5012 48 Avenue, Sylvan Lake, AB, T4S 1G6 | 4:00 pm - 7:00 pm

- **Oct 13th- Regular Meeting of Council**

5012 48 Avenue, Sylvan Lake, AB, T4S 1G6 | 4:00 pm - 7:00 pm

- **Oct 14th- Community Hub**

Diamond Valley Den (4823 49 Ave) | 10:00 am - 11:00 am

Join social service agencies and Council to discuss issues in our community.

Conversation will focus on the four pillars: Food, Housing, Transportation & Safety

Questions? mwisheu@sylvanlake.ca

- **Oct 24th- Downtown Trick-or-Treat (All Day)**

[Event Details | Visit Sylvan Lake](#)

- **Oct 28th- By-election Candidate Forum**

4823 49 Ave, Sylvan Lake, AB, T4S 1M6 | 6:00 pm - 9:00 pm

Consider yourself invited to attend the Municipal Election Candidate Forum. The event starts at 6:00 PM sharp, but please expect that the end time may vary depending on candidate responses. More information coming soon!

- **Oct 30th- Advance Polls | 2026 By-election**

5012 48 Avenue, Sylvan Lake, AB | 8:00 am - 8:00 pm

Advance Polls will take place on October 30 and October 31 from 8:00 AM to 8:00 PM at the Municipal Government Building (5012 48 Avenue)

- **Oct 31st- Advance Polls | 2026 By-election**

5012 48 Avenue, Sylvan Lake, AB | 8:00 am - 8:00 pm

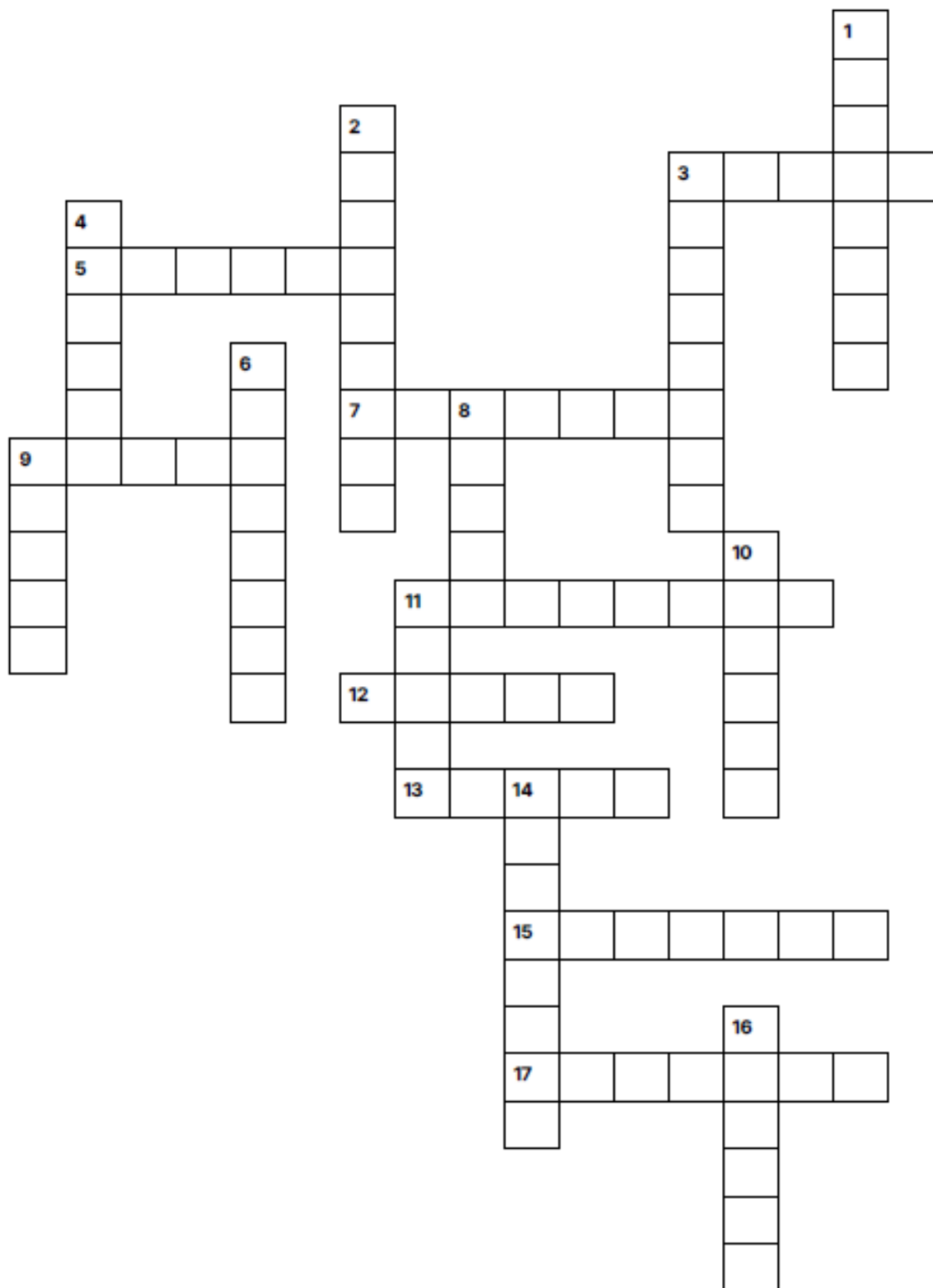
Advance Polls will take place on October 30 and October 31 from 8:00 AM to 8:00 PM at the Municipal Government Building (5012 48 Avenue)







SPOOKY HALLOWEEN CROSSWORD



Crossword

SPOOKY HALLOWEEN CROSSWORD



Across

3. What is a group of witches called? (5)
5. What fruit do we bob for at Halloween? (6)
7. In which month does Halloween fall? (7)
9. What is a witch's mode of transport? (5)
11. All the bones in your body (8)
12. What the pot might call the kettle (5)
13. This monster is wrapped in bandages (5)
15. What do the Irish use instead of pumpkins? (7)
17. In which country did Halloween originate? (7)

Down

1. What is a lycanthrope? (8)
2. What is the name of Notre Dame's Hunchback? (9)
3. What is the name of a witch's mixing pot? (8)
4. What is the name of the friendly ghost? (6)
6. What do you traditionally carve at Halloween? (8)
8. _____ or Treat (5)
9. What is Dracula's favourite drink? (5)
10. Where a vampire sleeps (6)
11. Where were the famous witch trials held? (5)
14. What is the name of the Mother in the Addams family? (8)
16. What is the pungent food that keeps vampires away? (6)

SPOOKY HALLOWEEN CROSSWORD

