MARTHA'S COMMUNITY CORNER
NOVEMBER 2026

A Message from your Site Manager

I am not a fan of November. The days have gotten shorter and I miss the sunlight and the gardens filled with flowers. The warmer temperatures have been replaced by cold, wind, snow, and ice. I feel like I should hibernate until spring.

Last year, I decided to try to shift my perspective surrounding the month of November, and I am not sure it went too well, so I am going to try again. This quote is my reminder. I hope you find inspiration from it as well.

Welcome November

New month, new chapter, new page, & new wishes.
May the month give you courage, strength, confidence, patience, self-love, and inner peace.
May every day in November fill your days with hope, love, sunshine, & energy.
Let there be joy, fun, & laughter.

Karen

Happy Birthday

November 6 – Sharon Connaughty
November 9 – Karen Laronde
November 14 – Tom Shiels
November 17 – Goldi Martin
November 27 – Doreen Gyorkos
November 27 – Mary Shillington

STAFF BIRTHDAYS

November 15 – Iswat Tinubu



Wedding Anniversaries

Rose & Frank Sitter are celebrating their 59th wedding anniversary on November 4th and Jennie & Al Machacek are celebrating their 66th wedding anniversary on November 26th.
Congratulations to you all!

Welcome to Martha's House

Please give a warm welcome to Joyce Baker, Doug Abraham, Patricia Hickle, Dave Hamilton, Barbara Davies & Victoria Hepfner who are joining our Martha's House family this month.

Toonie Tuesday

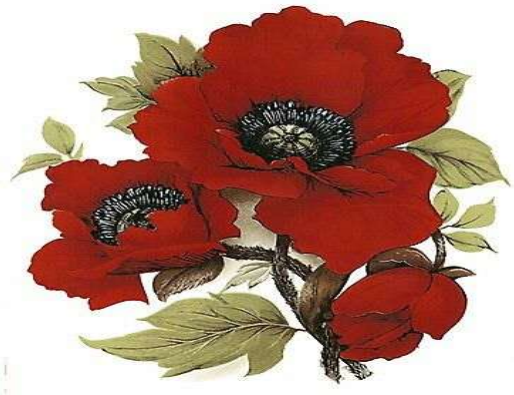
Congratulations to
Roberta won the October 6th pot of $127.25, and
Frank T. who won the
October 20th pot of $119.00.
Thank you to everyone who participated!





"Our flag does not fly because the wind moves it; it flies with the last breath of each soldier who died protecting it" – Gary Brown







Dining Room, Activities & Entertainment Etiquette

As we have limited space in our building for dining, activities, and entertainment, a few simple procedures will assist us all in being able to make the most of the space that we do have.

Please do not come for meals, activities, or entertainment early. Having too many people in the dining room area while staff are trying to set up is a safety risk for all involved. We ask that you remain outside of the dining room area until tables and chairs are arranged. Also, during entertainment, please do not sit at tables that have been already set for the next meal service, as those tables would then have to be re-washed, sanitized and reset if people sit at them.

Library Corner Update

Please note, we have decided not to move the books on the first floor by the fireplace to another location. Please remember if you are sitting in that area, be courteous to those residents who wish to look for a book or return a book, and give them space to do so. Also, as a reminder, this area is not an area for napping. Please return to your suite if you wish to have a nap. There are a number of new books arriving. Donations are being reviewed and old books are being culled. The winter days that are coming are an excellent time to get caught up on your reading. Enjoy the libraries!

Respectfully, Karen Laronde & Verna Elliott

Did You Know?

1. Originally called Armistice Day
Remembrance Day was originally called “Armistice Day” and was first observed in 1919 throughout the British Commonwealth.

2. 11/11/11
Remembrance Day is observed on the eleventh hour of the eleventh day of the eleventh month. This commemorates the armistice agreement that ended the First World War on Monday, November 11, 1918 at 11 a.m.

3. The presence of the Canadian Military
Members of the Canadian military have seen combat in both World Wars, the Korean War, the South African War, the Arab-Israeli Conflict in 1974, and in Afghanistan, among other battles.

4. "In Flanders Field"
The poem was written by Canadian John McCrae and has become synonymous with Remembrance Day. It is often recited at many memorial ceremonies.

5. Poppies grow near graves
The poppy was one of the first flowers to bloom on the battlefields in Belgium and France during the First World War. The lime from rubble and debris make a fertile ground for poppies to grow.

6. The poppy is an international symbol of Remembrance
The red poppy is the symbol of Remembrance Day around the world. Replica poppies are sold by the Royal Canadian Legion to provide assistance to Veterans.

7. 18,000,000 poppies
Approximately 18,000,000 poppies are distributed around the world every year.

8. The Silver Cross Mother
The National (Silver) Cross Mother represents all mothers whose sons or daughters died while on active duty. Chosen by The Royal Canadian Legion, the annual honoree places a wreath at the base of the National War Memorial at the National Remembrance Day Ceremony.

9. Tomb of the Unknown Soldier is in Ottawa
Canada's Tomb of the Unknown Soldier is located at the National War Memorial in Ottawa's Confederation Square, and it contains the remains of an unidentified soldier who died in the First World War.

10. 1.5 million Canadians have served in our military
More than 1,500,000 Canadians have served to protect our nation throughout history and more than 118,000 made the ultimate sacrifice.

11. Canadian women played, and continue to play, an important role in Canadian military history.
More than 50,000 Canadian women served in the military and as nursing sisters in the Second World War, and close to 3,000 Nursing Sisters served in the First World War.





Christmas Decorating

We will begin decorating for Christmas starting on Monday, November 23, 2026 at 9:30am. All residents are welcome to assist in this fun endeavour.

Dining Room Etiquette

Please remember the following for our dining room:

- There is no assigned seating. It is first come, first serve. If you wish to sit with someone, then please arrive in the dining room together.
- Please do not use the linen napkins to blow your nose, cover your mouth when you cough, etc. Please bring your own Kleenex to the dining room

Just a few friendly reminders:

Tuck Shop

We have an assortment of chips and chocolate bars, Kleenex, candy and other items in our shop behind the front desk. All at reasonable prices. We also, have an assortment of pop including Coke, Ginger Ale and Root Beer.

Breakfast Food Items

Please remember to only take enough breakfast items for 1 or 2 days back to your suite. This will ensure that the food can be consumed before spoiling and allows there to be enough food for everyone to enjoy.

Recycling & Shredding

For your convenience there is a shredding box located in the activities room. Please place all confidential documents in this box for proper disposal. If you have your own shredder, please ensure that you bag your shredding and place in the paper recycling receptacle located on each floor of the building.





In Flanders fields

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.

~ John McCrae ~

Clean your closets

We will deliver clothing for "Salvaton Army" on November 20th at 9:30 am. Your clean used clothing must be bagged or boxed, and brought down to Dee's room

NO SOONER THAN NOVEMBER 19th, AFTER 10:00 am.

Thank you for your understanding.

Monthly Statement Reminder

Please note that monthly statements will not be ready and delivered until the end of the day on the first business day of each month. Staff need time to print, sort, and distribute the statements. Thank you for your understanding.

Fire Drill Reminder

There will be a fire drill sometime in early November. All residents are reminded that during a fire drill, you are to exit your suite and go to the nearest exit. Please remain at that exit with the designated staff member until the alarm stops sounding.

General Resident Meeting

Our fall General Resident Meeting will be held at 2:00pm on November 17, 2026 in the dining room.

Name:_____ Date:_____

NOVEMBER

Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

AUTUMN
BLACK FRIDAY
CHRYSANTHEMUMS
CINNAMON
CORNUCOPIA
CRANBERRY
CYBER MONDAY
DAYLIGHT SAVING
ELECTION
FAMILY
FIREPLACE
FOOTBALL
FRIENDSGIVING
GRATITUDE
HARVEST
HOT CIDER
NATIVE AMERICANS
PECAN PIE
PILGRIMS
POTATOES
PUMPKIN PIE
SCARVES
SCORPIO

R N Q S E O T A T O P D E H S A M M C H
F C O S W E A T E R S W B P C H D R N E
Z O S I Y A D N O M R E B Y C Y A S C N
R R J C T S T U F F I N G K A N M A R M
S N F Y A C K N N N L M R D B I L G N B
C U R L L R E Z T R X F I E R P T N M F
O C B I Q H V L Q X C R R G E O M I U R
R O V M H F W E E R F R L R P D E V T I
P P T A W T H L S K Y I I A Y L I I U E
I I L F D A X T C D P F Z K Q M P G A N
O A C H R Y S A N T H E M U M S N S Z D
R T D V R J L C B Z F V R Y T G A K W S
P N E G L B R M N N G O C E L Y C N J G
R S E D U T I T A R G Y O I D K E A M I
T T F C L P V M W M N C E T N I P H M V
S W E E T P O T A T O E S K B N C T X I
D A Y L I G H T S A V I N G R A A T T N
T N Y A D S N A R E T E V G B U L M O G
R T P U M P K I N P I E B T B K T L O H
N A T I V E A M E R I C A N S T B V F N



STUFFING
SWEATERS
SWEET POTATOES
THANKSGIVING
TOPAZ
TURKEY
VETERANS DAY

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