



Skinny Dipping

An elderly man owned a large farm for several years and he had a large pond on the far end of his property. It was properly shaped for swimming, so he fixed it up nice with picnic tables, horse-shoe courts, and some apple and peach trees.

One evening the old farmer decided to go down to the pond since he hadn't been there for a while. He grabbed a big white bucket to bring back some fruit before starting the long walk to the remote area.

As he neared the pond, he heard voices

shouting and laughing with glee.

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As he came closer, he saw it was several young women skinny-dipping in his pond.

He made the women aware of his presence, and they all went to the deep end.

One of the women shouted to him, "we're not coming out until you leave!"

The old man frowned. "I didn't come down here to watch you la-

dies swim naked or make you get out of the pond naked."

Holding the bucket up, he said, "I'm here to feed the crocodile."



Thanksgiving Day ... As the Years Go By

We are the old folks now, said I—how fast time slips away!

For years we were the children, coming home on Thanksgiving Day. But now its ours to give the feast and stretch the table out this day. How glad they were, your folks and mine, when with them all could be. Well here it is ... Thanks giving Day ... the old folks now are we.

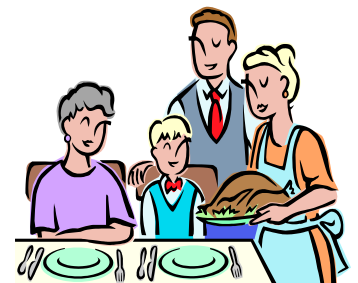
They're coming home now a once we did .. to keep Thanksgiving Day. We never dreamed the weeks were long, until they went away. We never guessed the joy it meant to have them all again about the table as of old—we were the children then. But, we're old folks now my dear, making the self-same fuss because

the youngsters will have to spend the day with us.

We've bought the turkey for the feast, and all the trimmings too. We'll load the table 'til it groans as our old folks used to do. I'll have to do the carving now, but, when they're all in place .. I'll wait until we've bowed our heads and say the old-time grace. The one they taught us years ago and always used to say ... with all the family gathered round upon Thanks giving day.

Do you recall those good old times? We thought they'd never change. We sometimes saw a falling tear, and fancied that was strange. We felt the welcome hugs they gave when home to them we went, but never really under-

stood just what those visits meant. Today we now about it all, and as our heads we bow. We'll think of them whose chairs we fill, for we're the old folks now!



I'm A Little Tea Cup

There was a couple who took a trip to England to shop in a beautiful antique store to celebrate their 25th wedding anniversary. They both liked antiques and pottery, and especially teacups. Spotting an exceptional cup, they asked 'May we see that? We've never seen a cup quite so beautiful.'

As the lady handed it to them, suddenly the teacup spoke, 'You don't understand. I have not always been a teacup. There was a time when I was just a lump of red clay. My master took me and rolled me pounded and patted me over and over and I yelled out, 'Don't do that.'

'I don't like it!' 'Let me alone,' but he only smiled, and gently said; 'Not yet!' Then WHAM! I was placed on a spinning wheel and suddenly I was spun around and around and around. 'Stop it! I'm getting so dizzy! I'm going to be sick!', I screamed. But the master only nodded and said, quietly; 'Not yet.' He spun me and poked and prodded and bent me out of shape to suit himself and then he put me in the oven. I never felt such heat. I yelled and knocked and pounded at the door. 'Help! Get me out of here!' I could see him through the opening and I could read his lips as he shook his head from side to side, 'Not yet'. When I thought I couldn't bear it another minute, the door opened. He carefully took me out and put me on the shelf,

and I began to cool. Oh, that felt so good! 'Ah, this is much better,' I thought. But, after I cooled he picked me up and he brushed and painted me all over. The fumes were horrible. I thought I would gag. 'Oh, please, Stop it, Stop, I cried. He only shook his head and said. 'Not yet!'

Then suddenly he put me back in to the oven. Only it was not like the first one. This was twice as hot and I just knew I would suffocate. I begged. I pleaded. I screamed. I cried I was convinced I would never make it. I was ready to give up. Just then the door opened and he took me out and again placed me on the shelf, where I cooled and waited and waited, wondering 'What's he going to do to me next?'

An hour later he handed me a mirror and said 'Look at yourself.' And I did. I said, 'That's not me; that couldn't be me. It's beautiful. I'm beautiful!!!'

Quietly he spoke: 'I want you to remember, then,' he said, 'I know it hurt to be rolled and pounded and patted, but had I just left you alone, you'd have dried up. I know it made you dizzy to spin around on the wheel, but if I had stopped, you would have crumbled. I know it hurt and it was hot and disagreeable in the oven, but if I hadn't put you there, you would have cracked. I know the fumes were bad when I brushed and painted you all over, but if I

hadn't done that, you never would have hardened. You would not have had any color in your life. If I hadn't put you back in that second oven, you wouldn't have survived for long because the hardness would not have held. Now you are a finished product. Now you are what I had in mind when I first began with you.'

The moral of this story is this: God knows what He's doing for each of us. He is the potter, and we are His clay. He will mold us and make us and expose us to just enough pressures of just the right kinds that we may be made into a flawless piece of work to fulfill His good, pleasing and perfect will.

So when life seems hard, and you are being pounded and patted and pushed almost beyond endurance; when your world seems to be spinning out of control; when you feel like you are in a fiery furnace of trials; when life seems to 'stink', try this.

Brew a cup of your favorite tea in your prettiest tea cup, sit down and think on this story and then, have a little talk with the Potter.

Resident's Council Report

Residents Council plays an important role within the home, advocating, supporting and promoting Resident's rights, autonomy and involvement in the decision making process.

Resident elections took place on September 25th and it has been determined that the new Villa Representatives are as follows:

Spruce Villa: Trudy

Beech Villa: Dianne

Elm Villa: Dan

Pine Villa: John

Birch Villa: Janet

Maple Villa: Alec

Cedar Villa: Natalie

Oak Villa: Charles

What a wonderful group of people we have to represent our population!

Nominations will be made at the next Resident's Council meeting, held in October, for the President, Vice-President and Treasurer positions.

There is a Thanksgiving Raffle draw which includes a beautiful fall basket donated by a nurse on Spruce Villa, with several fall items and a \$100 Metro gift certificate to go towards a Turkey and/or Thanksgiving dinner. Tickets will be sold until the draw date of October 11th. You can buy 1 ticket for \$2 or 3 tickets for \$5.

The blue spruce tree donated by resident's council has been planted! A welcoming ceremony for the tree will take place in October.

The Exercise Enthusiast

A man visited his doctor, and the doctor checked him over before commenting, "it looks like you get a fair bit of exercise."

The man replied, "Oh ya, in fact, just the other day I walked 5 miles over rugged terrain as I climbed over rocks and trees. I also waded along the edges of a lake, pushing my way through

tall thistles, and even slid down sandy slopes while getting sand in my eyes."

The doctor was quite impressed. "Well you are certainly a dedicated outdoor enthusiast."

The man replied, "Not really, doctor. I'm just a really bad golfer."



Residents Satisfaction Survey

Resident Satisfaction Surveys will be available online from October 1st to November 22nd. Residents will have 8 weeks to complete the survey. Families are welcome to assist residents with the survey.

The resident satisfaction surveys are an important way for residents to have their say about various areas of the home and to provide comments and feedback about what they like

and what they feel needs improvement. Residents are encouraged to fill out these surveys and have their say. By completing the surveys, residents are helping to improve the home and enhance their overall experience by providing valuable information and ideas on how to improve and maintain all aspects of care.



Fall Recipes

Best Pumpkin Bread

1 1/3 cup Flour
1/2 tsp Baking powder
1 tsp Baking soda
3/4 tsp Salt
1 tsp Cinnamon
1/4 tsp Cloves
1/4 tsp Nutmeg
1/2 tsp Ginger
1 1/2 cup Brown sugar
1/3 cup Milk
1/3 cup Oil
1 tbsp Molasses
2 Eggs
1 cup Pumpkin

Mix all ingredients together in a large mixing bowl. Bake at 350 degrees Fahrenheit for approx. 1 hour or until cooked all the way through. Can bake as bread or as muffins. Enjoy!

Prize Carrot Cake

2 cups White sugar
1 1/2 cup Vegetable oil
3 Eggs
2 tsp Vanilla
2 1/2 cups Flour
2 tsp Cinnamon
2 tsp Baking soda
1 tsp Salt
2 cups Shredded carrots
2 cups Flaked coconut
1 8oz can of crushed pineapple, drained
1 cup Walnuts or pecans, chopped (optional)

Frosting:

6 oz. Cream cheese, room temperature
1/4 cup Soft butter
1/4 cup Milk
2 tsp Vanilla
Pinch of salt
3 cups Icing Sugar

Preheat oven to 350 degree Fahrenheit. Combine sugar, oil, eggs and vanilla in large bowl and blend using wooden spoon. Stir in flour, cinnamon, soda and salt; mix well. Fold in carrots, coconut, nuts and pineapple. Pour into prepared pan. Bake

about 50 minutes or until cake tester comes out clean. Let cool before frosting.

To make frosting: combine cheese, butter, milk, vanilla and salt in medium bowl and blend using an electric blender. Beat in enough icing sugar to make mixture spreadable.

Gingersnap Cookies

2 cups Flour
1 tbsp Ginger
2 tbsp Baking soda
1 tsp Cinnamon
1/2 tsp Salt
3/4 cup Shortening
1 cup Sugar
1 Egg
1/4 cup Molasses
Sugar for rolling

Bake at 350 degrees. Cream shortening in a medium bowl; add sugar gradually, beat well. Beat in egg and molasses. Sift about 1/4 of the dry ingredients over the molasses mixture and blend well. Continue until all dry ingredients are added. Form teaspoons of dough into small balls by rolling them lightly. Roll dough in granulated sugar to cover entire surface. Bake 12 to 15 minutes.

Enjoy!

Volunteers Wanted!

Hastings Manor is currently looking for volunteers to assist in various areas within the home.

Volunteers play a vital role in helping provide quality services to our residents and it is a great way to learn new skills, meet new people and help where there is a real need.

Some benefits of volunteering include providing the volunteer with a sense of purpose, opportunities to develop meaningful relationships with residents, families and team members, contributes to improved health and vitality and

teaches valuable skills among other benefits.

Some of the volunteer opportunities available include:

- **Volunteering in the Café**
- **Giving tours of the home**
- **1:1 friendly visiting with residents**
- **Assisting with weekly activities such as bingo, musical entertainment and special events**
- **Mending resident clothing**
- **Assisting with the monthly Manor Times**

All volunteers will receive orientation, training, staff support and flexibility in scheduling.

If you have any questions or are interested in volunteering please contact Jamie, Recreation and Volunteer Services Supervisor at 613-968-6467 extension 2244



Lion's Club Bingo Winners—September 18, 2024

Brenda	\$35.00	Ian	\$5.00
Wellie	\$20.00	Pat	\$5.00
Jack	\$10.00	Dolores	\$5.00
Sharon	\$10.00		
Natalie	\$10.00		
Voula	\$5.00		
Stephan	\$5.00		



October Birthdays

William (Pine)	Oct 6th	James (Elm)	Oct 15th	Mary (Beech)	Oct 25th
Arnis (Elm)	Oct 7th	Marilyn (Oak)	Oct 16th	June (Maple)	Oct 29th
Elizabeth (Cedar)	Oct 11th	Dianne (Pine)	Oct 17th		
Willard (Birch)	Oct 11th	Rachel (Spruce)	Oct 19th		
Judy (Elm)	Oct 12th	Paula (Oak)	Oct 20th		
Daniel (Elm)	Oct 12th	Margaret (Maple)	Oct 20th		
Jean (Spruce)	Oct 13th	Robert (Maple)	Oct 20th		
Marcella (Birch)	Oct 14th	Mary (Birch)	Oct 23rd		



“Laughter Is The Best Medicine!”

Why wouldn't the ghost dance at the party? He had no body to dance with him.

What do you get when you cross a vampire and a snowman? Frostbite.

What do you call a witch's garage? A broom closet.

Why do ghosts make the best cheerleaders? They have a lot of spirit!

How do you know if a mummy is sick? He can't stop coffin.

What's it like to be kissed by a vampire? It's a pain in the neck.

Why did the ghost go into the bar? For the boos.

What's a ghost's favorite dessert? I-Scream!

What was the witch's favorite subject in school? Spelling.

Autumn



WORD SEARCH



SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF

Fall Word Scramble

YKTEUR
EESLAV
WLNEHAOLE
IMPKPNU
TMCOESU
OLRSCUO
HIGTEGARN
AQSUHS
EPI
YNCDA
PLEAPS
BTECROO

*Answers for Puzzles Found on Page 8

FALL WORDS CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4				26									19					24							



$$\begin{array}{r} A \quad \quad \quad N \\ 4 \quad 11 \quad 13 \quad 10 \quad 19 \end{array}$$

$$\begin{array}{r} A \quad \quad \quad E \\ 4 \quad 6 \quad 6 \quad 17 \quad 26 \end{array}$$

$$\begin{array}{r} \quad \quad \quad N \\ 11 \quad 13 \quad 10 \quad 19 \end{array}$$

$$\begin{array}{r} E \quad \quad \quad N \\ 26 \quad 2 \quad 23 \quad 21 \quad 19 \quad 13 \quad 3 \end{array}$$

$$\begin{array}{r} \quad \quad \quad A \\ 12 \quad 13 \quad 13 \quad 20 \quad 7 \quad 4 \quad 17 \quad 17 \end{array}$$

$$\begin{array}{r} A \quad \quad \quad E \\ 22 \quad 4 \quad 9 \quad 10 \quad 21 \quad 25 \quad 26 \end{array}$$

$$\begin{array}{r} A \quad \quad \quad E \\ 16 \quad 4 \quad 11 \quad 14 \quad 26 \quad 20 \end{array}$$

$$\begin{array}{r} E \quad A \quad \quad E \quad S \\ 17 \quad 26 \quad 4 \quad 8 \quad 26 \quad 24 \end{array}$$

$$\begin{array}{r} A \quad \quad \quad E \\ 15 \quad 4 \quad 6 \quad 17 \quad 26 \end{array}$$

$$\begin{array}{r} \quad \quad \quad \quad \quad N \\ 6 \quad 23 \quad 15 \quad 6 \quad 14 \quad 21 \quad 19 \end{array}$$

$$\begin{array}{r} \quad \quad \quad A \quad \quad E \\ 10 \quad 4 \quad 14 \quad 26 \end{array}$$

$$\begin{array}{r} S \quad \quad A \quad \quad E \\ 24 \quad 11 \quad 4 \quad 10 \quad 26 \quad 11 \quad 10 \quad 13 \quad 5 \end{array}$$

$$\begin{array}{r} S \quad \quad N \quad \quad \quad E \\ 24 \quad 23 \quad 19 \quad 12 \quad 17 \quad 13 \quad 5 \quad 26 \quad 10 \end{array}$$

$$\begin{array}{r} \quad \quad \quad \quad \quad E \\ 20 \quad 23 \quad 10 \quad 14 \quad 26 \quad 9 \end{array}$$



The Camper

It was late in the day when a fully loaded minivan pulled into the only remaining campsite. As soon as it stopped, the doors flew open and four children jumped out.

They began to unload gear and worked feverishly to set up the tent. Next, the boys ran to gather firewood while the girls and their mother set up the camp kitchen area.

The camper in the space next to them marveled to the children's father, "I've never seen such teamwork nor a camp that was ready so quickly. I'm impressed."

The father turned to the neighbor and nodded sagely. "I have a system," he said. "No one goes to the bathroom before the camp is set up."

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Give Thanks
For each new morning
With its light
For rest and shelter
Of the night
For health and food
For friends and love
For everything
They goodness sends.

Word Scramble Answer Key: Turkey, Leaves, Halloween, Pumpkin, Costumes, Colours, Gathering, Squash, Pie, Candy, Apples, October

FALL WORDS CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4	7	11	25	26	12	18	22	21	16	14	17	15	19	13	6	2	10	24	20	23	8	5	3	9	1



A C O R N
4 11 13 10 19
 A P P L E
4 6 6 17 26
 C O R N
11 13 10 19
 E Q U I N O X
26 2 23 21 19 13 3
 F O O T B A L L
12 13 13 20 7 4 17 17
 H A Y R I D E
22 4 9 10 21 25 26
 J A C K E T
16 4 11 14 26 20
 L E A V E S
17 26 4 8 26 24
 M A P L E
15 4 6 17 26
 P U M P K I N
6 23 15 6 14 21 19
 R A K E
10 4 14 26
 S C A R E C R O W
24 11 4 10 26 11 10 13 5
 S U N F L O W E R
24 23 19 12 17 13 5 26 10
 T U R K E Y
20 23 10 14 26 9