



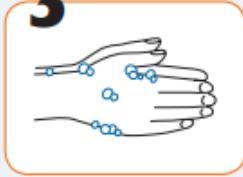
SAFETY CORNER

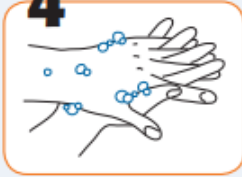



CLEAN YOUR HANDS USING SOAP AND WATER


- 


Wet hands with warm water.
- 


Apply soap.
- 


Lather soap and rub hands palm to palm.
- 


Rub in between and around fingers and wrists.
- 

Rub back of each hand with palm of other hand.
- 

Rub nail beds of each hand in opposite palm.
- 

Rub each thumb clasped in opposite hand.
- 

After 15 to 20 seconds rinse thoroughly under running water.
- 

Pat hands dry with paper towel.
- 

Turn off water using paper towel.
- 

Your hands are now clean.



THE DERBY DIGEST

October 2024





**GEORGE
DERBY
CENTRE**

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

Love the trees until their leaves fall off, then encourage them to try again next year."

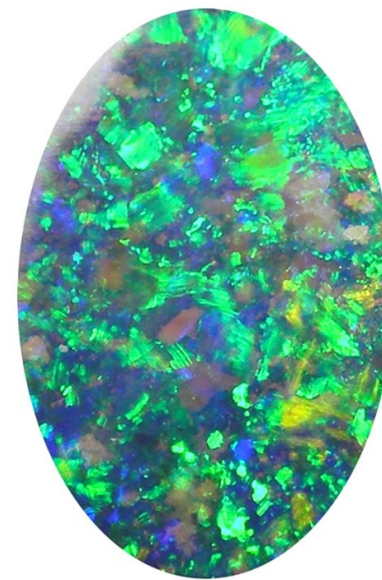


FLOWER OF THE MONTH: CALENDULA

THE CALENDULA, COMMONLY REFERRED TO AS THE POT MARIGOLD, IS A HARDY FLOWERING PLANT THAT IS NATIVE TO THE MEDITERRANEAN REGION BUT THRIVES IN MANY CLIMATES. CALENDULA HAS MEDICINAL USES DUE TO ITS ANTI-INFLAMMATORY PROPERTIES. ITS PETALS CAN BE EATEN AND HAVE BEEN USED TO COLOR CHEESES. THE ORIGIN OF THIS FLOWER'S NAME IS UNKNOWN, BUT SOME SPECULATE THAT ITS COMMON NAME, MARIGOLD, REFERS TO THE VIRGIN MARY, AS EARLY CHRISTIANS PLACED THESE FLOWERS NEAR STATUES OF HER IN REMEMBRANCE.

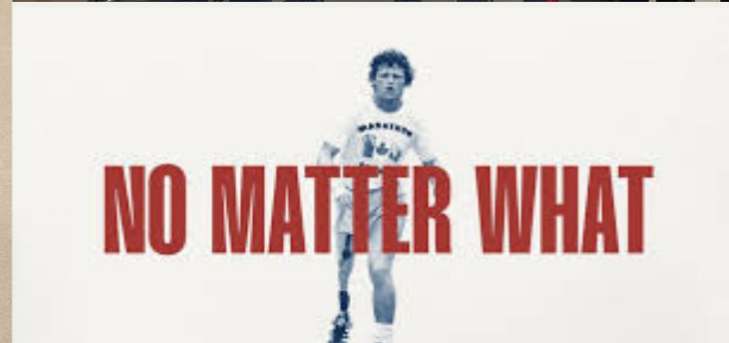


BIRTHSTONE OF THE MONTH: OPAL



OCTOBER'S BIRTHSTONE IS THE BEAUTIFUL OPAL. OPALS ARE PRIMARILY FOUND IN AUSTRALIA, EASTERN EUROPE, AND SOUTH AMERICA. BECAUSE OPALS DIFFRACT LIGHT, THEY COME IN ALMOST EVERY COLOR IMAGINABLE, AND THEY APPEAR MILKY OR OPAQUE. THROUGHOUT THE AGES, THE OPAL HAS BEEN ASSOCIATED WITH VISION. IN THE 14TH CENTURY, THE GEMSTONE WAS CALLED THE OPHTHALMIUS, OR "EYE STONE," AS IT WAS BELIEVED TO STRENGTHEN ONE'S EYESIGHT. ANCIENT GREEKS THOUGHT AN OPAL HONORED ITS WEARER WITH THE GIFT OF FORESIGHT AND PROPHECY.

TERRY FOX WALK



halloween party

**THURSDAY
31ST OCTOBER**

2 PM

MUSIC WITH LUKE SANDFORD



LIVE MUSIC IN OCTOBER

SHAWN MCKEE - FRIDAY PUB SERIES

OCTOBER 4TH
2 - 3 PM

MIKE & MARIE CRONIN - FRIDAY PUB SERIES

OCTOBER 11TH
2 - 3 PM

MUSIC WITH JAE-WON - SUNDAY PERFORMANCE

OCTOBER 13TH
2 - 3 PM

PETER WILLIAMS - FRIDAY PUB SERIES

OCTOBER 18TH
2 - 3 PM



JOHN KNOX SCHOOL - MONDAY PERFORMANCE


OCTOBER 21ST
2:13 - 3 PM

THE FABULOUS FERA BROTHERS

OCTOBER 25TH
2 - 3 PM

LUKE SANDFORD - HALLOWEEN PARTY

OCTOBER 31ST
2 - 3 PM



LADIES TEA!





1. ORIGIN: OKTOBERFEST BEGAN IN 1810 TO CELEBRATE THE MARRIAGE OF CROWN PRINCE LUDWIG TO PRINCESS THERESE OF SAXE-HILDBURGHAUSEN.
2. LOCATION: THE FESTIVAL TAKES PLACE IN MUNICH, GERMANY, SPECIFICALLY IN THE THERESIENWIESE, A LARGE OPEN SPACE.
3. DURATION: IT TRADITIONALLY LASTS 16 TO 18 DAYS, STARTING IN LATE SEPTEMBER AND ENDING IN THE FIRST WEEKEND OF OCTOBER.
4. BEER CONSUMPTION: OVER 7 MILLION LITERS OF BEER ARE CONSUMED DURING THE FESTIVAL EACH YEAR, WITH SPECIAL BREWS MADE BY MUNICH'S SIX MAJOR BREWERIES.
5. ATTENDANCE: OKTOBERFEST ATTRACTS APPROXIMATELY 6 MILLION VISITORS ANNUALLY FROM AROUND THE WORLD.
6. FAMILY-FRIENDLY: THE FESTIVAL FEATURES A WIDE RANGE OF FAMILY-FRIENDLY ACTIVITIES, INCLUDING AMUSEMENT RIDES, GAMES, AND TRADITIONAL MUSIC.

COUNTRY OF THE MONTH:
GERMANY!

Oktoberfest

Beer Food

OCTOBER 2ND | 2:00PM
TOWN HALL





CIRCUIT
FITNESS

WALKING CLUB
SCAVENGER HUNT



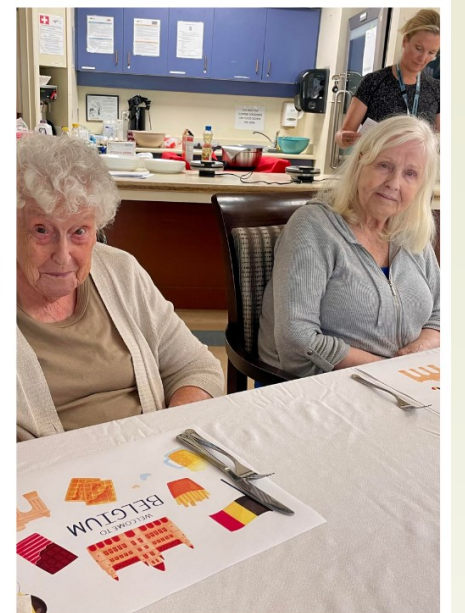
TAI CHI &
CHAIR YOGA

**NEW FITNESS PROGRAMS
AT GEORGE DERBY**

JOIN US
CHECK YOUR UNIT CALENDAR FOR
DATES AND TIMES!



COUNTRY
OF THE
MONTH:
BELGIUM



Searching for October

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

- | | | |
|----------------|---------------------------|-----------------------|
| BONFIRE | HALLOWEEN | SCARECROW |
| BOSS'S (Day) | INDIGENOUS (Peoples' Day) | SCORPIO |
| CANDY | LIBRA | SWEETEST (Day) |
| COLUMBUS (Day) | OPAL | THANKSGIVING (Canada) |
| COSMOS | RAKE | WORLD SERIES |
| GOURDS | ROSH HASHANAH | YOM KIPPUR |

Baked with Love Scrabble

Use the clues to find words that are associated with baking. For each answer, cross off the lettered tiles that you use. All the letters should be crossed off when the puzzle is complete.

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

1. Baking staple _____
2. Rising agent _____
3. Pumpkin pie spice _____
4. Turn to liquid _____
5. Sweet ingredient _____
6. Egg-beating tool _____
7. Quiche ingredient _____
8. Baking appliance _____
9. Ticking gadget _____
10. Oatmeal and gingersnaps _____
11. Half of a pint _____
12. Use a sieve _____
13. Birthday party dessert _____
14. Yellow stick on the table _____
15. Pecans and almonds _____
16. Grated peel _____
17. Sugary coating _____
18. Dinner basketful _____



The Great Outdoors Fall Fair!



The Great Outdoors Fall Fair!

