



HELLO GEORGE

Country of the Month: Mexico



SEPTEMBER 2026



CELEBRATING September

*Special days that bring meaning,
memories and togetherness.*

MONDAY
SEPTEMBER

7



LABOUR DAY

A day to recognize the
contributions of workers
across Canada.

SUNDAY
SEPTEMBER

13



GRANDPARENTS DAY

A special day to celebrate
grandparents and the love
and memories they share.

TUESDAY
SEPTEMBER

22



FIRST DAY OF FALL

Welcome the new season
and enjoy the beautiful
autumn colours.

WEDNESDAY
SEPTEMBER

30



NATIONAL DAY FOR TRUTH AND RECONCILIATION

ORANGE SHIRT DAY

A day to remember, learn
and honour Survivors,
their families and communities.

Thank you for being part of our community!

Making Summer Memories





MEXICO

Country of the Month — September 2026



SEPTEMBER 16 – MEXICAN INDEPENDENCE DAY

On September 16, 1810, Miguel Hidalgo y Costilla issued the Grito de Dolores, beginning Mexico's struggle for independence from Spain.

¡VIVA MÉXICO!

DID YOU KNOW?



Capital: Mexico City



Currency: Mexican Peso



Languages: Spanish and 68
Indigenous languages are officially recognized



National flower: Dahlia



Famous artist: Frida Kahlo





SPECIAL EVENTS

Families and friends are welcome
to join their loved ones!

VIOLINIST PERFORMANCE

September 2 • 2:00 PM
Town Hall

PUB SOCIAL

Every Friday • 2:00 PM
Live Music
Town Hall

DANCE PERFORMANCE

September 16 • 2:30 PM
Town Hall





Share the Love!



GEORGE
DERBY
CENTRE

**If George Derby has made a difference for you
or your loved one, we would love to hear about it!**



Leave us a Google review and help other Burnaby families find the home and community they deserve.

Simply search George Derby Centre on Google and click “Write a Review.”

It only takes a minute, and it means everything to our team.

Thank you for being part of our family.

Google
Reviews ★★★★★





SAFETY TIPS

Small steps can help prevent falls.

TAKE YOUR TIME

Stand up slowly and make sure you feel steady before walking.

USE YOUR MOBILITY AID

Keep your walker or cane close and use it as recommended.

CHOOSE SAFE FOOTWEAR

Wear well-fitting shoes with non-slip soles.

KEEP PATHWAYS CLEAR

Watch for spills, cords and objects that may cause a fall.

ASK FOR ASSISTANCE

If you feel weak, dizzy or unsteady,
please ask a staff member for help.

Your safety matters to us.



SUDOKU

Fill each row, column, and box with the numbers 1–6.

1		3	4		6
4	5			2	3
	3	4	5	6	
5		1	2		4
3	4			1	2
	1	2	3	4	

Take your time and enjoy the challenge!

Use each number only once in every row, column, and box.