



### Seniors

If you or anyone you know is looking for accommodation in one of our lodges please contact the lodge of choice or go to our website.

[www.northpeacehousing.ca](http://www.northpeacehousing.ca)



### Lodge Contacts

Autumn Lodge, Berwyn	338-3917
Harvest Lodge, Fairview	835-2862
Del Air, Manning	836-3325
Homesteader, Hines Creek	494-3500
Heritage Tower, Peace River	624-3919
Central Office, Peace River	624-2055

### WALKING - The Miracle Cure

Is there a miracle cure for preventing many major diseases? Study after Study suggests that brisk walking is the cure. Walkers have less incidences of cancer, heart disease, stroke, diabetes and other killer diseases. They live longer and get both mental health and spiritual benefits. A brisk walk increases blood flow to the brain, which claims to help lower the risk of dementia. Basic changes in diet and exercise can lead to a dramatic drop in a person's risk for chronic illnesses in as little as six weeks. It's important that people know that major health benefits can come quickly with a little effort.

**So get walking!**



## The History of Thanksgiving

Thanksgiving in Canada can be traced back to the 1578 voyage of Martin Frobisher from England in search of the Northwest Passage. His third voyage, to the Frobisher Bay area of Baffin Island in the present Canadian Territory of Nunavut, set out with the intention of starting a small settlement. The expedition was plagued by ice and freak storms which scattered the fleet. On meeting together again in Frobisher Bay, the minister made unto them a godly sermon, exhorting them especially to be Thankful to God. Years later, in 1604 explorer Samuel de Champlain arrived in Canada and held huge feasts of thanks. They even formed the Order of Good Cheer and gladly shared their food with their First Nations neighbours. Thanksgiving was held at different times of the year to celebrate different occasions: The end of the Seven Year War, the American Revolution, the termination of the war between France and Great Britain, the Lower & Higher Canada Rebellion, where Canada merged into a united Province of Canada. For many years before it was declared a national holiday in 1879, Thanksgiving was celebrated in either October or November and in 1957 it was declared the second Monday of October. The theme of Thanksgiving changed each year then the celebration of the abundant harvest with the decorations of cornucopias, pumpkins, corn, wheat sheaves and other harvest bounty come to be.



### Maintenance Report

Remember to close your window tight and secure the latches to help make your room warm and comfortable from the cold drafts.

If you feel a draft check your window first. Sometimes the latch is hard to close or to get a good seal to prevent the cold from coming in.

### Bus Trips for the Lodge's

- Oct 1st Having Lunch with the members of Grimshaw Drop In. Bingo, Cards and a Visit.
- Oct 8th Going to Heritage Tower for a Thanksgiving Celebration.
- Oct 15th Having Lunch at Dixonville Drop In with their members; entertainment to follow.
- Oct 29<sup>th</sup> Halloween Costume Party at Autumn Lodge.