

October 2026

Greenwoods News



Celebrating October At Greenwoods

Music Trios

October 1 & 8 at 1:30 pm

Poetry café

October 10 at 2:00 pm

**Avril & Friends Band
Perform**

October 6 & 20

at 1:30 pm

K-Tones Perform

October 16 at 1:30 pm

Halloween Party dress-up

October 30 at 1:30 pm

**Halloween Trick-or
Treating at Braehaven
October 31 5:45-7:00 pm**

ALL WELCOME

Fall Has arrived!

This is the time of year when the weather gets a little cooler and the leaves start to change color and fall off the trees. We look forward to all the fun things we are doing in October



In September we enjoyed eating grapes from the vine, dressing up as scarecrows, dancing and spending A lot of time out in the garden doing fitness, listening to music and eating cool treats!



Dear Residents and Families,

On behalf of the Board of Directors, I am pleased to announce the appointment of Deanna Friesen as Executive Director of Greenwoods Eldercare Society, effective October 5, 2026. Ms. Friesen brings extensive senior leadership experience in long-term care, assisted living, and community health programs across British Columbia and Alberta. She brings a strong clinical foundation to her leadership, grounded in years of direct nursing and care experience, and has led campuses of care with responsibility for clinical, operational, and financial performance in complex regulated environments. She holds a Bachelor of Arts degree and is currently completing an International Master's Program in Health Leadership through McGill University. Throughout her career she has shown a consistent commitment to resident and family-centered care, culturally safe practice, and collaborative workplace cultures — values that align closely with our own.

We warmly welcome Ms. Friesen to the Greenwoods community and look forward to introducing her to residents, families, and staff in the coming weeks.

Eleanor Dawson Board Chair, Greenwoods Eldercare Society

Programs



"Busy Hands" and "Creative Time" are Therapeutic Recreation programs that promote dignity, independence and purpose.

Activity Persons prepare and manage these programs, allowing Residents to engage in meaningful activity such as watering plants, sorting cards, arranging flowers, simple laundry chores such as folding towels, washcloths, baby clothes, or matching socks. This also includes painting, coloring, collaging as well as crafting art pieces.

Activity Persons go slowly, offer their time, their guidance, and assist as little as possible but as much as necessary. Often set up in the Garden Lane, or The Hive/Multipurpose Room, these programs are offered regularly and can also be set up anywhere at any time. Activity areas can reduce responsive behaviours and provide diversion when needed. Our lives are given meaning through activities and connections with others. When Residents are engaged, responsive behaviours and depression can be minimised.

