



# Chalet Malouin

November 2025

## The Winter Cheer Gazette

*Bringing Warmth, Smiles & Good Company – Winter Edition*

### A Message from the Director

Dear Residents, Families, and Friends,  
As autumn leaves fall and the air grows crisp, we find ourselves reflecting on gratitude, friendship, and community. Can you believe it's already November? The trees are nearly bare, there's a little nip in the air, and it's the perfect time for hot cocoa, good company, and maybe a cozy afternoon nap or two!

November is a season of connection – sharing stories, laughter, and the simple joys that make life here so special. Thank you for making Chalet Malouin such a warm and wonderful place to live, work, and call home.

Warm regards,  
Sheryl

### Don't forget:


Chase the Ace every  
Thursday  
6:00pm-8:45pm.  
St. Malo Hotel



### Upcoming Events

- Remembrance Day Ceremony –
- November 11th, 10:45 a.m.
- St. Malo Christmas Craft & Bake sale November 29th 10am-3:30pm  
St. Malo Gym
- Cash Calendar Sales Mid-November!
- Chalet Malouin Mini Craft sale  
Dec. 12 Noon-3pm

*Let's We Forget*



Join us in the activity area as we honor the brave men and women who served our country. Two minutes of silence will be observed at 11:00 a.m

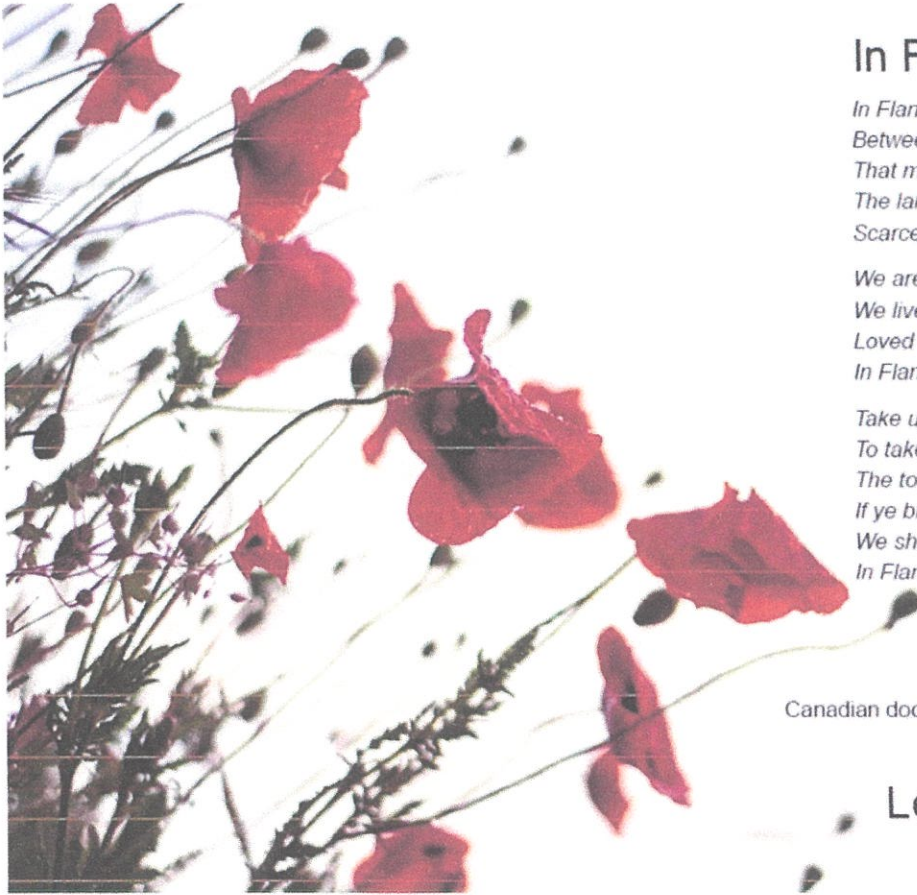
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## In Flanders Fields

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place, and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To take you from failing hands we throw  
The torch, be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

Major John McCrae

Canadian doctor and WWI artillery commander

## Lest We Forget

(Photo: Monica Galentino)

### 🇩🇪 Office Closure Notice

**Our office will be closed on Monday, November 11th in observance of Remembrance Day**

### Chalet & Staff News:

#### 🎉 Congratulations to Mario Roy! 🎉

**We're celebrating his 5 years of dedicated service in the Maintenance Department at Chalet Malouin Seniors Residence.**

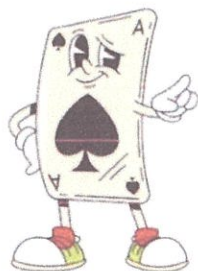
**Mario, your hard work, reliability, and positive attitude make a huge difference every day. Thank you for helping keep our residence safe, comfortable, and welcoming for everyone.**

**Here's to many more years of success and teamwork!**



## 🎉 Chase the Ace at the St. Malo Hotel! 🎉

The fun continues every Thursday night with the pot growing bigger each week!



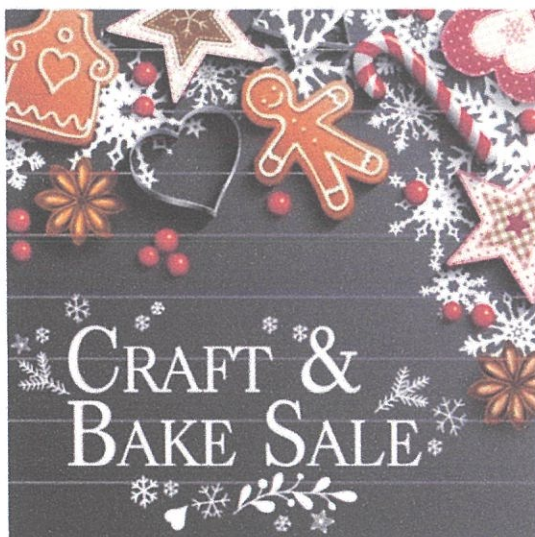
- Raffle tickets: \$2 each
- Ticket sales: 6:00 PM – 8:30 PM
- Raffle draw: 8:45 PM

### 💰 Prizes:

- Raffle winner takes 15% of the night's proceeds
- If the Ace of Spades is picked, the winner takes the accumulated jackpot + 35% of the night's proceeds!

⚠️ Must be in attendance to win!

Come join the excitement every Thursday night and see if you can chase the Ace to victory!



## St. Malo Christmas Crafts & Bake Sale – Saturday, November 29, 2025

🎄 St. Malo Craft Sale 📍 Location: St. Malo School Gym

🕒 Time: 10:00 AM – 3:00 PM



### ★ Featuring:

- Delicious Baked Goods
- Handmade Items & Crafts
- Beautiful Artwork
- And much more!

🍷 The Canteen will be hosted by the Chalet Malouin.

📅 Chalet Cash Calendars will be available for purchase at the canteen.  
Come out, shop local, and enjoy a great community event!

# CASH CALENDARS

🎉 Cash Calendars Are Coming Soon! 🎉

Cash Calendars for January and February 2026 will be available for sale mid-November! Price will be \$10.00 each.

🏠 Where to Buy: Chalet Admin Office or from any Board Member

🌟 Bonus Draw: The January Calendar will include a Special Draw on December 31st, so grab yours early for an extra chance to win!

❤️ A Heartfelt and HUGE Thank You to all of our Calendar Sponsors – your generous support makes this fundraiser possible!

Grunthal Lumber	\$600.00
Access Credit Union	\$500.00
Racine Farms	\$500.00
Rural Buds – St. Pierre	\$500.00
Alan McVicar – McVicar Farm Services	\$300.00
One Insurance	\$300.00
Norbert Collette	\$300.00
G & R Garbage & Disposal	\$300.00
Eastman Seal Coating	\$250.00
Catellier Seed Service	\$250.00
Anonymous Future Resident	\$250.00
Prairie Alchemist	\$200.00
MDM Sand & Gravel Ltd.	\$200.00
St. Malo & District Chamber of Commerce	\$200.00
St. Pierre Big Way	\$200.00
MJK Transfer	\$200.00
Custom Flooring Ltd.	\$150.00
L & E Racine	\$150.00
Prairie Wild	\$150.00
Sobering Restoration Services Inc.	\$100.00
Canadian Cartridge Services Inc.	\$100.00
RV Meats	\$100.00
St. Malo Junior B Warriors	\$100.00
B / L Catellier	\$100.00
Lucky Lucs – St. Pierre	\$100.00
Sky's the Limit Fireworks	\$100.00
Grunthal Auction Service	\$ 50.00
Grunthal Livestock Auction Mart Ltd.	\$ 50.00
Yatsko Repair	\$ 50.00
St. Pierre Shell	\$ 50.00
Jolys Venbtures Inc. –B Weatherby	\$ 50.00
C & F Catellier	\$ 50.00
Hair by Monica	\$ 50.00
Catellier Automotive	\$ 25.00



## 🌀 Chalet Malouin Mini-Craft Sale 🌀

We're planning a **small craft show** for our Seniors at Chalet Malouin and would love for you to join us!

- **Date:** Friday, December 12th
- **Time:** 12:00 PM – 3:00 PM
- **Tables & chairs provided**
- **Donation:** A small contribution to the Chalet in lieu of rental fees is appreciated

If you'd like to participate, please let us know. Come share your crafts and help make this a special day for our Seniors! ✨

## 🍃 More November Thank Yous at Chalet Malouin 🍃

- **A HUGE thank you** to Edith Forest and her son Claude for donating our **mountain of firewood** for the fire pit! Your generosity is greatly appreciated! 🍂
- **Thank you** once again to Jeanette Courcelles for the **beautiful potted Mum plants** at our front entrance—they brighten everyone's day! 🌸
- **A GREAT BIG THANK YOU** to everyone who donated candy for our Trick-or-Treaters, and to those who helped hand it out on Halloween night—you made it a spook-tacular evening! 🍬👻

Your kindness truly makes our Chalet community shine! ✨

## ♥ **Winter Kindness Challenge**

Do one small act of kindness this month:

- Call a friend you haven't spoken to in a while
- Share cookies with a neighbor
- Write a "thank you" note to someone who made you smile

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**Protect yourself from scams.** Be aware of financial scams, especially those that falsely promise free gifts, cash, extra government benefits, etc, etc.

For trustworthy information, always consult official government sources like the Local police, CRA and Service Canada.

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# Health & Safety

1. **Stay warm:**
  - Keep your room temperature at least **68°F (20°C)**.
  - Dress in **layers**, including warm socks, gloves, and a hat if needed.
  - Use blankets or heated throws safely (avoid leaving them unattended).
2. **Prevent hypothermia:**
  - Even mild cold can be dangerous for seniors. Know signs like **confusion, shivering, slow speech, or sleepiness**.
  - Limit time outdoors on very cold or windy days.
3. **Avoid slips and falls:**
  - Wear **non-slip boots**
  - Use **handrails, walking sticks, or traction cleats** when necessary.
4. **Stay hydrated:**
  - It's easy to drink less water in cold weather, but dehydration still happens.
  - Warm drinks like **herbal tea, broth, or lemon water** help keep fluids up.
5. **Get a flu or COVID-19 vaccine update:**
  - Winter is peak season for respiratory illnesses.
  - Talk to your doctor or Pharmacist about **flu, COVID-19, and RSV vaccines**.
6. **Stay active indoors:**
  - Try gentle stretches, light weights, or chair exercises.
  - Even **5–10 minutes** of movement several times a day helps with circulation and mood.
7. **Light therapy or sunshine:**
  - Combat “winter blues” by getting **daylight exposure** or using a **light therapy lamp** for 20–30 minutes a day.

## Social & Emotional Wellbeing

1. **Stay connected:**
  - Check in with family, friends, or neighbors regularly.
2. **Plan something to look forward to:**
  - Even small things like baking, puzzles, or a weekly video call can boost mood.
  - Plan a games night in the Activity area – invite others to join in !

### **Need Someone to Talk To?**

The **Chalet Malouin** now has an **in-house Volunteer** who is a **Certified Guidance Counsellor** and is available to help residents through times of **grief, sadness, confusion, or other personal challenges**.

If you would like to connect with **Jan**, please let **Sheryl** know.

 **Confidentiality is assured.**

You don't have to face things alone — help is here when you need it.

**Birthday Shoutouts: Happy Birthday to everyone celebrating this month – may your day be as sweet as hot cocoa! 🍰**

**Raymond Jacob 4th  
Jeannette Courcelles 9th  
Douglas Smith 9th  
Martin Sawatzky 10th  
Edna Patenaude (staff) 15th  
Helene Tetrault-Catellier 16th  
Ryenne Touchette 17th  
Janice Vaughan 20th  
Roger Sala 23rd  
Cliff Badiuk 23rd  
Julien Remillard 28th  
Sheryl St Hilaire (staff) 28th  
Simone Peloquin 30th**

### **🍰 Famous November Birthdays**

- Nov 7, 1867: Marie Curie – pioneering scientist who discovered radium.
- Nov 12, 1945: Neil Young – legendary singer-songwriter.
- Nov 14, 1840: Claude Monet – founder of Impressionism.
- Nov 18, 1923: Alan Shepard – first American astronaut in space.
- Nov 30, 1835: Mark Twain – beloved American author of Tom Sawyer and Huckleberry Finn.

### **📅 17 Looking Ahead: December Sneak Peek**

**Holiday decorating party 🎄 – details to be announced**

**Resident Christmas Party – details to be announced**

**As we head toward winter, let's keep the laughter loud, the hearts full, and the kettle on.**

**Happy November, everyone! 🎉**



I have a hidden disability. When I leave home, it's keys, wallet, phone, **Sunflower.**

The Sunflower is a simple way to signify that you have a disability or condition that may not be immediately apparent – and may require a bit more support, time or a helping hand when out and about.



Find out more: [hdsunflower.com](https://hdsunflower.com)

**HIDDEN**  
**disabilities** 

For more information regarding the Sunflower program you can either visit with Sherisse or call her at 204-347-5652.

# Winter Brain Teasers & Fun Corner

## 🎵 Finish the Winter Song Lyric

Can you finish these lines?

“Walking in a winter \_\_\_\_\_.”

“Let it snow, let it snow, let it \_\_\_\_\_.”

“Frosty the Snowman was a jolly, happy \_\_\_\_\_.”

“Oh, the weather outside is \_\_\_\_\_.”

Answers: Wonderful, Snow, Soul, Frosty, Rightful 📌

## ❄️ Riddles to Warm the Brain

1. I fall but never get hurt. I melt but never cry. What am I?  
👉 Answer: Snow!
2. What bites but doesn't have teeth?  
👉 Answer: Frost.
3. I'm white and cold and all around. You can shape me, throw me, or roll me on the ground. What am I?  
👉 Answer: Snow!
4. What do you get when you cross a snowman and a dog?  
👉 Answer: Frostbite!
5. The more of me you take, the more you leave behind. What am I?  
👉 Answer: Footsteps in the snow.
6. What has a coat but no pants?  
👉 A coat of snow!
7. What can travel around the world while staying in one corner?  
👉 A postage stamp!
8. What can you catch but not throw?  
👉 A cold!
9. What runs but never walks, has a bed but never sleeps?  
👉 A river!
10. I don't have lungs, but I need air. What am I?  
👉 Fire! 🔥

## Joke of the Month:

What did one snowman say to the other snowman?  
“Do you smell carrots?”



## Winter Word Scramble:

- |           |              |
|-----------|--------------|
| 1. WNSO   | 6. WFKSOAENL |
| 2. RETNIW | 7. SOEGLV    |
| 3. HIGLES | 8. KNGSII    |
| 4. LCDO   | 9. OLVEHS    |
| 5. TBSOO  | 10. ARCSF    |

## 🌟 Answers

- |              |           |           |           |           |
|--------------|-----------|-----------|-----------|-----------|
| 1. Snow      | 2. Winter | 3. Sleigh | 4. Cold   | 5. Boots  |
| 6. Snowflake | 7. Gloves | 8. Skiing | 9. Shovel | 10. Scarf |

Find the word



**SNOW**



S	N	O	O	W	N	S	O	W	N	S	W
O	S	S	W	O	N	O	O	S	W	S	O
S	N	N	W	S	N	W	S	W	O	O	O
O	O	S	O	S	W	O	O	O	W	N	W
O	N	O	W	N	W	W	S	O	N	N	S
O	O	W	S	N	N	O	S	W	S	N	S
N	S	W	O	W	N	N	W	N	S	O	O
O	N	N	O	W	N	O	O	O	O	O	W
O	O	O	W	W	O	S	O	S	S	W	N
S	W	S	O	W	N	W	N	N	O	O	W

# Notable History in November

## World Events:

- Nov 1, 1872: Susan B. Anthony voted in a U.S. election — decades before women’s suffrage became law.
- Nov 1, 1950: First U.S. hydrogen bomb test — marking the start of the nuclear age.
- Nov 2, 1983: President Ronald Reagan signed a bill creating Martin Luther King Jr. Day, first observed in 1986.
- Nov 3, 1956: “The Wizard of Oz” aired on television for the first time — quickly becoming a holiday tradition.
- Nov 4, 1922: British archaeologist Howard Carter discovered King Tutankhamun’s tomb in Egypt.
- Nov 8, 1960: John F. Kennedy elected as the 35th U.S. President.
- Nov 9, 1967: NASA launched Apollo 4, paving the way for the moon landing two years later.
- Nov 9, 1989: The Berlin Wall fell, symbolizing the end of the Cold War and the reunification of Germany.
- Nov 10, 1775: The U.S. Marine Corps was founded in Philadelphia.
- Nov 11: Veterans Day — honoring all who served in the U.S. Armed Forces.
- Nov 18, 1928: Mickey Mouse made his first appearance in Steamboat Willie!
- Nov 19, 1863: President Abraham Lincoln delivered the Gettysburg Address — one of the most famous speeches in history.
- Nov 20, 1945: The Nuremberg Trials began, holding Nazi leaders accountable after WWII.
- Nov 22, 1963: The tragic assassination of President John F. Kennedy in Dallas, Texas.
- Nov 22, 1995: The first Toy Story premiered — the first fully computer-animated feature film.
- Nov 24, 1859: Charles Darwin’s “On the Origin of Species” was published, revolutionizing science.

## Did You Know?

- The November birth flower is the chrysanthemum, symbolizing friendship and joy.
  - The birthstones are topaz (symbol of love and affection) and citrine (symbol of warmth and positivity).
  - The Zodiac signs for November: Scorpio (Oct 23–Nov 21) and Sagittarius (Nov 22–Dec 21).

# November



# 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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Borderview School  
singing  
4:30pm

**Exercise**  
1:00 Bible study  
2:00 Remembrance  
Day Craft

**Remembrance  
Day**  
10:45 am  
program

**2:00  
Birthday Party  
of the month!**

**10am**  
**Exercises**  
1:30 Chair  
Exercise  
2pm Bingo

**1:00 Mass**

**10am**  
**Exercise**  
1:00 Bible study

1:30 Chair  
Exercise  
2pm Bingo

**Outing??**

**10am**  
**Exercise**  
1:30 Chair  
Exercise  
2pm Bingo

**1:00 Mass**

**10am**  
**Exercise**  
1:00 Bible study

1:30 Chair  
Exercise  
2pm Bingo

**1:00 Cribbage  
Tournament**

**10am**  
**Exercise**  
1:30 Chair  
Exercise  
2pm **BIG** Bingo

**1:00 Mass**

**\*\* Activities  
are subject to  
change\*\***