

Abbeyfield House ~ High River

Abbeyfield House Society of High River.
 Box 12, 708-2ND Street SE., High River, Alberta. T1V 0C6
 Charitable Registration # 89119 9028 RR0001



Koodo

The **Abbeyfield Board of Directors** would like to thank all the Abbeyfield residence for their hospitality. We enjoyed the tour so your apartments and the evening getting to know you better. We hope to do it again in the new year.

A **big thank you** goes out to Grant for taking all the ladies of Abbeyfield for dinner each month.

Abbeyfield Resident

May and her Train Travel

I hadn't travelled by train for 30 years or more, since CP Rail had cancelled passenger service through Calgary. I used to take trips quite often, as a friend and I, at age 19, decided to see our country. Times were tough in the 40's, so the "Galloping Greyhound" was our transport.

When Spring came this year, it revived that old "Itchy Foot" syndrome, so I decided to take the train to Winnipeg to see family. Sitting up in the day coach for 20 hours is hard on older bones, so I splurged on a "roomette" with 3 meals next day in the dining car. I enjoyed it very much, seeing the prairies, chatting with other passengers, the rhythm of the train.

So, in October I travelled west to Vancouver, through Jasper, Kamloops and down the Fraser Canyon which took about 24 hours. There is one drawback, as Via Rail uses the northern route, so "you can't get there from here".

Would I do it again? You bet! Just have to drop the loonies in the piggy bank for awhile.



Sleep

Along with regular exercise, sleep plays an essential role in our physical well being. A study was conducted that tracked the effect of a full night sleep on the following day. People who felt irritable before going to sleep and then had a good night's sleep had above-average moods the next day. For those who were in a good mood at the end of the day but did not get the right amount of sleep, their mood levels dropped to average, and they were more likely to feel irritable the next day.



Getting a good night's sleep is like hitting a reset button. It clears our stressors from the day before. Even if we have a bad day, getting a sound night of sleep gives us a fresh start on the next day. It also increases our chances of having energy and high well being throughout the day.

What's Happening Around Town

I hope you had a chance to see the first Mural in town last month? The second mural is on the back (west side) of the Wales theatre.

Mural 2. Old Woman's Buffalo Jump

Steve Jones 1990

The Old Women's buffalo jump ("Old" refers to the age of the jump) is located 13 km south of High River. It was discovered during a clash flood in 1952. Excavations in 1958/59 revealed bones and artifacts over 2000 years old. Before the Plains tribes had horses and guns, they would run herds of buffalo off steep cliffs.

Warriors would wait below with arrows, knives and clubs to kill any animals which survived the fall.



Abbeyfield House

Dates to Remember

High River **Santa Clause Parade** Fri.,
Dec 3 on McLeod Trail

High River **Christmas Craft Fair** at
Highwood Memorial Centre Fri. & Sat.,
Dec 3 - 4

Winter Festival at Aspen Crossing Sat. &
Sun., Dec 4-5



Carlson's on Macleod,
Paul Rumbolt **Christmas
Concert** Sun., Dec 19 for
tickets call Brenda
403.601.8774

Chuckle Corner

A little boy opened the big old family Bible with fascination, he looked at the old pages as he turned them. Then something fell out of the Bible and he picked up and looked at it closely. It was an old leaf from a tree that has been pressed in between pages.

"Momma, look what I found," the boy called out. "What have you got there, dear?" his mother asked. With astonishment in the young boy's voice he answered:

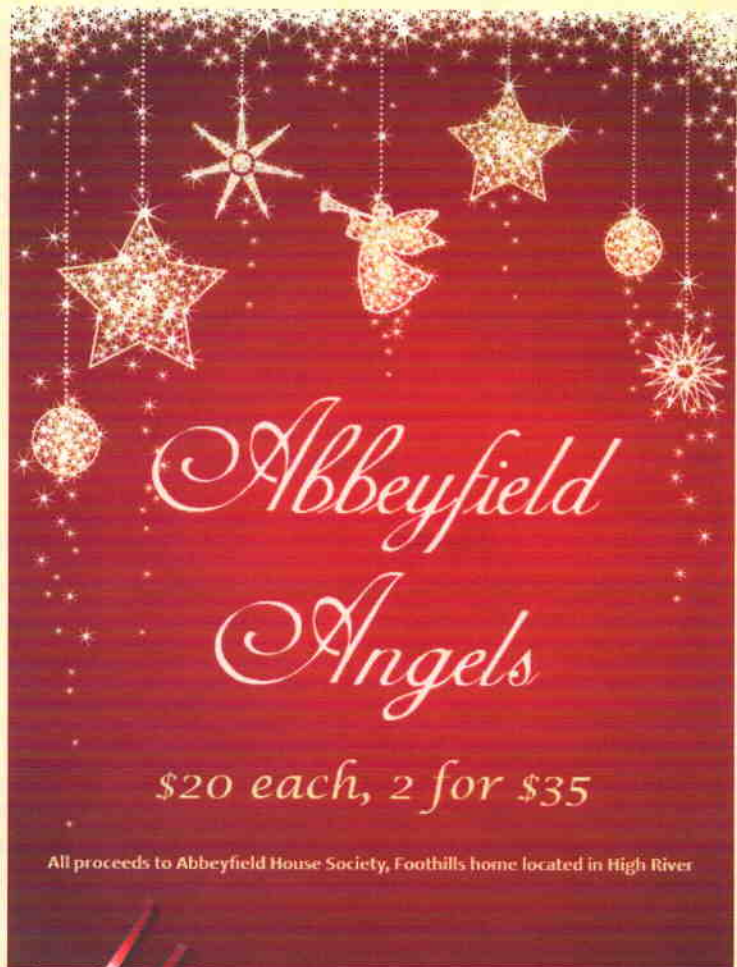
"It's Adam's suit!!!!!"

A living choice for seniors in High River



Abbeyfield Angles

Abbeyfield House Society holds a fundraiser each holiday season selling Christmas Angels. You can pick yours up from May at Abbeyfield House, any teller at Servus Credit Union in High River or Okotoks, and on Friday in the lobby at the High River location. The cost is \$20 each or 2 for \$35 and they would make a great Christmas gift. All proceeds from the sale of the Angels goes to Abbeyfield House Society.



2010 Angel

Abbeyfield

www.abbeyfieldhousehighriver.ca