

Newsletter

February 2018



February Health Tip:



What is a heart attack?

A heart attack is when the flow of blood to a section to the heart becomes blocked and the heart can't get oxygen. If blood flow is not restored quickly, that section of the heart begins to die. The level of damage depends on how long blood supply is cut off. The result can be mild damage, or it could lead to severe, lifelong problems.

Source: Heart & Stroke Foundation

<http://www.heartandstroke.ca/heart/conditions/heart-attack>

For more information visit our health information board or see your family doctor.

Come out to exercises every morning at 9:45!



What's happening at Vegreville Manor?

February 6 – Blood Pressure Clinic

February 2 – Groundhog Day

February 13 – Shrove Tuesday

February 14 – Valentine's Day (Activities and Lunch)

February 16 – Chinese New Year Celebration

February 28 – Pink Shirt Day – Wear **Pink** to support a bully free community

March 2 – Bus Trip



In and around Vegreville!

February 10 – Health and Wellness Fair

10:00 a.m. – 3:30 p.m. at the Vegreville Centennial Library

February 11 – Legion pancake breakfast.

Feb 19 – Family Day Event – Vegreville Elks Park (Pysanka)



Welcome to Vegreville Manor!

Herb, Peter, Bill and Esther!

Hey!
WELCOME
We're **very** **GLAD**
you're here!

Fun Facts!!!

✚ Polar bears can eat as many as 86 penguins in a single sitting.

✚ A crocodile can't stick its tongue out.



✚ Tea is said to have been discovered in 2737 BC by a Chinese emperor when some tea leaves accidentally blew into a pot of boiling water. The tea bag was introduced in 1908 by Thomas Sullivan of New York.

♥ Happy Valentines Day ♥

The day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines").



The Story of Pink Shirt Day

It was nearly a decade ago at Central Kings Rural High School in Cambridge, Nova Scotia, when grade 12 students Travis Price and David Sheppard caught wind of a grade nine student being bullied for wearing a pink shirt to school.

Instead of standing idly by and watching it happen, they decided to step up and do something about it. Almost 10 years after the fact, their act of standing up to bullying has grown into a worldwide movement called Pink Shirt Day.



Monthly Trivia Question???

What year did Disneyland open?

- a. 1957
- b. 1963
- c. 1955



Last month's answer:

What phenomena in the 1950's allowed everyone to become an artist?

- b. Paint by Number



Photo Gallery



Dancing in the New Year!



We love when friends visit!



January Lunch Club!