

Newsletter

February 2025

February



Upcoming Events

- Moving & Grooving
- Valentine's programming
- Speed Friending Event
- Social Committee Meeting
- Health Awareness Presentation
- Show & Tell
- Snack & Chat
- Ice Breakers
- Hot Chocolate & Chat
- Coffee Corner
- Crib tournament
- Manicures
- Baking
- Fitness Classes
- Outings
- Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts

**Stay safe & enjoy winter
Everyone!!!**

A message from the Activities Convener...

Hello all,

Last month we rang in the new year with some snacks, prizes, and great conversations. We were laughing so hard that we had tears coming from our eyes during our laugh out loud program as we watched a stand-up comedian perform. We also welcomed in the year of the snake by going for Chinese food and crafting.

Some key points to highlight this month include moving and grooving, speed friending event, valentine's pub afternoon. As there are no birthdays this month, we will have live entertainment and a dance for moving & grooving. Speed friending will have you in small groups getting to know one another for a period of time before changing groups and will include refreshments. Come and buy a drink for yourself, a friend, or partner at our Valentine's pub afternoon with live entertainment. You can also buy a rose prior which will be distributed during the event.

Outing for this month is Tutti Frutti. Don't forget to sign up as there are limited spaces available. Have a look at your recreation calendar for all the details. Nicholle will be away Feb. 13-28. During that time programs will be run by volunteers.

-Nicholle Lloyd

Did you know...?

What are the symptoms of a Stroke?

Learn the
signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.



February Birthdays
No birthdays this month

Want to Volunteer?

There are many different opportunities to volunteer for whether you want to help with the dining room, welcoming new residents, or in recreation there is a place for you!

Get in touch with:

Nicholle (780-473-5621 Ext. 3240) or
Jasmine (780-473-5621 Ext. 4534).

Did you know?

We hold regular fire drills (2 times per year). There is a fire route plan in every room behind the door.

Your Safety

While in our building, the safety of our residents, staff, family, visitors and volunteers is very important to us. Should you notice something that you think is unsafe, or should you experience an incident where your safety was compromised, please complete a Concerns Resolution Form and take it to the Manager. The Manager will investigate your concern and will follow up with you. These forms can be found in a binder on the main floor, next to the sign in/out book.

*Have
Great
Days*



Residents celebrating January birthdays!



Residents at Yang Ming Buffet!



Residents having a snowball fight during our winter carnival!