

# Newsletter

**February 2025**



## Health Tip:

### Stroke

#### What is a stroke?

A stroke is damage to the brain that occurs when a blood vessel in the brain bursts or is blocked by a blood clot. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly. Brain damage can start within minutes of a stroke. But quick treatment can help limit the damage and increase the chance of a full recovery.

## What's Happening at Vegreville Manor?

**February 12<sup>th</sup> – North Pointe Church**

**February 13<sup>th</sup> – United Church Service**

**February 14<sup>th</sup> – Valentine's Day  
(Wear Red or Pink)  
Valentine's Day Social!**

**February 17<sup>th</sup> – Family Day  
No Activities**

**February 18<sup>th</sup> – Cards with Judy**

**February 19<sup>th</sup> – National Mint  
Chocolate Ice Cream Day  
Ice Cream Social**


**February 21<sup>st</sup> – Baking:  
National Sticky Bun Day!**

**February 25<sup>th</sup> – Personal Touch  
Fashions – 9-11am**




**February 27<sup>th</sup> – Holy Trinity Church**

# Photo Gallery

Here's A Little Groundhog



Here's a little groundhog  
furry and brown.  
He's coming up to look  
around.  
If he sees his shadow,  
down he goes  
for six more weeks  
of winter snow!



— author unknown

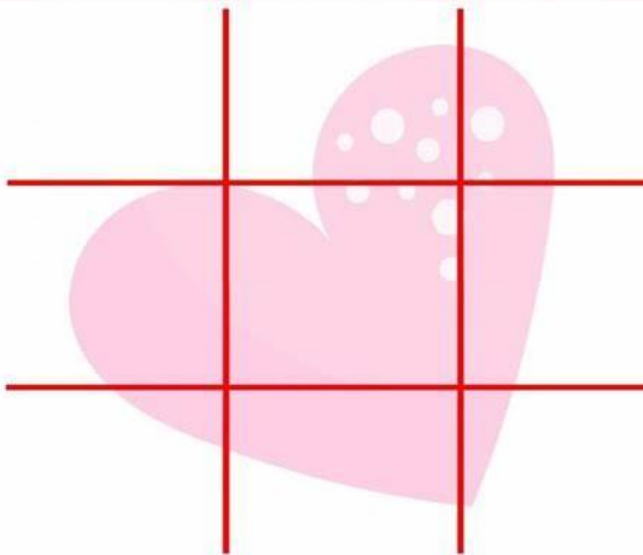


Shooting some Hoops!



Valentine's Craft

Valentine's Day  
Tic Tac Toe



Floor Curling!