

JOYCE TURNS BOILING WATER INTO SNOW

Cold air is very dense, which makes its capacity to hold water vapor molecules very low. Therefore, when hot water is thrown into extremely cold air, the smallest droplets are able to cool and evaporate in a dramatic cloud before they reach the ground.



On Valentine's Day this year, we encourage everyone to wear red or pink. Joyce & Grace will be holding a special edition of our Friday Sundaes. They will offer Valentine Brownie Mudslide Ice Cream Sundaes and music. It will be held in the Multipurpose Room. See you there!



TOUCH QUILT PROJECT



One of the programs that the Alzheimer Society offers is their Touch Quilt Program. Volunteers make and donate lap blankets to the society that they hand out free of charge to individuals and family members who are living with dementia.

The goal of the Touch Quilt is to bring back memories through touch. and the blankets can also provide a sense of comfort to those with dementia who are anxious or need something to occupy their hands.

The volunteers that make the blanket pick up a ready-made kit that contains all the pre-cut fabric that is needed to make a blanket. Unfortunately, the Alzheimer's Society office has run low on their premade kits. They have all the material to make the kits but they are lacking the volunteers to put them together.

This is where WE come in!

The Alzheimer's Society will be bringing all the material that has already been pre-cut into squares, lay them out around the Multi-Purpose room and then we will just have to pick out the different squares that would make one entire quilt and place them in a bag or pair them up with a piece of backing material.

Sounds easy RIGHT!? Join us to help with this very worth while project February 27, 2020 at 10:00 in the Multi-Purpose room.



The Retirement Lifestyle You Deserve

February 2020

New Program Alert! Sit and Be Fit

This program is specifically designed for those who are in wheelchairs and who are dependent on walkers for mobility. We will be working on strengthening core muscles, arms, chest and legs. There will be no standing exercises.

We will be starting slowly, and have short sessions to begin as to not make you sore and painful. We encourage you to only do what you can and build small goals for improvement each time we meet.



We will start with once a week and possibly increase depending on participation. The class will meet at 2:00 on Tuesday afternoons. We anticipate the session lasting 15-20 minutes. We hope to see you there.

Annual Resident Satisfaction Survey

As part of our Continuous Quality Improvement Program, we will be sending out a Resident Satisfaction Survey in February. One survey will be delivered to each suite for completion. Please return each completed survey to the Front Desk. Extra survey will be available at the front desk. If you wish assistance in filling out the survey, Joyce or Grace are available to help.



CHOCOLATE WEEK



During Valentine Week, February 10 - 14th, we will be celebrating **Chocolate Week!**

Monday February 10 at 1:30 come watch a video on How to Make Chocolate.

Tuesday February 11 at 3:00 there will be a chocolate tasting. Joyce says if you try one, you have to try them all.


Wednesday February 12 at 2:30 Come and enjoy a Hot Chocolate Buffet.

Thursday February 13 at 4:00 We'll be making Brownies in the Multipurpose Room.

Friday February 14 Valentine's Day at 2:30 Ice Cream Sundae's will feature Brownie Mudslide Ice Cream Sundaes.

February 2020 RECREATION CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00 Coffee Crew - C 1:00 Set up your Wii Profile - M 2:00 Movie - L 2:00 Scrabble - S 3:00 Sing-a- Long - C
2 9:30 Church Shuttle - SB 10:00 Coffee Crew - C 2:30 Rotary Villas Book Club - L	3 9:30 Exercises with Sue - M 10:30 Coffee with Ruth - C 12:00 Gel Moment Nails - L 2:00 Shuffleboard - BL 7:00 Double A Band - C	4 9:30 Stretching - M 10:00 Coffee with Grace - C 1:00 St John's Pet Therapy - C 2:00 Sit & Be Fit - M 2:30 Ladder Ball - M 4:00 Rotary Happy Hour- B 7:30 Wii Sports - M	5 9:30 Stretching - M 10:00 Coffee Crew - C 12:00 50/50 Draw 1:30 Bdn. Embroider - M 3:00 Lions TV Bingo - L 3:00 Hymn Sing with Grace - C 7:30 Whist Card Games PDR	6 9:30 Stretching - M 10:00 Coffee with Jody - C 10:00 Garden Club - L 2:00 Meet & Greet - C 3:00 Bingo - M 4:30 Supper Club - Aaltos	7 9:30 Exercises with Sue - M 10:30 Coffee with Darren - C 2:00 Roads to Rhythm - M 2:30 Ice Cream Sundaes - PDR	8 10:00 Coffee Crew - C 2:00 Scrabble - S 2:00 Until It's No Fun to Entertain - C
9 9:30 Church Shuttle - SB 10:00 Coffee Crew - C	10 9:30 Exercises with Sue - M 10:30 Coffee with Mirzeta - C 12:00 Gel Moment Nails - L 1:30 How to Make Chocolate video - M 2:00 Shuffleboard - BL 7:00 Floor Curling - M	11 9:30 Stretching - M 10:00 Coffee with Joyce - C 1:00 St John's Pet Therapy - C 2:00 Sit & Be Fit - M 3:00 Chocolate Tasting - M 4:00 Rotary Happy Hour- B 7:30 Resident Council Meeting - M	12 9:30 Stretching - M 10:00 Coffee with Grace - C 12:00 50/50 Draw 2:30 Hot Chocolate Buffet - C 3:00 Lions TV Bingo - L 3:00 Sing-a-long - C 7:30 Whist Card Games - PDR	13 9:30 Stretching - M 10:00 Coffee with Philip - C 3:00 Bingo - M 4:00 Making Brownies - M 7:00 Fiddle Faddle Entertainment - C	Happy Valentine's Day Wear Red or Pink 14 9:30 Exercises with Sue - M 10:30 Coffee with Darren - C 2:30 Valentine Brownie Mudslide Ice Cream Sundaes and Music - M 	15 10:00 Coffee Crew - C 1:00 Wii Bowling - M 2:00 Movie - M 2:00 Scrabble - S
16 9:30 Church Shuttle - SB 10:00 Coffee Crew - C	Louis Riel Day 17 9:30 Exercises with Sue - M 10:30 Coffee Crew - C	18 9:30 Stretching - M 10:00 Coffee with Grace 1:00 St John's Pet Therapy - C 2:00 Sit & Be Fit - M 2:30 Travel Video - M 4:00 Rotary Happy Hour- B 5:00 Gel Moment Nails - L 7:30 Wii Sports - M	19 9:30 Stretching - M 10:00 Coffee with Joyce - C 12:00 50/50 Draw 1:30 Bdn. Embroider - L 3:00 Lions TV Bingo - L 3:00 Sing-a-long - C 7:30 Whist Card Games - PDR	20 9:30 Stretching - M 10:00 Coffee with Jody - C 2:00 St Matthew's Celebration - PDR 3:00 Bingo - M 7:15 Mental Aerobics - C	21 9:30 Exercises with Sue - M 10:30 Coffee with Darren - C 1:15 Humane Society Kitten Visits - M 2:00 Roads to Rhythm - M 2:30 Ice Cream Sundaes - PDR	22 9:30 Card Bingo 10:00 Coffee Crew - C 11:30 Lunch & Sand Hills Casino - SB 2:00 Scrabble - S
23 9:30 Church Shuttle 10:00 Coffee Crew - C	24 9:30 Exercises with Sue - M 10:30 Coffee with Mirzeta - C 12:00 Gel Moment Nails - L 2:00 Shuffleboard - BL 7:00 Music Video - M	25 9:30 Stretching - M 10:00 Coffee with Joyce - C 1:00 St John's Pet Therapy - C 2:00 Sit & Be Fit - M 2:30 Bake a Cake - M 4:00 Rotary Happy Hour- B 7:30 Wii Sports - M	26 9:30 Stretching - M 10:00 Coffee with Grace - C 12:00 50/50 Draw 2:00 Monthly Birthday Party with Freddie Funk - M 3:00 Lions TV Bingo - L 7:30 Whist Card Games - PDR	27 9:30 Stretching - M 10:00 Coffee with Philip - C 10:00 Alzheimer's Society Community Service Project - M 3:00 Bingo - M 7:00 Music, Coffee & Conversation - C	28 9:30 Exercises with Sue - M 10:30 Coffee with Darren - C 2:30 Ice Cream Sundaes - PDR * Calendar is subject to change *	29 10:00 Coffee Crew - C 2:00 Movie - Leap Year - M 2:00 Scrabble - S

February Birthdays

Louise Verbo	Feb 1
Alta Dyck	Feb 20
Bob Nevill	Feb 23
Bernice Erskine	Feb 24
Harvey Purvis	Feb 26
Frank Rabe	Feb 27

February Anniversaries

Shuttle Schedule

Monday to Friday
8:00 a.m. - 4:30 p.m.
Sunday Church Shuttle
9:30 a.m. - 12:30 p.m.

Locations

Common RoomC	
Fitness Centre	FC
Front Lawn	FL
Multipurpose Room	M
Dining Room	DR
Private Dining Rm.	PDR
Solarium	S
Fireside Patio	FP
Art Room (1 st Floor)	AR
Library (2 nd Floor)	L
Workshop (2 nd floor)	W
Billiards Lounge	BL
Shuttle Bus	SB
Bar	B

Calendar is subject to change.