

# News from Home



Gibson Family Health Care Newsletter — *Our family caring for your family*

## February 2025

*"Hello February, I have a feeling you'll be a good month."*

- Anonymous

### Family Day

We hope you enjoy Family Day on Monday, Feb. 17. Thank you for being a part of the Carveth family.

### Altered clothing

Need clothing altered? Contact Sheri M at 613-453-8527 or [ecumals@yahoo.com](mailto:ecumals@yahoo.com)

### Last month

Thank you for your patience as we worked to overcome enteric, respiratory and COVID-19 outbreaks. We're glad they're over!

### Staff Spotlight

This month, we spoke to two staff who successfully moved to the Housekeeping Department. We love to see our staff happy. See Page 3.



**Feb. 10-14**

**Monday**

*Cupid's Colours*

Wear red or pink to start the week in the colours of love.

**Tuesday**

*The Perfect Pair*

Find a friend and coordinate your outfit, or items, perfectly.

**Wednesday**

*Wear your heart on your sleeve*

Show your love by wearing clothing with hearts or Valentine's accessories.

**Thursday**

*Spread Kindness*

Write a note on our Kindness Tree, for a coworker, or resident.

**Friday**

*Love to be Comfy PJ Day*

Wear your favourite pajamas or sweatpants.



at Carveth Care Centre  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)



### February is Heart & Stroke Month

Please take time to make yourself aware of the warning signs of heart & stroke disease. Donations to this charity gratefully accepted by Activation until Feb. 26 and then donated on your behalf.



HEART & STROKE FOUNDATION



## Did you know...

It comes around once a year and is usually touted as a big corporate scheme. But **Valentine's Day** is way more than just a Hall-mark holiday.

**It has some pretty dark roots.** Historians believe Valentine's Day actually began in Ancient Rome as a pagan fertility festival called *Lupercalia*, which included sacrificing animals and whipping women with animal skins until they bled, signifying their fertility. So romantic.

**In the 1300s, it officially became a holiday associated with love and romance.** The holiday was Christianized — no more animal sacrifices! — and was celebrated in mid-February because many believed that birds started their mating season Feb. 14, which is why doves are often associated with love.

**Saint Valentine wasn't just one person.** In fact, he might have been two or three. But the most common "founder" of Valentine's Day was the Saint Valentine who defied Emperor Claudius II. At the time, Claudius had banned marriage because he thought it distracted young soldiers. Valentine felt a bit differently — he illegally married couples until he was caught. After he was sentenced to his death, young couples would visit his cell and give him flowers and cards. And the day he actually died? Feb. 14. Allegedly.

**The first valentines were sent in the 15th century.** But not until the 17th century did people start exchanging cards and letters. And Valentine's Day cards weren't mass-produced until the 1840s.

**Today, it's pretty big business.** About 55 per cent of North Americans celebrate Valentine's Day and spend more than \$18.2 billion a year, including more than \$1.7 billion on candy alone. On average, men spend \$150 on Valentine's Day. And the women? Just \$74.

**The most popular gift on Valentine's Day is flowers.** Followed by chocolate and then jewelry. Millions of couples will get engaged on Feb. 14. (February is the second most popular month after December for proposals.)

## Happy Groundhog Day Feb. 2

Groundhogs are famous for predicting spring. According to legend, if the groundhog comes out of its burrow and does NOT see its shadow, then spring will come early. If the groundhog SEES a shadow, then it goes back into its burrow and winter will last six more weeks. The largest Groundhog Day Celebration is held in Punxsutawney, Pennsylvania. People have been gathering in Punxsutawney Pennsylvania to celebrate Groundhog Day since the late 1800s.

## Charitable foundation

Did you know Gibson Family Health Care has a charitable foundation? It's called the Gibson Family Health Care Charitable Foundation and it is a great way to support and enhance the lives of residents of Carveth Care Centre. The foundation is a vehicle for families, staff, friends and community members to give back to residents. All monetary donations in memory of loved ones, one-time donations and participation in fundraisers, do just that!

*"February arrives cold, wet and grey, her gifts disguised for only the most discerning spirits to see. Gentle is our path. Gratitude is the thread we weave into the fabric of our daily lives this month, giving thanks for our simply abundant lives, and asking for the gift of one thing more: grateful hearts." -Sarah Ban Breathnach*

## Tell us what you think

Do you have a story idea or feedback?

Contact Catherine Reynolds at 613-384-4585 ext. 251 or [catherinereynolds@gibsonfamilyhealthcare.com](mailto:catherinereynolds@gibsonfamilyhealthcare.com)





# Staff Spotlight

If restlessness was a disease, then change is the cure.

That is the case for two staff at Carveth Care Centre who recently changed jobs within the long-term care home.

“I like the change, I needed it,” explains Amanda Gamble who moved to Housekeeping in early 2024 after 16 years in the Dietary Department.

“I’m happier here than in the kitchen,” says the 37-year-old with a smile. “It’s a nice change. I’m also glad I get to stay in the same building.”

Amanda is one of two staff who successfully transitioned to a new department within the popular home in 2024. The other is Amy Heddon who joined the home as a PSW approximately 24 years ago and moved to Housekeeping approximately 10 months ago.

“It’s better to change and move before you really don’t like something,” says the 45-year-old wisely about her decision to try something new.

“From my experience, switching departments results in the same experience: residents are always happy to see you and they’re grateful for the help.”

A proud mother of three boys, Amy replies quickly when asked about her role as Housecleaner. “Actually, I love it,” she says in early January 2025. “Everybody gets along well, and we have a good routine which is important. We all flow in the same direction.”

Speaking about her experience in a new job, Amanda notes, “It’s nice because I get to interact with the residents more. As I move in and out of rooms to clean, residents talk to me and tell me their stories. I enjoy this time with them.”

Speaking on behalf of the home, Supervisor Mark Campbell calls the women important members of his team.

“Both are great workers and are valuable members of the Housekeeping Department,” he confirms. “The experience and knowledge of the home they have brought to their new roles has been helpful. I am grateful for Amanda and Amy’s time and talent.”

*Carveth Care Centre is grateful for the good work of Amanda and Amy. To learn more about living or working in our home, please visit [www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)*



*Amanda and Amy*

See someone doing a **GREAT** job?  
Please inform your manager...  
and nominate them for Employee of the Month



An employee appreciation program by  
Gibson Family Health Care

# The Brain

# Word Search

B	L	O	B	E	S	N	E	R	V	E	E
I	T	I	S	E	C	M	N	X	E	A	H
N	L	C	H	L	N	R	N	T	L	I	C
T	N	U	E	I	L	U	A	L	E	L	Y
E	L	I	D	L	H	E	U	N	C	E	S
L	G	E	A	D	L	D	A	R	I	U	P
L	E	L	L	R	E	E	L	R	F	U	K
I	N	C	A	M	B	G	T	R	N	N	M
G	I	I	U	E	E	I	E	N	I	S	C
E	U	R	D	G	E	U	K	H	I	T	O
N	S	T	I	O	D	E	T	W	N	E	R
C	K	N	O	W	L	E	D	G	E	M	T
E	C	E	R	E	B	E	L	L	U	M	E
E	V	V	M	U	R	B	E	R	E	C	X

- BRAIN
- THINK
- CRANIUM
- KNOWLEDGE
- VENTRICLE
- INTELLECT
- MEDULLA
- LEARN
- STEM
- LOBES
- INTELLIGENCE
- CEREBELLUM
- CEREBRUM
- EGO
- NERVE
- CORTEX
- PSYCHE
- GENIUS
- FREUD



Carveth Care Centre  
presents

**LOST & FOUND**

*Open*

**Feb 7-9**

Fireplace Room

Your stuff  
misses  
you!



**HAPPY NATIONAL  
BUBBLE GUM  
DAY!**

**Feb. 6**



# Carveth Crossword Puzzle (Answers on Page 8)

## ACROSS

- |                                |  |
|--------------------------------|--|
| 1) Small and elegant           | 42) Chapter of history                 |
| 6) Star-to-be                  | 43) Medicinal ointment                 |
| 11) Popular cured meat         | 45) Japanese aborigine                 |
| 14) Alaska resident            | 46) 1944 Normandy event                |
| 15) Be crazy about             | 47) Young goats                        |
| 16) Liftoff preceder?          | 49) Washout on the dance floor         |
| 17) Easily infuriated          | 50) "If all ___ fails ..."             |
| 19) Dynamite's kin             | 51) Retribution seeker                 |
| 20) Canadian native            | 54) Pared or skinned                   |
| 21) Fox alternative            | 56) Be less than candid                |
| 22) Cultivating tool           | 57) Opposite of WSW                    |
| 23) Angora fleece              | 58) "In the headlights" animal         |
| 26) Fringed carriages          | 59) Republican Party                   |
| 28) Grand-scale poetry         | 60) Difficult and controversial issues |
| 29) Bratty kid                 | 65) It has a wet head and hops         |
| 32) Tofu source, in London     | 66) Fragrant root used in perfumes     |
| 33) Rectangular paving stone   | 67) Lewis the puppeteer                |
| 34) Well-ordered               | 68) Musical discernment                |
| 36) Exodus commemoration feast | 69) Money receiver                     |
| 39) Is after you?              | 70) "Poly" add-on                      |
| 40) Jacuzzis                   |  |

## DOWN

- 1) Scrooge's utterance
- 2) Nobel-winning UN agcy.
- 3) "Private" transportation
- 4) Rejected one
- 5) Multiple wombs
- 6) Batman's garment
- 7) Fancy poem of tribute
- 8) Dawns, in poetry
- 9) Volcano on Antarctica
- 10) Humanitarian symbol
- 11) Like one in a rage
- 12) Be a pain in the neck
- 13) Parcels (with "out")
- 18) Sheep type
- 23) Arizona features
- 24) Type of house or glasses
- 25) Inn owner, sometimes
- 27) Bread type
- 30) Kind of physics
- 31) Place for some durable furniture
- 35) Bluefin, e.g.
- 37) Delete
- 38) Emitted sunbeams
- 40) Fly close to the ground
- 41) "Help yourself" offering
- 44) Diesel of films
- 46) Famines or shortages
- 48) Married woman, in Madrid
- 51) Pond scum, e.g.
- 52) String quartet part
- 53) Go for it again
- 55) Tenement arrangement
- 58) Amount of medication
- 61) Rhubarb or Boston cream
- 62) The "O" of Cheerios
- 63) Before, to a poet
- 64) Address for many officers

**NO BLANKET REQUIRED**

By Bill Bobb

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17					18					19		
			20				21			22		
23	24	25					26			27		
28				29	30	31		32				
33				34			35		36		37	38
39				40				41		42		
43			44			45				46		
		47			48		49			50		
51	52					53		54	55			
56				57			58					
59				60		61				62	63	64
65				66					67			
68				69					70			

## Happy birthday staff

Galas B, Feb. 9

Brittany T, Feb. 13

Mary A, Feb. 14

Mary B, Feb. 15

Trent C, Feb. 19

Chelsea W, Feb. 19

**Caring for the mind is as important and crucial as caring for the body. In fact, one cannot be healthy without the other.**

## Happy birthday volunteers

Shirley W, Feb. 27

## Welcome new staff

Bridget Taylor, PSW

Susan Mercer, PSW

## Stay active this winter



We know: Baby, it's cold outside! But it's important to stay active and healthy. Here are seven tips to make winter more enjoyable:

**Change your mind.** Winter isn't just about cold weather, it's a whole new season! Embrace the time of year.

**Go out and play!** If you can't seem to muster the energy to work out this time of year, try "playing" instead.

**Take up a winter sport.** If you're a competitive type, why not try a winter sport? From skiing to snowshoeing, there are many great options that burn mega calories and put a whole new twist on your cold-weather workout plans.

**Get creative at home.** Sure, getting to the gym can be more of a hassle when it is cold outside, but never use snowy weather as an excuse to miss your daily exercise. Instead, work out at home, where's it's cozy and warm.

**Try something new.** There's nothing like signing up for a new class or joining an indoor sports league to get you up and moving during chilly months.

**Set a big goal—and some little goals.** If winter weather leaves your motivation to exercise colder than an icicle, heat things up with a challenging, new goal.

**Get excited.** If you've never been a winter fan, start focusing on what you *do* love about it and how this time of year provides new opportunities for your fitness and health.





# Be kind to your heart, you need it

Heart disease is our nation's # 1 killer and it's vital to be heart-smart.

That calls for exercising on most days of the week; choosing foods low in cholesterol, and saturated and trans fat; watching your weight (especially around the waist);



getting medical exams on time; managing chronic conditions such as diabetes; and, avoiding the use of tobacco and exposure to tobacco smoke.

To be heart smart, visit the Heart and Stroke Foundation at [www.heartandstroke.ca](http://www.heartandstroke.ca)

**TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK.**

GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLICERIDES.

PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.

**AIM FOR 2 1/2 HOURS OF MODERATE-INTENSITY AEROBIC ACTIVITY PER WEEK.**

**SMOKERS ARE UP TO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS. DON'T SMOKE.**

VISIT [SMOKEFREE.GOV](http://SMOKEFREE.GOV) FOR TOOLS TO HELP YOU QUIT.

HEARTTRUTH.GOV

**ARE YOU AT RISK FOR HEART DISEASE?**

**THE heart TRUTH**  
A program of the National Institutes of Health

THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI GREATER THAN 30.

**MAINTAIN A HEALTHY WEIGHT.**

**HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK.**

GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.

**DIABETES. PUTS YOU AT INCREASED RISK FOR HEART DISEASE.**

YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS.\*

## Tips for good mental health

Value yourself: Treat yourself with kindness and respect, and avoid self-criticism.

Take care of your body: Taking care of yourself physically can improve your mental health.

Surround yourself with good people.

Learn how to deal with stress.

Quiet your mind.

Set realistic goals.

Break-up the monotony.

**FREE KISSES**

by Sheba's Haven

**KISSING BOOTH**

10:30 am on Feb. 10  
at Carveth Care Centre





Carveth Care Centre

Valentine's Party with **Michael Myers**  
**Feb. 13** | 2 pm at Carveth Care Centre



**Birthday party** with  
*Jumpin' Jimmy Leroux*  
at Carveth Care Centre



**Feb. 27**  
2 pm



Keeping residents engaged and connected  
at Carveth Care Centre  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

**Residents' Council Meeting** *Everyone welcome*  
**Feb. 18**  
2 pm



[www.GibsonFamilyHealthCare.com](http://www.GibsonFamilyHealthCare.com)

# Birthday Diners' Club

for residents of Carveth Care Centre

Featuring BBQ pork ribs with loaded baked potato, vegetables au gratin and hot fudge brownie parfait



## Crossword Solution (Puzzle on Page 5)

**NO BLANKET REQUIRED**

By Bill Bobb

1	B	I	J	O	U		C	O	M	E	R		11	H	A	M						
14	A	L	E	U	T		A	D	O	R	E		16	O	N	E						
17	H	O	T	T	E	M	P	E	R	E	D		19	T	N	T						
				20	C	R	E	E		21	N	B	C		22	H	O	E				
23	M	O	H	A	I	R				26	S	U	R	R	E	Y	S					
28	E	P	O	S			29	I	M	P		32	S	O	Y	A						
33	S	E	T	T			34	N	E	A	T		36	S	E	D	E	R				
39	A	R	E			40	H	O	T	T	U	B	S			42	E	R	A			
43	S	A	L	V	E			45	A	I	N	U			46	D	D	A	Y			
				47	K	I	D	S		48			49	O	A	F		50	E	L	S	E
51	A	V	E	N	G	E	R					54	F	L	A	Y	E	D				
56	L	I	E				57	E	N	E			58	D	E	E	R					
59	G	O	P				60	H	O	T	P	O	T	A	T	O	E	S		62	63	64
65	A	L	E				66	O	R	R	I	S			67	S	H	A	R	I		
68	E	A	R				69	P	A	Y	E	E			70	E	S	T	E	R		





# Dates to Remember

**Feb. 2**—Groundhog Day  
**Feb. 6**—Entertainment by Scott Carson at 2 pm

**Feb. 10**—Crystal Clear Cleaning Crew at 10 am

**Feb. 13**—Valentine’s Party with Michael Myers

**Feb. 14**—Valentine’s Day Bingo at 2 pm

**Feb. 17**—Family Day

**Feb. 18**—Residents’ Council at 2 pm

**Feb. 20**—Birthday Diners’ Club

**Feb. 22**—Lodge Residents’ Council Meeting

**Feb. 27**—Birthday party with Jumpin’ Jimmy at 2 pm

www.gibsonfamilyhealthcare.com

DRUMFIT  
Come *MOVE* with us!  
at Carveth Care Centre



IMPROVE MEMORY      HAVE FUN!      REDUCE RISK OF INJURY

**Feb. 20 & 27**  
10:30 am

## Floor safety

Please remove wet footwear when entering the home. Wet floors are extremely dangerous to residents and staff. Thanks! Carveth Care Centre



Enjoy clean glasses by the Crystal clear cleaning crew at Carveth Care Centre



**Feb. 10 & 24**  
10:30 am



*Carveth Retirement Lodge*  
**Resident Council Meeting**  
10 am

**Feb. 24**

# Painting dreams in long-term care

**E**rnie Wattie dreams of painting and then paints his dream.

Sitting in his room at Carveth Care Centre, a long-term care home in Gananoque where he has lived for the past four months, the friendly 79-year-old smiles while talking about his love of painting.

“I painted a picture for every member of my family for Christmas,” he says with pride on a cold winter day in early January 2025. “I learned to paint in high school. I’ve been doing it as a hobby for about 30 years, now.”

Proud of his work, Ernie points to the colourful pictures on his walls painted by him and one of his three daughters.

“I’ve done a lot of camping, backpacking and stuff,” says Ernie about the scenes of nature he likes to depict. “I have probably painted more than 50 pictures in my lifetime. I’m just getting ready to paint something else; I usually have an idea in the back of my mind.”

Pleased with Ernie’s hobby, Activation Director Shannon Buell notes, “It’s nice to see Ernie continue his passion for painting in long-term care. It’s a pleasure to watch him create these beautiful works of art.”

Originally from Cornwall, Ernie retired as an industrial electrician foreman. He has three children, five grandchildren and three great grandchildren. At Carveth Care Centre, he likes to spend his time reading, painting and participating in activities; he also enjoys photography.

Asked about his time at the home, Ernie replies quickly, “It’s A1. I like it here; I’m treated well.”

“I find painting very relaxing,” he explains about his pastime.

*Carveth Care Centre encourages residents to find enjoyment and pleasure in life. To learn more about living or working here, please visit [www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)*



*Ernie Wattie in his room at Carveth Care Centre*



*Ernie enjoying photography on a fall excursion.*



# Take care of yourself this winter

Mishaps and unexpected changes are just part of life, although sometimes it might feel like an entire week has been non-stop frustrations.

life, although sometimes it might feel like an entire week has been non-stop frustrations.

Feeling stress?

frustrations.

“But if it starts to get to you, then you have to Let’s talk! Your health care team

But, whether you have an occasional bout of stress or if it seems to creep into your life almost everyday, there are things you can do to help cut those negative feelings and reduce the strain it puts on your heart.

Happy Valentine's Day

**Feb. 14** is Valentine’s Day which is why February is called the Month of Love.

**Did you know...** The official world record for the longest marriage for a living couple belongs to Herbert & Zelmyra Fisher, who were married for

a total of **86 years** and **290 days**, before Mr. Fisher passed away.



# The Caregiver by Jim Taylor

## Celebrating Family Council at Carveth Care Centre

In the past year, we have the role and benefit of being a caregiver for residents at Carveth, but recent research has provided help and information of the physical, emotional and economic realities of caregiving.

Most caregiving is provided by families or friends of those in need of living assistance, whether at home, or in safe and secure long-term residency.

A research professor at Queen's University is projecting that in the years to come, with aging populations, that one in two Canadians will have caregiving responsibilities, and that future governments will need to address, through legislation and support, the realities of training, financial/emotional support, to help these pressing requirements.

The development of caregiving skills, and external support, is very limited and mainly available through volunteer peer groups.

I'll end with a quote from Dr. Afolasade Fakolade, Queen's University Professor: "Our society must develop the capacity to do better—caregivers are worthy of care, as their care recipient."



One of our favourite activities is lunch at Gananoque Secondary School which we enjoyed Jan. 15, compliments of Mrs. Anderson's hospitality class. Residents were served three courses of homemade food. What a spectacular meal and heartwarming fellowship!







**Feb. 10**

**Cupid's Colours at Carveth Care Centre**  
*Wear red or pink to start the week in the colours of love*  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

**Valentine's Week at Carveth Care Centre**  
 Find a friend and coordinate your outfit or item, perfectly

**Feb. 11**



**Valentine's Week at Carveth Care Centre**  
**Wear your heart on your sleeve**  
*Show off your love by wearing clothing with hearts or Valentine's accessories*

**Feb. 12**







**Valentine's Week**  
at Carveth Care Centre  
**Feb. 13**  
**Spread kindness**  
Write a note  
on our Kindness Tree,  
for a coworker or resident

**KINDNESS MATTERS.**  
When you see things differently,  
you do things differently.




**Entertainment**  
*by Scott Carson*  
at Carveth  
Care Centre



**Feb. 6**  
2 pm  
Multipurpose  
Room



**Valentine's Week** at Carveth Care Centre  
**Feb. 14**  
**Love to be comfy**  
Wear your favourite pajamas or sweatpants




**Heart Pizza Making**  
2 pm  
at Carveth  
Care Centre




**Feb. 11**

**WARNING SIGNS FOR HEART ATTACKS**


For men or women, most heart attacks start slowly with chest pain or discomfort. Women are more likely to also experience shortness of breath, nausea/vomiting, and back or jaw pain.

**Warning Signs Include:**

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

**CALL 911 immediately if someone with you has one or more of these warning signs.**

**WARNING SIGNS FOR STROKES**



- SUDDEN** numbness or weakness of face, arm or leg, especially on one side of the body
- SUDDEN** confusion, trouble speaking or understanding
- SUDDEN** trouble seeing in one eye or both eyes
- SUDDEN** trouble walking, dizziness, loss of balance or coordination
- SUDDEN** severe headache with no known cause

**ACT F.A.S.T.**  
**Call 9-1-1- IMMEDIATELY**  
Remember stroke warning signs with F.A.S.T.

**F** **FACE** Ask the person to smile. Does one side of the face droop?  
**A** **ARMS** Ask the person to raise both arms. Does one arm drift downward?  
**S** **SPEECH** Ask the person to repeat a simple phrase. Is their speech slurred or strange?  
**T** **TIME** If you observe any of these signs, call 9-1-1 immediately.

Sources: www.stroke.org and www.heart.org / ©2014 SafetyMagnets.com



# The Carveth Garden of Love

*The rose speaks of love silently in a language known only to the heart*



## Welcome



Susan Ling  
Gail Humpries  
James McShane

## Birthdays

Myrla M (Lodge), Feb. 2  
Ben P (Lodge), Feb. 15  
Joan T, Feb. 5  
Simone V, Feb. 9  
Helen T, Feb. 10  
Ron L, Feb. 14  
Nancy R, Feb. 15  
Roger M, Feb. 21  
Ethel T, Feb. 23

## In Memory

Edith Hamilton  
Lou Rasmussen  
Paul Beattie  
Hazel Wykes  
Ethel Armstrong  
Margaret Moroughan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>February 2025</h1>						
<b>2 Groundhog Day</b> (All services held in our chapel) 10:30 Virtual RC Service 2:00 Virtual Worship Service	<b>3</b> 10:30 Sing a Long with Betty & Anne 2:00 Bingo	<b>4</b> 10:30 Floral Therapy 2:00 The Newlywed Game	<b>5</b> 10:30 Bible Study with Betty 2:00 Teamific Virtual Quiz.	 <b>6</b> 10:30 National Bubble Gum Day 2:00 <b>Entertainment by Scott Carson</b> 6:30 Card Bingo	<b>7 Lost &amp; Found</b> 10:30 Manicures 2:00 Bingo	<b>1</b> 10:30 Coffee & Chat 2:00 Movie: 'Wonka'
<b>9 Lost &amp; Found</b> (All services held in our chapel) 10:30 Virtual RC Service 2:00 Virtual Worship Service	<b>10</b> 10:30 Kissing Booth w/Shebas 2:00 Bingo (Speed Friending)	<b>11</b> 10:30 The Perfect Pair 2:00 Heart Pizza Making	<b>12</b> <b>Music Therapy</b> 10:30 Christ Anglican Service 2:00 <b>Wear your heart on your sleeve.</b>	<b>13</b> 10:30 <b>Spread Kindness</b> 2:00 <b>Valentine's Party w/Michael Myers</b> 6:30 Card Bingo	<b>14</b> <i>"Love to be comfy" PJ Day"</i> 10:30 Manicures 2:00 <b>Valentine's Bingo</b> 	<b>15</b> 10:30 Coffee & Chat 2:00 Movie: 'Notting Hill'
<b>16</b> (All services held in our chapel) 10:30 Virtual RC Service 2:00 Virtual Worship Service	<b>17 Family Day</b> 10:30 Sing a Long with Betty & Anne 2:00 Bingo	<b>18</b> 10:30 Hymn Sing w/ Tammy & Joan/Floral Therapy 2:00 <b>Residents Council</b>	<b>19</b> 10:30 Bible Study with Betty 2:00 Busy Bodies	<b>20 Birthdays Diners</b> 10:30 DrumFIT 2:00 Culture Club 6:30 Card Bingo	<b>21</b> 10:30 Manicures 2:00 Bingo	<b>22</b> 10:30 Coffee & Chat 2:00 Movie: 'My Big Fat Greek Wedding'
<b>23</b> (All services held in our chapel) 10:30 Virtual RC Service 2:00 Virtual Worship Service	<b>24</b> 10:00 Lodge Residents Meeting 10:30 Crystal Clear Cleaning 2:00 Bingo	<b>25</b> 10:30 Mardi Gras Craft 2:00 Balloon Volleyball	<b>26</b> <b>Music Therapy</b> 10:30 Growing Older & Wiser with Jean 2:00 Music & Movement	<b>27</b> 10:30 DrumFIT 2:00 <b>Birthdays Party with Jumpin Jimmy</b> 6:30 Card Bingo	<b>28</b> 10:30 Manicures 2:00 Bingo	