



Message from Your Manager

Special Events

- February 6** Mardi Gras Party with Tom & Roy
- February 8** Birthday Party with Karen's Karaoke
- February 12** Outing to Walmart
- February 14** Valentines Party with Alice Tinordi
- February 15** French Ethnic Meal
- February 20** Outing to Mission for Bibles Thrift Store and Lunch
- February 22** Elsie's 100th Birthday Party with Doug & Friends
- February 26** Adventure and Mountain Film Festival
- February 28** Pink Shirt Day
- February 29** Foot Doctor
- February 29** Happy Hour and 50/50 Draw with The Good Timers

Winter was mild before January 10th, boy has it changed since! February is always a special month, the month of love. As you may have heard on the news, this flu season has been and still is quite strong. The Center for Disease Control offers a few tips to protect ourselves:

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.

Happy Valentine's Day everyone. Spring is right around the corner, just a few more weeks.

David Drysdale
Assistant Manager

Welcome New Residents!

Rudy G. Robert S. Duwayne T. Sharon W.

Residency and Service Agreement

To be eligible for residency, the Resident must be at least 65 years of age, a Canadian Citizen or have Landed Immigration Status, have the mental and physical capabilities to perform daily living skills independently mobile with or without the aid of a cane, walker, or wheelchair. The Resident must have continence of bowels and bladder or self-managed incontinence. The Foundation reserves the right to waive the age requirement in special circumstances

Happy Birthday!



Marianna P. February 1
Gloria M. February 13
Pat A. February 21
Elsie R. February 25
Jorgen M. February 28



Our birthday party will be on February 8th at 1:30 p.m. with Karen's Karaoke Entertaining.

Valentines Day Party

Enjoy an assortment of chocolates, fruit punch, and the romantic accordion music of Alice Tinordi on February 14.



Lunar New Year

2024 - Year of the Dragon

In Chinese culture, the Dragon holds a significant place as an auspicious and extraordinary creature, unparalleled in talent and excellence. It symbolizes power, nobility, honour, luck, and success.

Emergency Preparedness - *Defend in Place*

When you hear the fire alarm and cannot exit, you must protect yourself from smoke. Stay within your suite, or move to a safe area within the building. Call 911 to report your location.

Stay in place until you are rescued or until you are told to leave by the fire department.

Meet the Chef

On February 5th at 10:30 a.m. the Kitchen staff will be meeting with the residents at Golden Sky Square to go over the culinary programs and treats for the month.

Mardi Gras Party

We will be having our Mardi Gras party on February 6th at 1:30 p.m. with Tom and Roy entertaining. If you have something purple, gold or green please wear it.

Foot Doctor

On February 29th the foot doctor will be here. Please note that his new fee is \$20.00 per visit.

February 28 is **Pink Shirt Day!** Wear pink to raise awareness and funds for anti-bullying



Random Acts of Kindness Day

On February 17 do something kind for someone and make their day!

GAF Logo Apparel

If you would like to order GAF logo shirts or hoodies, talk to your manager for pricing, sizes, and available colours



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