

Sunny South News February 2024

Special Events

February 2 Groundhog Day February 6 Walmart Outing @ 1:15 p.m. February 7 Karen's Karaoke Entertainment @ 2 p.m. February 13 Mardi Gras February 14 Valentine's Day Dusty Litchfield Entertainment @ 2 p.m. February 15 Cream Soda Floats @ 2 p.m. February 19 Family Day (No Recreation) February 20 Happy Hour & Music Bingo @ 6:30 p.m. February 21 Birthday Party with The Good Timers @ 2 p.m. February 22 A&W Lunch Outing @ 11:15 a.m. February 28 Pink Shirt Day February 29 Leap Day February is Rec Therapy Month!

Message from Your Manager

Happy February everyone.

Here are some fun facts about February:

- February is the most misspelled of all the months
- Princess Elizabeth became Queen Elizabeth on February 6, 1952
- Amethyst is the birthstone for the month of February
- Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early
- We celebrate Valentine's Day in February

Happy Valentine's Day, everyone.

Yumara Coteron

Welcome New Residents! Grace O.

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

Нарру Е	3irthday!
Jackie A. Betty R. John V. Irene C. Christopher S. Jeanne L. Helga N. Piroska B.	February 6 February 7 February 16 February 18 February 20 February 27 February 27 February 28

Our birthday party will be on February 21st at 2:00 p.m. with The Good Timers Entertaining.



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.





Patsy's Salon

Thursday 9:00 a.m - 3:00 p.m Friday 9:00 a.m - 12:00 p.m Call (403) 382-1577 to book in



GAF Logo Apparel

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

Random Acts of Kindness Day

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

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



