|  |  |
| --- | --- |
| NEWSLETTER  February 2024  Peter Dawson Lodge, Box 750, 614 1St N, Vulcan, AB, T0L 2B0, 403-485-2422 | |
| Layered pink hearts **FEBRUARY 14, 2024**  **HAPPY VALENTINE’S**  **DAY!**  **HELLO FEBRUARY** |  |



# Editor’s Desk

Hello Residents, Families and Friends!

January started out as a quiet month at the lodge with us being on outbreak. We missed seeing some of our residents’ wonderful faces when they were under the weather. We are back to our regular activities and loving it.

We’re all lucky here in our community to feel like family! With Random Acts of Kindness week and Valentine’s Day coming up this month, we can have the opportunity to show appreciation and

some extra kindness to one another. Sometimes a kind word or smile can mean the world to another person. 😊

Wishing you all a Happy February. Stay Warm!  
**Sherry Kunkel**

Director of Resident Care

**Something to Think About**

Who, or what, is the greatest love of your life?

**February Trivia**

2024 is a leap year! This means you’ll find an extra day in February this year. What will you do with it?

Zodiac signs: **Aquarius & Pisces**Birthstone: **Amethyst**  
Flower: **Primrose**

**New Year’s Cards**

Our resident’s have been enjoying looking at the cards that Vulcan Prairie View Elementary School made for them wishing them a Happy New Year for 2024. They appreciate the messages in each card.

# What We’ve Been Up To



**Craft Day**

Our residents are glad to be back to some of our regular activities. On craft day we made quilt squares from paper and put them together into a community quilt. The residents enjoyed choosing their pattern and fabric(paper) for this project. Our quilt is hanging in the dining room for everyone to enjoy.



**Snowman Bowling**

With the cold weather and snowfall, we thought it would be fitting for our residents to enjoy a bit of winter indoors with snowman bowling. They loved the challenge of knocking the snowmen over to earn points. We had a lot of fun and laughs with this new sport.



**Neighborly Visit to Extendicare**

**Pet Visit**

Mary Lou enjoying time in the garden. The weather has been beautiful and residents have been enjoying spending time outdoors.

**Balloon Badminton is always fun keeping the balloon in the air.**

**Roller Ball is a favorite activity every Wednesday.**

Mary Lou enjoying time in the garden. The weather has been beautiful and residents have been enjoying spending time outdoors.

# Around Our Community

****

# Upcoming Events

**Resident’s Meeting**Tuesday February 6th at 10:30am in Atrium

**Music with Kelly**  
Thursday February 8th at 2:30pm in Atrium

**Chinese New Year’s and Happy Hour**Friday February 9th at 3:00pm in Coffee Area

**Valentine's Celebration**Wednesday February 14th at 3:00pm

**Movie Afternoon**  
Tuesday February 20th in the Atrium

**Special Days in February**

1st Black History Month

5th Read Aloud Day

6th Waitangi Day (NZ)

12th Abe Lincoln’s Bday

13th Mardi Gras

13th Galentine’s Day

14th Valentine’s Day

18th Drink Wine Day

21st Language Day

22nd Baden-Powell’s Bday

29th Leap Day

**Monthly Birthday Party**   
Thursday February 29th at 3:00pm in Coffee Area

Regular Events

Good News Music every Monday at 6:30pm

Balloon Badminton every Tuesday at 9:00am

Roller Ball every Wednesday at 9:00 am

Hairdresser every Thursday

Bible Study every Friday at 10:30am

Dice Game every Sunday at 2:30pm

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | · February 2024 · | | | | |  |
| ∙ **Sunday** ∙ | ∙ **Monday** ∙ | ∙ **Tuesday** ∙ | **Wednesday** ∙ | ∙ **Thursday** ∙ | ∙ **Friday** ∙ | ∙ **Saturday** ∙ |
|  | | | | |  | | --- | | **1** |   9:00 Balloon Badminton  10:30 Pool Noodle Exercises  2:00 Old Time Country Music | |  | | --- | | **2** |   Groundhog Day  9:00 Soccer  10:30 Bible Study  3:00 Matching Game  6:30 Social Hour | |  | | --- | | **3** |   10:30 Pool Noodle Exercises  2:30 Uno |
| |  | | --- | | **4** |   10:30 Pool Noodle Exercises  2:30 Dice | |  | | --- | | **5** | |  |   9:00 Shuffleboard  1:00 FCSS  3:00 31 Card Game  6:30 Good News | |  | | --- | | **6** | |  |   9:00 Balloon Badminton  10:30 Resident Meeting  1:30 VPE Valentine’s | |  | | --- | | **7** |   9:00 Roller Ball  10:30 Exercises  3:00 Bingo | |  | | --- | | **8** |   9:00 Bocce Ball  10:30 Pool Noodle Exercises  2:30 Music with Kelly | |  | | --- | | **9** | |  |   9:00 Floor Curling  10:30 Bible Study  3:00 Chinese New Year & Happy Hour $2 | |  | | --- | | **10** | |  |   [Chinese New Year](https://www.goldencarers.com/calendar/lunar-new-year/12/)  10:30 Pool Noodle Exercises  2:30 Card Bingo |
| |  | | --- | | **11** |   10:30 Pool Noodle Exercises  2:30 Dice | |  | | --- | | **12** | |  |   9:00 Bean Bag  3:00 Chase the Ace  6:30 Good News | |  | | --- | | **13** | |  |   9:00 Balloon Badminton  10:30 Exercises  3:00 Craft | |  | | --- | | **14** | |  |   [Valentine's Day](https://www.goldencarers.com/calendar/valentines-day/32/)  9:00 Roller Ball  10:30 Exercises  2:30 Valentine’s Celebration | |  | | --- | | **15** |   9:00Tabletop Curling  10:30 Pool Noodle Exercises  1:00 Reader’s Build  3:00 Cranium Crunches | |  | | --- | | **16** |   9:00 Soccer  10:30 Bible Study  3:00 Left, Right, Centre  6:30 Social Hour | |  | | --- | | **17** |   10:30 Pool Noodle Exercises  2:30 Phase 10 |
| |  | | --- | | **18** |   10:30 Pool Noodle Exercises  2:30 Dice | |  | | --- | | **19** |   Family Day  10:30 Pool Noodle Exercises  3:00 31 Card Game | |  | | --- | | **20** |   9:00 Balloon Badminton  10:30 Exercises  2:00 Movie Afternoon | |  | | --- | | **21** | |  |   9:00 Roller Ball  10:30 Exercises  3:00 Hangman and Pet Visit | |  | | --- | | **22** |   9:00 Bocce Ball  10:30 Pool Noodle Exercises  2:00 Neighborly Visit | |  | | --- | | **23** |   9:00 Floor Curling  10:30 Bible Study  3:00 Ice Cream $2  6:30 Social Hour | |  | | --- | | **24** |   10:30 Pool Noodle Exercises  2:30 Crib |
| |  | | --- | | **25** |   10:30 Pool Noodle Exercises  2:30 Dice | |  | | --- | | **26** |   9:00 Bean Bag  3:00 Chase The Ace  6:30 Good News | |  | | --- | | **27** |   9:00 Balloon Badminton  10:30 Exercises  3:00 Left, Right, Centre | |  | | --- | | **28** |   9:00 Roller Ball  10:30 Exercises  3:00 Rummikub | |  | | --- | | **29** |   9:00Table Top Curling  10:30 Pool Noodle Exercises  2:00 Monthly Birthday Party |  | |



# February Birthdays

In February, we celebrate birthdays with:

* February 18th – Sherry K -staff
* February 25th – Gladys R -resident
* February 25th – Hal O -staff
* February 27th – Eugene W – resident

Please join us in wishing them a Happy Birthday!

**Aquarius (Jan 20 – Feb 18)**

Aquarians are shy & quiet deep thinkers who love helping others.

**Pisces (Feb 19 – Mar 120)**

Pisces are friendly and selfless. They are always willing to help others

**Mardi Gras in New Orleans**

In New Orleans, Mardi Gras parades happen for weeks before Fat Tuesday, where parade participants throw beads to watchers. Beads often get caught in the trees that line the streets. Instead of climbing a ladder to cut them down, residents simply keep the beads in the trees, creating Mardi Gras trees that celebrate year-round!

Could you create a Mardi Gras tree in your room with the beads you collect this month?

**Galentine’s Day?**

Not all love is a romantic love. Celebrating the friends you love is the purpose of a new “holiday”, Galentine’s Day! Friends gather for glasses of wine or a relaxed dinner to show their appreciation for one another.

.

**THANK YOU**

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

February 11-17 is Random Acts of Kindness Week. Your kindness might make a world of difference to somebody. Take this opportunity to perform random acts of kindness and inspire others to do the same. Together we can make the world a better place, one act of kindness at a time. 😊

# Noticeboard

**wINNERS**

**bingo**

January 14- Dorothy

**Bean Bag**

January 8 – Gord, Helen&Karen

January 22- Karen, John& Jeanette

**Roller Ball**

January 10- Helen, Jeanette, Karen& Gladys R

January 17 – John, Gord, Sherry, & Jessie

January 24- Jessie, Karen, Jeanette& Gladys R

**Floor Curling**

January 12 – Gord, jeanette, john & helen

**What do you think?**

What do you love about our community? We’d love to hear your thoughts. Jot down your favorite things about our community and turn it into us. We might share your answer in our newsletter, bulletin board, or social media!

**Hairdresser**

Our hairdresser Izzy will be at the lodge on February 27 instead of February 29. She will be away on February 29th.



# Laughing Matters

**Love Jokes**

I must be a snowflake because I fell for you.

Did you hear about the near-sighted porcupine? He fell in love with a pincushion.

A couple is on a date at an expensive restaurant. The woman tells the man to tell her something that will get her heart racing. He says, “I forgot my wallet.”

I’m no photographer but I can picture us together.

If I could rearrange the alphabet, I would put U and I together.

Are you a banana? Because I find you a-peeling.

I know this is going to sound cheesy, but I think you are the grate-est.

How did the telephone propose to its partner? It gave her a ring.

My new girlfriend works at the zoo. I think she’s a keeper.

What’s the difference between love and marriage? Love is blind. Marriage is an eye-opener.

Never laugh at your wife’s choices. You’re one of them.

Why shouldn’t you fall in love with a pastry chef? Because they will dessert you.

