

# FEBRUARY

## Haysville Neighbourhood

### Legend

WR- Worship Room/Chapel  
PC- Pinehaven Centre  
Cafe- LTC Cafe  
JS - John Sweeney Room  
Ret. - Retirement

EB - Eby  
SB-Strasburg  
L- Trussler  
NB - Newberry  
AB- Aberdeen

RV - Roseville  
KD- Kingsdale  
SH- Sandhills  
WD- Waldau  
HV- Haysville

### CELEBRATING BLACK HISTORY MONTH & HEART MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 10:00 Java Music Club 10:30 Rosary (PHCC) 11:00 Crosswords 1:45 Bingo 3:00 Pocket Hug
<b>2 Groundhog Day</b> 10:00 Virtual Church 11:00 Exercises 1:30 Groundhog Day Movie 3:00 1:1	<b>3</b> 10:00 Exercises 11:00 Nail Care 2:00 Express Yourself 3:30 You & Me	<b>4</b> 10:00 Exercises 11:00 Horticulture 1:45 Music Therapy 3:00 Brains & Banter	<b>5</b> 10:30 Zumba 10:30 RC Communion 11:00 Crossword 1:30 For the Spirit 3:30 Tai Chi	<b>6</b> 11:00 Total Body Fitness 1:30 Plant Care 3:00 Walks & Talks 6:15 Game Night	<b>7</b> 10:00 Exercises 11:00 Church (AB) 1:45 Bowling 3:00 Card Games	<b>8</b> 10:00 Exercises 11:00 Brains & Banter 1:45 IN2L: Game 3:00 Music with Erin
<b>9</b> 10:00 Virtual Church 11:00 Hymn Sing 1:30 Crosswords 3:00 Black History Discussion	<b>10</b> 10:00-11:30 Winter Country Drive 2:00 Trivia 3:30 You & Me	<b>11 Timbit Day</b> 10:00 Exercises 11:00 Horticulture 1:45 Music Therapy 3:00 Brains & Banter	<b>12</b> 10:30 Zumba 10:30 Lutheran Communion (PHCC) 11:00 Word Game 1:30 For the Spirit 3:30 Tai Chi	<b>13</b> 11:00 Total Body Fitness 1:30 Plant Care 3:00 Candy-Lover Dice Game 6:15 ROM-COM Movie Night	<b>14 Valentine's Day</b> 10:00 Exercises 11:00 Church (AB) 1:45 Valentine's Craft 3:00 Valentine Hand-Out	<b>15</b> 10:00 Java Music Club 11:00 Trivia 1:45 1:1 3:00 Short Stories
<b>16</b> 10:00 Virtual Church 11:00 Meditation 2:00 Arm Chair Travel : Italy	<b>17 Family Day</b> 10:00 Exercises 11:00 Nail Care 2:00 Express Yourself 3:30 You & Me	<b>18</b> 10:00 Exercises 11:00 Horticulture 1:45 Music Therapy 3:00 Brains & Banter	<b>19</b> 10:30 Zumba 10:30 Anglican Communion (PHCC) 11:00 Crossword 1:30 For the Spirit 3:30 Tai Chi	<b>20</b> 11:00 Total Body Fitness 1:30 Plant Care 3:00 Colour Me Calm 6:15 Game Night	<b>21</b> 10:00 Exercises 11:00 Church (AB) 1:45 Music And Memory 3:00 You & Me	<b>22</b> 10:00 Exercises 11:00 Brains & Banter 1:45 IN2L: Game 3:00 Music with Erin
<b>23</b> 10:00 Virtual Church 11:00 Hymn Sing 1:30 Crosswords 3:00 Walks & Talks	<b>24</b> 10:00 Exercises 11:00 Nail Care 2:00 Trivia 3:30 You & Me	<b>25</b> 10:00 Exercises 11:00 Horticulture 1:45 Music Therapy 3:00 Brains & Banter	<b>26 Pink Shirt Day</b> 10:30 Zumba 11:00 Pink Shirt History 11:30 Residents Meeting 1:30 For the Spirit 3:30 Tai Chi	<b>27</b> 10:15 Resident's Council 11:00 Total Body Fitness 1:30 Plant Care 3:00 Walks & Talks 6:15 Movie Night	<b>28 Ramadan Starts</b> 10:00 Exercises 11:00 Church (AB) 1:45 Trivia 3:00 Karaoke	

# FEBRUARY

## February Entertainment

Haysville Mon Feb 3rd 2:00 Erin Marie

Sandhills Mon Feb 3rd 3:30 Erin Marie

Strasburg Fri Feb 7th 2:00 Bob MacLean

Roseville Tues Feb 11th 3:30 Sheryl Walsh

Retirement Dining Room Tues Feb 11th 2:00

Rockway Choir

Trussler Wed Feb 12th 2:00 Dynamic Duo

Kingsdale Wed Feb 12th 3:30 Dynamic Duo

Sandhills Wed Feb 12th 2:00 PegTalks

RET DR Fri Feb 14th 2:00 Valentine's Dance

Strasburg Sat Feb 15th 2:00 Sing Out: Beth &

Cindy

Eby Sat Feb 15th 2:00 KWCG Asian Cultural Club

Dancers

Strasburg Sun Feb 16th 1:30 Apostolic Hymn

Sing

Aberdeen Thurs Feb 20th 2:00 Kevin Coates

Newberry Thurs Feb 20th 3:30 Kevin Coates

Waldau Fri Feb 21st 3:30 Paul Schalm

Eby Tues Feb 28th 2:00 Leavin Tracks

## Bus Outing

*Please Keep in Mind all Outings are dependent on Weather.*

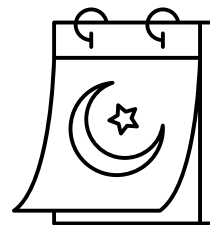
Participants are selected by taking turns from our outing list to ensure fairness. If you would like to add your name to our future outing list, please let Recreation know!

Monday February 10th 9:45AM Winter Country Drive



## Spiritual Care: Ramadan

*We have set aside space in the Long-Term Care, Worship Space for those who would like a private place to pray. If you need anything else during this time, please let one of the Spiritual Care Leads know*



## Spiritual Care

10 Ways to Support our Muslim Residents, their Families, and Team Members during Ramadan.

1. Offer Time and Space for Prayer
2. Rethink events that revolve around food.
3. Don't apologize for eating or drinking in front of someone who is observing Ramadan.
4. Do not treat fasting as suffering.
5. Use this month to learn more about Ramadan and Islam in general.
6. Reduce expectations for physical activity for those observing Ramadan
7. Remember that not everyone will mark Ramadan publicly, some do so privately.
8. Be aware that some people will need more emotional support during this time.
9. If you notice that someone is not fasting, do NOT ask about it, but be prepared to listen if they want to talk.
10. Ramadan is a sacred religious practice, do not joke about it.

