

# Georgian Heights February Newsletter

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## February at Georgian ☺

The second month of 2019 is here! February brings us Ground Hog Day, Super Bowl Sunday, Valentines Day, Chinese New Year, and Family Day. That's a lot of action for one month!

We will be discussing all about Ground Hogs on Feb.2. Residents will be indulging in a Super Bowl Supper on February 3<sup>rd</sup> and a Chinese New Year Lunch on February 5<sup>th</sup>. Valentines Day brings another Come and Go Tea to Georgian Heights. We invite family and friends to join us on February 14<sup>th</sup> from 2pm-4pm. Stop in for some afternoon treats and chit chat. Please R.S.V.P to Jenna.

We've welcome a new Activation Aide to the Program Department. Kim Thompson will be joining us every Wednesday to provide residents with some 1:1 programming and lunch programs. She has previous Long Term Care home experience and is a great asset. She is glad to be back working with seniors in her community.

As usual there will also be many other programs throughout the month for the residents to enjoy that highlight "The 5 Domains" of recreation (Physical, Intellectual, Emotional, Spiritual and Social)

### The 5 Domains explained (P.I.E.S.S)

**Social:** to encourage social interaction in a fun & non-threatening environment.

**Physical:** provide an exercise program that is fun, safe, and appropriate for all.

**Intellectual:** to encourage thought processes involving strategic thinking, logic, and decision making.

**Emotional:** to provide an opportunity for residents to express thought and feelings though creative processes and accomplishments.

**Spiritual:** to provide opportunity to engage in inspirational, spiritual and religious programming in a non-threatening environment and promote self esteem.

**If you are in Basic Accommodation and would like to apply for a rate reduction by July 1, you must remember to file your 2018 income tax and hand in your 2018 Notice of Assessment as soon as you receive it from Revenue Canada. I also have a Rate Application form that you must fill out in order to apply.**

If you have any questions regarding this please call me.

Lee Berner, Office Manager

## Highlights

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February 2

Ground Hog Day Activities

February 3

Super Bowl Sunday

February 6

Art Therapy with Leslie

February 11

Shopping Trip

**\*\*\*\*\*February 14\*\*\*\*\***

## Come and Go Tea

February 18

Family Day

February 20

Al Muzzell Music

February 26

Family Council

February 27

Glad Tidings Choir

February 28

Resident's Council





# February



<p><b>3 Super Bowl</b> <b>Sunday</b></p> <p>10:30 Church with Wanda</p> <p>5:00 Super Bowl Supper</p>	<p>4 10:00 Exercise Class</p> <p>10:00 Making Bread</p> <p>10:30 Creative Centre Pieces</p> <p>2:00 Social</p> <p>4:00 Pet Visit</p> <p>6:30 Popcorn and a</p>	<p>5 <b>Chinese New Year</b></p> <p>8:30 Ladies Breakfast</p> <p><b>9:00 Hairdresser</b></p> <p>10:00 Horse Racing</p> <p>12:00 Chinese Lunch</p> <p><b>2:30 Bible Baptist Singers</b></p>	<p>6</p> <p>10:00 Exercise Class</p> <p><b>10:30 Art Therapy with Leslie</b></p> <p>1:00 1:1 Friendly Visits</p> <p>2:00 Penny Ante</p> <p>6:30 BINGO</p>	<p>7</p> <p>9:30 Sensory Room</p> <p>10:30 Spiritual Service</p> <p>2:00 Art Class</p> <p>3:00 Exercise Class</p>	<p>8</p> <p>10:30 Visits with Charlie</p> <p>1:00 Manicures</p> <p>2:00 BINGO</p> <p>6:30 TMN Movie</p>	<p>9</p> <p>10:30 Coffee and Current Events</p> <p>2:00 Movie</p>
<p>10 10:30 Church with Wanda</p>	<p>11 <b>9:45 Shopping Trip : Wal Mart</b></p> <p>10:00 Exercise Class</p> <p>2:00 Lovin' From the Oven</p> <p>4:00 Pet Visit</p> <p>6:30 Games Night</p>	<p>12 8:30 Men's Breakfast</p> <p>10:00 Making Bread</p> <p>10:30 Creative Story Writing: Valentines Edition</p> <p>2:00 Karaoke Social</p>	<p>13</p> <p>10:00 Exercise Class</p> <p>10:30 Meal Prep</p> <p>12:00 LUNCH BUNCH</p> <p><b>2:00 Cathy Kempert Music</b></p> <p>6:30 Pub Night</p>	<p>14 <b>Valentines Day</b></p> <p>9:30 Sensory Room</p> <p>10:30 Spiritual Service</p> <p><b>2:00 Valentines Come and Go Tea</b></p> <p>3:00 Exercise Class</p>	<p>15</p> <p><b>10:00 Glen's Music</b></p> <p>1:00 Manicures</p> <p>2:00 BINGO</p> <p>6:30 TMN Movie</p>	<p>16</p> <p>10:30 Scrapbooking</p> <p>2:00 Movie</p>
<p>17 10:30 Church with Wanda</p>	<p>18 <b>Family Day</b></p> <p>10:00 Exercise Class</p> <p>10:30 Crossword / Making Bread</p> <p>2:00 Social</p> <p>4:00 Pet Visit</p> <p><b>6:30 James S Music</b></p>	<p>19 8:00 Ladies Breakfast</p> <p><b>9:00 Hairdresser</b></p> <p>10:30 Scrapbooking</p> <p><b>2:00 Merry Music</b></p> <p><b>Maker's B-day Bash</b></p>	<p>20</p> <p>10:00 Exercise Class</p> <p><b>10:30 Piano with Betty</b></p> <p>12:00 LUNCH BUNCH</p> <p><b>2:00 Al Muzzell Music</b></p> <p>6:30 UNO</p>	<p>21</p> <p>9:30 Sensory Room</p> <p>10:30 Spiritual Service</p> <p><b>2:00 Larry Russell Music</b></p> <p>3:00 Exercise Class</p>	<p>22</p> <p>10:00 Visits with Charlie</p> <p>1:00 Manicures</p> <p>2:00 BINGO</p> <p>6:30 TMN Movie</p>	<p>23</p> <p>10:30 Lovin' From the Oven</p> <p>2:00 Movie</p>
<p>24 10:30 Church with Wanda</p>	<p>25</p> <p>10:00 Exercise Class</p> <p>10:30</p> <p>2:00 Dog Beds :DIY</p> <p>4:00 Pet Visit</p> <p>6:30 Wine and Cheese Night</p>	<p>26</p> <p>8:30 Men's Breakfast</p> <p>10:30 Crock Pot Soup</p> <p><b>1:00 Family Council</b></p> <p>2:00 Penny Auction</p>	<p>27</p> <p>10:00 Exercise Class</p> <p>10:30 Meal Prep</p> <p>12:00 LUNCH BUNCH: KFC</p> <p>2:00 Snakes and Ladders</p> <p><b>7:15 Glad Tidings</b></p>	<p>28</p> <p>9:30 Sensory Room</p> <p>10:30 Spiritual Service</p> <p><b>2:00 Residents Council</b></p> <p>3:00 Exercise Class</p>	<p>1 <b>10:00 Glen's Music</b></p> <p>1:00 Manicures</p> <p>2:00 BINGO</p> <p>6:30 TMN Movie</p> <p>2 <b>Ground Hog Day</b></p> <p>10:30 Ground Hog Events</p> <p>2:00 Movie</p>	

## 2019 Georgian Heights Program Calendar

\*Programs are Subject to Change\*  
 Achieva Health is here Mondays, Wednesdays and Thursdays for Physiotherapy