

Georgian Heights March Newsletter

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March at Georgian 😊

Georgian Height's first priority is the safety of our residents and staff, and that includes protecting everyone from influenza.

To help protect our residents/staff during flu season, please remember not to visit if you are feeling unwell. Masks are available for those who may have a cough. Please see the Charge Nurse if you have any questions.

This month we will be busy celebrating St. Patrick's Day with lots of themed activities. We will be having a party to celebrate on March 15th at 2:00 pm, please feel free to join us !!!

We are also taking a trip to Wal-Mart and East Sides Mario's.

Family Council will be held March 26th at 1:00pm. Please feel free to join us. Call Jenna if you have questions.

To those of you who reside in a basic ward room:

You have the option to apply for a rate reduction annually. Please remember to file your income tax, as I will need the Notice of Assessment from 2018 for the next rate cycle (July 1 2019-June 30 2020). You will need to fill out the Application as well.

Thank you for your attention to this matter.

Please call if you have any questions.

Lee Berner, Office Manager



March is Nutrition Month

"You are what you eat!"



Nutrition Month is celebrated every March by Dietitians of Canada. In celebration of healthy eating, dietitians organize events and develop resources that help educate Canadians about healthy eating.

Getting the right vitamins through food can be essential for your health. Here are a list of vitamins, what they help with and how you can get them through your food!!

Vitamin A: Eyes, Immune System and Skin: Orange Fruits and Veggies, Dark Green Veggies and Milk

Vitamin B6: Brain Function, Nerve Function and Red Cell Production: Beans, Nuts, Red Meat, Fish, Eggs and Spinach

Vitamin C: Bones, Teeth and Skin: Citrus Fruits, Berries, Spinach and Tomatoes

Folic Acid: Cell Health and Heart Disease: Fruits and Dark Green Veggies

Vitamin K: Blood Clotting: Eggs Yolks and Dark Green Veggies

Niacin: Promotes conservation of Food Energy; Grains, Dairy products, Nuts and Poultry

Riboflavin: Energy and Chemical Processes : Fish, Meat, Milk and Dark Green Veggies

Highlights

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March 1

BINGO

March 7

Larry Russell Music

March 8

International Women's
Day

March 11

Trip to Wal-Mart

March 15

St. Patty's Party

March 20

Lunch Outing

March 22

Resident's Council

March 26

Family Council

March 27

Glad Tidings

Sun

Mon

Tue

Wed

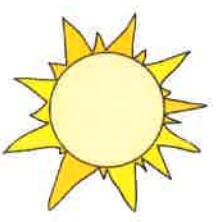
Thu

Fri

Sat



MARCH



3 10:30 Church with Wanda	4 10:00 Exercise Class 10:30 Bowling 2:00 Group Crossword 4:00 Pet Visit 6:30 Pop and Chips Party	5 <u>Mardi Gras</u> 8:30 Ladies Breakfast 9:00 Hairdresser 10:00 What is Mardi Gras?? 12:00 Pancake Tuesday Lunch	6 <u>Ash Wednesday</u> 10:00 Exercise Class 10:30 Art Therapy 1:00 All About Lent 2:30 Smoothie's 6:30 Card BINGO	7 9:30 Sensory Room 10:30 Spiritual Service 2:00 Larry Russell 3:00 Exercise Class	8 <u>International Woman's Day</u> 10:00 Lets Talk about Women! 1:00 Manicures 2:00 BINGO 6:30 TMN Movie	9 10:30 Lovin' from the Oven : Lucky Mint Chip Cookies
10 <u>Daylight Savings Time</u> 10:30 Church with Wanda	11 9:30 Shopping Trip: Wal-Mart 2:00 St. Patrick Centre Pieces 4:00 Pet Visit 6:30 Popcorn and a Movie	12 8:30 Ladies Breakfast 10:30 Lovin' from the Oven: Irish Soda Bread 2:00 Remembering the Luck of the Irish Social	13 10:00 Exercise Class 10:30 Meal Prep 12:00 LUNCH BUNCH: Shamrock Quesadillas 2:00 Lucky Shamrock Charm 6:30 Clover All Over	14 9:30 Sensory Room 10:30 Spiritual Service 2:00 Lucky BINGO 3:00 Exercise Class	15 10:30 Glen's Music 1:00 Manicures 2:00 St Patty's Party! 6:30 TMN Movie	16 10:30 Truth or Blarney?
17 <u>St. Patrick's Day</u> 10:30 Church with Wanda	18 10:00 Exercise Class 10:30 Making Bread/Scrapbooking 2:00 Trivia with Paige 4:00 Pet Visit 6:30 Pub Night	19 8:30 Men's Breakfast 9:00 Hairdresser 10:30 Jewelry Making 2:00 Merry Music Makers B-Day Bash	20 <u>First Day of Spring</u> 10:00 Betty's Piano Music 11:00 LUNCH Outing: East Side Mario's 2:00 Movie 6:30 Craft Corner: Flying	21 9:30 Sensory Room 10:30 Spiritual Service 2:00 BINGO 3:00 Exercise Class	22 10:30 Residents Council 1:00 Manicures 2:00 Dave Hiscox Music 6:30 TMN Movie	23 10:30 Creative Story Writing
24 10:30 Church with Wanda	25 10:00 Exercise Class 10:30 Puffy Pancake Muffins 2:00 Afternoon Social 4:00 Pet Visit 6:30 Games Night	26 8:30 Men's Breakfast 10:30 Creative Center-pieces: Spring 1:00 Family Council 2:00 Penny Ante	27 10:00 Exercise Class 10:30 Micheal Semenuk Music 12:00 LUNCH BUNCH 2:00 AI Muzzel Music 7:15 Glad Tidings	28 9:30 Sensory Room 10:30 Spiritual Service 2:00 Penny Auction 3:00 Exercise Class	29 10:30 Glen's Music 1:00 Manicures 2:00 BINGO 6:30 TMN Movie	30 10:30 Coffee and Treats
31 10:30 Church with Wanda	<p align="center">2019 Georgian Heights Program Calendar **Programs are Subject to Change** Achieva Health is here Mondays, Wednesdays and Thursdays for Physiotherapy</p>					

