

February 2018

Activity Newsletter

The Collingwood Nursing Home Ltd.

Programs of the Month

February is the month for love and romance to be celebrated. Chocolates, flowers and special gifts will be exchanged. We will be celebrating with a Valentine's Day party on Wednesday, February 14th with Norris Vines from The Platters. Please ask your family and friends to join you for this special day. There is a new program that features Inspirational Life Stories on February 21st at 1:30 p.m. This program will include the use of the internet, readings and any resident stories that they would like to share. Please note that Saturday Bingo will begin at 10:00 a.m. as requested by Resident & Family Council. A special Jackpot Bingo will be held on Tuesday, February 6th so please plan to attend. Good Luck!

We are planning Spa Day on February 15th where facials and hand massages will be offered. We encourage everyone to come and enjoy this pampering.

The staff would like to thank everyone for the delicious holiday treats. Your kindness is greatly appreciated!
Bev Cloutier, Activity Director

Happy Birthday.....

Raymond Bartlett

Feb. 8th

Douglas Elliot

Feb. 28th

Elizabeth Ford

Feb. 29th



Good Bye

"We say goodbye with fond memories, our lives have been enriched because we have known you"

Dorothy Walsworth

Victoria Tait

Health Corner

February is Heart Month

To have a healthy heart we must eat healthy food and we must be active.

Endurance

Flexibility

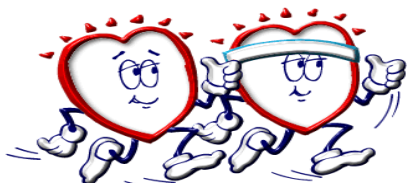
Strength & Balance

Getting started is easier than you think.

>Build physical activity into your daily routine.

>Walk whenever you can.

>Start slowly with easy stretching.



REQUEST

We are in need of volunteer knitters for our Tuck Shop. We supply the yarn.

Please contact Bev Cloutier, Activity Director if you are interested in donating your time & talent.



Volunteer Village

Come & discover all the exciting wonderful ways that you can get involved in your community. A chance to interact and explore a variety of volunteer opportunities. We offer hands on experience, a chance to develop new relationships, to share skills and talents. Retired, Seniors, and students are Welcome!

For more information please contact - Bev Cloutier, Activity Director or Janice Bristow, Volunteer Village Attache.

**We are in need of volunteers to assist with outings, friendly visiting, and Tuck Shop.

