



# February 2020

## Activity Newsletter

### Programs of the Month

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The origin of Valentine's Day has varying opinions. This holiday has remnants of ancient Roman and Christian traditions. The origin of Valentine's Day likely dates to the time of Roman Empire when the pagan fertility festival of Lupercalia was celebrated. During the festival young Roman men and women paired off as couples. We celebrate this special day by sending cards and giving our loved ones gifts of chocolates, flowers etc. It is a day to show the special person in your life how much they are appreciated. We will be hosting our own Valentine's Day party this month with live entertainment and we hope you will join us. We are adding more new programs this month such as Paint Day with Wine, mini-golf, Bakery Goods & Preserves, Jimmy's Old Time Radio show, and a special presentation of Trent's Collection. There are many spiritual, intellectual, sensory and physical activities to get involved in. Please join us in the many regular and new programs this month. It is a great opportunity to meet new friends and to have fun!

*Bev Cloutier, Activity Director*

### Happy Birthday.....

Alberta Cook

Feb. 5th

Maria Francisty

Feb. 12th

Marie Raithby

Feb. 23rd

Jessie McEachern

Feb. 25th



Good Bye

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

*Vera Weiss*

## Heart Month

Exercise helps your heart muscle become more efficient and better able to pump blood throughout your body. This means that the heart pushes out more blood with each beat, allowing it to beat slower and keep your blood pressure under control.

Strengthening your heart is one of the best things you can do to prevent heart disease.

## What are the 3 best exercises for the heart?

Exercise class with socialization and laughter

Walking

Strengthening

## How often should I exercise?

-Everyday if possible.

-This can include: walking, chair exercises, stretching, ROM exercises, transfer training or strengthening.

## What are the benefits of exercise class on the heart?

- Strengthen lungs and heart
- Lower blood pressure
- Decrease risk of heart disease
- Decrease LDL Cholesterol
- Increase HDL Cholesterol
- Reduce risk of developing diabetes
- Reduces the risk of developing clots

In addition to a healthy diet, exercise can help you live longer and healthier as it strengthens the most important muscle in the body your heart.

Luka Senk MScPT, ADMP



## Important Notice

**\*\*We are in need of volunteers to assist in the Tuck Shop & a male volunteer for Men's Club.**



## 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.

## 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*

