

NEWSLETTER

February 2023

Golden Hills Lodge

Three Hills, AB

814 - 1st Street N



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to the month of February! We have a lot of fun and exciting events planned for you all! I hope you are all enjoying the activities and I am so happy to see many new faces each morning for our regular exercise class! I encourage everyone to attend if they

can, any kind of movement and stretching helps to keep our bodies limber and strong as we age, and daily exercise can help make that happen! We have many special events happening this month so be sure to check out the monthly calendar and continue to read the noticeboards located around the building. If you have any ideas for activities you would like to see offered here please flag me down and let me know, I will do my best to make that happen! I wish you all a wonderful month of February, and a lovely Valentines Day with your special someone's and family members.

Brianne Rothfus - Activities Coordinator



February Trivia

February has 28 or 29 days. The 29th day is every 4 years during a leap year. February is named for the Latin word februum which means purification

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Quote of the Day

*Act as if what you
do makes a
difference.
It does.*

– William James

January in Review

Science Experiments

We started off the beginning of the January with some fun science experiments! We tried Exploding Lemons, Milk creations using dish soap, milk and food coloring, and rocket balloons with some special small guests!



Tin Can Shooting Range:

We had fun this month trying out the Tin Can Shooting Range! Everyone did so well and had a lot of targets knocked down!

Mental Health Week Guests

We had students from Prairie College visit us this month for Mental Health Week. They handed out smiley face cookies in awareness of Mental Health, it put a smile on all our faces! Thank you students!



January Photos



Science Experiments with Milk and Soap



Science Experiments: Exploding Lemons



Mental Health Week Smiley Cookies



New activities: Wii sword fighting and Bowling



Indoor Mini Golf



Crokinole and Coffee

Upcoming Events

PCA Junior/Senior High Boardgame Cafe
Tuesday 7th of February 2:15pm, Auditorium

GHL Music Cafe
Friday 10th of February 2:00pm, Auditorium

Refuge Ranch Trip: Sign up outside Jim's Office
Saturday 11th of February 2:30pm – Meet in Lobby
at 1:45pm to Board Bus at 2pm.

**Recreation Therapy Awareness Presentation by
Brienne Rothfus**
Monday 13th of February 2:00pm, Auditorium

Valentine's Day with PCA Grade One Class
Tuesday 14th of February 2.00pm, Auditorium

Red Hatter's Afternoon Tea and Fashion Show
Wednesday 15th of February at 2:00pm, Auditorium

2023 Garden Meeting
Friday 24th of February at 10:30am, Auditorium

**Matinee Movie Theater: American Classic Car
Documentary**
Friday 24th of February at 2:00pm, Auditorium

Armchair Travel to Alaska
Monday 27th of February at 2:00pm, Auditorium

The Rack on 3rd Ladies Clothing Boutique
Tuesday 28th of February 1:00pm-3:00pm,
Auditorium



Regular Monthly Events:

Morning Exercises

Mon-Fri at 9:15am, Auditorium

Cards/Games/Brainteasers

Mon-Fri 10:00am-11:00am, ³/₄ Coffee
Room.

Walking Group (Indoor)

Tuesday's at 11:00 am – Meet in
lobby

IDA Tuck Shop

2nd Tuesday of every month 10:30-
11:30 am, Auditorium

Campfire Sing a Long

2nd Wednesday of every month we
have The Golden Oldies Perform
beloved country music.

BINGO

3rd Tuesday of every month at
2:00pm

Birthday Tea

3rd Wednesday of every Month at
2:00pm, Auditorium

Armchair Travel

4th Monday of Every Month at
2:00pm, Auditorium

February Birthdays

In February, we celebrate birthdays with:

- **Margaret**
- **Janet B**
- **Dean**

Please join us in the Auditorium
February 22, 2023 at 2:00pm



Abraham Lincoln, U.S. President, 12th February 1809
Ronald Reagan, U.S. President, 6th February 1911
Michael Jordan, Basketball Player, 17th February 1963
Rosa Parks, Activist, 4th February 1913
Johnny Cash, Musician, 26th February 1932
John Travolta, Actor, 18th February 1954
George Harrison, Musician, 25th February 1943
Elizabeth Taylor, Actress, 27th February 1932
Yoko Ono, Artist, 18th February 1933

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

Pisces (Feb 19 – Mar 12)

Pisces are friendly and selfless. They are always willing to help others

WOW!

Fun February Facts

1 - Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

2- The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."

Poem to Share

Things you can control:

by Caleb LP Gunners

Your Beliefs
Your attitude
Your thoughts
Your perspective
How honest you are
Who your friends are
What books you read
How often you exercise
The type of food you eat
How many risks you take
How you interpret the situation
How kind you are to others
How kind you are to yourself
How often you say "I love you."
How often you say "thank you."
How you express your feelings
Whether or not you ask for help
How often you practice gratitude
How many times you smile today
The amount of effort you put forth
How you spend / invest your money
How much time you spend worrying
How often you think about your past
Whether or not you judge other people
Whether or not you try again after a setback
How much you appreciate the things you have.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mr. George Wittman**

We hope that you enjoy your time here!

BIRTHDAY BAKING GROUP

Please Sign up for a month you wish to help bake our Birthday Tea Dessert.

Baking is always the 3rd Wednesday of the month at 10:30am in the ¾ coffee room. The morning of our Birthday Tea.

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Mrs. Louisa Rempel**

GARDEN MEETING

All those who have gardened with us at Golden Hills Lodge in the past please sign – up for our garden meeting on Friday February 24th at 10:30am. Sign up is posted outside Jim’s Office.

This meeting will be used to help Me (Brienne) better understand how the garden was managed in the past and work to have it run well for the upcoming spring/summer season.

Any information is welcomed! Please attend!

MUSIC CAFE

Any resident’s and/or staff who are interested in sharing their musical interests and talents with the Lodge, please sign up for our Music Café on Friday February 10th at 2:00pm. Sign up posted outside Jim’s Office.

Noticeboard



HAIRDRESSER

We have a Hairdresser who travels from Red Deer once a week for regular hair care. Her schedule and prices are posted on the Salon Door in the Unit 3 Hallway. You can sign up for appointments on her door as well.

Her name is Amanda.

DIANE UNGER- FOOT CARE

Diane will be here Tuesday Feb 21st in the morning for anyone who would like their toenails and feet cared for.

*They usually come every 3rd Monday of the month if you are interested.

PCA JUNIOR/SENIOR HIGH BOARDGAME CAFE

Once a month we will be visited by the Prairie Christian Academy Junior/Senior high bible class. They will come visit and play games with us in the Auditorium. We are looking forward to this intergenerational connection!

REFUGE RANCH TRIP

We plan to visit the Refuge Ranch Music Day this month on Saturday February 11th. If you are interested in going please sign up on the sheet outside Jim's Office. Please meet in the Lobby at 1:45pm. Bus will leave at 2pm and music starts at 2:30pm.

FAMILY DAY FIREWORKS

The Town of Three Hills will be setting off Fireworks on Saturday February 25th at 7:30pm at the Three Hills Campground, located east of the lodge by the baseball diamonds and across from the Hospital.

Please make arrangements to attend if you are interested.

Laughing Matters



Computers – Masculine or Feminine?

A class learning French and trying to get to grips with gender wondered if the word "computer" should be masculine or feminine. Split into two groups, men and women, they were asked to say which they considered a computer to be, and to give four reasons for their decision.

The men decided that computers are feminine because:

- No one but their creator understands their internal logic.
- The language they use to communicate with each other is totally incomprehensible.
- Even your smallest mistakes are stored in long-term memory for later retrieval.
- As soon as you commit to them, you spend half your disposable income buying accessories for them.
-

The women decided that computers are masculine because:

- In order to gain their attention, you have to turn them on.
- They are full of data, but are still clueless.
- They are supposed to help you solve your problems, but most of the time they are the problem.
- As soon as you commit to one, you realize that if you had waited a little longer, you could have had a better one.

Vanity

A woman knelt in the confessional and said: "Bless me, Father, for I have sinned."

"What is it you did, Marcy?"

"Father, I have committed the sin of vanity. Five times a day I gaze at myself in the mirror and tell myself how beautiful I am."

The priest turned, moved the little curtain in the confessional, took a good look at her, and said, "Martha, I have good news. That isn't a sin - it's only a mistake."

Crossword

VALENTINE'S DAY CROSSWORD



A crossword puzzle grid with 15 numbered starting points for words. The grid is composed of black and white squares. The numbers are: 1 (top right, horizontal), 2 (top right, horizontal), 3 (middle, vertical), 4 (middle, horizontal), 5 (middle left, vertical), 6 (middle, horizontal), 7 (middle right, horizontal), 8 (middle left, horizontal), 9 (middle left, horizontal), 10 (middle right, horizontal), 11 (middle left, vertical), 12 (middle left, horizontal), 13 (bottom middle, horizontal), 14 (bottom right, vertical), and 15 (bottom, horizontal).

Across

1. The ancient Roman god of love
(5)
2. Cupid shoots these
(6)
4. Sometimes they come in bouquets
(7)
6. Symbol of love
(5)
8. A person who is greatly loved
(7)
12. St. Valentine is known as the patron saint of
(6)
13. White and red mixed
(4)
15. The flower of love
(4)

Down

1. A dry, white table wine produced in France
(9)
3. A popular gift on this day made from cocoa
(9)
5. The month of Valentine's Day
(8)
7. The color associated with this day
(3)
9. My true
(4)
10. Would you be my ?
(9)
11. Compositions in verse
(5)
14. Sealed with a ...
(4)
15. Something you wear on your finger
(4)

