

Family Day Brunch Buffet!

Due to the outbreak in January, the Brunch Buffet has been rescheduled for Sunday, February 17th from 11:00-1:00pm in the dining room. Residents are welcome to bring Guests. Guest tickets are \$15.00. Please sign up for your guests in advance at the front desk.



If you or anyone you know are interested in becoming a volunteer at Adelaide Place, please speak with Kathryn in Recreation. Whether you are interested in running an activity, assisting other residents, playing music, baking... the possibilities are nearly endless, just let us know what you would enjoy doing.

The Recreation Department is collecting aluminum cans and empty wine and liquor bottles. These can be placed in the labelled blue bin in the Activity Room, or left out front of the Recreation office.

We are also collecting pop tabs, which are donated to Pet Valu for programs assisting Guide Dogs.

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February Holidays and Special Days

Library Lovers Month

Chinese New Year
February 5

Groundhog Day
February 2

Super Bowl Sunday
February 3

Celebration of Love Week
February 10-16

Valentine's Day
February 14

Family Day
February 18

Heritage Week
February 18-24.

A Note from your Executive Director

Happy February (and Happy Valentine's Day) to all of you!

Staying well. Thank you for your diligent handwashing and reporting of symptoms to help us get through the respiratory outbreak in under three weeks!

We enhanced our communication to you this time around and we appreciate the positive feedback you have provided about our efforts! Please continue to use good handwashing techniques and report your symptoms so we can help prevent the spread of ANY illness. Please remember, we are still in influenza season so extra caution is needed!

Elevator safety. I would like to remind you of some very important elevator safety tips to ensure we all stay safe:

- **Never use your body, cane or walker** to stop the door from closing! The elevator door may not recognize that something is blocking the door and close on you causing injury.
- **Always use the buttons** to open the doors to avoid injury.
- **Always walk forward** into and out of the elevator. Walking backwards increases the chance of a fall or a collision
- **Be Patient** - if the elevator is closing, already full, or there is not enough room to walk forward and turn around – wait! The elevator will come back for you.
- **Do not gather outside the elevator doors.** Leaving lots of space for people to move safely in and out of the elevators will help avoid accidents.

Severe injury can be avoided by following these tips. Thank you for your cooperation.

Adrienne West

How to keep informed

The day's activities are posted in each elevator, in the front lobby by the television, and on the island in the Café. These posters are kept up to date and may differ from your calendar as unforeseen circumstances may occur after the calendar was printed. Posters for special events are available in the Café News Folder at the beginning of the month and then posted in the elevators and lobby about 1 week prior to the event.

If you are unsure of the day's schedule:

- Call **200** on your telephone
- Check the Daily Poster
- Listen for the daily Lunchtime Announcements at 12:15pm.
- Ask a member of the Recreation Dept. or Front Desk

Updates

You may also notice some changes on the Resident board in the Activity Room. The Resident Information board has been tidied up and information from your Residents' Council has been added, it will also feature a new article written by Stan McCormack every two weeks.

Please note that the front desk will be closed for 15 minutes from 6-6:15 each evening (and 6-6:30 on the weekends). During this time, and always, you can press "0" from your suite or from the phone in the front Marketing Room for assistance. The Front Desk team will be back after this time to provide you with assistance until 8:00pm each day as usual.

Calendar Highlights:

February 4th - The Recreation Meeting will be held in the Activity Room. Please come and share your views, join in the discussion, and hear about what's being planned for next month.

February 5th and February 12th- Wine and Cheese party. Join us in the lounge for live music, while enjoying cheese and wine in the Activity Room.

February 5th - The managers will be hosting a themed supper to kick off the Chinese New Year. Sign-up in the Activity Room. Cost \$15.00

February 8th - Becky will be returning to us to run an evening Meditation class.

February 10th - Big Shot Bingo. Cards will be \$1.00 each. Players have a chance to win cash prizes or a free lunch!

February 13th - There will be an Open Bingo Forum. All bingo players are encouraged to attend.

February 14th - Valentine's Day Tea. Residents are welcome to wear red or pink.

February 17-23rd - the literary works by Stan McCormack will be on display in the lounge. There will be a presentation on the 23rd where residents will be able to ask questions and learn more about Stan's travels and writing.

February 25th - Special Luncheon event at Olympia Restaurant. Enjoy a fashion show and an Elvis Impersonator with your meal! Tickets are \$25.00

February 28th - Travel to Latvia! Learn about the country and culture, and try the cuisine!

Hearing & Balance Clinic

Coming to Adelaide Place! In House Clinics every 2nd month

Next clinic Friday March 15, 2019

AVAILABLE SERVICES:

- COMPLIMENTARY HEARING TESTS
- COMPLIMENTARY CLEAN & CHECK HEARING AIDS
- COMPLIMENTARY HEARING AID DISCUSSION
- HEARING AID & BATTERY SALES
- WAX REMOVAL
- VERTIGO / DIZZINESS ASSESSMENT



Brent Robinson
Registered Audiologist



Anne Marie Sinasac-Roy
Doctor of Audiology

Fees apply to some services: DVA, WSIB, ADP - Ontario

LINDSAY EAR CLINIC 

Book your appointment
with the Activities Department

If you require care prior to our next clinic please contact

our office at 705-340-5050

www.LindsayEarClinic.com

2019 is the Year of the Pig according to Chinese zodiac. This is a Year of *Earth Pig*, starting Feb. 5, 2019 and lasting to Jan. 24, 2020.

Pig is the last in the 12 -year cycle of Chinese zodiac sign. The Years of the Pig include:



1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019, 2031,

People with a Chinese zodiac sign of the Pig are considerate responsible, independent & optimistic. They always show generousness and mercy to endure other people's mistakes, which help them gain harmonious interpersonal relationships.

However, sometimes they will behave lazily and lack action. In addition, pure hearts would let them be cheated easily in daily life.

Animal Magnetism

Match the Chinese zodiac animal sign to its personality traits

- | | |
|------------|----------------------------------|
| 1. Rat | A. Polite and imaginative |
| 2. Snake | B. Wise and attractive |
| 3. Rooster | C. Intelligent and charming |
| 4. Sheep | D. Confident and brave |
| 5. Tiger | E. Hard-working and kind-hearted |

ANSWERS: 1, C; 2, B; 3, E; 4, A; 5, D

February Birthdays

In astrology, those born between February 1 – 19 are Water Bearers of Aquarius. Water Bearers are deep - thinking intellectuals, unafraid of new ideas. Their strong sense of community makes them good friends. Those born from February 19 – 28 are the Fish of Pisces. Selfless Pisces are very wise & empathetic. These deep emotions also make Pisces talented artists.

More Famous Birthdays:

- Clark Gable (actor) – February 1, 1901
- Red Buttons (comedian) – February 5, 1919
- Babe Ruth (ballplayer) – February 6, 1895
- Jimmy Durante (actor) – February 10, 1893

- Jules Verne (author) – February 8, 1828
- Galileo Galilei (astronomer)– February 15, 1564
- Patty Hearst (kidnapee)- February 20, 1954
- Olave Baden-Powell (guide)- February 22, 1889
- Steve Jobs (innovator) – February 24, 1955

Birthstone – Amethyst

Amethyst is loved for its soft pink and purple tones. According to legend, amethyst received its enchanting purple hue from Dionysus, the Greek god of wine. Amethystos, a woman he was pursuing, refused his affections and prayed to the gods to remain chaste. The goddess Artemis thus transformed her into a white stone. Dionysus, who was humbled and inspired by Amethystos' purity, poured wine over the stone as an offering. As a result, the color of the crystals changed to purple.



Flower – Violet

The violet is a popular little plant. Not only is it February's flower of the month but it is also the state flower of Illinois, Wisconsin, New Jersey, and Rhode Island. As frequently as it crops up in Greek mythology, it's a wonder that the violet isn't the national flower of Greece.



In the Victorian era, violets were significant in the language of flowers. Purple violets said, "I'll always be true." White and cream-colored blooms said, "Let's take a chance on love and happiness." Even the heart-shaped leaves of the wild violet symbolize love.

February Birthdays

- Ayn Rand (author) – February 2, 1905
- Norman Rockwell (painter) – February 3, 1894
- Charles Lindbergh (pilot) – February 4, 1902
- Hank Aaron (ballplayer) – February 5, 1934
- Mary Leakey (archaeologist) – February 6, 1913
- Chris Rock (comedian) – February 7, 1965
- Thomas Edison (inventor) – February 11, 1847
- Anna Pavlova (ballerina) – February 12, 1881
- Susan B. Anthony (activist) – February 15, 1820
- Michael Jordan (athlete) – February 17, 1963
- Toni Morrison (author) – February 18, 1931
- Sidney Poitier (actor) – February 20, 1927
- George Handel (composer) – February 23, 1685
- Levi Strauss (inventor) – February 26, 1829

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
3	4 Brenda Trickett Table 32	5	6 Moss Billings Table 36	7 Ricky Tasha	8 Barbara Hurlbert Table 17	9 Helen Craig Table 38 Monroe Scott Table 27 Teri
10	11 Doreen Dickie Table 24 Leah	12	13 Joyce Aldham Table 30 Bonnie Tamblyn Table 13 Kaylee	14	15	16 Mary Herring Table 7
17 Mary Ball Table 17	18 Gertrude Tapper Table 21	19	20	21 Jim Thompson Table 8	22 	23
24 Meranda	25 Shirley Cowan Table 37	26	27 Steven	28		

Resident Highlight:



Marilyn Kelsey speaks: Over 10 years ago I was a member of a Ladies Lunch Group at Queen St. United Church in Lindsay. We decided that our group should be doing something more useful in the area, more useful than just eating lunch!!

An idea came into my head!! I suggested that everyone who could knit should make some knitted squares >> "12 inches by 12 inches" (I can never figure out metric??) (Too Old I Guess.) With the many 12" squares we would make some afghans for the needy. It took 20 squares sewn together and a knitted border added, to make 1 afghan. We discovered that "A Place Called Home" needed such items and we were welcomed with open arms; arms full of warm, cozy and colourful afghans over the years.

A couple of years later I moved to Adelaide Place and realized this was a great place to expand our group. Now called the "Knit-Wits", we get together once a week to knit, to visit, to gossip and to laugh!!

Our wool has been donated to us for the past years and we average about 25 beautiful afghans per year. The afghans continue to be received with many thanks from "A Place Called Home."

Our membership changes often, due to age and ill health, BUT, new people come and keep "Knit-Wits" on the map!!

I am so very proud of these great ladies who have been involved in making at least 200 afghans during the 10 years of our history.

Marilyn Kelsey. 2019 01 23.

-Submitted by Stan McCormack

Resident Council

The Lore behind Valentine's Day

February, the month of *Love*, is upon us.

Which, of course, brings the story of St. Valentine. But which one of the dozen or so do we pick? Let's go with the one from 278 A.D. The story goes that Roman Emperor Claudius II, a real warmonger, was having trouble conscripting soldiers. Claudius II believed that men weren't joining his army because of their attachment to their wives and families. As a result, he banned all marriages.

A Roman priest named Valentine defied Claudius II and performed marriages in secret. He was caught and awarded with a jail cell and regular beatings. Finally, to finish everything off, he was beheaded on February 14th. Enter Sainthood and a day for lovers!

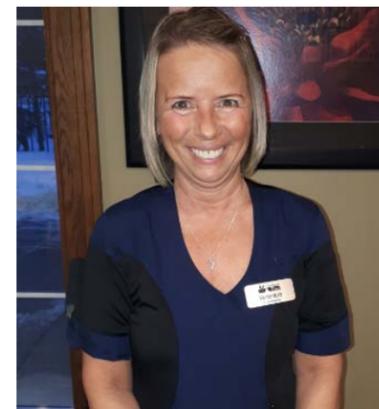
What your Residents' Council has been up to

Now, let's look at some of your recent Resident Council updates. Many of us have witnessed the installation of **6** new automatic door openers. These will improve life here at Adelaide Place for everyone. These new items actually began with a motion at a Resident Council meeting back in June 2017. Maybe it's true that good things, like fine wine, take time! Hope everyone enjoys these new improvements. More next month!

Remember, Council ideas can come from anywhere-particularly residents, Keep these great ideas coming to us. This story continues in March. Stay Warm and safe this February!

Team Member Highlight!

Meet Veronica!



Position at Adelaide Place: Housekeeping

Time with Adelaide Place: Just over 4 years

Favourite Colour: Orange

Favourite Food: Greek!

Favourite Music: I enjoy most types of music, but The Eagles are my favourite band.

Favourite TV Show: Outlander

Number of Siblings: I'm the oldest of 5

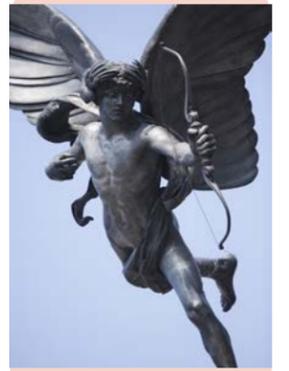
Birthplace: Toronto, Ontario, moved to Lindsay 26 years ago

Dream Vacation: Tour of Europe

One item to take on a desert island: Water

Famous person you would like to meet: Princess Diana

Favourite thing about working at Adelaide Place: The Residents. They are like having a huge extended family!



Cupid, the winged messenger of the Roman gods, supposedly fires off an arrow to our hearts and we become smitten with a love that will last our entire lives..