



Across

- 1. Special item given to show love
- 4. A symbol associated with love & emotion
- 5. The act of pursuing someone romantically
- 6. Sweet treats that come in various flavours and shapes

- 8. A color often associated with love and romance
- 12. Beautiful & Fragrant plants of love
- 13. Container for sending a special message
- 14. Birds representing love & peace



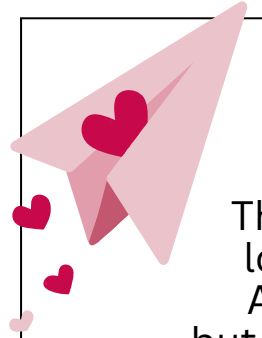
Down

- 2. The month celebrating love
- 3. A close companion whom you trust
- 4. Gesture of embrace
- 5. Small piece of paper with a heartfelt message
- 6. Roman God of love
- 7. Heavenly being with wings and halo
- 9. A gentle touch of lips
- 10. Piece of writing expressing emotions
- 11. Deep affection & care
- 12. Vibrant color symbolising love & passion



NEWSLETTER

February 2025



Love like a River *Whitney Hansen*

They say that sometimes love starts with a spark. And that might be true, but if I were to wish you love, I wouldn't wish fire for you.

You see, fire is powerful. It burns bright and then it's gone. It's beautiful and warm, but it doesn't last long.

So instead of wishing you love that burns, I wish you love like a river that twists and turns. It changes and it flows, It is powerful and free. But it consistently finds its way back to the sea.

And so like the water, I hope your love is ever growing, ever changing. I hope your love is powerful and free,

And may you always find each other, Like a river finds the sea.

Table of Contents:

- 1.....Poem
- 2.....Welcome & In Memoriam
- 2.....Resident of the Month
- 3.....Spirit Days & Events
- 3.....February Birthdays
- 3.....February Outings
- 4.....Recreation Awareness
- 5.....Recreation Awareness
- 6.....February Humour
- 6.....Colour Me
- 7.....Did you Know?
- 8.....Crossword

Resident of the Month

FIRST FLOOR



Donald Dowhun

Donald (“Don”) is a friendly, outgoing man who loves music. Don can be found in his room giving a friendly wave to those who pass his room. Don is involved in many activities from Chocolate Bar Bingo to Views of the Day, Java Music, Christmas Lights Drives and Birthday Party celebrations!

Let’s give applause to Don for his enthusiastic participation! Congratulate Don for being Resident of the Month for February 2025!

SECOND FLOOR



Nancy Vernon-Browne

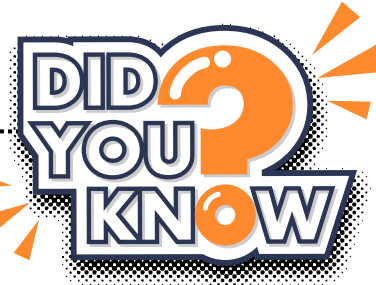
Nancy is a friendly, cheerful lady who loves to sleep in! Nancy loves music and singing. She participates in a variety of programs from Java Music Club, current events, group crossword puzzle, chocolate bar Bingo, Hangman, and community outings.

Let’s give applause to Nancy for her enthusiastic participation! Congratulate Nancy for being Resident of the Month for February 2025!

BLACK HISTORY MONTH



The month of February is an opportunity to celebrate the achievements of Black communities in Canada, listen to their stories, and learn more about their history and contributions to society. However, it is also a time to reflect on Canada’s painful history and the distinct challenges that Black people continue to face in their daily lives, such as systemic barriers, racism, discrimination, and much more. This Black History Month and beyond, let us stand united in our commitment to embrace the joy, celebrate the resilience, and create a world where every voice is heard and every individual is valued.



FAMILY DAY

Family Day got its start in Alberta when Helen Hunley – the Lieutenant Governor of Alberta – passed the Family Day Act in 1990. This officially established the third Monday of every February as Alberta Family Day. Other Provinces adopted the holiday over the next two decades. Saskatchewan founded “Family Days” in 2007, and Ontario followed suit in 2008 and British Columbia in 2013. Family Day this month is on the 17th. We mark the day to honor our close loved ones and celebrate the importance of familial relationships in our lives.



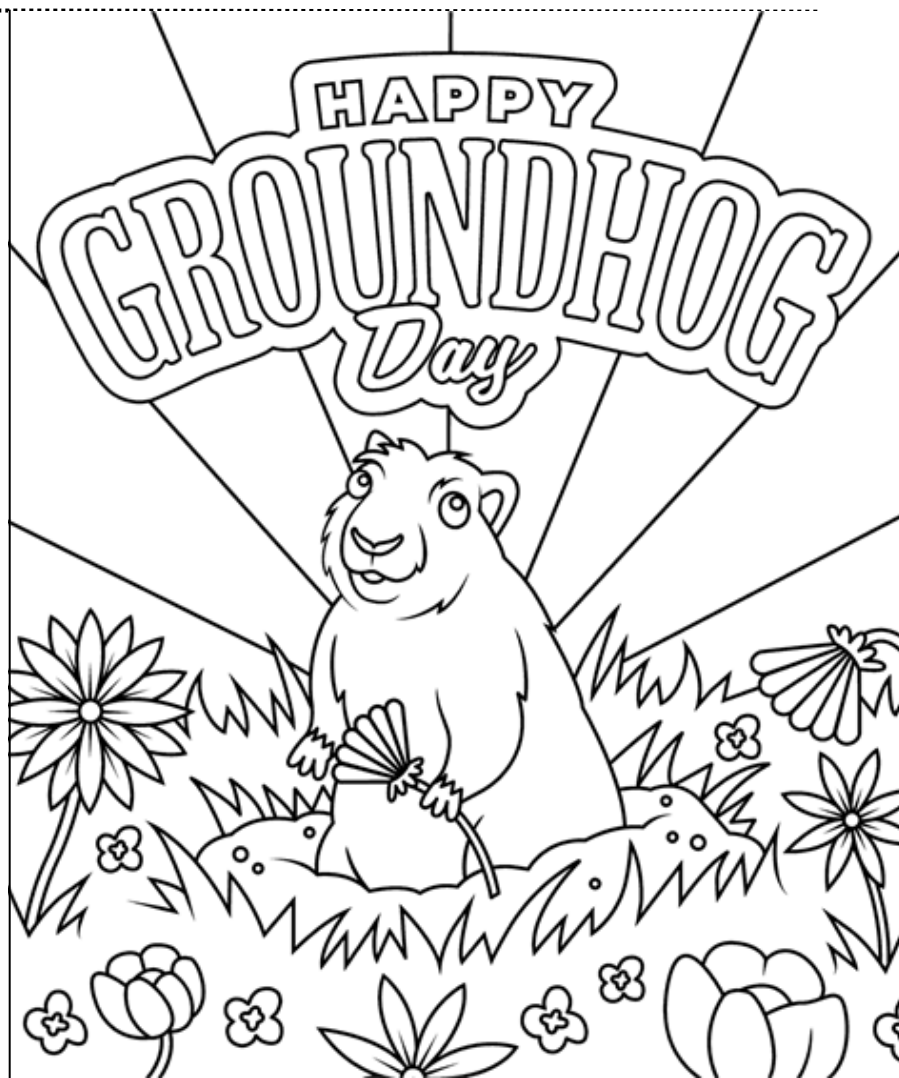
February Humour



Colour Me

In North America, the tradition of predicting the weather by watching groundhogs come out of their burrows dates back to 1887 and is attributed to German settlers in Pennsylvania.

If a groundhog sees its shadow, winter will go on for six more weeks; if it does not see its shadow, spring will arrive early!



Spirit Days

- Feb 5th** - Rainbow Day!
- Feb 7th & 9th** - Jersey Day!
- Feb 14th** - Pink, Red, & White Day!
- Feb 19th** - Black History Day!
- Feb 26th** - Stripes Day!



February Birthdays

- Feb 17th** - Joan Dale
- Feb 23rd** - Liz Neale
- Feb 25th** - Tony Jacusiw

Come Celebrate!

Resident Birthday Party
February 26th at 2:00pm

Special Events

Black History Month!

- Feb 2nd** - Groundhog Day
- Feb 5th** - Recreation Fair
- Feb 9th** - Superbowl Party
- Feb 14th** - Valentine's Day
- Feb 14th** - Valentine's Tea
- Feb 17th** - Family Day
- Feb 18th** - Wine Tasting
- Feb 19th** - Black History Trivia
- Feb 20th** - Baking with Leanne
- Feb 21st** - Pub Night
- Feb 3rd & 11th** - Cooking Club
- Feb 12th & 19th** - Movie Matinee

February Outings

- Feb 4th** - Lunch at Denninger's
- Feb 7th** - Scenic Drive
- Feb 11th** - Wendy's
- Feb 14th** - Gage Park Greenhouse
- Feb 18th** - Brassie Pub Men's Group
- Feb 21st** - Scenic Drive
- Feb 25th** - Shopping at Giant Tiger
- Feb 28th** - Mall Walking

**Sign up with
Recreation on
Sign-up Day!**



Therapeutic Recreation Awareness!

The first week of February is Therapeutic Recreation (TR) Awareness Week! The purpose of TR is to empower all individuals to achieve quality of life and optimal well-being through meaningful participation in recreation and leisure activities. You have most likely seen us around in our yellow shirts running programs throughout the home.

Come say Hi and chat when you see us!



Meet the Recreation Team!



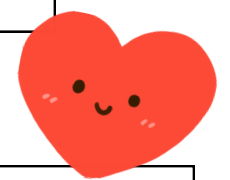
Emily

Years at Wellington: 5 Months
Fav Program(s): Movie Matinees, Social Events, Driving for Outings
Fun Fact: I love painting portraits using oil paint!



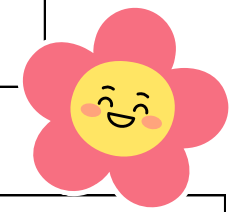
Meldy

Years at Wellington: 34 Years
Fav Program(s): Restorative Fitness, Montessori, Social Events
Fun Fact: I am retiring this year!



Laura

Years at Wellington: 14 Years
Fav Program(s): Baking, Dancing, Rosary
Fun Fact: I play the flute in the Dundas concert band!



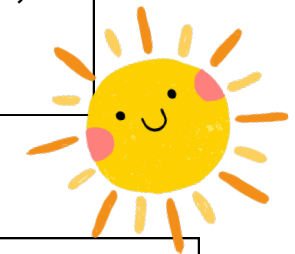
Leanne

Years at Wellington: 11 Years
Fav Program(s): Musical Entertainment, Reading, Pet Therapy
Fun Fact: I love to try new baking and cooking recipes!



Jessica

Years at Wellington: 12 Years
Fav Program(s): Inspiration & Gratitude Circle, Floor Curling, Entertainment events
Fun Fact: I know almost every Elvis song!



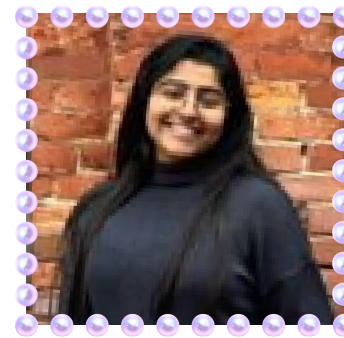
Ben

Years at Wellington: 3 Years
Fav Program(s): Hangman, Bingo, 1:1 Visits
Fun Fact: I'm currently pursuing a Bachelor's Degree in Therapeutic Recreation!



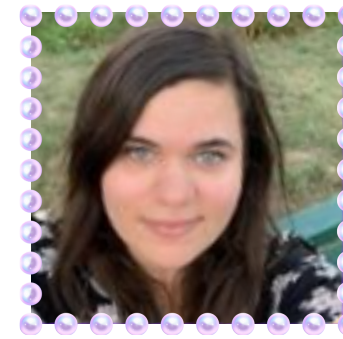
Irene

Years at Wellington: 1 Year
Fav Program(s): Word Games, Montessori, Bocce Ball
Fun Fact: I have been on multiple backcountry portage camping trips!



Hardi

Years at Wellington: 8 Months
Fav Program(s): Socials, Crafts, Anything New
Fun Fact: I love trying new things and dancing!



Ashleigh

Years at Wellington: 4 Months
Fav Program(s): Balloon Toss, Bocce Ball, Arts & Crafts
Fun Fact: I love horseback riding!



Archi

Years at Wellington: 1 Month
Fav Program(s): Crafts, Dancing, 1:1 Visits
Fun Fact: I love using social media and am quite tech savvy!