

HAPPY BIRTHDAY

Stan Ballantyne
Ingrid Pistner
Betty S.
Diane Weremy

Feb. 11
Feb. 24
Feb. 24
Feb. 24



**February
Birth Stone:
Amethyst**

**February
Birth Flower:
Violets**



THE MONTHLY BUZZ : FEBRUARY 2025

Dear Residents,

February is shaping up to be a month full of exciting events and heartwarming moments! Here's a quick look at what's coming up:

Chinese New Year kicks off on Saturday, February 1st, with a Celebration of the Year of the Snake, featuring entertainment by the Hanyang Centre. It's sure to be a fun time, so join us!

We're thrilled to welcome three new entertainers to our community this month! One of them is Eric, a talented High School Student who plays violin and guitar. He'll be performing for us regularly on the 3rd Saturday of each month—don't miss it!

Super Bowl Squares will be available from February 3rd–9th. If you'd like to join, ask Olga or Gladys. The Philadelphia Eagles will face the Kansas City Chiefs in the championship game on Sunday, February 9th!

We're also celebrating a Week of Random Acts of Kindness from February 10th–14th. We'll have a Jar of Kindness, where you can write uplifting notes to others, and on Friday, February 14th, we'll distribute the notes anonymously, spreading love and appreciation throughout our community.

Speaking of Valentine's Day, we'll be serving chocolate fondue in the West Lounge at 2pm on Friday, February 14th—a sweet treat to celebrate!

On February 17th, join Michelle for an afternoon of "Wisdom and Warmth", where we'll share family memories and kindness quotes in honour of Family Day.

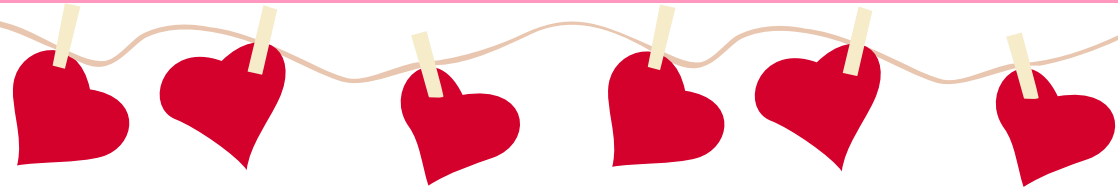
Pink Shirt Day, observed on February 26th, marks a special day to wear pink in support of kindness, anti-bullying efforts, and respect for all. It started in Canada in 2007 when two students wore pink to support a boy being bullied. Let's keep this tradition alive! We'll also have a special presentation on "Everyone Deserves Kindness: Addressing Bullying and Dementia with Compassion".

As always, let's continue to spread small acts of kindness and fill our community with warmth, making the world a better place for all.

Warm regards,
Olga, Activity Coordinator

FUN TIMES AT SUNNYSIDE MANOR





February 2025

Sunnyside Manor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Wafaa's Hair Salon Open on Wednesdays 9:00AM-2:00PM</p> 		<p>10:40 Zumba Gold with Marifer (NL) 1 1:00 Chinese New Year Celebration by Hanyang Arts Center: Dance, Music & Fortune (WL)</p> 
<p>Groundhog Day 2</p> 	<p>Score Your Square: Super Bowl Squares on Sale February 3rd-9th 3</p> <p>10:30 Morning Exercises (NL) 1:00 February Fun Jeopardy: Love, Luck & Legends (NL) 3:00 Wii Games: Bowling (EL)</p>	<p>1:00 Bingo (WL) 4 3:00 Chair Yoga DVD (EL) 3:30 Outwit Card Game with Nadia (NL)</p>	<p>10:30 Morning Exercises (NL) 5 1:00 March of the Penguins: A Heartfelt Nature Documentary (Lo) 3:00 Happy Hour with Mike Kinal (WL)</p>	<p>10:30 Core Fitness with Anne Burnell DVD (EL) 6 1:00 Shopping Trip to Walmart (BUS) 3:00 Scrabble (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 7 1:00 Words Creations with Michelle (WL) 3:00 Uno Fun with Shae (NL)</p> 	<p>10:40 Zumba Gold with Marifer (NL) 8 5:30 Saturday Night Chat (WL)</p>
<p>12:30 Piano Music with Daniel (WL) 9 3:30 Super Bowl Game (EL)</p> 	<p>Random Acts of Kindness February 10th-14th 10</p> <p>10:30 Morning Exercises (NL) 1:00 Kindness Card-Making: Share a Little Love (NL) 3:00 Movie & Popcorn: The Best Exotic Marigold Hotel (2011) (EL)</p>	<p>Library Books & Tapes Due 11</p> <p>10:30 Voices of Experience: Residents' Life Advice for the Future (EL) 1:00 Valentine's Day Bingo Bash (WL) 3:00 Chair Yoga DVD (EL)</p> 	<p>10:30 Morning Exercises (NL) 12 1:00 Movie & Popcorn: The Notebook (2004) Part I (EL) 3:00 Hearts & Happy Hour with Entertainment by Silverwood (WL)</p>	<p>10:30 Core Fitness with Anne Burnell DVD (EL) 13 1:00 Bus Outing TBD (BUS) 3:00 Scrabble (EL)</p>	<p>Happy Valentine's Day! 14</p> <p>10:30 Stronger Seniors DVD (EL) 2:00 Chocolate Lovers' Valentine Gathering (WL) 3:00 Movie: The Notebook (2004) Part II (EL) 3:30 Heartfelt Notes: Delivering Kindness on Valentine's Day (WL)</p>	<p>8:00 Foot Care (EK) 15 10:40 Zumba Gold with Marifer (NL) 12:30 Eric's Music Hour: A New Volunteer's Performance (WL)</p> 
<p>3:00 Music from the Heart: Student Performances on Piano, Violin, Cello & Harp (WL) 16</p> 	<p>1:00 Wisdom and Warmth: Family Memories & Kindness Quotes with Michelle (WL) 17</p> 	<p>10:30 The Ultimate Puzzle Championship (EL) 18 1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL)</p>	<p>10:30 Morning Exercises (NL) 19 1:00 Walk 'n' Talk with Olga (Lo) 3:00 Happy Hour with Garth Johannesson (WL)</p>	<p>10:30 Core Fitness with Anne Burnell DVD (EL) 20 1:00 Bus Outing to the Outdoor World, Tsawwaseen Mills (BUS) 3:00 Scrabble (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 21 1:30 Chef Talk with Louise (EL) 3:00 Uno Fun with Shae (NL)</p> 	<p>10:40 Zumba Gold with Marifer (NL) 22 5:30 Saturday Night Chat (WL)</p>
<p>12:30 Piano Music with Daniel (WL) 23</p> 	<p>10:30 Morning Exercises (NL) 24 1:00 Everyone Deserves Kindness: Addressing Bullying and Dementia with Compassion (EL) 6:00 Walking & Balance Exercise Class (EL)</p>	<p>12:00 Puretone Hearing Clinic (EL) 25</p> <p>1:00 Bingo with Prizes (WL) 3:00 Chair Yoga DVD (EL) 3:30 Outwit Card Game with Nadia (NL)</p>	<p>Pink Shirt Day! 26</p> <p>10:30 Morning Exercises (NL) 2:00 Town Hall Meeting (DR) 3:00 Happy Hour with Richard Stepp (WL)</p>	<p>10:30 Core Fitness with Anne Burnell DVD (EL) 27 1:00 Party Prep (DR) 1:30 Birthday Party & Welcome Tea (DR) 3:00 Scrabble (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 28 1:00 Giant Crossword with Michelle (NL) 3:00 Cards Games (NL)</p>	<p>Locations Legend: East Lounge (EL) West Lounge (WL) North Lounge (NL) Lobby (Lo) Library (LIB) Dining Room (DR) East Kitchenette (EK) Bus Trips (BUS)</p>