

February Newsletter

151 Centre St. Shelburne, Ontario L9V 3R7 (519) 925-2140



Entertainment

David Lamble

February 1 at 2:00 pm

Rick Adams

February 5 at 2:00 pm

Debbie Bechamp

February 12 at 2:00 pm

Jamboree Band

February 13 at 1:45 pm

Dan & Joyce

February 16 at 2:00 pm

Seventh Day Adventist Choir

February 23 at 2:30 pm

Troupeadore

February 25 at 6:30 pm

David Pegg

February 26 at 2:00 pm

Wishes for 2019

During the month of January, we had a display at the front entrance asking everyone to share their wishes. Here are just some of the wishes that people shared:

- Health & happiness
- A cure for cancer
- No one suffers with pain
- Peace on earth
- See more of Canada
- Stay healthy

My family to visit more often

Good health, happiness and prosperity

My family remain healthy and happy

People pray for each other

Happiness for all people

- Happiness for everyone
- All wars to end
- Health, joy, love
- More family time
- To have less worries
- Happy children

The love of my family and friends

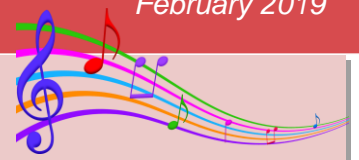
One more day with a lost loved one

Lots of fun times and adventures

That all people in the world could be as lucky as me!

May **ALL** Your
WISHES Come TRUE





Recipe For Happiness

From the residents of Dufferin Oaks

- 1 cup of Kindness
- 2 cups of Love
- 2 lbs of Sweetness
- 1 cup of Positive Attitude
- 1 tbsp. of Joy
- 2 tbsps. of Sunshine
- 1 tsp of Rainbows



Mix together while singing your favourite song. Bake with peace and contentment in your heart. When completed sprinkle with hugs and kisses and share with friends and family.



We have started a Reading Buddies program with Centennial Hylands School. Once a month the children come for a visit, do some reading with the residents and play some games.

Music Therapy

Music therapy is the skillful use of music and musical elements to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.

In 2017, a Music Therapy program was introduced to our residents on second floor. In 2018, thanks to a donation in memory of former resident Isabel Hamilton, we expanded that program to include third floor residents as well. A special thanks to Isabel's daughter, Jan Irwin, for donating to something so meaningful! To find out more about this program, please contact Angie Matthews.

February Birthdays

- | | |
|-----------------|-------------|
| Byron Newman | February 2 |
| Deanna Bootle | February 5 |
| Tina Regel | February 12 |
| Mary Morrow | February 13 |
| Alice Pearsall | February 14 |
| Marion East | February 15 |
| Chuck Krajacich | February 16 |
| Gena Douglas | February 26 |



Welcome

A warm welcome to Jane Bates, Rc Velma Funston, David Scott, Christine Reid, Heather Sousa and Eddie Pillar.

Sympathy

Our sincere sympathy is extended to the family and friends of Gus Feltham, Pearl Rayburn, Edward Banks, Oliver East, Dorothy James, Kathe Ley and Rick Hopkins.

