




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  						01 9:30 Memory Care Activity – C 10 :00 Knitting Club – Library 1:30 Music Activity w/ Bishops Students – Location TBD
02 Groundhog Day <i>Will “Fred la Marmotte” see his shadow?</i> 10:00 Service w/ St James – GH 2:30 Service w/ Brad Willms GH	03 9:00 Potato Peeling Club – GH 10:00 Fit Seniors Class – GH 10:30 Bible Study w/ John – Library 1:30 Carpet Bowling – GH 6:00 Pathways Program – A	04 9:00 Pathways Program – C 10:30 Hollywood Stars Bingo - GH 2:00 Documentary: World’s Greatest Dogs - GH 6:00 Pathways Program – D	05 National Chocolate Fondue Day 9:00 Potato Peeling Club – GH 10:30 Chair Fitness w/ Audrey – A 2:00 Chocolate Fondue & Rebus Puzzles Part 2! - Bistro 6:00 Bible Study w/Byron – Training <i>TUCK SHOP: 9:30 TO 11:00</i>	06 10:00 Joanie & Friends – A 2:00 Valentine’s Craft - GH 2:30 Teatime w/ The Grace Ladies	07 9:00 Pathways Program – C 10:30 Chair Fitness - GH 1:30 Bingo – GH 4:00 Catholic Mass – Conference Room	08 10 :00 Knitting Club – Library
09 10:00 Service w/ St. James – GH 2:30 Service w/ Richard Strout / John Klinck - GH	10 9:00 Potato Peeling Club – GH 10:00 Fit Seniors Class – GH 10:30 Bible Study w/ John – Library 1:30 Carpet Bowling –GH	11 10:30 Quebec Carnival Activity - GH 2:00 Tea & Library Time 6:00 Pathways Program – D	12 National “Have a Brownie” Day <i>Enjoy a tasty brownie today for dessert!</i> 9:00 Potato Peeling Club – GH 10:30 Chair Fitness w/ Audrey - GH 2:00 Uplands Community Project 6:00 Bible Study w/Byron – Training <i>TUCK SHOP: 9:30 TO 11:00</i>	13 10:00 Joanie & Friends – A 2:30 - 3:30 Valentine’s Day Moo-Mobile <i>Enjoy a chocolate milkshake delivered directly to your room!</i>	14 Happy Valentine’s Day 9 :00 Pathways Program – C 10:30 Chair Fitness - GH 1:30 Valentine Bingo – GH	15 9:30 Memory Care Activity – C 10 :00 Knitting Club – Library 1:30 Scavenger Hunt - GH
16 10:00 Service w/ St. James – GH 2:30 Service w/The Frazer Family – GH	17 9:00 Potato Peeling Club – GH 10:00 Fit Seniors Class – GH 10:30 Bible Study w/ John – Library 1:30 Carpet Bowling – GH 6:00 Pathways Program – A	18 10:30 Chair Volleyball - GH 2:00 Armchair Travel to Peru with Marylou - GH 6:00 Pathways Program – D	19 9:00 Potato Peeling Club – GH 10:30 Chair Fitness w/ Audrey – A 2:00 Hot Chocolate Bar - Bistro 6:00 Bible Study w/Byron – Training <i>TUCK SHOP: 9:30 TO 11:00</i>	20 10:00 Joanie & Friends – A 2:00 Birthday Bash w / Wayne & Friends - GH 2:30 Teatime w/ The Grace Ladies	21 9:00 Pathways Program – C 10:00 Communion – A 10:30 Pathways Program – D 1:30 Bingo - GH	22 10 :00 Knitting Club – Library 10 :00 Prayer Group – Library
23 10:00 Service w/ St. James – GH 2:30 Service w/ Anglican Church of Canada - GH	24 9:00 Potato Peeling Club – GH 10:00 Fit Seniors Class – GH 10:30 Bible Study w/ John – Library 1:30 Carpet Bowling –GH	25 Shrove Tuesday 10:30 Pancake Toss Game - GH 2:00 Pancake Party - Bistro 6:00 Pathways Program – D	26 9:00 Potato Peeling Club – GH 10:30 Chair Fitness w/ Audrey – A 2:00 Spotify Music Requests - Bistro 6:00 Bible Study w/Byron – Training 6:00 St. James Ash Wednesday Service – GH <i>TUCK SHOP: 9:30 TO 11:00</i>	27 10:00 Joanie & Friends – A 11:15 Seniors Luncheon (Sign up) 1:30 Service w/ Lennoxville United Church 2:30 BCS Bridges Program - GH 2:30 Teatime w/ The Grace Ladies	28 9:00 Pathways Program – C 10:30 Chair Fitness - GH 1:30 Bingo - GH	29 9:30 Memory Care Activity – C 10 :00 Knitting Club – Library 1:30 Leap Year Time Capsule - GH

Village Newsletter

February 2020

January Recap

January was a great month for getting back to basics and resting after the busy holiday season. We began the month with some relaxing activities like themed tea-times, hand spa and nail salon, and some winter reminiscing activities. This month we focused on keeping our brains sharp with activities like Proverbs guessing game, Price is Right: Real Estate Edition, Rebus puzzles, Wheel of fortune and more! In Arm-Chair travel this month we learnt all about Australia, learning about the country, taste testing some delicious Australian foods, and spending time discussing the current events happening there. The month, as usual, was filled with music as we sang and danced at Joanie & Friends, Pathways Sing-Alongs, the Birthday Bash, and more! January sometimes felt like a long, cold month, but we were grateful to warm up with a bowl of soup at the Village Bistro (open every Thursday to the community!) We welcomed several students to the Recreation department this semester, Kolbie, Alex and Abigaëlle from Special Care Counselling, and Marylou from Bishop's Psychology. We are excited to spend the next few months getting to know them! As January comes to an end, we look back on the first month of 2020 and smile at all the fun events and activities, and social connections with new and old friends!



February News

February is here, and we are excited to celebrate friendship, love and chocolate! We kick off the month with Hollywood Stars Bingo and continue our monthly documentary series with "World's Greatest Dogs." We will celebrate National Chocolate Fondue Day with some delicious fresh fruit and chocolate. This month we will be welcoming some residents from Mon Shack with their lovely dog Brownie for special tea times every second Monday. We will be learning about and celebrating the Quebec Carnival this month, and our during Arm-Chair travel we will be visiting the beautiful country of Peru with Marylou. On the 12, we will be welcoming the community to Grace Village for the Uplands Vitacite wrap-up event, a project that Grace Village participated in last fall. As Valentine's approaches we will be doing some sweetheart crafts and having a travelling Milkshake Mobile bringing chocolate milkshakes right to the room, and a special Valentine's Bingo. We are excited to welcome Wayne & Friends for the Birthday Bash as we celebrate all of the GV residents born in February. On Shrove Tuesday we will be enjoying a delicious mini-pancake bar and some favourite games like Toss the Pancake! The last day of the month is a special day, February 29th where we will be making a leap year time capsule and go over some fun leap year facts! We are looking forward to all the things that February will bring!

Leap Year Facts

- Without leap years every four years, our calendar wouldn't run as well as it should. Without leap years, we would lose 6 hours every year, and after 100 years, our calendar would be 24 days off.
- Leap years aren't the same around the globe. The Chinese calendar adds an entire leap month every three years. In Ethiopia, they add the leap day to the last month of the year every 4 years.
- Leap Day was the original Sadie Hawkins Day, or a day when it was deemed socially appropriate for women to propose to men!
- There are about 4 million people around the world who are "leaplings" (Born on Feb.29).
- Farming folklore says beans and peas planted in a leap year "grow the wrong way".

Birthdays

Ernie Shaughnessy – Feb 4th

Leona Coates – Feb 6th

Charlotte Kintzen – Feb 12th

Jean Stefano – Feb 16th

Jackie Cass – Feb 24th

Simone Roberge – Feb 6th

Charlotte Mackinnon – Feb 7th

Colleen Lyon – Feb 14th

Gertrude Henderson – Feb 17th

Special Activities

- Music w/ BU Students – Feb 1st
- Groundhog Day – Feb. 2nd
- Hollywood Stars Bingo – Feb. 4th
- World's Greatest Dogs Doc. – Feb. 4th
- Chocolate Fondue Day – Feb. 5th
- Valentine's Craft – Feb. 6th
- Quebec Carnival Activity – Feb. 11th
- Uplands Presentation – Feb. 12th
- Valentine's Moo-Mobile – Feb 13th
- Valentine's Day – Feb 14th
- Scavenger Hunt – Feb 15th
- Chair Volleyball – Feb. 18th
- Armchair Travel – Feb. 18th
- Hot Chocolate Bar – Feb 19th
- Birthday Bash – Feb 20th
- New: Prayer Group – Feb 22nd
- Shrove Tuesday Festivities – Feb 25th
- Music Requests – Feb 26th
- Seniors Luncheon (Sign-Up) – Feb 27th
- Leap Year Time Capsule – Feb 29th

Check out the calendar and daily activity boards for all additional weekly and bi-weekly activities!

For information, or to learn how to volunteer at Grace Village, contact the Recreation & Leisure Department
819-569-0546 ext. 5007 & 5008 drobertson@masscom.ca kpyle@massom.ca

