

NEWSLETTER

January 2025

Laurel Heights Retirement Residence- 3110 22nd Ave NW T6T 0R2
Phone-7804652273



Cheers to a New Year and another chance for us to get it right.

Editor's Desk

Hello Residents, Families and Friends!

Happy New Year, and welcome to 2025! As we step into this new chapter, it's the perfect time to reflect on the joys of the past year and set intentions for the one ahead. I'm wishing all of you a year filled with purpose, connection, and happiness.

Have you thought about ways to start the year off on a positive note? One idea is to focus on nurturing both your physical and mental well-being. Research continues to show that staying mentally engaged and learning new skills can do wonders for brain health. Picking up a new hobby, exploring an interest, or even taking part in a discussion group can improve focus, memory, and overall happiness.

This month, why not challenge yourself to try one new activity? Whether it's joining a book club, taking an art class, or attending a talk, you'll be surprised how these experiences can energize you and connect you with others. Let us know how we can help you discover something new—you just might find your next passion!

Jap Sokal - Recreation Manager



January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**
Birthstone: **Garnet**
Flower: **Carnations**

Quote of the Day

Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.

— Carl Bard

What We've Been Up To

In December, our community was brimming with Christmas spirit! Residents came together to decorate the Christmas trees, creating beautiful memories and festive cheer. Holiday Happy Hours brought joy and laughter, while warm hot chocolates kept everyone cozy.

We also enjoyed a delightful gingerbread house decorating session, Christmas crafts, and outings to witness the magic of Christmas lights and displays. The smiles and festive energy captured in the photos tell the story of a truly magical season.

Here's to keeping that holiday spirit alive as we step into a wonderful new year! 🌟 🎄



Life at Our Community



Upcoming Events

Our 2024 Journey- A Year to Remember

Wednesday, January 1st @ 1:00 PM, Theater

Elvis Presley Birthday Celebration

Tuesday, January 7th @ 2:00 PM, Games Room

Elva's 100th Birthday Party

Sunday, January 12th @ 2:00 PM, Main Dining Room

Monthly Auction

Thursday, January 23rd @ 3:00 PM, Games Room

Winter Wonderland Tea Party

Friday, January 24th @ 2:00pm, Games Room

Monthly Birthday Party with Entertainment

Thursday, January 30th @ 2:00pm, Games Room



Outings

Shopping outing to Walmart -@1:00pm Monday Jan 6th

Lunch at Monsoon Bistro- @ 11:30am Thursday Jan 9th

Shopping to Southgate Mall- @1:00pm Monday Jan 13th

Lunch at Mill Craft Bar & Kitchen-@ 11:30am Thursday

Jan 16th

Coffee Outing to Tim Hortons-@ 2:00pm Monday Jan 20th

Lunch at Famoso-@ 11:30am Thursday Jan 23rd

Ice Cream Outing to DQ-@ 2:00 Monday Jan 27th

Lunch Outing to Joeys-@11:30am Thursday January 30th

January Socials:

- Jan 14th - Blue Moon Milk Social @ 3:00 Tuesday
- Jan 28th- Snow Flake Ice Cream Social @ 3:00 Tuesday

January Baking:

In Second Floor Dining Room on-

January 15th @2:00pm

January Happy Hour

Jan 2nd, 9th and 16th at 2:00pm in Games Room (Thursday)

January Birthdays

In January, we celebrate birthdays with:

- Jan 6-Louis Sorenson
- Jan 7- Pauline Zolkiuski
- Jan 8-Steve Magega
- Jan 10-Wilma Hoople/Marjorie Wood
- Jan 13- Elva Curlock-100th Birthday
- Jan 14- Sherry Sterr
- Jan 21-Susan Chambers
- Jan 22- Harvey Tebbutt
- Jan 27- Henry Drozdiak
- Jan 30- Eleanor Hannah
- Jan 31- Alice Jones



Please join us in the Games room on 30th January, Friday to celebrate!

WOW!

Elvis was born January 8, 1935.

Elvis Aaron Presley was born in January in Tupelo Mississippi to his parents, Gladys, and Vernon. Little did they know that their little baby would grow up to be one of the first major rock stars of his generation with 40 top ten songs and 18

Capricorn (Dec 22 –Jan 19)

Capricorns are responsible, disciplined and have good managers

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

Conversation Starters

Getting to Know Your Neighbors

Now that you know all the benefits of social connection – boosted immune system response, less anxiety and cognitive decline, and enhanced overall wellness – it's time to start reaping those benefits by connecting with your neighbors. Making new friends can feel hard sometimes, so if you're struggling or feeling shy, it's okay! Our community is full of friendly and welcoming residents, which means you're already one step closer to starting a meaningful conversation with a new friend.

You can also use conversation starters to strike up a chat with someone at your dining room table, someone sitting next to you at an event, or someone that you see sitting in the common room. You can also use conversation starters as journaling prompts for yourself! Families, you can also use any conversation starters during your next visit.

Here are a few conversation starters that you can try using over the next month. Cheers to new friendships!

- What is the best thing that happened to you today?
- Tell me about your childhood pet.
- What was your favorite part of the school day when you were younger?
- How are you feeling today?
- What do you like to do for fun?
- When is the last time you really belly laughed?
- What is your favorite hobby?
- Who is your favorite singer and why?
- Who is your favorite actor or actress?
- What is a favorite book that you have read?
- Who was your best friend in elementary school?
- Who was your favorite teacher?
- Do you have any new year resolutions?

A Poem to Share

The New Year

by Ella Wheeler Wilcox

"What can be said in New Year rhymes,
That's not been said a thousand times?
The new year comes, the old year goes,
We know we dream, we dream we know.

We rise up laughing with the light,
We lie down weeping with the night.
We hug the world until it stings,
We curse it then and sigh for wings.

We live, we love, we woo, we wed,
We wreath our brides, we sheet our dead.
We laugh, we weep, we hope, we fear,
And that's the burden of a year."

Laughing Matters



The Nun

A man suffers a serious heart attack and has bypass surgery. He awakes to find himself in the care of nuns at a Catholic hospital. A nun is seated next to his bed holding a clipboard with several forms and a pen.

NUN - Good morning! How are you going to pay for your hospital treatment - do you have health insurance?

PATIENT - No health insurance,

NUN - Do you have money in the bank?

PATIENT - No money in the bank.

NUN - Do you have a relative who could help you with the payments?

PATIENT - I only have a spinster sister and she is a nun.

NUN - (annoyed) Nuns are not spinsters! Nuns are married to God.

PATIENT - Then send the bill to my brother-in-law.

Sick Day

A man calls his boss and says "I can't come to work today"

The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."

Always find a reason to laugh –
it may not add years to your life but will surely add life to your years

The Letter J Quiz

All the answers to this quiz start with the letter J!

- | | |
|---|--------|
| Caretaker of a building | J_____ |
| A medical condition that turns the skin yellow | J_____ |
| A knitted garment with long sleeves | J_____ |
| A person who writes for newspaper and magazines | J_____ |
| A portable pneumatic hammer or drill | J_____ |
| Specialized vocabulary | J_____ |
| Weary from excuses | J_____ |
| Highest lottery prize | J_____ |
| Fruit spread | J_____ |
| Knees, hips and elbows etc. | J_____ |
| Cheerful and friendly | J_____ |
| A place where scrap is collected | J_____ |
| A short tune used in advertising | J_____ |
| Japanese self-defense method | J_____ |
| Fatigue from air travel | J_____ |
| Dense tropical forest with tangled vegetation | J_____ |
| An Indonesian Island | J_____ |
| Woodworking trade | J_____ |
| Scoff rudely | J_____ |
| Seller of gems and precious metals | J_____ |