

THE VILLA VIBE

Union Villa Residents' Newspaper

GREETINGS FROM THE RESIDENTS' COUNCIL PRESIDENT

Hello my fellow Union Villians and welcome to the shortest month of the year.

I hope everyone is weathering the season and staying well. We need to remain diligent as our old friend Covid is always waiting around the corner, along with his buddies Rhinovirus and RSV to bring havoc into our lives yet again. Good hand sanitation and wearing masks when asked can make a significant difference.



February is Black History Month, a time to honor and celebrate the rich diversity of our Afro-Canadian friends, and those from other parts of the world. It is also an opportunity to remember and acknowledge the injustices they and their ancestors have endured, and the suppression of their cultures and beliefs. As a diverse society, we must embrace and welcome new people. February 2, we welcome that rascal Warton Willie to give his prognostication as to whether we have early spring or six more weeks of winter. A long-held tradition that takes place very close to my former home of Owen Sound. February 13 marks Tu B'Shevat, also known as Arbor Day, a celebration embraced by our friends in the Jewish faith. It is a time to honor trees and the bounties they provide.

This month promises to be an exciting celebration of cultures. As always, I look forward to seeing everyone at the events. Remember to enjoy whatever you can whenever you can and continue to spend time with those who matter most to you.

The Barefoot President, Anne

MONTHLY CHECK IN FROM RECREATION

Hello Folks, It's going to be a wonderful February with lots of events to participate in. This month is Recreation Therapy Month, so watch out for more details on how we are going to celebrate.



Don't forget about the upcoming Sweetheart Dinner on February 12th. If you are interested in coming, please RSVP to a Recreation team member by February 5th. You do not have to be a couple to attend, bring your friend or someone special.

I am so pleased to welcome our new fish friends to the Heritage Lounge! They are a bit shy right now but I know they will adjust to their new home soon.

If you have any questions or need to reach out to either myself or a member of the Recreation Therapists team, please email lbailey@uhs.on.ca or call extension 4225.

Lindsay Bailey

FEBRUARY SPECIAL EVENTS

There are so many exciting activities planned this month. so mark you calendars and join us!

LIST OF EVENTS:

See Calendar for full details and times.

Lunar New Year Celebration Show

- February 1, 2:30 pm in Heritage Lounge

Aging Mindfully Group

- February 4, 2:30 pm Heritage Lounge

February Birthday Parties

- February 6, 2:30 pm in Heritage Lounge with Emilio
- February 6, 2:30 pm in Union Mills with Deidrey

Lion Dancers

- February 8, 2:30 pm in Heritage Lounge

Superbowl Sunday

- February 9, 2:30 in Heritage Lounge

Sweetheart Dinner

- February 12, 6:00 pm in Heritage Lounge

Resident Council

- February 13, 10:15 am in the Chapel

Valentine's Day with the Sparklettes

- February 14 in Heritage Lounge

A Cup of Love High Tea Social

- February 15 2:15 pm in Heritage Lounge

Cupid's Craft Corner

- February 16, 2:15 pm in the Heritage Lounge

Black History Month with Deidrey

- February 18, 2:30 pm in Heritage Lounge

Jammin with Jim and Frank

- February 20th 2:30 in the Heritage Lounge

Afternoon Movie with Chocolate Fondue

- February 22, 2:00 pm in Heritage Lounge

Love is in the Air Karaoke

- February 23, 2:30 pm in Heritage Lounge

Happy
Birthday

to all our residents who are
celebrating this month!

Mary M	02-Feb
Wini	04-Feb
Francis	06-Feb
Emilios	18-Feb
Mun	20-Feb
Ethel	23-Feb
Mae	28-Feb

FEBRUARY FACTS

The birth flower of February:

Violet and primrose

February birthstone:

Amethyst

Astrology signs born in February:

Aquarius (January 20 – February 18)

Pisces (February 19 – March 20)

QUOTE OF THE MONTH

“Though February is short, it is filled with lots of love and sweet surprises.”

– Charmaine J. Forde



MEMORIES FROM JANUARY

MEN'S

Breakfast



WINTER

Bliss



FAREWELL DEAR FRIENDS

Peter J
Yin Ping N
Alexandar W

Poem: Remember Me

Don't remember me with sadness,
Don't remember me with tears,
Remember all the laughter,
We've shared throughout the years.
Now I am content
That my life it was worthwhile
Knowing that I passed along the way,
And made someone smile
When you're walking down the street
And you've got me on your mind,
I'm walking in your footsteps
Only a half step behind.
So please don't be unhappy,
Just because I'm out of sight,
Remember that I'm with you
Each morning, noon and night
~Unknown

Welcome

TO OUR
NEW RESIDENTS

Amin Elvira Robert
Yuan Noreen
Mary Fung Ngor



- St. Patrick's Day
- Mardi Gras

FEBRUARY DAYS OF SIGNIFICANCE

We are proud to share these upcoming special days and holidays with our residents. Acknowledging and celebrating these days of significance supports a sense of community through inclusion.



February is Black History Month

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country.



February is Therapeutic Recreation Month

Therapeutic Recreation Month occurs every February and celebrates the positive impact recreational therapists make in the lives of their residents. Therapeutic recreation is the use of leisure activities to promote the health, emotional wellbeing, skills, and abilities with different. Please join us for our special program in February to celebrate.



Valentine's Day - February 14

A day of romance when people celebrate their love for one another. The origin of this holiday dates back to the 5th century and is named after a Christian martyr, St. Valentine (international).

Family Day – February 17



It falls on the third Monday of February each year and allows families to spend quality time together. Family Day aims to honour family bonds and bring loved ones closer together. Many communities organize festivals, concerts, skating parties, museum exhibitions, and other events. Cities offer activities like free public skating and discounted museum visits.

UNIONVILLE HOME SOCIETY LAND ACKNOWLEDGEMENT:

The Unionville Home Society sits on the traditional territories of the Anishinaabe Peoples and of the Haudenosaunee Peoples, and is also situated in Markham, one of the most diverse municipalities in North America.

All of us at Unionville Home Society take pride in that legacy and look forward to building a brighter, more honest, more inclusive future.