

The ALAVIDA Times

February 2024

PROMENADE

Dial **7001** from your suite's phone to listen to what activities we have planned for the month!

Contact your Activity Team for more details.



The Promenade wishes a warm welcome to our new residents this month!

	<u>RR:</u> Ernest Mireau	
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We want to invite all residents to join the Social Hours! Chips will be available for purchase for 50 cents. We also offer wine, beer, coolers, and spirits for purchase, as well as complementary non-alcoholic beverages.

3:00PM in the RR Bistro & 4:00PM in the SS Bistro

Monday's, Wednesday's and Friday's

Calling all born in February!

Promenade residents born in February will be celebrated with a special dinner on **Wednesday, February 28th**

February 1st – John Bagnall
February 2nd- Denise Garneau Sadler
February 2nd- Doreen Ridley
February 2nd- Lorraine Galarneau
February 2nd- Valerie Kettle
February 9th- Kaye Fenton
February 9th – Stephen Porrior
February 10th- Irene Almey
February 11th- Francine Woodworth

February 12th- Geneva Kidd
February 13th- Michael Westwood
February 13th- Madeline Murphy
February 15th- Margaret Burgess
February 22nd- Andree Paissant
February 25th- Fran Christie
February 27th- Hemant Canaran
February 27th- Anne Dawson
February 28th- Ron Smith
February 28th – Johanne Bonin

Please contact reception if we missed you on the list!

Valentine's Day at the Promenade

Love is in the air at the Promenade! We would like to invite all Residents, family members and staff to participate in all of our fun activities planned.

Baking Sugar Heart Cookies:

Join the activities team in making these festive cookies! This is taking place on Thursday, February 8th at 3:00 in the RR Activity Room.

Valentine's Day Nail Art with Remi:

Get ready to have your nails painted by the talented Remi! This is a free service, all you have to do is sign up with reception! Have your nails looking fabulous on Valentine's Day! This event will be taking place on Saturday, February 10th from 3:00-5:00 in the RR Activity Room, and Sunday, February 11th from 4:00-5:00 in the SS Yoga Room.

Chocolate Taste Testing:

We will be hosting another Chocolate Taste Testing Social! White, dark, sea salt... we have it all! Join us on Monday, February 12th at 3:00 in the RR Bistro and 4:00 in the SS Bistro.

Strawberry Milkshake Social:

A perfect treat for Valentines Day! These milkshakes are so creamy and delicious! Come indulge in your sweet side on Wednesday, February 14th at 10:30AM in both RR and SS Bistros.

Valentines Day Social :

We will be celebrating Valentines Day with a special social. We will have loads of treats and we will also be serving a Sweet Heart Cocktail which will be available as alcoholic and non-alcoholic. Join us on Wednesday, February 14th at 3:00PM in the RR Bistro and 4:00PM in the SS Bistro.

Message from our Activity Manager

Happy February Promenade! February is the month to show love... and I can't wait to use this opportunity to show how much I love you all! This month we have planned many fun festive activities for February. I am so excited for Valetine's Day, I want to encourage all residents to attend this social as I am looking forward to seeing some new faces. My team and I are ready to put on another dance show and are excited to serve some festive treats and our Sweet Heart cocktail, which is actually a recipe from one of our very own staff! I hope this month is as lovely as all of you are! See you where the fun is! - Rayza

February's Movies

Movies will be shown at...

Friday's at 8:00 PM in the SS Theatre

Saturday's at 1:30 in the SS Theatre

Sunday's at 2:30 in the RR Theatre

Friday, February 2nd – My Fair Lady (Drama, Musical)

Saturday, February 3rd- Chain Reaction (Science Fiction, Action)

Sunday, February 4th- Forrest Gump (Comedy, Drama)

Friday, February 9th- Notting Hill (Romance)

Saturday, February 10th- The Notebook (Romance)

Sunday, February 11th- Pride and Prejudice (Romance)

Friday, February 16th- Roman Holiday (Romance, Comedy)

Saturday, February 17th- Independence Day (Action)

Sunday, February 18th- Zoolander (Comedy)

Friday, February 23rd- The Pianist (Biographical, Drama)

Saturday, February 24th- One Eyed Jack (Western)

Sunday, February 25th- School of Rock (Comedy)

Clubs and Committees

Clubs and Committees	Schedule	Location
Colouring Club	Wednesday's at 9:30 AM	(RR- Activity Room)
Crochet Club	Monday's and Thursday's at 10:30 AM	(SS-Lobby)
Art with Verbana	Monday's and Friday's from 2-4	(SS-L4)
Exercise Class	Monday's, Tuesday's and Thursday's at 10:00 AM	(SS-Yoga Room)
Bridge Group	Monday's and Friday's at 1:30	(SS-Bridge Room)

February Outings

Outings with the Van will be every Thursday from 8-1.
Sign up for outings at the reception.

Thursday, February 1st to Superstore
Thursday, February 8th to Walmart
Thursday, February 15th to Metro
Thursday, February 22nd to Giant Tiger
Thursday, February 29th to Place D'Orleans

Please contact activities if you have an outing to suggest for a future month! :)

Word Games in the SS Bistro

We are reintroducing word games to the SS Bistro! Every Wednesday at 3:00 PM come enjoy some fun Word Games like Scrabble, Crosswords, Trivia and many more!