GOLDEN YEARS

INSIDER January 2025



704 Eagle St. N. Cambridge, Ontario N3H 1C3 519-653-5493 *peoplecare.ca*



January Events

1st - New Years Day!

15th - Resident Food meeting - 10:30am

20th - Outing to Cineplex (sign up req)

21st - January Birthday Social - 2pm

28th -Residents Council 10:30am

29th - Chinese New Year "Year of the Snake"

30th - Brent Meidinger entertains - 2pm

Refer to your January activity calendar for all scheduled activities!

From the desk of the Executive Director January 2025

Dear Residents and Families,

Happy New Year! As we step into 2025, I want to extend my warmest wishes to each of you. The start of a new year is always a time of reflection and renewal, and here at Golden Years, we are excited to embrace the opportunities and joys that lie ahead.

Bundle Up!

As we welcome the new year, it's important to remember to dress warmly. The winter chill is upon us, and staying cozy is key to staying healthy. Be sure to layer up with hats, scarves, and gloves when heading outside. Our team is always here to help with any winter gear you might need.

A Little New Year's Humor

Why did the New Year's resolution go to the gym? Because it wanted to get a little more "a-peeling"! 🥦

Looking Ahead

As we move forward into the limitless potential of 2025, let's focus on making this year one of growth, connection, and happiness. Whether it's through small daily joys or big milestones, every moment counts. Let's make the most of it together.

Thank you for being a part of our Golden Years family. Here's to a wonderful January and a fantastic year ahead!

Warm regards, *Vincent Fasan*Executive Director, Golden Years LTC

Chinese New Year, or the Spring
Festival, is a festival that celebrates the beginning of a New year on the traditional lunisolar Chinese calendar.

Marking the end of winter and the beginning of spring, this festival takes place from Chinese New Year's Eve, the evening preceding the first day of the year, to the Lantern Festival, held on the 15th day of the year. The first day of Chinese New Year begins on the new moon that appears between 21 January and 20 February.

*Residents Council *

The next Resident's Council meeting will be held January 28th at 10:30am in the Cafe.

Council is open to all residents, and you are encouraged to attend!







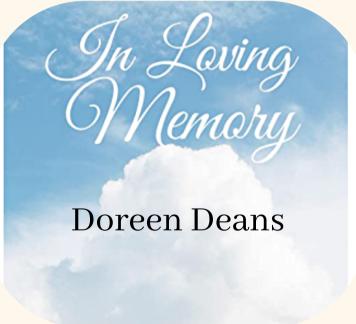
Kim E. 3rd Seija T. 3rd
Moui L. 6th Marlene J. 11th
John W. 14th Joao M. 14th
Bill T. 17th Sibastian R. 21st
Judy E. 25th Liz F. 25th
Gus M. 25th Rosa D. 29th



Volunteer Opportunities

The Recreation Department is looking for volunteers to help with a variety of programs from outings, entertainment, card games, socials or 1:1 visits. If you would like to help out, please speak with the Director of Programs or a staff member in the Recreation Department





Our deepest thoughts and sympathies go out to their family and friends.

"He spoke well who said that graves are the footprints of angels."

~Henry Wadsworth Longfellow

December look back...























































































Winter Word Search

S H B W L W N O R T U W M S D
O N S N O W F L A K E I I N T
I K J Y L J H B R C H N T O O
V I Q Y Q E O I H A H T T W B
S U C E O U T B C S M E E B O
K M H K C E C X L I C R N A G
A N I G Z P H F S I C A S L G
T Q L P C F O V S H Z L R L A
I B L L O F C L V N O Z E F N
N V Y O L V O I M F O V A B S
G L S W D Q L S I I F W E R B
I N N G H O A K Y C Z J M L D
B B O O T S T I O D Y J O A N
Z Z W N Q X E G X F X R F Z N
N F R E E Z I N G J O M V G W

hotchocolate

blizzard

icicle

snow

Winter

snowflake skating

boots

icy

cold

snowball

snowman

chilly

toboggan

plow

freezing

shovel

scarf

mittens

ski



FIND 7 DIFFERENCES.



