

GOLDEN YEARS

# INSIDER

January 2025

peopleCare  
communities

704 Eagle St. N. Cambridge, Ontario  
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\*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!



**31 DAYS IN THE MONTH**

**The Coldest Month of The Year**

**Eating Black Eyed Peas on New Years Day is Good Luck**

**1st Month of The Year**

**The Tournament of Roses Parade has run since 1890.**

**National Puzzle Day**

**National Penguin Day**

**National Book Month**

**National Soup Month**

**Martin Luther King Jr. Day**

**Elvis Presley's Birthday**

**National Thank You Month**

**National Spaghetti Day**

**Carnations January Flower**

**Garnet Birthstone**

**National Rubber Duck Day**

**Astrology Signs: Capricorn, Aquarius**

# JANUARY FUN FACTS

**Staff Christmas Social**

**MADEWITHHAPPY.COM**



**HAPPY  
BIRTHDAY**

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



**Welcome  
HOME!**



**Veronica L.**



**Marlene J.**



*In Loving  
Memory*

**Doreen Deans**

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...









Looking back  
at 2024

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Thank you  
residents and  
staff  
of Golden  
Years...



for making  
2024 a  
wonderful  
year filled  
with fun and  
creating  
lasting  
memories!







# 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

snowflake

snowball

freezing

blizzard

skating

snowman

shovel

icicle

boots

chilly

scarf

snow

icy

toboggan

mittens

Winter

cold

plow

ski



