

January 2022

Pleasant Manor Post

Heritage Place



Celebrating January

**International Creativity
Month**

Black Diamond Month

Mentoring Month

New Year's Day
January 1

Bird Day
January 5

**Make Your Dream Come
True Day**
January 13

Use Your Gift Card Day
January 15

Martin Luther King Jr. Day
January 17

**World Snow Sculpting
Championship**
January 18–23

Compliment Day
January 24

Activity Professionals Day
January 28

Happy New Year!

Another year has come and gone, a year that brought hardship and many changes but also a year that brought joy and resilience. Going forward in 2022 remember the CAREFUL model of Radiant Care- and to demonstrate behaviors in our relations with each other that are **Committed, Authentic, Respectful, Empathetic, Faithful, Unconditional and Loving.**

“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.”
Jeremiah 29:11.

Happy Birthday To...

- Teresa Bove- January 2nd- **101** years old!!
 - Victor Braun- January 2nd
 - Laura Gossen- January 9th
 - Frieda Neufeld- January 12th
 - Bill Dick- January 21st
 - Else Zimmermann- January 24
- Mabel Thomas- January 28th- **100** years Old!
 - Ann Halliday- January 30

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New Year's Toasts and Wishes for 2022



An Interview with Mabel- Turning 100 years old!

What is your secret to living to 100? *"That's a good question, I wish I knew! I always stayed busy, especially with baking, knitting, crafting, and taking care of my 4 children."*

What is something you recall from your childhood? *"I remember having to use an outhouse and I remember my dad going off to war and praying for him everyday."*

What is your advice for a young person? *"Eat healthy, don't stress too much and keep busy."*

What are your favourite foods? *Everything, I'm not too picky, I did always try to eat healthy.*

Did you used to exercise? *"I did during my lifetime- going for walks and doing chores everyday."*

What are you grateful for? *"For my parents who were great role models."*



Christmas Stockings

Once again, the community of Niagara on the Lake was beyond generous and provided a stocking full of gifts for each resident to open on Christmas Day. Thank you to all who donated, especially Joan King for organizing this event.



Celebrity January Birthdays

Betsy Ross (upholsterer) – Jan. 1, 1752
Diane Keaton (actress) – Jan. 5, 1946
Zora Neale Hurston (novelist) – Jan. 7, 1891
Soupy Sales (comedian) – Jan. 8, 1926
Max Roach (jazz drummer) – Jan. 10, 1924
Jeff Bezos (Amazon exec) – Jan. 12, 1964
Regina King (director) – Jan. 15, 1971
Muhammad Ali (boxer) – Jan. 17, 1942
Ernest Borgnine (actor) – Jan. 24, 1917
Oprah Winfrey (talk show host) – Jan. 29, 1954
Jackie Robinson (ballplayer) – Jan. 31, 1919

Hot Chocolate on a Cold day!



As the COVID cases continue to rise here are some tips to keep healthy and prevent the spread of COVID-19 from Public Health:

- **Get vaccinated.** Thank you to everyone who has been vaccinated and received the booster!
- **Clean your hands often** with soap and water for 20 seconds or hand sanitize and avoid touching your eyes, nose or mouth with unwashed hands
- **Stay home if you're sick** Learn what to do if you have symptoms. You should not attend any gatherings or events if you have any symptoms, even if they're mild.
- **Follow local public health advice in public settings**, such as wearing a face covering, screening and physical distancing. Wear your mask while walking the hallways at Pleasant Manor.
- **We are all in this together! Stay safe and have a healthy new year!**



A New Year's Prayer

Dear Lord, as the new year begins, we come to you and ask for your blessing. We pray that you would give us joy to fill our days, peace to fill our hearts and love to fill our lives.

Thank you for the plans you have for us in the new year. We wait in anticipation to see all you will do!



Activities for Tenants

A reminder that only 10 people can gather in common spaces indoors. Church services will allow for 10 tenants to join and will be able to view on the online platform Zoom.

Congratulations to Agatha and Adine for winning the winter activity gift for finding all the Radiant Care Elves.

Throughout the month there will be activity pages and craft kits located near mailbox areas.

Celebrating January

Get Organized Month

International Creativity Month

Volunteer Blood Donor Month

First Foot Day
January 1

Trivia Day
January 4

Bobblehead Day
January 7

Make Your Dream Come True Day
January 13

Martin Luther King Jr. Day
January 18

Compliment Day
January 24
Kazoo Day
January 28

Inspire Your Heart with Art Day
January 31

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Happy New Year!

Happy January Birthday To...

-Daniel MacRae- 2nd
-Loretta Martens- 6th
-Rudy Wiens- 7th
-Maria Wiens- 7th
-Gordon Scott- 20th
-Margaret Pritula- 20th
-Linda Fast- 23rd
-Lena Neufeld- 23rd
-Lorraine Rancourt- 24th
-Alice Morrison- 27th
-Daryl Ann Cowan- 29th
-John Fast- 30th
-Mary Berg- 31st
- Evelyn Hildebrand- 31st

Thank you to the following organizations who donated poinsettias and flowers in December to add to the festive decorations at Pleasant Manor:

Sunshine Express Garden Centre

Niagara on the lake Horticultural Society

And thank you to all the tenants who helped decorate and pass out flowers. Also, to everyone who decorated the courtyards and balconies, thank you for making spirits bright!

