

February 2017

Villa-Wide Therapeutic Recreation Programs & Events for February 2017

- 2, 9, 16, and 23 **Knit and Chat**, 10:30am, Conservatory Lounge
- 2 and 16 **Pottery Group**, 2:15pm, Auditorium
- 6, 13, 20, and 27 **Monday Manicures**, 6:00pm, Conservatory Lounge
- 7, 14, 21 and 28 **Bingo**, 2:00pm, Auditorium
 - Please note Feb. 14 will be a Valentine's Themed Bingo Program
- 8 **Resident's Council Meeting**, 2:00pm, Auditorium
- 9 **Celebrate TR Social**, 2:30pm, Conservatory Lounge
- 14 and 28 **Men's Club**, 6:30pm, Conservatory Lounge
- 21 **Diner's Club Lunch**, 12:00 Noon, Auditorium
- 23 **Thurs. Afternoon Singers**, 1:30pm, Auditorium



Reminder to Families

It is very important that all clothing and blankets be labelled for your loved ones. The laundry is sent to an outside facility and if it is not labelled correctly it may not come back to us. Even if the family is doing the laundry items must still be labelled as items could be accidentally sent out. Thank you for your cooperation with this and if you have any questions or concerns please do not hesitate to contact myself at ext #2242
Thanks, Wendy, Manager Housekeeping and Linen Services



The Canadian Red Cross has made a difficult decision to close the Health Equipment Loan Program (HELP) in Ontario. The Red Cross will be focusing on their resources and expertise on solutions that are more aligned with the overall direction of the Red Cross.

The Red Cross will stop referrals and in-kind donations as of January 30, 2017. Current HELP clients can continue using the equipment for the duration of their rental period. Clients are also welcome to extend or renew their current equipment loan up until March 31, 2017. All HELP equipment should be returned to the Red Cross by March 31, 2017.

Donations of no longer needed manual wheelchairs funded by the Assistive Devices program (ADP) will continue to be accepted by the Red Cross through the Manual Wheelchair Recycling program until June 30, 2017. However, donations of these wheelchairs received after January 30 will no longer be refurbished for re-use but will be responsibly recycled.

Thank you for your ongoing support of the Red Cross. If you have any questions, please contact Brenda Frazer-Laing at 905-522-8485 ext. 1275.

Date: Thurs Feb 9th, 2017

Time: 11:30am - 1pm

BRING YOUR LUNCH AND LEARN!



Nutrition 101 with Dr. Lisa Tabrizi BSc,ND

Are you stressed by what foods to eat or not eat? Join Dr. Lisa for a session where she will discuss how to compose a healthy meal, how to effectively meal plan, and review what super foods should be in your daily diet. We will also review alternative protein sources and ways to limit or replace sugar.. The session will end with some quick tips for healthy meals and snacks on the go. Start nourishing a healthier you!

Brought to you by the S.I.M GYM

Talk takes place in the Auditorium of St.Joseph's Villa

56 Governor's rd, Dundas

Call 905-627-3541 ext 2109 or

email s.i.mgym@sjv.on.ca to reserve your spot

55 and older please

St. Joseph's Villa Foundation presents

16TH ANNUAL GALA EVENT | FRIDAY, APRIL 28
2017

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FACULTY OF HEALTH SCIENCES, MCMASTER UNIVERSITY

Presented by



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LIUNA STATION

360 James St. N. Hamilton

COCKTAILS | DINNER
6pm | 7pm

Tickets: \$200 each

MUSICAL GUEST

John Ellison
& BAND

CALL 905-627-9011 EXT 2293

OR EMAIL D_DAVIDSON@SVJ.ON.CA

TO RESERVE YOUR TICKETS

Visit our website: svj.on.ca/foundation