



February 2014

Lodge Events

Happy Valentine's Day & Happy Family Day

GARDEN COURT – North Peace

Housing's self contained, independent living apartments, are up and running. We sincerely hope all our new residents enjoy their brand new home. Suites are still available @ 624-3919 Located west of the Peace River Hospital

Few are those who see with their own eyes and feel with their own hearts – Albert Einstein

Lodge Contacts

Autumn Lodge, Berwyn 338-3917
Harvest Lodge, Fairview 835-2862
Del Air, Manning 836-3325
Homesteader, Hines Creek 494-3500
Heritage Tower, Peace River 624-3919
Central Office, Peace River 624-2055

February is Heart Month

Every single one of us has a heart, which means every one of us is at potential risk.

Managing your diet, keeping fit and watching your blood pressure are just a few important factors. This important month also gives you an excuse to sip on a glass of red wine. Red wine is known to be good for the heart, but only in moderation.

*Please, please, please
don't let him see his shadow!*



Happy Groundhog Day
(I WANT SPRING!)

The Legends of St. Valentine

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Another legend suggest that Valentine sent the first "Valentine" greeting after he fell in love with a young girl, possibly the jailors daughter. Before his death he wrote her a letter and signed it From Your Valentine, an expression that is still used today. (Although the truth behind the Valentine legend is still a bit murky.)



Maintenance Reminder

Toilet maintenance – Do not flush anything other than human bodily waste and toilet paper. Grease, paper towel and other forms of napkins are a no no, they do not break down and end up getting clogged in the pipes. There are corners and turns before it reaches the sewer. Grease will build up and other items will stick to the grease like a gluey coating.