



North Peace Housing Foundation

January 2015

Lodge Events

HAPPY NEW YEAR!

Seniors

If you or anyone you know is looking for accommodation in one of our lodges please contact the lodge of choice or go to our website.

www.northpeacehousing.ca

TIPS FOR HEALTHY SKIN

Winter months are hard on your skin. Drink more water, to help keep your skin moisturized, and exercise. Regular exercise helps to keep the skins elasticity which prevents wrinkles. Do not scrub and wash too hard as this takes away the natural oils. Get your recommended sleep; sleep helps to restore and re-energize your skin and organs.

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

**MAY THE BEST
OF THIS YEAR,
BE THE WORST
OF NEXT.**



THE HISTORY OF THE NEW YEAR

New Years Day is probably the world's most celebrated public holiday. Often observed with fireworks at the stroke of midnight as the New Year starts in each time zone. January 1 represents the fresh start of the new year coming, a period of remembrance and a review of the passing year and of course a few predictions to come. A common image used, is a cartoon of the incarnation of Father Time (or the old year) wearing a sash across his chest with the previous year printed on it. He then passes on his duties to the Baby New Year; an infant wearing a sash with the New Year printed on it. Babies born on New Year's Day are called New Year's Babies due to this celebration. Gifts are adorning the new birth of the year and for the baby. Happy New Year to All.

Tomorrow is the first blank page of a 365 page book. Write a good one.



Maintenance Reminder

Now that winter is upon us you need to remember that the heat registers cannot function if there are boxes or furniture obstructing the flow of heat. Move most of your things away from the register and you will always have a nice warm room and a happy maintenance man.