



# North Peace Housing Foundation

February 2015

## Lodge Events



### 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](http://www.northpeacehousing.ca)

### 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

### TIPS FOR A HEALTHY BRAIN

*Play games, read, do puzzles, make conversation with others, research something of interest. This is a good way to challenge your brain. Sometimes we are a product of habit, try opening the door with the other hand, and change your route that you would normally take. All this will force your brain to wake up from habits and pay attention again. Eat healthy foods and drink water.*



**You can't turn  
back the clock;  
but you can wind  
it up again.**

## FAMILY DAY

*The holiday was first celebrated in 1990. Alberta was the only province in Canada to have a statutory holiday in February until Saskatchewan began observing it in 2007. The holiday was proclaimed by Lieutenant Governor Helen Hunley on the advice of Premier Don Getty. Premier Getty said it was important for Albertans to take time to spend with their families and that this holiday would emphasize the importance of family values. Getty came into considerable criticism at the time. Many employers felt that another statutory holiday was an unnecessary financial burden. In response to the criticism, the holiday of Heritage Day was downgraded to a civic holiday, meaning employers were not required to observe this day. As the years passed most employees honor both holidays. Most communities have programs to help celebrate families. Check with your local community services for upcoming events, then go out and enjoy time with your family.*



### Maintenance Reminder

It's that time of year to clean out some of the excess articles that we don't need.

Too many trinkets make it harder to clean. If by chance you have some foods you were going to eat later, please check to see if it is still ok to eat. Some foods cause and attract little bugs and aren't safe to eat after a short time. Please be careful we don't want anyone getting sick. Go through your drawers eliminate what you don't need, trinkets you don't use or clothes that don't fit. Enjoy and enlighten your spaces.

