

Bardwell Banter

December 2016

MAKE ME LAUGH



LIFE HACKS

life hacks

#2507

Deep breathing for a few minutes a day is like a massage for your internal organs. It improves your entire bodies circulation.

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life hacks

#2662

A great rule to avoid clutter in your home: Bring one thing in, throw two things out.

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CALENDAR

- Thursday Dec. 1st- Game Night 5:30PM
- Friday Dec. 2nd- Coffee Hour 9:00AM
- Friday Dec. 2nd- Wii Bowling 2:00PM
- Sunday Dec. 4th- Movie Night 4:00PM
- Monday Dec. 5th- Residents Association Meeting 3:00PM
- Tuesday Dec. 6th- Colorist Group 1:00PM
- Tuesday Dec. 6th- Lions Club Pizza and Bingo 5:00PM

- Thursday Dec. 8th- Sugarwood School 10:00AM
- Thursday Dec. 8th- Book Club 2:00pm
- Friday Dec. 9th- Coffee Hour 9:00AM
- Friday Dec. 9th- Wii Bowling 2:00PM
- Tuesday Dec. 13th- Colorist Group 1:00PM
- Tuesday Dec. 13th- Christmas Lights Tour 5:00PM
- Wednesday Dec. 14th- "Dollar" Bingo 5:45PM
- Thursday Dec. 15th- Game Night 5:30PM
- Friday Dec. 16th- Coffee Hour 9:00AM
- Friday Dec. 16th- Wii Bowling 2:00PM
- Sunday Dec. 18th- Movie Night 4:00PM
- Monday Dec. 19th- Therapy Dogs 4:00PM
- Monday Dec. 19th- Kiwanis Dinner 6:00PM
- Tuesday Dec. 20th- Colorist Group 1:00PM
- Thursday Dec.22nd- Book Club 2:00PM
- Friday Dec. 23rd- Coffee Hour 9:00AM
- Friday Dec. 23rd- Wii Bowling 2:00PM
- Tuesday Dec. 27th- Colorist Group 1:00PM
- Tuesday Dec. 27th- Prayer Worship Service 2:00PM
- Thursday Dec. 29th- Game Night 5:30PM
- Friday Dec. 30th- Coffee Hour 9:00AM
- Friday Dec. 30th- Wii Bowling 2:00PM
- Saturday Dec. 31st- "Bring a Prize" Bingo 2:45PM

Reminder- There will be NO CSJ Bingo for the month of December

DECEMBER'S ODD HOLIDAYS

Thursday Dec. 1st: Eat a Red Apple Day

Friday Dec. 9th: Official Lost and Found Day

Monday Dec. 12th: Poinsettia Day

Saturday Dec. 17th: National Maple Syrup Day

Wednesday Dec. 28th: Card Playing Day

SHOUT-OUTS!

Thank you to Grace Davy, Mary Bilecki, and Phil Gurley from Rutland Area Food and Farm Link (RAFFL) for volunteering their time and skills in preparation for the Squash Workshop and Cooking Demo.

Thank you to Chef Dave Engels for leading the cooking class and taking the time to teach the participants about proper food and kitchen safety.

10 EASY TIPS FOR STAYING HEALTHY THIS WINTER

<https://cenovis.com.au/10-tips-for-staying-healthy-this-winter/>

Boost immunity– Supplements containing herbs and nutrients will help to support healthy immune function.

Keep moving– Keeping active during winter is essential to support our health and wellbeing.

Eating well– Be sure your diet includes winter fruit and vegetables packed with vitamins and minerals such as sweet potato, green leafy vegetables, beetroot, kiwi fruit, mandarins, bananas, garlic, and ginger.

Weight management– Ditching the exercise as well as the salads during winter can often lead to weight gain.

Sleeping well– Proper sleep (eight hours for an adult) can help keep the body's immune system healthy and fight off colds. Avoid alcohol, caffeine, and cigarettes as these substances can affect the quality of your sleep.

Skin health– Using moisturizers daily may help to keep the skin moist. And don't forget the sunscreen, it is important to remember we can still get sunburnt when the weather is cold!

Keeping bugs at bay– Wash or sanitize your hands regularly and avoid close contact with someone who has a cold. Keep household surfaces clean.

Stress and healthy mood– Stress can lower the resistance to nasty bugs by depressing the immune system.

Circulation– Keep moving with gentle exercise to help improve circulation to the extremities of the body and don't forget your socks and gloves!

Stay hydrated– As the weather cools down and our thirst decreases, it is easy to forget to drink enough water. You still need to aim for about two liters/day of water during winter as it is essential for our body to function.

IMPORTANT ANNOUNCEMENTS

Congregate Meals Program

For the month of October, the contributions for the congregare meals were **\$106.50**. In the past few months, the contributions have been decreasing.

It is SO important to donate towards this wonderful program, if you can. The recommended contribution is **\$3.50 per meal**, but anything helps!

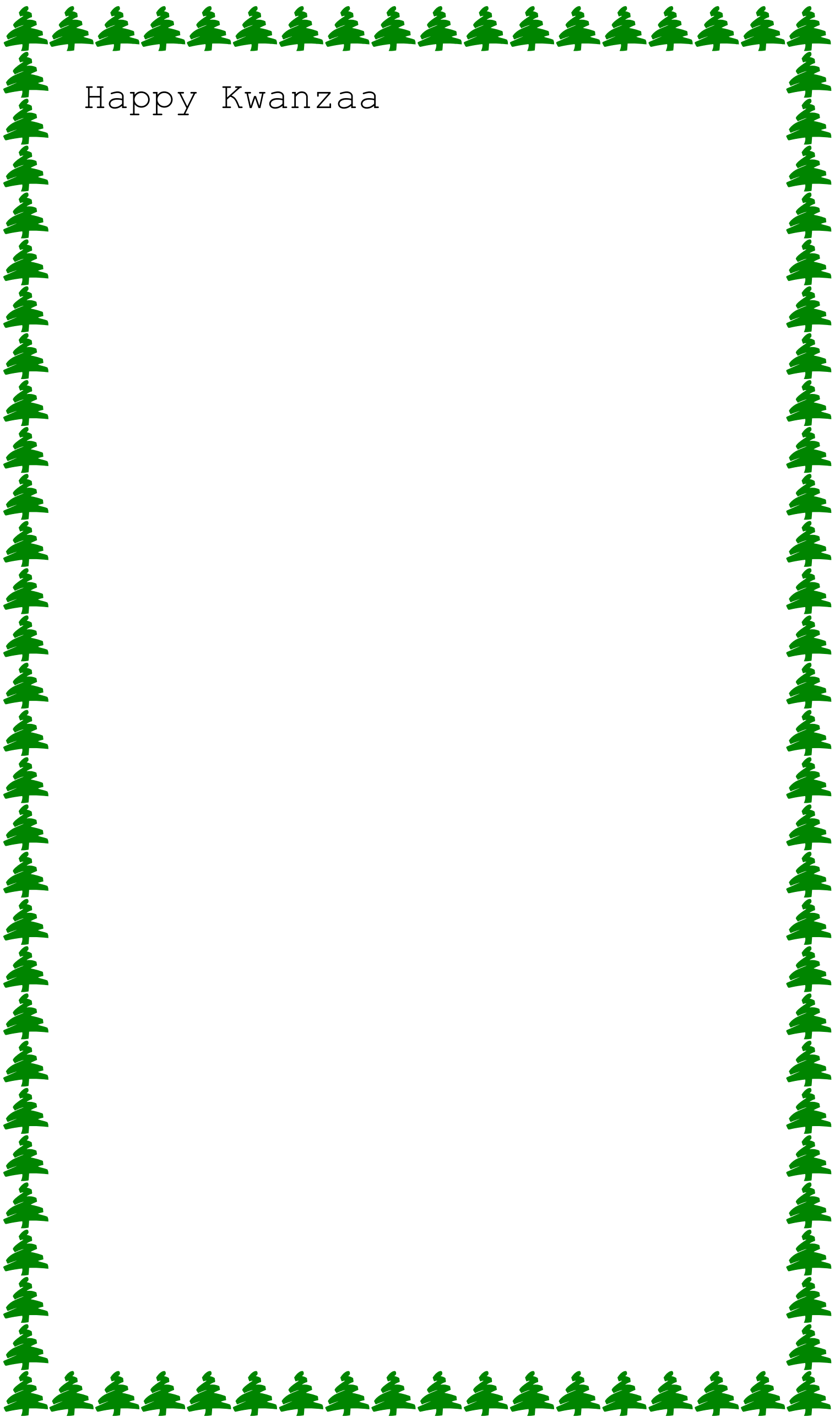
There will be an announcement at the next Residents Association Meeting (12/5/16) regarding ideas on how to increase the donations. Some ideas that will be proposed are "Dollar" Bingo, a 50/50 raffle, and a bottle drive. The proceeds from these functions will go directly to the congregare meals program.

Please remember, anyone who is a resident at the Bardwell House is eligible to participate in the program.



Merry
Christmas

Happy
Hanukkah



Happy Kwanzaa