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# *The Tie that Binds*



Holland Christian  
Homes

I n t e r n a l   N e w s l e t t e r

March 2025

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“A friend loves at all times, and a brother is born for adversity.” Proverbs 17:17

There used to be a popular television game show that made famous the line, “Would you like to phone a friend?” If the contestant was in danger of having to drop out of the game, one permissible strategy was to use a “Lifeline”- which consisted of calling a friend for help. It was usually a wise move.

In everyday life as well as during times of challenge, it is a wise move to reach out to a friend. In the Bible, the books of wisdom literature frequently point out the strength, refreshment and benefit of solid friendships. “Two people are better off than one, for they can help each other succeed,” says Ecclesiastes 4:9 (NLT). The verse quoted from Proverbs 17 reminds us that it is especially during adversity that the depth value of close friendships is most evident. Friends are born for such moments.

In John 15, as the gospel story moves closer and closer to the cross, Jesus assures his disciples of his friendship. He also teaches them and us how we ourselves might act as a friend when called upon. ‘Greater love has no one than this: to lay down one's life for one's friends.’ (John 15:13). Not only is it wise to reach out to someone when we find ourselves in times of trouble, it is to be like Jesus to act as a reliable friend to others, the kind of friend willing to offer self-sacrificing love.

In the first week of March, the season of Lent will be upon us. Once again, we will be reminded of God’s saving love as Jesus journeys toward the cross to redeem the world by laying down his life for us, his friends. But the season of Lent is also an opportunity to recommit ourselves to imitating the love of Jesus by extending the hand of selfless friendship.

Today, by whatever means, offer yourself as a friend to someone. You just may turn out to be a lifeline.

~ *Pastor Eric Groot-Nibbelink*

***For 2025 the season of Lent begins March 5 with an Ash Wednesday service in Horizon Hall at 10 AM. Feel free to gather with us.***

## From the desk of the CEO

Dear Holland Christian Homes Community,

During this past month, HCH like the rest of Ontario experienced an unusual dumping of snow. Due to the significant amount of snow that fell over an extended period, it was challenging to clean around the property especially between cars. I want to personally thank you for your patience as we worked to clear the property of this snow. I especially want to thank those of you who took the time to help others during this time, and to our dedicated staff who came to work despite the bad weather to assist in the clean-up and to ensure our residents and tenants received essential care and services.



We have bins of salt at each entrance as well as a shovel to help clean between cars. We ask that you please return the shovel when finished with it. For your information, the exterior sidewalks along McLaughlin Road and Kingknoll Drive are on city property, and therefore the responsibility of the City to clear after a snowfall.

It is time for the “Annual Tenant Survey”. The survey will be delivered to each tenant’s internal mailbox within the next month. In consultation with the Tenant Advisory Committee, the survey will be limited to just a few questions which are more open-ended with the intent to solicit more effective feedback. There will be a drop-off box at reception and a secondary drop-off box on the Kingknoll side of the street. We will clarify the drop off locations on the survey form. Your feedback is important, so we hope you will complete and return your survey. Thank you in advance.

Security guards have been monitoring the grounds daily (7 days a week) Monday to Friday 9:00pm to 7:00am, and on Saturdays and Sundays from 7:00pm to 7:00am (statutory holidays, the hours may vary). Reminder to contact the TNO office should you have any security related concerns, and TNO staff will contact the security guard on duty to respond as required.

The Provincial election was held on Thursday February 27<sup>th</sup>, 2025. Polling stations were available in both Heritage Hall and Horizon Hall for our tenants and residents to vote.

By now you would have received your 2024 income tax receipts for rent, care fee and donations (for those who donated in 2024) and promissory notes (if applicable). We have new financial software for processing tenant rent and care fee receipts. The receipt says “2024 Rent Receipt”, however in the detailed breakdown, you will see the words “Room & Board”. There is text on the receipt clarifying that this wording is in fact “Rent” and not “room and board”. We have included a Q & A page on Rent Receipts. If you still have questions about your rent receipt, please don’t hesitate to speak to the Tenant Business Services office.

Cable services – we met in February with Rogers and the start date to implement Rogers Ignite may need to be pushed forward another month. We will provide much more detailed information to everyone as we finalize the details of this implementation. Please note that this upgrade / change will not affect current cable or internet services in Faith Manor. We will be holding town hall meetings with tenants and Rogers so you can ask questions about this new service.

I am pleased to report that the lease for the old Faith Manor (Bethany Place) is now complete. Our Lease holder is Tyndall Nursing Home owned by Sharon Village Care Homes. They were evacuated from their nursing home during a flood in August of 2024. They have a new building currently under construction with an anticipated completion date of January 2027. They need a temporary location until they can move to their new building. They will provide their own staff. The lease includes the exclusive use of the Red Tulip, and use of the Grace Manor laundry and Faith Manor dishwashing areas (after hours). The Lease stipulates that Tyndall’s staff will not have access to park on our property. Tyndall has made arrangements for alternative parking for their staff. We cannot control use of our parking lot by their visitors, however they will be subject to the same rules as our visitors. Please note that effective immediately, the Red Tulip and the designated smoking area (outside in front of FM) is no longer available for use by tenants or staff.

Thank you to everyone who donated to our Christmas Appeal for a new shuffleboard room. We are starting to plan for installation. This new shuffleboard room will be located in the same room where physiotherapy is currently operating (ground floor by Shoppers Drug Mart). In order to accommodate the new space, we will be doing a number of office

relocations. Physiotherapy will be moving within the TNO area, more specifically in the area currently housing the Social Worker and Assisted Living Coordinator. These two staff will also be relocated but to two offices within the TNO area (by the Doctors Clinic area). This should take approximately two to three months to have all completed.

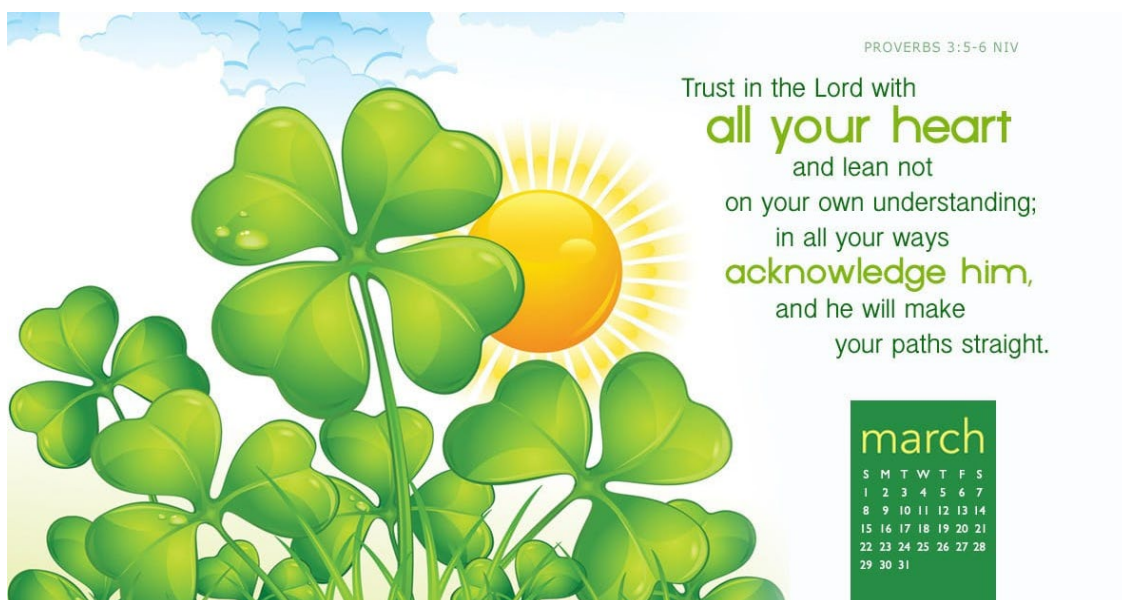
As previously reported, the Ministry of Long-Term Care accepted Faith and Grace Manors into a time-limited Long-Term Care Homes Cultural Pilot (the Pilot). Our official designation letters were to take effect on February 5, 2025, however due to the recent election being called, we received notification that the launch of this new program would be delayed. We were informed that no new policies or programs are allowed to be introduced during an election period and therefore the launch of the Cultural Homes Pilot would be deferred until after February 27, 2025. I will update once we learn more.

We have still not heard back from the Landlord and Tenant Board regarding the rent increase (above the approved guideline) for which we applied. We will notify tenants once we hear back.

On February 11, 2025, I attended the Tenant Advisory Committee (TAC) meeting and a summary of the minutes / discussion(s) follows my report.

***Happy March!***

Blessings, Tracy



## **TENANT ADVISORY COMMITTEE UPDATE (TAC)**

The Tenant Advisory Committee meeting was held on Tuesday February 11th, 2024 at 8:30am. Tracy Kamino, CEO attended the meeting. The following is a summary of our discussion(s):

### **Minutes of the January 14, 2025 meeting**

- Omission to minutes - it was noted that the discussion about floors being cleaned on Sundays and on Christmas in front of the church was missing from the minutes.

### **Business arising from last meeting minutes**

- A member explained that he and other tenants are against the idea of removing the decorative ledge from the Providence Tower basement. As a result, the project will be on hold until a decision is made.
- Shovels were requested at entrances, however tenants reported this had not been done yet. Tenants were assured that this would be done by the end of day.
- The coffee machine by the Red Tulip will stay there until all supplies are used. A member asked if the Red Tulip coffee machine could be moved to the snack bar area. Tracy explained that this will not resolve the issues, and that the same issues will come forward. Contact has been made with the vendor to provide alternatives where the machine comes with everything built in. We are currently waiting for their response.
- In follow-up to the last meeting, the member informed administration about the specific 4 parking spots in front of King Tower (which all appear to be undesignated) that could possibly be designated for visitors for short 1-2-hour visits. Tracy confirmed that 1 of the 4 spots belongs to a tenant. The remaining 3 spots can be designated as short-term visitor parking. Tracy confirmed that signage has been ordered and will be installed once received – provided the ground/snow coverage allows for the installation.

### **General Discussion**

- It was mentioned that some treatments are being performed in the open waiting area of TNO, while they should be performed privately in a treatment room. Tracy agreed stating that she would speak to the Director of TNO about this immediately. We will also provide a privacy curtain to use for tenants who do not wish to go to a treatment room.
- Security started February 3, 2025 - one security guard in uniform will patrol the complex daily during the hours of 9:00pm-7:00am Monday-Friday and 7:00pm-7:00am on the weekends and statutory holidays. Contact the TNO office should

you have any security concerns, and TNO staff will contact the security guard on duty to respond as required.

- Tracy let the committee know that the 2025 budget has been finalized and approved. This is why we were able to start security. A member asked what other upgrades can they expect in regards to capital upgrades. Tracy explained that the amount requested in the budget and the amount received are two different numbers, so we are still working with the Board through this. Tracy stated that she will report at a future meeting once the list is finalized.
- A member brought up that someone was moving out from their apartment on a Sunday. Tracy explained that we do not allow move-ins or move-outs on Sundays. We will not reserve the elevators on Sundays for move in/out. Tenants are told this when they move in and when they give notice to vacate. Despite this, if somebody decides to move out without reserving the elevator, and against our policy, we are limited to what we can do at that time.
- It is time for the “Annual Tenant Survey”. Some discussion was held about how we can improve the participation rate. Tracy stated that the Tenant Services Committee suggested to shorten the survey and limit it to just a few key questions which are more open-ended soliciting more feedback. The committee members thought that would be a good idea. They asked if there could be a drop box at reception and also one on the Kingknoll side of the street. There is a box at the pastoral office that could possibly be used. Tracy stated that we will provide an additional locked box somewhere on the Kingknoll side and let tenants know its location once the survey is ready for submission.
- Tenants are helping themselves to items donated to “Encore”. Some tenants are upset as they want their specific donated item to go to Encore not to a tenant’s apartment. A member asked if there could be a “Take it or Leave it” shelf, where people can donate items, that tenants can take and leave. There used to be one like this in the past. It was not for large items (concern over infection or bed bugs etc). There used to be small things. More discussion is needed. The TAC can explore this more.
- Tracy reported that administration is currently preparing the 2024 rent receipts for distribution by the February 28<sup>th</sup> deadline. Tracy stated that we have new financial software that is issuing these receipts, however there is one wording that tenants should be aware of. You will notice that the receipt says “2024 Rent Receipt”, however where there is the detailed breakdown, you will see the words “Room & Board”, however there is text clarifying that this is in fact “Rent” and not “room and board”. This wording will not impact your filing of income taxes.
- It was brought up that playing bingo and/or games for which money is collected and where not everyone is guaranteed to win a prize, requires a social gambling

license through the Alcohol and Gaming Commission of Ontario. Tracy stated she applied for this license. It was very easy to apply, is valid for one year and at no cost to HCH. This social gambling license covers all of Holland Christian Homes. The license is currently posted in every activity / hall area. What is important is that tenants cannot be charged more than \$2.00 to participate in any such activity as outlined above.

- The lease for renting the old Faith Manor is almost complete. This lease will also include the exclusive use of the Red Tulip, and use of the Grace Manor laundry and Faith Manor dishwashing areas (after hours). More information will be available at the next meeting.
- A decision was made regarding cable packages. Rogers Ignite will be coming to HCH. There will be lots of different packages to choose from. More information will follow. Town Hall meetings will be scheduled with Rogers to answer tenant questions.
- A member asked how the fundraising for the Shuffleboard room is doing. Tracy explained \$17,000 was raised to date, however we have not closed the opportunity and continue to raise money. Tracy stated that we have been working with Physiotherapy to secure an alternative space within HCH for them to operate. The new space should be identified by the next TAC meeting.
- Tenants thought maintenance staff would help move tenant's personal furniture. It was discussed that this is not a responsibility of Maintenance. Families or external companies should be contacted to assist.
- There was a discussion about TAC members investigating concerns/rumours made by one tenant about another. This is not the role of a TAC member. Rumours need to be squashed immediately, as they can create a lot of upset especially for the tenant for whom the rumour is directed. Tracy reminded members to please bring rumours or concerns to Tracy immediately, so it can be properly addressed.
- Tracy stated that polling stations will be held in both Heritage Hall (PT, CT, TT, HT) and Horizon Hall (KT, PeT) for our tenants and residents to vote on election day, Thursday February 27<sup>th</sup>, 2025 (9am to 9pm).

## **Round Table-New Business**

### **Trinity Tower**

- No Issues.

### **Hope Tower**

- No Issues.

### **Covenant Tower**

- No Issues.



## **Providence Tower**

- A member stated that he and other tenants would not like to see the ledge removed from the basement. It was reported that this is contrary from what was discussed at the last meeting. Until a final decision has been made, the decorative ledge will stay as it is.

## **King Tower**

- A tenant who receives magazines in their mailbox has reported parts of the magazine torn off possibly when placing in the mailbox. Tracy will speak to the mail people about this. It may be possible that the mail is torn before it arrives at HCH (during mail processing). We will record the condition of any damaged mail before it is sent to the tenant mailbox. Please advise if any mail is damaged, so we can investigate.
- Horizon Hall air vents are dirty and need to be cleaned. Lorraine stated that Maintenance has already contacted our external vent cleaning company and is waiting for them to confirm a date. This vent cleaning will also be done in other halls throughout HCH.
- A complaint was made regarding the sidewalk between the “Red Tulip” and King Knoll Rd. It looks like it has not cleared from the snow. Maintenance will be asked to speak to the snow removal company.
- The Red Tulip lights are on all night, and tenants would like to see these lights off when not in use. A member stated the cost of these lights are minimal and that the lights being off could be a security and safety issue. Members felt there are more important issues to focus on. Tracy did state that we will get timers for the Christmas trees next year.
- A concern was brought forward regarding some bottles of condiments being left out on tables in the Red Tulip all night. Tracy informed the members that the restaurant is currently being emptied / cleaned out to prepare for the new lease holder as explained above.
- The Christmas decorations are frozen in the ground, and will be removed as soon as possible.

## **Peace Tower**

- A tenant asked, why the stools were removed from the elevators. Tracy explained, as per the Fire Code and Fire Department, stools are not permitted in the elevators.

***Next Meeting will be held on Tuesday March 11th, 2025.***



**Respectfully Submitted on behalf of TAC,  
Leah Lenstra and Cor Buikema, Co-Chairs**

**Tenant Advisory Committee**

If you have any tenant concerns that you wish to be discussed at the Tenant Advisory Committee, please contact your Tower representative.

**Trinity Tower**

Ms. Maria DeMelo TT501

Ms. Sandra Morello TT612

**Hope Tower**

Mr. John Versteeg HT509

Mr. Keith Lohnes HT612

**Covenant Tower**

Ms. Leah Lenstra CT711

Mr. Len Joosse CT1001

**Providence Tower**

Ms. Lucy Vandersluis PT501

Mr. Simon Riemersma PT904

**King Tower**

Ms. Barbara McMahon KT402

Mr. Cor Buikema KT805

**Peace Tower**

Ms. Liz Terpstra PeT1004

Ms. Trudy Adema PeT1504



## **FAQ's for 2024 Tenant Tax receipts**

### **Why does the receipt look different this year?**

We started using a new billing program for 2024 which has the ability to create tax receipts which we utilized.

### **I need to send a copy to my son/daughter/tax person/etc. so they can do my taxes.**

It is the tenant's responsibility to get their receipt to whomever they need to.

### **I usually get 2 receipts – Rent & Care – but I only received one.**

This year we have a new program and both Care and Rent are combined and **detailed** on one paper.

### **I don't see my rent amount listed.**

The Room & Board reflects your Rent amount (this was a program default and cannot be changed).

### **I have subsidy/equity but the receipt shows a lot more than I paid this year.**

For those with Subsidy or Equity their Rent amount is actually NET of the Room & Board and Equity/Subsidy deduction amount.

### **Why do I have two receipts in my name?**

If your spouse passed or moved out (eg: LTC) during the tax year you might receive 2 receipts – the combined amount is your total(s) for the year. If you moved apartments during 2024 (internal move) you may receive two received receipts – one from each apartment – the combined amount is the total(s) for the year.

### **What should I do if later on in 2025 I receive a letter from the CRA requesting additional information regarding the rent amount I claimed.**

Should you receive an audit letter from the CRA later this year you can send them a copy of this receipt to answer their question about your rent, the amount, our facility, etc.

### **I/my family have additional questions about my receipt and/or the amount(s). Who can they contact?**

You can visit the front reception desk who can answer your questions or direct you to the correct person or email our team at [finance@hch.ca](mailto:finance@hch.ca) with the subject line **2024 Tenant Tax Receipt Inquiry** and your name, apartment and contact information in the email.

## *Tenant Corner*



### 🎵 LET'S SING! 🎵

We are now entering the Lent and Easter season and will be singing many songs about Christ's journey to the cross and the joy of Easter.

Come and join us on Monday evenings at 7 pm in Heritage Hall. If your voice isn't strong, come and sing what you can, listen and be blessed by the music and the words of the many songs when your voice gets "croaky"!

A note from Patti Milne,

Thank you to everyone who attended the February 15<sup>th</sup> Valentine's Day dinner. The nurses were grateful for the gift baskets we donated.

Our next event will be our St. Patrick's Day Dinner on Saturday March 15<sup>th</sup> featuring Garth Brooks impersonator, Les Smith



**Due to unforeseen circumstances the Soli Deo Gloria choir has to be cancelled. Thank you to all who responded.**

**With regret, Johanna DePleijt**



Come and attend the **Dutch Hymn Sing** on Tuesday March 25<sup>th</sup> at 7pm in Harmony Hall. Enjoy an evening of fellowship, song and stories with HCH friends. Admission is only \$1, drinks and goodies included. If you would like to participate in the program call Bill Ubbens at 905-874-6218.

Hope to see you there!



After the service, a little boy told the pastor: “When I grow up, I’m going to give you some money.”

“Well, thank you,” the pastor replied, “but why?”

“Because my daddy says you’re one of the poorest preachers we’ve ever had.”

*Selected by Pastor Keith Lohnes, from the book Holy Humor by Cal and Rose Samra*

### Community Easter Dinner

Sunday, April 20 in Horizon Hall at 3 pm  
This dinner will be served family style at tables of 8.

Entrees: Beef pot roast and BBQ spare ribs

Veggies: Carrots, broccoli, cauliflower, roasted potatoes, green salad

Dessert: Trifle

Tickets: \$15.00, available March 15th

For information and tickets, call Lydia  
Booth: 905-456-5284



Spring Garage Sale in Horizon Hall, Friday, April 25, 2 - 4 pm  
Mark your calendar to shop for treasures.

Call me to reserve your FREE table to sell your treasures.

Lydia 905-456-5284

Hello Everyone! Here we are in March 2025. **THANK YOU** to all our Volunteers for the great work all of you do on a regular basis.

*Are you interested in any of these volunteer assignments that are currently available?*

- Smile and Serve Team – helping to prepare & serve coffee/tea for events
- Meals on Wheels Delivery Team
- Bingo Support on Wednesday Evenings in Grace Manor Atrium
- Friendly Visiting in Faith Manor
- Friendly Visiting in Grace Manor
- Activation Support in Faith Manor
- Activation Support in Grace Manor
- Faith Manor Mealtime Assistance
- Grace Manor Mealtime Assistance
- Do you play a portable instrument? Do you know anyone who does? Would you like to go to Grace Manor and play music for residents in their rooms? A “wandering minstrel” idea?
- Are you friendly and welcoming? Would you like to join our new “Volunteer Faith Manor Reception” Team?

If you are interested in any of these available volunteer assignments and you would like a “**Job Description**” to provide you with more details or if you have any questions, please contact Glenda in the volunteer office at Ext. 5225 or by email at [glenmc@hch.ca](mailto:glenmc@hch.ca). Also, please feel free to stop by for a chat or if you would like an appointment, please call and I am happy to discuss a time that works for you!

If you are new to our Holland Christian Homes community and you would like to join our volunteer team, you are most welcome and we look forward to hearing from you!



**Hello, My name is Jacquie and I have been hired by Holland Christian Homes and am excited to be working with the Manors as the Dementia Care lead . I am looking forward to creating some wonderful memories with the residents, family care partners and staff care partners. Together we will grow a caring, inclusive and vibrant community focusing on creating home, well-being, and empowerment. We will promote a person-directed approach to care that puts the resident first. We are all partners in care. We will work together collaboratively to eliminate loneliness, helplessness and boredom. Manor updates and celebrations will be published monthly in the Tie that Binds.**



## **DEMENTIA CARE & SERVICES LEAD**

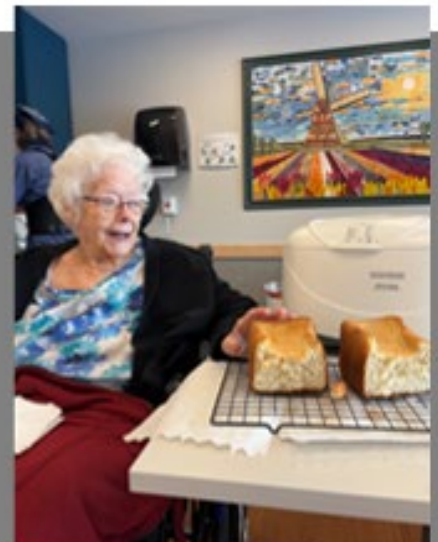
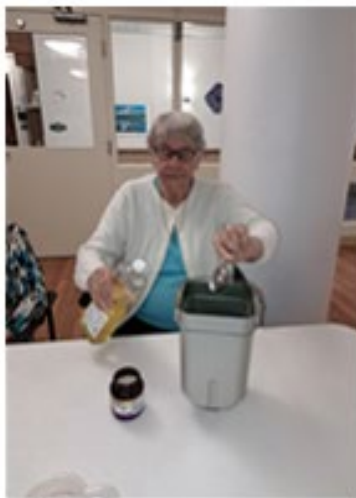


**Goal of Culture Change = person-directed Care**

# Baking Fresh Bread in the Manors at the Manors!



Residents  
are  
enjoying  
the bread  
making  
machines!



Thank you, Sewing Sisters, for donating these!



## NEWS FROM TOWERS ACTIVITIES



### **Communications/Events Board**

All of our communications/events will now be on these boards, located by the mailboxes/elevators in each building. In addition, there is one by Towers Nursing Office & Reception. We will no longer be putting posters in the elevators, so please check the boards for all the goings on here at HCH.

### **Remember to Bring Your Mug!**

As part of good sustainability practices, this is a friendly reminder to please remember to **always** bring your mug to **all designated activities.**



### **Morning Devotions**

Morning devotions take place on CH 990 every **Tuesday and Thursday** at **10:00 AM**. We look forward to sharing this special time of fellowship united in faith as we begin the mornings in God's Word.

## Billiards Room

HCH has two lovely Billiard rooms that are available for use. One is located across from Anne's hair salon by front reception. The room is kept locked but you can get the key from front reception and return it when you're done playing. The second billiards room right beside Horizon Hall is kept locked and can be opened using your apartment key.

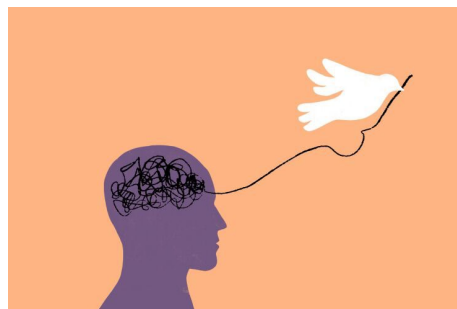
## A blooming opportunity – Flesh Flowers for Purchase!

Spring is just around the corner, and what better way to brighten your space than with a **fresh bundle of flowers? Every week**, a limited number of floral bundles are available for purchase at Front Reception for just **\$2**. To ensure everyone has a chance to bring home a little beauty, we encourage those who haven't signed up recently to take advantage of this opportunity. Whether it's your first time or your first time in a while, let this be the time you treat yourself (or a friend) to fresh flowers! Sign up early and let a little nature into your home.



## March: Celebrating Brain Health Awareness Month

*"You shall love the Lord your God with all your heart, with all your soul, and with all your mind." — Matthew 22:37*



This March, we observe **Brain Health Awareness Month**, an initiative supported by **Health Canada** that emphasizes the significance of caring for our minds as we age. This is a moment to contemplate the remarkable gift of our minds: our capability to think, learn, remember, and connect.

God designed our minds to be active and flourishing at every stage of life. The choices we make daily, moving our bodies, nourishing ourselves well, resting deeply, and fostering meaningful connections, can strengthen our mental well-being and enrich our lives.

At HCH, I encourage you to take part in the wonderful **Tenant-run and Towers-run activities and events** designed to keep your mind sharp. Whether through music, games, discussions, or creative expression, let's celebrate the ways we can honour God by caring for our mental and cognitive health.

### **Tai Chi**

Join us **every Thursday at 10 AM in Horizon Hall** for a transformative Tai Chi session! More than just movement, Tai Chi is a powerful practice that nurtures both body and mind. This gentle, flowing exercise enhances balance, reduces stress, and sharpens mental clarity, all while promoting brain health through mindful breathing and intentional motion. Whether you're a beginner or seasoned practitioner, everyone is welcome to experience the harmony and energy of Tai Chi. Come breathe, move, and find your flow with us!

### **Line Dancing**

Join us **every Thursday at 2:00 PM in Horizon Hall** for an exciting Line Dancing session! These upbeat, rhythm-filled classes keep you moving, improve coordination, and give your memory a workout, all while having a blast on the dance floor. No experience? No problem! Whether you're a seasoned dancer or a total beginner, you'll enjoy great music, great company, and great fun. Best of all? It's completely **free**! So put on your dancing shoes and let's move - your mind and body will thank you!

## Paint Night returns to HCH!

Get ready for a night of fun, artistic expression! On **Monday, March 3rd at 7 PM in Harmony Hall**, Paint Night returns to HCH with the talented team from **ART FUNDamentals** and it's an experience you won't want to miss! **No experience? No**



**problem!** With step-by-step guidance, you'll be amazed at what you can create! This is more than just a fun night - it's a brain boost! Engaging in creative activities like painting improves cognitive function, reduces stress, and enhances memory - all while giving your imagination room to play. **Cost: \$30 per person** (includes all painting supplies, snacks, and refreshments). **Spaces are limited—don't miss out on the fun!**

## Music & Movement

Get ready to move and groove with Music & Movement! Join Frances Chiappetta on **Tuesday, March 4th & 18th at 10 AM in Horizon Hall** for a lively, themed dance experience that's as fun as it is stimulating for the mind. We'll dive into the history behind each song, explore the artist's story, and then let the rhythm take over! Whether you're dancing on your feet or swaying in your seat, this class is all about feeling the music in a way that works for you. Short, upbeat songs and engaging moves will lift your spirits while keeping your brain and body active. Come dance and celebrate the power of music. **No experience needed**, just bring your energy!

## Movie Matinee

On **Thursday, March 6th at 1:30 PM in Heritage Hall**, join us for an inspiring true story:

*"Breakthrough"* (2019), a film that highlights the remarkable power of faith, resilience, and the brain's ability to heal against all odds. *"Following the journey of a young boy who, after falling through an icy lake and being declared lifeless, defies medical expectations. Through the*



*unwavering love of his mother, the dedication of medical professionals, and the mysteries of brain recovery, this film reminds us of the mind's incredible potential for resilience and renewal."*

**Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door. Remember your mug!**

### **Senior's Tech Corner**

We're thrilled to bring **Tech Corner** back this March with a series of **fun, beginner-friendly technology classes** led by Simran, our very own George Brown student! Whether you're just starting to explore technology or want to sharpen your skills, **this program is for YOU!** Classes will take place every Friday morning in Harmony Hall. The next session kicks off on **Friday, March 7th**, with additional sessions on **March 14<sup>th</sup> and March 21st**, from 10:00 AM to 11:00 AM. Sign up weekly at Front Reception to reserve your spot.

### **Armchair Travels**

On **Monday, March 10<sup>th</sup>** at 11 AM on Ch. 990, you will have the opportunity to watch Rick Steves presenting "**Dublin and Mystical Side Trips**". *"Dublin's story is of feast and famine — from its 18th-century Golden Age to its 20th-century struggles for independence to its boomtime today. We explore the town's foreboding castle and patriotic jail, plus Trinity College with its Book of Kells. Later we party in Temple Bar, awash in Celtic music and Guinness. We side-trip to the prehistoric necropolis of Newgrange and the medieval monastery at Glendalough, deep in the scenic Wicklow Mountains."*

**Free Grocery/Shopping Bus Trip to Walmart** Our first of two monthly grocery bus trips will take place on **Tuesday, March 11<sup>th</sup>**. This trip operates on a first-come, first-served basis, so be sure to sign up soon! The bus will **depart** at 9:30 AM sharp, and **pick-up** will be at the CT



Entrance at 9:15 AM. This trip's destination is Walmart on Steeles Avenue, and we will return to HCH around noon. To sign-up, please visit Front Reception after 4:00 PM on weekdays or anytime between **9:00 AM and 9:00 PM** on weekends.

### **Travelogue with The Zinkwegs**

Please join us on **Wednesday, March 12<sup>th</sup>** in Harmony Hall at 7pm as we join The Zinkwegs as they show us the part 1 of Santiago De Cuba and India. You won't want to miss this! **Coffee and tea will be available. Remember your mug!**

### **Yoga**

Breathe, stretch, and unwind with Yoga at HCH! Join Kathleen Osmond on **Fridays (March 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>)** at 11 am in Horizon Hall for a rejuvenating session that nurtures both mind and body. Yoga blends gentle movements, mindful breathing, and meditation to **reduce stress, enhance relaxation, and promote overall well-being**. Plus, it offers incredible health benefits:

- Improves Balance
- Supports Joint Health
- Teaches Better Breathing
- Improves Flexibility

Best of all? **This is completely FREE thanks to the government grant we receive!** **No experience is needed** - just bring yourself, an open mind, and a willingness to feel great.

### **Celebrate St. Patrick's Day with Suzanne Baresich!**

On **Monday, March 17<sup>th</sup>**, at 2 PM in Heritage Hall, we're excited to welcome the multi-talented Suzanne Baresich for a special St. Patrick's Day performance! Enjoy an uplifting selection of gospel tunes and a touch of humor as Suzanne brings joy and entertainment to the festivities. **Coffee and tea will be available. Please bring your mug.** All are welcome, and we encourage you to wear green to celebrate the occasion!



## **The Crusader Male Chorus – Special Performance**

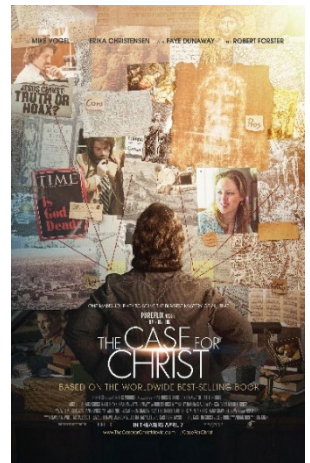
On **Tuesday, March 18<sup>th</sup>** at 7:30pm in Heritage Hall, we welcome once again The Crusaders of Simcoe, presenting a special choral evening of praise. Come early at 7:00 PM to enjoy coffee, tea, and cookies before the performance. **Remember your mug! A free-will offering will be taken during the event.**

## **Speakers Corner**

Join us on **Wednesday, March 19<sup>th</sup>** at 10:30 AM in Harmony Hall for an engaging and insightful presentation with Chantea, our very own Master of Social Work student from Waterloo University. Chantea will be highlighting ongoing **recreation activities** available within our community, helping you discover new ways to stay active, connected, and engaged. Research shows that participating in recreation is not just enjoyable, it also plays a vital role in maintaining cognitive function, boosting mood, and supporting overall brain health. **Light refreshments will be offered. Remember your mug!**

## **Movie Night**

On **Thursday, March 20<sup>th</sup>** at 7 PM in Heritage Hall, join us for an unforgettable screening of “*The Case for Christ*”, a true story of investigation, faith, and the pursuit of truth. “*Based on the life of award-winning journalist Lee Strobel, this powerful film follows his journey to disprove Christianity, only to uncover profound discoveries that challenge his beliefs in ways he never expected.*” **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door. Remember your mug!**



## **Community Karaoke Afternoon**

Join us for an unforgettable afternoon of music, connection, and joy at this month's Community Karaoke Afternoon! This event will take place on **Friday, March 21<sup>st</sup>**, at 1:30 PM in Harmony Hall. Whether you're ready to belt out your favorite tune or prefer



to sit back and enjoy the performances, this event is for everyone. **Light refreshments will be provided. Remember your mug!**

### **Dutch Hymn Sing**

Join us for Dutch Hymn Sing on **Tuesday, March 25th, at 7:00 PM in Harmony Hall**. The cost for the evening is **\$1**. Come sing along and reflect on the timeless melodies that bring comfort and connection!

### **Birthday Party! – NEW Theme: “Springtime Awakening”**

Join us in Heritage Hall on **Wednesday, March 26th, at 2:00 PM** for our bi-monthly birthday celebration! We will be celebrating March and April birthdays with a refreshing **“Springtime Awakening” theme**. Enjoy uplifting music by special guest Heather Christine, poetry reading, and our Wishing Tree station, where residents and staff can share birthday wishes and springtime blessings. Guests are **encouraged to wear floral prints or pastel tones in commemoration! Please remember to bring your mug.** We look forward to celebrating with you!

### **Free Grocery Bus Trip to Food Basics**

Our next free bus trip to Food Basics is scheduled for **Thursday, March 27<sup>th</sup>**. These trips take place once a month and operate on a first-come, first-served basis, so be sure to secure your spot! The bus will pick us up at the CT entrance at **9:15 AM** and will **depart at 9:30 AM** sharp heading to the Food Basics plaza at Derry/McLaughlin. We'll return to HCH around noon. To sign up, visit Front Reception **after 4:00 PM** on weekdays or anytime between **9:00 AM and 9:00 PM** on weekends!



## **Bible Jeopardy: Brain Boost Edition**

*This... Is... Bible Jeopardy!* **Tune in on Friday, March 28th at 2pm** for Bible Jeopardy, streaming *live* on CH 990! This is your chance to explore various biblical topics, challenge your memory, and test your critical thinking, all from the comfort of your own home. **And here's the twist: Can you guess the two Final Jeopardy answers?** After the game, submit your answers to the drop box outside the Tower Activities Office in Covenant Tower. First to guess correctly wins a **Tim Hortons Gift Card!** If you would like to track your score, visit the Towers Activities office for printed score sheets.

### Key Dates to Remember:

March 28th: Watch Bible Jeopardy *live* on Ch.990!

April 4th: Answers to the Final Jeopardy questions will be revealed, and winners will be announced on Channel 990!

Who will emerge as the Bible Jeopardy champion? Tune in to find out!



*Tickets are going fast! Get ready for this highly-anticipated roaring adventure! We're thrilled to announce our upcoming bus trip to see the spectacular Lion King Musical at the Princess of Wales Theatre!*

## **Bus Trip: The Lion King at the Princess of Wales Theater**

**When: Wednesday, June 25<sup>th</sup> 2025**

**Pick Up:** 11:30am Covenant Tower Entrance. 12pm Departure

**Cost: \$140** this includes bus fare and ticket sale. No meal is associated with this trip. Please ensure you have a meal before we go or pack a snack/light meal with you to have on the bus there or back as we will be back around 4pm. There will be a concession at the theater for snacks and drinks at your own cost. **Sign up at Front Reception after 4pm during the week or during the day on weekends 9am-9pm.**





# March: Brain Health Awareness

## BINGO CHALLENGE

Purchased 'Thinking of you' flowers' at Front Reception	Channeled my inner warrior at Tai Chi	Two-Stepped at Line Dancing	Unleashed my inner Artisan at Paint Nite	Moved and grooved at Music and Movement
Was inspired by Faith and Medicine during Movie Matinee	Moved the "Zen" way at Yoga	Overcame a tech woe at Tech Corner	Sightsaw Dublin with Rick Steves	Shopped and Socialized at Walmart
Toured and Traveled with The Zinkweg's	Had a recreation revelation at Speakers Corner		Celebrated St. Patty's the 'gospel' way with Suzanne Baresich	Caroled with The Crusader Male Chorus
Grocery and fellowshipped at Food Basics	Sang my heart out during Karaoke Afternoon	Investigated faith during Movie Night	Wished upon a tree at Birthday Party	Wore "Spring" fashion staples at Birthday Party
Danced and sang my socks off with Heather Christine	Supported a local vendor in the Towers	Tested my scripture knowledge with Jeopardy!	Sang praises to God during Dutch Hymn Sing	Prayed for a close friend in need during Morning Devotions

Compliments of HCH Towers Activities

## Special Programs & Events

<b>Event</b>	<b>Date &amp; Time</b>	<b>Location</b>
Paint Night (Sign-up event)	Monday, March 3 <sup>rd</sup> 7pm	Harmony Hall
Music and Movement with Francis	Tuesday, March 4 <sup>th</sup> 10am	Horizon Hall
Movie Matinee: Breakthrough	Thursday, March 6 <sup>th</sup> 1:30pm	Heritage Hall
Senior's Tech Corner	Friday, March 7 <sup>th</sup> 10am – 11am	Harmony Hall
Armchair Travels with Rick Steves: Dublin and Mystical Side Trips	Monday, March 10 <sup>th</sup> 11am	Channel 990
Grocery Store Bus- Sign Up Event (Walmart)	Tuesday, March 11 <sup>th</sup> 9:15am	CT Pick up
Vendor: Traditions Alive	Tuesday, March 11 <sup>th</sup> 10am-2pm	Elevators outside old FM
Travelogue with The Zinkwegs	Wednesday, March 12 <sup>th</sup> 7:00pm	Harmony Hall
Vendor: Nelly's Comfort Shoes	Thursday, March 13 <sup>th</sup> 10am – 2pm	Horizon Hall
Senior's Tech Corner	Friday, March 14 <sup>th</sup> 10am – 11am	Harmony Hall
Yoga with Kathleen Osmond	Friday, March 14 <sup>th</sup> 11am	Horizon Hall
St. Patrick's Day Celebration: Special Performance by Suzanne Baresich	Monday, March 17 <sup>th</sup> 2pm	Heritage Hall
Vendor: Simply Pretty Jewelry	Tuesday, March 18 <sup>th</sup> 10am - 2pm	Elevators outside old FM
Music and Movement with Francis	Tuesday, March 18 <sup>th</sup> 10am	Horizon Hall
The Crusader Male Chorus – Special Performance	Tuesday, March 18 <sup>th</sup> 7:00pm	Heritage Hall
Speakers Corner: Recreational Options within the Community with Chantea	Wednesday, March 19 <sup>th</sup> 10:30am	Harmony Hall

Vendor: Mobile Senior Shop	Thursday, March 20 <sup>th</sup> 10am – 2pm	Heritage Hall
Movie Night: Case for Christ	Thursday, March 20 <sup>th</sup> 7pm	Heritage Hall
Senior's Tech Corner	Friday, March 21 <sup>st</sup> 10am – 11am	Harmony Hall
Yoga with Kathleen Osmond	Friday, March 21 <sup>st</sup> 11am	Horizon Hall
Community Karaoke	Friday, March 21 <sup>st</sup> 1:30pm	Harmony Hall
Vendor: Toni Celluci – Tupperware	Tuesday, March 25 <sup>th</sup> 10am – 2pm	Elevators outside old FM
Dutch Hymn Sing	Tuesday, March 25 <sup>th</sup> 7pm	Harmony Hall
Birthday Party Celebration! <b>Theme: “Springtime Awakening”</b> Special performance by Heather Christine	Wednesday, March 26 <sup>th</sup> 2pm	Heritage Hall
Grocery Store Bus- Sign Up Event (Food Basics)	Thursday, March 27 <sup>th</sup> 9:15am	CT Pick up
Yoga with Kathleen Osmond	Friday, March 28 <sup>th</sup> 11am	Horizon Hall
Bible <i>Jeopardy!</i> Brain Boost Edition	Friday, March 28 <sup>th</sup> 2pm	<i>LIVE!</i> On Channel 990

### Special Programs & Events

Event	Date & Time	Location
Paint Night ( Sign-up event)	Monday, March 3 <sup>rd</sup> 7pm	Harmony Hall
Music and Movement with Francis	Tuesday, March 4 <sup>th</sup> 10am	Horizon Hall
Movie Matinee: Gifted Hands: The Ben Carson Story	Thursday, March 6 <sup>th</sup> 1:30pm	Heritage Hall
Senior's Tech Corner	Friday, March 7 <sup>th</sup> 10am – 11am	Harmony Hall
Armchair Travels with Rick Steves: Dublin and Mystical Side Trips	Monday, March 10 <sup>th</sup> 11am	Channel 990

Grocery Store Bus- Sign Up Event (Walmart)	Tuesday, March 11 <sup>th</sup> 9:15am	CT Pick up
Vendor: Traditions Alive	Tuesday, March 11 <sup>th</sup> 10am-2pm	Elevators outside old FM
Travelogue with The Zinkwegs	Wednesday, March 12 <sup>th</sup> 7:00pm	Harmony Hall
Vendor: Nelly's Comfort Shoes	Thursday, March 13 <sup>th</sup> 10am – 2pm	Horizon Hall
Senior's Tech Corner	Friday, March 14 <sup>th</sup> 10am – 11am	Harmony Hall
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Music and Movement with Francis	Tuesday, March 18 <sup>th</sup> 10am	Horizon Hall
The Crusader Male Chorus – Special Performance	Tuesday, March 18 <sup>th</sup> 7:00pm	Heritage Hall
Speakers Corner: Recreational Options within the Community with Chantea	Wednesday, March 19 <sup>th</sup> 10:30am	Harmony Hall
Vendor: Mobile Senior Shop	Thursday, March 20 <sup>th</sup> 10am – 2pm	Heritage Hall
Movie Night: Case for Christ	Thursday, March 20 <sup>th</sup> 7pm	Heritage Hall
Senior's Tech Corner	Friday, March 21 <sup>st</sup> 10am – 11am	Harmony Hall
Yoga with Kathleen Osmond	Friday, March 21 <sup>st</sup> 11am	Horizon Hall
Community Karaoke	Friday, March 21 <sup>st</sup> 1:30pm	Harmony Hall
Vendor: Toni Celluci – Tupperware	Tuesday, March 25 <sup>th</sup> 10am – 2pm	Elevators outside old FM
Dutch Hymn Sing	Tuesday, March 25 <sup>th</sup> 7pm	Harmony Hall
Birthday Party Celebration! <b>Theme: "Springtime"</b>		Heritage Hall

<b>Awakening”</b> Special performance by Heather Christine	Wednesday, March 26 <sup>th</sup> 2pm	
Grocery Store Bus- Sign Up Event (Food Basics)	Thursday, March 27 <sup>th</sup> 9:15am	CT Pick up
Yoga with Kathleen Osmond	Friday, March 28 <sup>th</sup> 11am	Horizon Hall
Bible <i>Jeopardy!</i> Brain Boost Edition	Friday, March 28 <sup>th</sup> 2pm	<i>LIVE!</i> On Channel 990

### Reoccurring Programs

<b>Event</b>	<b>Date &amp; Time</b>	<b>Location</b>
Peace Tower Coffee Social	Mondays 10:30am	Horizon Hall
Roman Catholic Mass	Mondays 10am	Harmony Hall
BINGO	Mondays 2pm & Fridays 7pm	Harmony Hall
Let’s Sing	Mondays 7pm	Heritage Hall
Hope & Trinity Tower Coffee Social	Tuesdays 10am	Harmony Hall
Current Events	Tuesdays 10:30am	King Tower Library
Fun + Fitness	Tuesdays & Fridays 11am	Heritage Hall
Bridge Club	Tuesdays 1pm	King Tower Library
Covenant Tower Coffee Social	Tuesdays 2:30pm	Covenant Tower Lounge
Bid Euchre	Tuesdays 6:30pm	Providence Tower Meeting Room
Busy Hands	Wednesdays 9am	Trinity Tower Meeting Room
Hymn Sing and Bible Study	Wednesdays 10am	Horizon Hall
Cribbage Club	Wednesdays 1:30m	Providence Tower Meeting Room

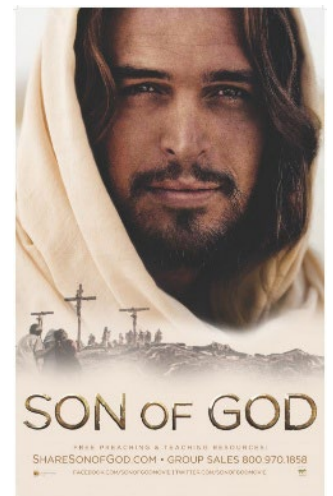


Art Expressions	Wednesdays 1:30pm	Trinity Tower Meeting Room
Operation Mercy Yarn Pick up	Wednesdays 2pm	Harmony Hall
Klaverjassen	Thursdays 1pm	King Tower Library
Line Dancing	Thursdays 2pm	Horizon Hall
Tai Chi	Thursdays 10am	Horizon Hall
Prayer Shawl Group	Thursdays 2pm	Covenant Tower Lounge
KTEE Euchre	Thursdays 7pm	Horizon Hall
Board Game Night	Fridays 7pm	Red Tulip
Providence Tower Coffee Social	Saturdays 10am	Providence Tower Meeting Room
King Tower Coffee Social	Saturdays 10am	Horizon Hall

## UPCOMING EVENTS

### Movie Night

As we anticipate the Easter season and reflect on the resurrection of our Lord and Saviour Jesus Christ, you will have the opportunity to watch “*Son of God*” (2014) on **Thursday, April 17<sup>th</sup> at 7pm in Heritage Hall.** *“A biblical drama that portrays the life, ministry, crucifixion, and resurrection of Jesus Christ. The film, adapted from The Bible miniseries, follows Jesus as he gathers disciples, performs miracles, and spreads his teachings, facing opposition from religious leaders and Roman authorities. Betrayed by Judas and condemned by Pontius Pilate, Jesus is crucified but rises from the dead, fulfilling his divine mission.”*



## Bus Trip – FirstOntario Concert Hall – Saturday, April 19<sup>th</sup>, 2025

*"Because He Lives" – Hosanna Choir & Mattaniah Male Choir* – Bus pick-up 4:30pm CT entrance

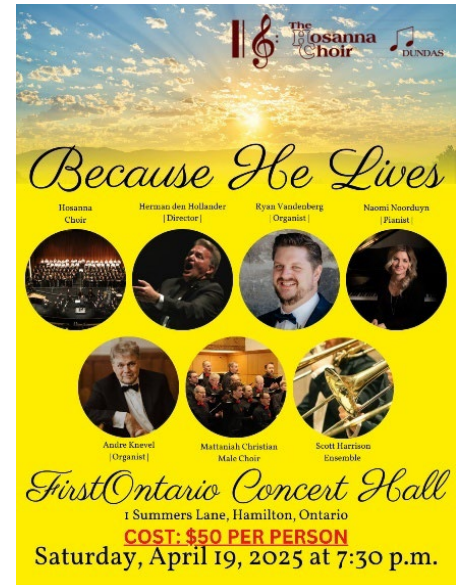
Join us for a special evening of worship and music at the annual "Because He Lives" concert, featuring the Hosanna Choir of Dundas and the Mattaniah Male Choir at FirstOntario Concert Hall.

Showtime: 7:30 PM

Bus departure: **5:00 PM** at the CT entrance

**Cost: \$50 per person** (includes bus fare and concert ticket)

**Sign up at Front Reception after 4pm during the week or during the day on weekends 9am – 9pm.** Don't miss this inspiring performance. Tickets are selling fast; Reserve your spot today!



## The Cardinal Choir: Special Performance

We are delighted to welcome back the Cardinal Choir for a special performance at Holland Christian Homes! Join us on **Wednesday, May 14<sup>th</sup>** at 2:00 PM in Heritage Hall for an afternoon of beautiful harmonies and uplifting melodies. **Coffee and tea will be available. Please remember your mug!** A free-will offering will be collected in support of this wonderful musical experience. We look forward to seeing you there for a time of fellowship and song!

## Bus Trip – Wednesday, May 21<sup>st</sup>, 2025



*Lunch Bus Trip – Pick up 9:30am CT entrance*

**Grand River Cruise + Live show by the Blazing Fiddles.** Begin your day at “The Landing” near Caledonia. Upon arrival, enjoy a complimentary snack and refreshment from the Dockside café. Shortly after, we’ll gather in the auditorium to

enjoy a spectacular show featuring The Blazing Fiddles. After the



show, we will then embark on a 2 ½ hour cruise featuring a delicious 3 course meal (your choice of roast beef or oven baked chicken breast) served to your private window table and enjoy the river scenery. During the cruise, the captain will give intermittent commentary about the area. You don't want to miss this lovely trip! **Sign up at Front Reception after 4pm during the week or during the day on weekends 9am – 9pm.**

**Use this March Brain Health Awareness Bingo Challenge card** to explore the various programs happening in the Towers, try something new, and track your progress. Whether it's learning a new skill, engaging in creative expression, or joining a discussion group, every small step contributes to lifelong brain health. Join in on the excitement this month and let's work together to keep our minds sharp and healthy!

### **Items to note...**

#### **Trips and Event Sign up**

Sign up and make payments for programs, events, and trips at Front Reception after 4pm during the week or during the day on weekends between 9am – 9pm. Please note that each trip must be paid for separately. Please address your cheques to "HCH Towers Activities". **Please date cheques for the date of the event/trip. Reception only accepts exact cash amount or cheque. If you need change it will be given to you when Towers Activity Coordinator picks up money from Front Reception at the end of the week.**

#### **Refund & Missed Activities**

If a tenant does not show up on time for a program, Towers Activities cannot guarantee there will be materials left for them once the activity has finished. Tenants cannot bring materials home for another tenant, unless Towers Activities has been given notice and approved this. **No refunds are given out for activities costing \$15 or less.** Rescheduling and alternate arrangements are done on a case-by-case basis, at the discretion of the Towers Activities Coordinator.

## Amount of Walking

All trips have indicators informing you how much walking is involved on the trips:



Minimal or no walking

Moderate walking

Walking throughout the trip

## Towers Nursing News

Dates are subject to change. Announcements for date/time changes will be posted on CH990.

- ❖ **Denturist Clinic:** Call (905) 453-3393 to send your information in for appointment. CARRS will contact you with an appointment time.
- ❖ **Mobility Clinic:** Occurs March 19<sup>th</sup> , Clinic starts at 1pm.
- ❖ **Hearing Aid Clinic:** Call 905-793-3962 or 416-843-1986 to book an appointment with Wendy Caswell.
- ❖ **Foot Care Nurse:** Wednesday, March 5<sup>th</sup> and 19<sup>th</sup>. Please sign up on the list at TNO.
- ❖ **Chiropractor:** Call Dr. Douglas Vlaskamp's for an appointment at 905-451-3963. Open Friday afternoons 1:30-3:40pm.
- ❖ **Physiotherapy Department:** Call 647-717-3422 to book an appointment.

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## Safety, Security & Respect at HCH

- **Important Note:** Please **DO NOT** leave any mail on the shelf in front of your mailbox.

If you receive mail that is not yours please return it to reception to be re-directed to the correct recipient.

- **Reminder:** Smoking is not permitted within 9 Metres of any Entrance.





## ANNUAL PARKING BLITZ

As we approach our annual parking blitz, we recognize the ongoing challenges surrounding parking here at HCH. In an effort to address these challenges and ensure fairness for all residents, we will be implementing changes to our parking policy, particularly regarding Reserved Tenant Parking spaces for family members and caregivers. Reserved Tenant Parking Spaces will only be allocated to individuals who reside at HCH and have a vehicle registered and insured in their name. While we understand that this may cause some concern, we believe it is necessary for the equitable distribution of parking spaces.

We are organizing registration starting on Wednesday, March 5th, 2025. During the registration period, we kindly request that you come to the reception area at the designated times according to your tower:

- **Covenant Tower & Providence Tower: Wed, March 5th, 8:30am-12:00pm**
- **Trinity Tower & Hope Tower: Wed, March 5th, 12:30pm-3:30pm**
- **King Tower: Thursday March 6th, 8:30am-12:00pm**
- **Peace Tower: Thursday March 6th, 12:30pm-3:30pm**

Please ensure you bring the following documents for registration:

- Car make and model
- License plate number
- Parking tag
- Valid Driver's License
- Valid registration
- Valid Insurance

If you are unable to register on your assigned day, you may visit the admissions office for registration on or after March 12th.

Thank you for your cooperation as we strive to improve parking conditions for all residents at HCH. Should you have any questions or concerns, please do not hesitate to reach out to the Tenant Business Office.

## **FROM THE DESK OF THE ADMISSIONS OFFICE**

Following you will find the changes that have taken place at Holland Christian Homes during the month of February

### **We welcome to the Towers:**

Mr. John Cappon	HT 301
Mr. Jacob Vanderkooy	CT 903
Mrs. Ellen Vanderkooy	HT 309
Mr. Frank & Mrs. Ana Dinardo	PT 908
Mrs. Carol Ford	PT 1108

### **We welcome to Faith Manor:**

Mr. Manuel Melo	FM 108-2
Mrs. Mary Shea	FM 211-2
Mrs. Gloria Wright	FM 522

### **We welcome to Grace Manor:**

Mrs. Mary Reason	GM 215S
Mrs. Nancy Whealy	GM 319
Mr. John Reijerkerk	GM 203N
Mr. Oscar Dawes	GM 209N
Mr. David Wenzel	GM 215S
Mrs. Bernice Metz	GM 313N

### **Changes within the facility:**

Mrs. Jantje Folkerts	PT 801 to FM 218
Mr. Gerald Christopher	FM 522 to FM 103
Mrs. Maisie Green	PT 209 to FM 304
Mrs. Shirley Teachout	TT 411 to GM 307-1S
Mrs. Laurene DeVisser	KT 1203 to GM 309S
Mr. Serge Priffer	PT402 to FM 322
Mrs. Rose Mary Campbell	GM 111-1S to GM 211-1S
Mrs. Lena Biesma	HT 205 to FM 417
Mr. John Gevaert	FM 125-2 to FM 322
Mr. Douglas Colquhoun	TT 603 to FM 216

### **We had to say Good-Bye to:**

Mr. Taylor Baptiste	CT 608
Mrs. Gertrude Hassefras	HT 411

Our thoughts and prayers are with the loved ones of those that have passed away:

### **We remember:**

Mrs. Julie Mercer	FM 417
Mrs. Lolita Tantengco	FM 211-2



Mr. John McKay  
Mrs. Eleanor Cowan  
Mrs. Hendrika Bouwers  
Mr. Gene Benner  
Mrs. Hendrika Veenstra  
Mr. Fred Greenlinks  
Mr. Ed Straatsma

GM 201  
GM 203N  
GM 211-1S  
PeT 405  
FM 218  
TT 607  
PeT 1605

*Sincerely,  
Amanda Blair – Bell  
Tenant Business Services*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## St. Patrick's Day Word Scramble



1. OORLKFEI \_\_\_\_\_
2. CTCIEL \_\_\_\_\_
3. AGIMC \_\_\_\_\_
4. TPO \_\_\_\_\_
5. IMGCA \_\_\_\_\_
6. CRMAH \_\_\_\_\_
7. HARSOKMC \_\_\_\_\_
8. NASIT \_\_\_\_\_
9. SIHIR \_\_\_\_\_
10. LKUC \_\_\_\_\_
11. NRGEE \_\_\_\_\_
12. PRDEAA \_\_\_\_\_
13. RTOUENF \_\_\_\_\_
14. LCPUENEARH \_\_\_\_\_
15. RADNELI \_\_\_\_\_
16. RICMIKLE \_\_\_\_\_
17. CEONDBERFE \_\_\_\_\_
18. LERVCO \_\_\_\_\_
19. DOGL \_\_\_\_\_
20. HSIW \_\_\_\_\_





# ***BUFFET***

*Wednesday March 5th*

*12:00 Noon*

*Horizon Hall*

**\$20.00**  
**each**

*BBQ Pork Ribs*

*Meat Lasagna*

*Linguine with Chicken*

*Mixed Vegetables*

*Coleslaw*

*Caesar Salad*

*Potato Salad*

*Potato Wedges*

*Assorted Cakes*

*Tea/Coffee*

# March Birthdays

PT 302	Gay Dykstra	04-Mar
PT 406	Trudy Mulder	04-Mar
Pet 1001	Lucas Oosterveld	04-Mar
KT 1501	Marjorie DeWilde	05-Mar
TT 515	Olga Ftacnik	05-Mar
HT 615	Nelly DeBoer	07-Mar
Pet 802	Ann Posthumus	07-Mar
Pet 607	Richard Sakamoto	07-Mar
CT 311	John Bertelink	08-Mar
Pet 1004	Elizabeth Terpstra	10-Mar
TT 606	Annie Wymenga	10-Mar
KT 308	Bert Vanderhoef	11-Mar
Pet 1405	Bonnie Broekema	11-Mar
HT 306	Joanne Oosterdag	11-Mar
TT 213	Janette Quinn	14-Mar
KT 1202	Jack DeGoeij	14-Mar
KT 1102	Gera Koster	14-Mar
CT PH06	Hans Steinke	14-Mar
Pet 1705	Peter Hendriks	16-Mar
Pet 703	Hank Kuntz	17-Mar
KT 1305	Grita Greisberg	20-Mar
KT 1008	Maria Gijbels	21-Mar
Pet 808	Irene McInnis	21-Mar
KT 1006	Margaret Brown	23-Mar
KT 702	Ann Straatsma	27-Mar
Pet 1605	Hendrika Struiksma	27-Mar
Pet 402	Helmut Knobl	28-Mar
KT 601	Rita Bydevate	29-Mar
TT 519	Herta Kwirant	29-Mar
KT 602	Elizabeth Thayer	29-Mar
CT 607	John Pasma	30-Mar



# *April Birthdays*

KT 1002	Bastian Stassen	02-Apr
Pet 1406	Adrian Kamerman	03-Apr
Pet 705	Ross Poulsen	15-Apr
HT 705	Cor Kamerman	18-Apr
HT 514	Linda Keruzore	18-Apr
PT 1301	Grace Silvis	18-Apr
KT 805	Kor Buikema	20-Apr
HT 102	Joyce Groenenberg	22-Apr
KT 202	Agnes Wyga	23-Apr
KT 1003	Florence Buisman	24-Apr
KT 906	Trudy Ormel	24-Apr
CT 1008	Allan Macleod	30-Apr
Pet 807	Betty Saito	30-Apr



## *Editor's Note*

This winter's snowfall has been pretty unforgettable! As we weather the cold, I'm looking forward to the warmth and new beginnings that spring will bring. Here's to brighter days ahead!

Warm regards,

*Kelly Pereira*





# March Word Search



Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!



ARIES  
BASKETBALL  
BIRDS  
BLARNEY  
BLOOMING  
BREAK  
CELTIC  
CLOVER  
DAFFODILS  
DANCING

DAYLIGHT  
EMERALD  
FINALFOUR  
FLOWERS  
FORTUNE  
FOUR  
FRESH  
GOLD  
GREEN  
IDITAROD

IRELAND  
IRISH  
JIG  
KITE  
LAMB  
LEAF  
LEGEND  
LEPRECHAUN  
LION  
LUCK

LUCKY  
MAGIC  
MARCH  
NCAA  
PARADE  
PIDAY  
PISCES  
POTOFGOLD  
RAIN  
RAINBOW

SHAMROCK  
SHOWERS  
SPRING  
STPATRICKSDAY  
THIRDMONTH  
TIMECHANGE  
TULIP  
VERNALEQUINOX  
WEATHER  
WINDY