
The Tie that Binds

Internal Newsletter



Holland Christian
Homes

February 2026

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Abundant Living in All Seasons of Life - Rev. David Tigchelaar

We all want to experience the life of abundance that Jesus said he came to bring us. But what does that life look like? Abundant living is not defined by more stuff but by a life rooted in purpose, faith, and connection. Every season—whether joyful or challenging, aged or young—offers opportunities to experience fullness of life when we choose to live humbly, love sincerely, serve faithfully, and embrace community eagerly.

Living Humbly - Living humbly keeps us grounded in every season. It means recognizing our dependence on God and remaining teachable. Humility frees us from pride and comparison and opens our hearts to gratitude and trust. In times of uncertainty, a humble spirit allows us to receive guidance and strength beyond ourselves.

Loving Sincerely - Sincere love gives depth and meaning to life. It moves beyond surface kindness to genuine compassion, patience, and forgiveness. This kind of love builds strong relationships and reflects a life shaped by faith rather than circumstance.

Serving Faithfully - Faithful service transforms everyday moments into meaningful acts. Service does not require recognition; it grows from consistency, willingness, and a heart aligned with God's purposes. Each season of life presents different ways to serve, reminding us that our lives have value when we give of ourselves.

Embracing Community Eagerly - Abundant living thrives in community. We are created for connection, encouragement, and shared life. Embracing community eagerly means choosing presence over isolation and building relationships marked by support and trust. In community, burdens are lighter, joy is multiplied, and life is enriched.

Conclusion - True abundance is not seasonal—it is sustained by how we live. By walking humbly, loving sincerely, serving faithfully, and embracing community eagerly, we can experience a full and meaningful life in every season.

From the desk of the (interim) CEO



To the HCH Team - as we move into February, I want to take a moment to thank you for the energy and commitment you've brought into the new year. January set a strong foundation, and it's encouraging to see the momentum continuing across our teams.

Tracy would like to thank everyone for the many calls, kind words, and prayers. Your support has meant so much to her and she is looking forward to returning to work in March.

The Landlord and Tenant Board (LTB) hearing regarding the above Guideline Rent Increase was held on January 7.

Following a review of the application and the submitted expenditures, the LTB approved a rent increase of **0.33%**, rather than the originally applied for **3%**.

Memos have been distributed to impacted tenants outlining the available options for reimbursement of any overpaid amounts. A statement detailing the refunded amount will be issued by the Finance Department at the end of February.

Some of you may already know that our Tenant Business Services Manager, **Kelly Pereira**, will be leaving **Holland Christian Homes**.

Kelly has been a valued member of our organization for the past **20 years**, and we would like to sincerely thank her for her dedication, commitment, and the many contributions she has made during her time with us. Her knowledge, professionalism, and care for our community have had a lasting impact, and she will be greatly missed.

Gifty will be stepping in as **Interim Tenant Business Services Manager** to support continuity of operations.

With sincere appreciation,

Jemmie Ramprashad - Interim CEO

TENANT ADVISORY COMMITTEE UPDATE (TAC)

Tenant Advisory Committee Meeting was held on Tuesday, January 13, 2026 at 8:30am-10:00am.

Business arising from last meeting

- **Firestick Update:** Work in King Tower is still in progress, while Peace Tower has been completed. There is currently an issue with streaming of Channel 990 and the Dutch channel. A memo was sent out to the Tenants of Peace and King Towers with further details and updates on these issues. IT understands this process has been frustrating for tenants but does appreciate your patience and understanding during this process.
- Reminder that Church Services can be seen on YouTube, if channel 990 is not working. It is also recorded and can be seen later if missed.
- Members are inquiring when the Rogers upgrade will be installed on the McLaughlin side of the street? There is no exact date for this at this time.
- The LTB (Landlord and Tenant Board) hearing for the Above Guideline Rent Increase was held on January 7th. Based on the application and expenditures submitted we were approved for 0.33% rather than 3%. A letter was sent to all tenants who have been paying the additional 3%, outlining options for how the difference will be reimbursed.
- The Admission Committee has met with a couple of potential tenants. Jemmie mentioned so far this committee is working as intended.

General Discussion / CEO Message

- Jemmie provided an update about Tyndall. They currently have 80 residents, but hope to have full occupancy of 117 residents. A member asked if Tyndall staff members are allowed to come through the doors into HCH? Omer mentioned they should not be as this can cause cross contamination if either home is on outbreak. Jemmie did say their staff can come to the snack bar. An email can be sent to Tyndall's CEO to remind their staff this is not ok.
- Members are concerned about parking for Tyndall. There are no concerns with staff parking on-site.

- Tracy's blood work did not meet the required levels for her second chemotherapy treatment, resulting in a one-week delay. She has since completed her second round of treatment. Tracy's return date is first week of April at this time.
- The large containers located outside of King Tower are being used by contractors to store tools and equipment during the elevator replacement work.
- There are computer board issues with the Faith Manor elevator. One of the boards has been fixed however, the other will have to be sent out to be rebuilt. Omer reminded members this elevator is 40+ years old and will take time to be fixed.
- Winter salt remains an ongoing issue and can cause common area floors to become unsafe. Members asked whether additional housekeeping staff could be brought in during significant weather events to assist with managing floors in the common areas. Members were informed that while budget constraints may limit the ability to add extra staffing on a continuous basis, additional support will be accommodated during snowstorms.

Providence Tower

- There is an issue with the door to the 11th floor laundry room. When the washing machine is in use, it shifts and moves in front of the door. Omer has been in communication with Sparkle and is working on a solution.
- The hole in the first-floor ceiling is still there. Omer attempted to have the plumbing company fix the issue prior to Christmas but was unsuccessful. He has spoken with them again today. Once the plumbing issue is resolved, the ceiling repair will be completed as well. The work is expected to be completed within the next few weeks.
- Omer and a TAC member are working on a solution for the ongoing issue of walkers and scooters being parked in the basement of Providence Tower. An update will be provided when the solution is finalized.
- A tenant requested that a garbage bin be placed in the basement of PT. Omer reminded members that the garbage room is located nearby; therefore, an additional garbage bin will not be placed in that area.

Trinity Tower

- Neither members attended this meeting.

- Omer provided an update regarding the front of TT. A few weeks ago, the overhang was struck by a salt truck. The salt truck company will be covering the cost of the repairs, which are scheduled to take place in the spring.

Hope Tower

- Concerns were raised regarding the application of salt in the parking lot and on sidewalks. A member spoke with the landlord about this issue. Two major concerns were identified: insufficient salting increases the risk of slips and falls, while excess salt can be tracked indoors, creating additional hazards. Carpets are currently being taped down to help prevent tripping.

Covenant Tower

- Members would like to thank Jemmie and Omer for all the hard work they have been putting in.
- No issues

Peace Tower

- No Issues.

King Tower

- A member raised a concern regarding a dog in another tower, noting that the dog is still a puppy and questioning whether it may exceed 30lbs when fully grown. Owners are also reminded that dogs are not permitted at the Snack Bar. A sign will be placed by the Snack Bar. Dog owners are expected to be respectful of their neighbors. When entering an elevator with a dog, if another person is already inside, owners should ask whether the individual is comfortable sharing the elevator; if not, they should wait for the next one. Not all neighbors are comfortable around dogs and we should all be respectful of each other.
- A member inquired about the duct cleaning in the apartments. Omer reminded members they are responsible for duct cleaning in their units. Maintenance has a number of a service company that clean ducts if required.

**Next Meeting will be held on February 10, 2026
at 8:30am in the Boardroom.**



Tenant Dinners

Valentine's Dinner and Show

Join us on Saturday, February 14th at 4:30pm.

There are only a few tickets left to this event. All tickets must be bought and paid for before the event, tickets will not be sold at the door. Please call Patti to book tickets – 365-866-5713.

I trust everyone had a great New Year's and I would like to thank all the volunteers who came out for the New Year's celebration. We had a great time, I'm looking forward to next year.

Patti Milne

Community Easter Dinner

By all accounts, the Christmas dinner was a success. Thank you to the 20+ volunteers who helped to make it so.

Join us for dinner on Easter Sunday, on April 5th at 3:00pm. We will have a family style dinner – Easter around the world!

Tickets will be available at coffee socials in the month of March, as well as outside of Heritage Hall on Wednesdays from 11am-12pm in March. The cost is \$15 per ticket.

Further information will follow in the March Tie That Binds.

Lydia Booth

Prayer Shawl Group

On December 17, accompanied by Pastor Bodini, we attended a chapel service and social visit with the ladies at Teen Challenge, King City. We were blessed to provide the ladies with shawls for Christmas.



In January, Barend Zinkweg drove me to the Salvation Army Women's Shelter with nearly 50 shawls and blankets.

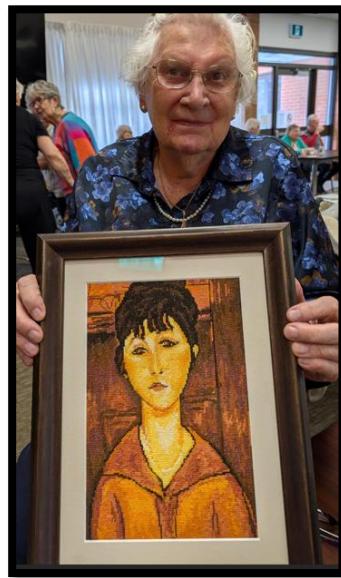
A purpose fulfilled!

We continue to meet on Thursdays from 10am-12pm in the King Tower Library.

Lydia Booth

Art & Craft Exhibition

On January 15th, tenants gathered in Harmony Hall to show off their talents. It was a wonderful time of community and celebration of the many gifts of our tenants. Thank you to everyone who came out and showed off their talents, and those who came to support them.



On January 12th, the Peace Tower Monday morning coffee group donated \$500 to The Lighthouse Food Bank.

Trudy Adema presented the donation to George VanDyk and Jim Visser, who accepted the donation on behalf of The Lighthouse.

Little Things

Of mighty deeds and great even
the minstrel bravely sings
But I like to muse awhile
 about the little things
Because most of life's blessings
are just made of such as these
 Like the honey gathered by
 the tiny bees.

O God and maker of all things
 no matter great or small,
Give me a heart aglow with love
 and sympathy for all.
That in life's daily rough
 my life may ever be,
Just giving what the other needs,
Just growing more like Thee.

Seniors Are Tough

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$1.99.

"Sounds good," my wife said. "But I don't want the eggs."

"Then I'll have to charge you two dollars and forty-nine cents because you're ordering à la carte." The waitress warned her.

"You mean I'd have to pay for not taking the eggs?" My wife asked incredulously.

"I'll take the special."

"How do you want your eggs?"

"Raw and in the shell," my wife replied.

She took the two eggs home. And baked a cake.

Don't mess with seniors!



Welcome

FEBRUARY

May this month blossom with love, warmth, sweet moments, deeper connections, and heartfelt joys that brighten every day beautifully.



friends



JOY

The folks on Salty Shores and Windmill Way are getting the opportunity to influence the vibe in their neighborhood. We're transforming into a fantastic community.



Love



inspire

Jacquie

Jacquie

SPIRITUALITY

All Christians are called to grow and deepen our spirituality daily. We love one another and walk generously with our community because of our spirituality. Spirituality is more than prayer life and more than spiritual practices. Spirituality is everything about us. The way we talk, the way we smile, show our compassion, kinds words or actions we do daily, how we act in challenging moments how we reach out generously to the needy show our spirituality. Spirituality is who we are and what we do because of what we believe.

We Christians want to live and love as Jesus did. It is like a journey of coming home of being one with God our Father. We are called to serve, to wash each other's feet, to be a servant just as our Lord Jesus came to serve and not to be served. We all are created in the image and likeness of God. We need to go to God as a community and not alone. We find the words "one another or each other" in many places in the Holy Bible. We hear the call to love one another, pray for each other, greet or teach each other, to encourage each other and to forgive and to accept each other. Community and relationship with God and one another is the hallmark of spirituality. Our love overflows continually to God and all creation because of our spirituality.

Our spirituality helps us to see God everywhere, in all His creation. All what God created is good. "God saw that and it was good." When we see each person let us see all the goodness in His creation. As we look at each person let us recognize God in each person especially the hurting and needy. Let us strive hard to be joyful and grateful children of God and be another Christ to someone every single day.

What is PRAYER?

P - praise Him

R - repent for your short-comings

A - ask God all what you need

Y - yield to His will

E - evangelize

R - rise to a new life

Peter/Winnie: Hope Tower

Greetings from the Volunteer Office!

Happy February everyone. Let's SHARE & CELEBRATE the hard work of our many dedicated Volunteer Care Partners!

Did you know?

The fourth quarter - October to December 2025:

- We had 19 new volunteers join our team.
- Faith Manor received 874 hours of donated volunteer time.
- Grace Manor received 586 hours of donated volunteer time.
- Towers received 1,123 hours of donated volunteer time.
- Volunteer Office received 2,056 hours of donated volunteer time.
- The **Total Volunteer Hours** donated to HCH this last quarter was: **4,639 hours.**

AMAZING! Thank you to all our Volunteers.

As these statistics reflect, the Volunteer Department continues to see new Volunteer Care Partners coming aboard. A very warm welcome to you all. Thank you for joining us in the work of supporting our community here at Holland Christian Homes.

Thank you to all our Volunteer Care Partners for the superb work all of you do.

The following volunteer assignments are currently available:

- Smile and Serve Team – helping to prepare & serve coffee for events
- Bingo Support - on Wednesday evenings in the Grace Manor Atrium
- Bingo in Harmony Hall – Monday afternoons in Harmony Hall
- Friendly Visiting/Activity Support in Faith Manor & Grace Manor
- Faith Manor & Grace Manor Mealtime Assistance
- Faith Manor Reception Desk Team

If you are interested in any of these available volunteer assignments and would like a job description 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 . We look forward to hearing from you!

FEBRUARY

NEWS FROM TOWERS ACTIVITIES



HAPPY VALENTINE'S DAY!

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 the 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 across designated activities with this mug indicator:



Amount of Walking

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



Minimal or no walking



Moderate walking



Lots of walking

Trips and Event Sign Up

Sign up and make payments for programs, events, and trips at Front Reception during Reception's working hours. Please note that each trip must be paid for separately. Please address your cheques to "Holland Christian Homes". **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.

LET'S SING!

What is this activity? It's a gathering of everyone who enjoys the old hymns, gospel favourites, and praising and worshiping through music. Come, join us and enjoy the fellowship and lifting of spirits that music gives!

When: Monday evenings, at 7:00 pm

Where: Heritage Hall

Community Programs

We are excited to share information about Movement Matters, a new program offered at Sheridan College's Davis Campus, designed to support the functionality of people with Parkinson's disease through tailored exercise sessions. We welcome individuals at any stage of Parkinson's who are looking to start or continue with exercise to improve mobility, strength, and daily function. Guided exercise sessions are instructed by students with direct supervision from a Registered Kinesiologist.

Program Details:

♀ Location: Sheridan College - Davis Campus (Right across the street from HCH)

 Format: One-on-one sessions

 Delivery: In-person and virtual appointments available

 Appointment hours: Tuesdays and Thursdays, 10:00 am - 2:00 pm

 Cost: Free of charge

 by appointment only

Appointments can be booked directly at (905) 459-7533 EXT. 5033

Free Grocery/Shopping Bus Trip

Tuesday, February 3rd- Walmart

Thursday, February 19th – Food Basics

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, pick-up will be at the CT Entrance at 9:15 AM, and we will return to HCH around noon. To sign-up, please visit Front Reception during working hours. **A heartfelt thanks to our wonderful fundraising ladies, Audrey and Anne, for making these free bus trips possible.**

Information Session on Scams

Please join Conrad Sredzinski on Wednesday, February 4th at 10am in Harmony Hall. This presentation will be going over some of the common scams going around now. It will go over what to look for and how to protect yourself. All are welcome!

Music & Movement

Come join Music and Movement with Frances.

A professional dancer and choreographer in shows like Mamma Mia!, Sister Act and The Lion King, Frances leads a lively upbeat seated movement class designed for absolutely everyone.

It starts with great music, like songs from the 50's and 60's to inspire you to move your body. This is primarily a seated movement class meaning we are dancing seated in chairs. We also add in a few songs where we stand, dancing on our feet with the support of a chair in front of us.

This class is perfect for everyone at any age, you are free to challenge yourself or modify the movement as you like.

It's social, it's fun, it's guaranteed to leave you feeling energized all day long! It will take place ~ Wednesday, February 4th & 18th at 10am in Heritage Hall. NEW DAY & ROOM LOCATION.

The cost of this program will be \$5. If attendance continues to be low, this class is at risk of being cancelled.



Travelogue with the Zinkweg's

Please join us on Wednesday, February 4th in Harmony Hall at 7pm. We will have the opportunity to join the Zinkweg's as they show us the beautiful sites of Sicily (PART 2) Palermo, Catania, Mount Etna, and Dordrecht – Oldest city in Holland.



Movie Matinee  On Thursday, February 5th at 1:30pm, you will have the opportunity to watch *The Lost Valentine*. *During World War II, Navy Lt. Neil Thomas bids his pregnant wife farewell at Union Station. But even*

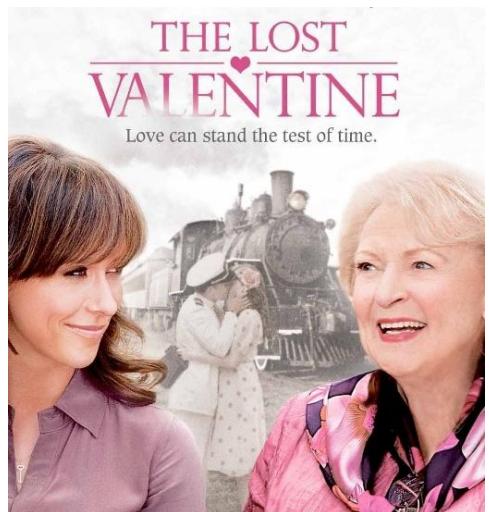
before their son is born, Neil's plane goes down in the Pacific and he's declared missing in action. Neil was Caroline's (Betty White) one great love. For the next 65 years, Caroline returns to Union Station on Valentine's Day, the anniversary of the day they said goodbye forever, to salute the memory of her brave and beloved husband. Susan Allison (Jennifer Love Hewitt), a jaded TV reporter, receives this touching story as a news assignment and sets out to investigate just what

happened to Neil during the war. **Cost: \$5 (Includes coffee/tea/dessert and movie).** Please pay at the door.

Yoga

Breathe, stretch, and unwind with Yoga at HCH! Join Kathleen Osmond on **Friday, February 6th, 13th, 20th, & 27th at 11am in Horizon hall** for a rejuvenation session that nurtures both mind and body. Yoga incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Some other health benefits include

- Improves Balance



- Supports Joint Health
- Teaches Better Breathing
- Improves Flexibility

The cost of this program will be \$5. If attendance drops, this class could be at risk of cancellation.



2026 Olympics Opening Ceremony

On Friday, February 6th at 2pm in Harmony Hall, we will be showing the opening ceremony for the 2026 winter Olympics in Milano Cortina. All are welcome to come and watch, light refreshments will be provided.

Technology Support

We are very lucky to have some students with us this semester, Jashanpreet, Gurnoor, and Conrad. They will be running this workshop, that will take place in Providence Tower Meeting Room Friday from 2:00pm-3:30pm – February 6th, 20th & 27th. You can bring your cellphones or tablets and they will be happy to assist you.

Paint Night



Paint night comes back to HCH on Monday, February 9th, and the team from ART FUNdamentals will be back to help. You'll enjoy some good music, snacks, refreshments and share some laughs & new memories with your friends. There's absolutely NO EXPERIENCE NECESSARY & All supplies are provided - so you can focus on just having a good time! This event is designed to be fun, non-competitive and stress-free. We don't take ourselves too seriously here and you'll be amazed at what you can create with a little guidance and encouragement! The cost of this event is \$30 per person. This includes everything you will need to create the picture shown as well as snacks & light refreshments. **Please sign up at front reception, the event will take place in Harmony Hall at 7pm.**

Speakers Corner with KMB Law

Please join us on Tuesday, February 10th at 1:30pm in Harmony Hall, as associates from KMB Law will be giving a talk on 'Common Myths about Wills, Powers of Attorney', and why you need more than 'my family will just figure it out'. Learn about common pitfalls in failure to plan for incapacity and death, family conflicts, and the risks and costs of a failure to have basic plans in place.

Olympics info/Trivia

On Thursday, February 12th at 10am in Harmony Hall, join Conrad Sredzinski as he shares some fun facts about the history of the Olympics, and tests your knowledge with some trivia.

National Geographic "Tigers of The Snow"

On Thursday, February 12th at 2pm you will have the opportunity to watch National Geographic "Tigers of The Snow" on Channel 990. *Rarely glimpsed amid its isolated wilderness stronghold, the awe-inspiring Siberian tiger is the biggest cat on Earth. And one of the most endangered: only about 300 survive in the wild. Now, join researchers as they risk their lives to help save these tigers from the modern pressures threatening them and their primordial forest kingdom. Acclaimed wildlife filmmaker Mark Stouffer (Wild America) captures the jaw-dropping never-before-seen action as biologists rush to tag a young cub before its mother returns to the den, an enraged female charges up a tree to attack a hovering helicopter and desperate team members resort to mouth to mouth resuscitation to revive a sedated tiger. And that's just the beginning of the heart-stopping adventures awaiting you in National Geographic's face to fang encounter with Tigers of the Snow!*

"The Lord's Prayer" Film

Many of us have recited this...some every day...over our lifetime. We know the words. We know the meaning. We know who taught it to us...the Lord Jesus Christ! But do we know its meaning within the original cultural and historical setting? This film helps us to see and experience some of what Jesus was bringing to His followers and to us today. The Lord's Prayer is the



heartbeat of the gospel. It is a bold, practical call to live God's kingdom here and now. Each line invites us to trust, surrender, forgive, and pursue God's justice and peace in our world today. Join us on **Wednesday, February 18 at 1:30PM in Heritage Hall** to view this

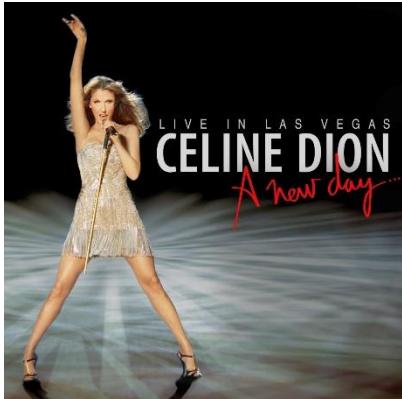
beautiful film set in the land of the Bible. There will be a time of questions and reflections after the film. There is NO COST to attend. To find out more about the film and its host, go to thelordsprayer.com or walkingthetext.com.

Redeemer University Choir Performance

Please join us on Thursday, February 19th at 2pm in Heritage Hall to watch a short presentation from their Donor Relations team and a performance from the Redeemer University choir.

Movie Night ☕

On Thursday, February 19th you will have the opportunity to watch Celine Dion *a New Day Live in Las Vegas*. *Celine Dion's "A New Day... Live in Las Vegas" is a concert film that captures the energy and excitement of her Las Vegas residency show. The film showcases Dion's powerful voice and stage presence, and highlights her ability to connect with her audience. It includes a record-breaking show at Caesars Palace in Las Vegas, Nevada. The film was commercially successful, achieving 3x Diamond status in Canada, Diamond in France, and Multi-Platinum, Platinum, and Gold in other countries.* **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.**



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, February 20th, at 1:30 PM** in Harmony Hall. Whether you're ready to belt out your favourite tune or prefer to sit back and enjoy the performances, this event is for everyone. **Light refreshments will be provided.**

FEBRUARY VENDORS 10AM TO 3:30PM

Tuesday, February 3rd – Bijoux Clothing ~ **Location:** Across from the Faith Manor elevators

Thursday, February 5th – Nelly's Comfort Shoes ~ **Location:** Across from the Faith Manor elevators

Thursday, February 12th – Owl Origami Jewelry ~ **Location:** Across from the Faith Manor elevators

Tuesday, February 24th – Solomon's Clothing ~ **Location:** Across from the Faith Manor elevators

Reoccurring Programs

Event	Date & Time	Location
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
Nordic Pole Walking	Wednesday 9am	On Hold until Spring
Hymn Sing and Bible Study	Wednesdays 10am	Horizon Hall
Art Expressions	Wednesdays 1:30pm	Trinity Tower Meeting room
Cribbage Club	Wednesdays 1:30pm	Providence Tower Meeting Room
Operation Mercy Yarn Pick up	Every other Wednesdays 2pm	Harmony Hall
Prayer Shawl Group	Thursdays 10am-12pm	King Tower Library
Tai Chi	Thursdays 10:30am	Horizon Hall
Klaverjassen	Thursdays 1pm	King Tower Library
KTEE Euchre	Thursdays 7pm	Horizon Hall
Games Night	Friday 7pm	Horizon Hall
Providence Tower Coffee Social	Saturdays 10am	Providence Tower Meeting Room
King Tower Coffee Social	Saturdays 10am	Horizon Hall

Upcoming Events

Armchair Travels

Throughout the month of March, you will have the opportunity to follow along with Rick Steves as he shows us all Ireland has to offer. These will be 25-30-minute segments and will be shown on Channel 990 at 2pm.

- March 5th at 2pm- Belfast and the best of Northern Ireland

- March 12th at 2pm- South Ireland: Waterford to the to the ring of Kerry
- March 19th at 2pm – The best of West Ireland: Dingle, Galway, and Aran

Movie Matinee ☕

On Friday, March 6th at 1:30pm, you will have the opportunity to watch *Unsung Hero*. *Based on a remarkable true story. Unsung Hero follows Helen (Daisy Betts) and her husband Davis Smallbone (for KING + Country's Joel Smallbone) as they move their family from Down Under to the States with nothing more than their seven children, suitcases, and their love of music. As Helen and Davis set out to rebuild their lives, they begin to realize the musical prowess in their children who would go on to become two of the most successful acts in inspirational music history: Five-time GRAMMY Award-winning artists for KING + COUNTRY and Rebecca St. James.* **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.**

Speakers Corner

"Join us on March 17th at 1:30 pm in Harmony Hall for an eye health talk with Dr. Zara Akhter, Optometrist and owner of Peel Eye Care. Dr. Akhter will discuss common eye conditions such as macular degeneration, cataracts, glaucoma, and dry eyes. She will also explain who to see for different eye concerns, where to go for care, and what questions to ask if you are considering cataract surgery. There will be practical tips and time for questions."

Movie Night ☕



On Thursday, March 19th you will have the opportunity to watch Celtic Woman 'Postcards from Ireland'. *Celtic Woman's album "Postcards from Ireland" features 13 brand new songs and includes arrangements of iconic tracks like "The Dawning of the Day" and "Wild Mountain Thyme". The album was released on October 29, 2021, and it marks their first studio album since 2018's "Ancient Land".*

The album also introduces new member Muirgen O'Mahony and includes a performance by The Longest Johns on the track "Beeswing". The album was accompanied by a television special aired on PBS, showcasing performances in various locations across Ireland. Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.

HCH Yard Sale

We will be having a Yard Sale on Thursday, March 26th in Heritage Hall. It will take place from 9:30am-1:30pm. Tenants who would like to participate can for \$10. This will include an 8ft table + 2 chairs. You can contact Ashley Blair for more information on signing up at ext. 5262.

Towers Nursing News

**Dates are subject to change. Announcements for date/time changes will be posted on Channel 990.

- ❖ For Denturist clinic please call (905) 453-3393 to send your information in for appointment. CARRS will contact you with an appointment time.
- ❖ **Mobility Clinic:** February 18th, 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:** February 4th & 25th. Please sign up on the list at TNO.
- ❖ Dr. Douglas Vlaskamp's **Chiropractic** open Friday afternoons 1:30-3:40pm, please call his office for an appointment at 905-451-3963.
- ❖ **Physiotherapy Department:** Open. Please call 647-717-3422 to book an appointment.

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 January.

We welcome to the Towers:

Mr. Allan & Mrs. Tilly Zomer	PeT 1003
Mr. John & Mrs. Nellie Vis	HT 409
Mr. Andrew Siderius	CT 705
Mr. Trevor Carkner	PT 404
Mr. Onesimus Ashwal	TT 515

We welcome to Faith Manor:

Mrs. Humberta Maques	FM 424-2
Mrs. Vera Blanchard	FM 324-2
Mrs. Bibi Halima Ally	FM 323-2
Mrs. Nelly Ringnalda	FM 504
Mrs. Hilda Brent	FM 413
Mrs. Johanna Wemmers	FM 105

We welcome to Grace Manor:

Mrs. Ria VanZeumeren	GM 208/1
Mrs. Jehrakhano Thanawala	GM 314/2
Mrs. Nancy Reynolds	GM 212

We had to say Goodbye to:

Mr. John Tjoelker	KT 902
Mr. Denny Dias	HT 313
Mrs. Rita Bydevaate	KT 601
Mr. Peter Schoonhoven	CT 1204
Mr. James & Mrs. Ellen Bothwell	CT 1007

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

We remember:

Mrs. Bhajan Noorpuri	FM 323-2
Mrs. Erika Muir	GM 314/2
Mrs. Phronie Pye	FM 420
Mr. Bill Devries	FM 504
Mrs. Martje Postma	FM 413
Mr. Manuel Pimentel	FM 105
Mrs. Maria Chebotarev	GM 212
Mrs. Nelly Roelofsen	GM 114/2

Mrs. Ann DeRuiter
Mrs. Barbara Squizzato
Mr. Robert Crawford
Mrs. Phyllis White
Mrs. Trudy Uittenbosch

PeT 1601
FM 324-2
GM 220
FM 206
GM 219

*Sincerely,
Gifty Adjei
Tenant Business Services*

Promissory Note Program

A simple way to invest, right at home!

Our HCH investment program has been proudly operating for over 30 years, contributing significantly to our in-house programs & facilities for our tenants.

We offer competitive rates that are always displayed on Channel 990.
Get started today with just a minimum of \$10,000!

Come speak with Sherene in our finance department for personalized assistance.

905.463.7002 Ext.5235
sherene.baksh@hch.ca



February Birthdays

PeT 605	Ted Banks	01 – Feb
KT 506	John VanBodegom	05 – Feb
PT 907	Sadie Vanmanen	08 – Feb
CT 708	Lube Pihan	09 – Feb
KT 502	Terence Dutnall	10 – Feb
HT 609	Pat Jonker	10 – Feb
PeT 505	Trudy Poot	10 – Feb
CT 302	Slava Stupich	10 – Feb
HT 107	Cornelia Veenstra	10 – Feb
PeT 502	Toni Dryfhout	13 – Feb
PeT 1606	Mary Vandervennen	13 – Feb
PT 409	Walter Bergsma	14 – Feb
HT 502	Patricia Faulkner (Nielsen)	14 – Feb
PT 409	Clare Laning	14 – Feb
PT 408	Thomas Warnaar	15 – Feb
PT 1007	Claude Tremblay	16 – Feb
TT 116	Yvonne Stafford	18 – Feb
TT 603	Ignacio Tanguin	19 - Feb
TT 118	Gloria Belgrave	20 – Feb
PeT 502	Tony Dryfhout	20 – Feb
HT 410	Brenda Vanmiddelkoop	20 – Feb
HT 208	Marilyn Jean Bailey	21 – Feb
PT 704	Diane Vanelburg	23 – Feb
PT 803	Olga Vandeven	27 – Feb

March Birthdays

PeT 804	Thi Hanoi Nan Phan	03 - Mar
CT 1201	Margaretha Vanderkooi	03 - Mar
PT 302	Gay Dykstra	04 - Mar
PeT 1001	Lucas Oosterveld	04 - Mar
KT 1203	Anna Eitner	04 - Mar
KT 1501	Marjorie Dewilde	05 - Mar
PeT 905	Jorge Carreiro	05 - Mar
HT 615	Nelly DeBoer	07 - Mar
PeT 802	Ann Posthumus	07 - Mar
PeT 607	Richard Sakamoto	07 - Mar
HT 104	Brenda Sleeth	07 - Mar
CT 311	John Bertelink	08 - Mar
TT 606	Annie Wymenga	10 - Mar
PeT 1004	Elizabeth Terpstra	10 - Mar
HT 306	Joanne Oosterdag	11 - Mar
PeT 1405	Bonnie Broekema	11 - Mar
KT 308	Bert Vanderhoef	11 - Mar
KT 1205	Ted Jurrius	12 - Mar
CT 1104	Jane Tenhage	13 - Mar
CTPH 06	Hans Steinke	14 - Mar
TT 213	Janette Quinn	14 - Mar
KT 1202	Jack De Goeij	14 - Mar
KT 1102	Geertje Koster	14 - Mar
PT 104	Judy Lamb	14 - Mar
PeT 1705	Peter Hendrik	16 - Mar
KT 1305	Grita Greisberg	20 - Mar
KT 408	Olga Brown	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
KT 1403	Cornelis Bijl	27 - Mar
PeT 402	Helmut Knobl	28 - Mar
TT 519	Herta Kwirant	29 - Mar
KT 602	Elizabeth Thayer	29 - Mar
CT 607	John Pasma	30 - Mar

Editor's Note

Dear Tenants,

Welcome to February. It feels like it has been a long winter already, but the promise of spring is coming!

Please enjoy this issue of the Tie that Binds. As always, if you have anything you would like me to include in future issues, please don't hesitate to reach out to me or stop by my office.

Thanks,

Trish Krale

Tie that Binds Feedback Form

Name:

Comments:

Friendship

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional word related to friendship.

D	C	B	C	C	A	M	D	K	C	O	F	A	S	R	
N	E	O	O	A	O	N	Y	O	I	R	G	S	D	Y	
E	T	Y	N	E	E	M	M	T	I	N	E	I	H	L	
I	A	F	F	L	V	R	P	E	I	N	S	T	M	L	
R	M	R	I	A	A	I	N	A	E	N	A	H	A	A	
F	M	I	I	D	D	M	D	T	S	N	P	I	F	I	E
L	O	E	E	B	L	I	O	R	M	I	F	F	R	P	
R	O	N	U	I	P	L	T	Y	O	E	O	A	F	T	
I	R	D	N	E	C	A	S	Y	C	P	H	N	S	A	
G	D	E	L	O	Y	A	L	T	Y	S	P	U	R	R	
Y	S	G	O	O	D	T	I	M	E	S	R	U	I	O	
S	C	H	U	M	H	O	N	E	S	T	Y	F	S	V	
E	C	N	A	T	N	I	A	U	Q	C	A	U	E	A	
Y	H	T	A	P	M	E	S	S	E	N	D	N	O	F	

ACQUAINTANCE	COMPANION	HONESTY
AFFECTION	COMRADE	KINSHIP
AFFINITY	CONFIDE	LEND
ALLY	EMPATHY	LOYALTY
AMIGO	FAVOR	PAL
AMITY	FONDNESS	ROOMMATE
BOYFRIEND	FRIENDLINESS	SHARE
BUDDY	FUN	SUPPORTIVE
CHUM	GIRLFRIEND	SYMPATHY
CLOSENESS	GOOD TIMES	TRUST

Tenant Activities Survey – 2025/2026

The Towers Activities team is looking to get some feedback on the activity program. Please take some time to complete the survey below and return to Front Reception, by Monday, February 23rd.

If there is more than one person in your household who participates in programs, you can pick up a second survey at Front Reception.

1. Tenant Activities help me feel more engaged in my community.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<input type="radio"/>				

2. Tenant Activities meet my needs and interests.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<input type="radio"/>				

3. I am satisfied with the tenant activities and services.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<input type="radio"/>				

4. Tenant Activities help to reduce social isolation in the community.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<input type="radio"/>				

5. I feel more physically active after participating in the Tenant Activities.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<input type="radio"/>				

6. I feel more mentally active after participating in the Tenant Activities.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<input type="radio"/>				

7. Tenant Activities help to increase my feeling of safety and well-being.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<input type="radio"/>				

8. Other comments or suggestions:

Thank you for your help in making our programs the best they can be for you, our tenants!