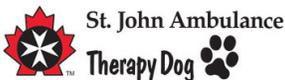
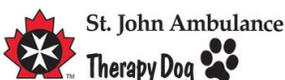


ADP Calendar -Newsletter

Happy February 2020 !

Monday	Tuesday	Wednesday	Thursday	Friday
3 SteadyFeet® Tai Chi  Bingo Table Games	4 SteadyFeet® Fly to Sky Game Practice Valentine Craft 	5 SteadyFeet® Bean Bag Toss Valentine Decoration 	6 Hearing Screening SteadyFeet® Chair Yoga  Scams & Frauds Workshop	7 SteadyFeet® Bingo Social Music
10 SteadyFeet® Fly to Sky Baking with George	11 SteadyFeet® Chair Yoga   Love Songs Colour your Day	12 SteadyFeet® Tai Chi  Matching Game Table Games	13 SteadyFeet® Concert in Care 	14 Valentine's Day SteadyFeet®  Matching Game Social Game 
17  Cedar Cottage Closed "Family Day"	18 SteadyFeet® Price is Right Table Games	19 SteadyFeet® Birthday Celebration  Spa Day Table Games	20 SteadyFeet® Hot Potato Welcome Card Making	21 Stone Soup SteadyFeet® Puzzle Game Bingo
24 SteadyFeet® Sensory Game "Then and Now"	25 SteadyFeet®  Cooking Class Board/Table Games	26 SteadyFeet® Carnival 	27 SteadyFeet® Matchmaker Game Charades	28 SteadyFeet® Hot Potato Table Games 

Mark Your Calendar

February 6 2020
 10.30AM – 12PM
 12.45PM-2PM

Hearing Screening
 Scams & Fraud Prevention

February 17 **Cedar Cottage
Closed
"Family Day"**

Happy Birthdays

February 1 Lilian

February 9 Cirilo

February 28 Alex

ADP Calendar -Newsletter

Happy February 2020 !



Family Day Closure

Please be aware that Cedar Cottage NH will be closed for Family Day. Enjoy this day by maybe planning a nice activity with your family ☺

Date: Monday February 17, 2020.

Hearing Screening Clinic

Hearing properly is important for safety and also for enjoying a nice conversation with each other. Available for all our participants, let us know if you would like to take advantage of this free clinic. Limited space available.

Date: Tuesday February 6, 10.30AM - 12PM

Scams & Frauds Prevention Workshop

Join us for this workshop to know how you can protect yourself against scammers and people trying to mislead you with confusing information.

Date: Thursday February 6, 12.45PM – 2PM

Winter Tips: How to Stay Healthy

- Hand hygiene: you will find a hand sanitizer at the entrance of the House when you come in. Use it, keep the germs away! 
- After using the washroom, use soap, water and dry our hands.
- If you sneeze or cough, it's a good habit to use your elbow and wash our hands afterwards. 
- Feeling sick? Stay home to recover and see your doctor if needed. *Don't forget to let us know if you are not coming to our Adult Day Program.*

Let's Build Our Community!

We are collecting socks, hand towels, hand soaps, shampoo, body wash to greet our neighbours at their new homes at the Temporary Modular Housing Development.

You will find a basket at the entrance to drop your appreciated items.



Family/Caregiver Corner

Mobile Market

In 2020, the mobile market will continue to offer vegetables and fruits for a reasonable price at Cedar Cottage Neighbourhood House every **first and third Wednesday of the month from 2.30PM.**

Absence Contact Reminder

To offer a better service, we are asking all our clients and caregivers to let us know as soon as possible if they will be absent from our program for sickness, appointments or other reasons.

This will allow us to plan better the program for attending participants.

You can always contact us Monday to Friday from 8.30AM to 4PM by phone or email.