

F E B R U A R Y 2 0 1 9

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# Linden Place News

A great place to live



## Save The Date!

### Shopping Trip to St. Vital

Monday, Feb. 11

Join us for a fun shopping day at St. Vital Mall. See page 2 for details.

### Valentine's Coffee Break

Thursday, Feb. 14

A LOVEly coffee break is being planned. For more details see page 2.

### RCMP Fraud Presentation

Thursday, Feb. 21

Join us in the MPR to hear from Constable Bunn. See page 4 for details.

## February Birthdays!

Happy Birthday to the Linden tenant celebrating a birthday this month!

**Edwin Dueck – Feb. 22**

## Shopping Trip to St. Vital

Monday, February 11 ~ 9am - 3:30pm



Join in the fun as we head out to St. Vital Mall on the bus on Monday, February 11, 2019.

**The cost is only \$15** and we'll be joining other folks from Fernwood, Woodhaven and Parkview. Snacks and water will be provided, but you are responsible for your own lunch.

There are lots of food options in the food court! Sign up by Feb. 6<sup>th</sup>.



## Valentine's Day Coffee Break

Thursday, February 14 at 9:30am

Come down to the MPR on Valentine's Day for a special Valentine's coffee break – we'll share some special treats together!



## Income Tax Services

Edwin Klassen will be offering his services to prepare tax returns again this year. He will be coming to Linden Place in March to collect your papers; the cost is \$50. Watch for details of when he will be here in the March newsletter.

## From the Chaplain's Desk

*Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart. (1 Peter 1:22)*

February 14<sup>th</sup> is Valentine's Day, the day many cultures set aside to celebrate love. It's a day of celebrating romance, a day of flowers and hearts. Chances are, you will see hundreds of hearts on Valentine's day alone, candy shaped hearts, hearts on store windows, hearts on billboards, and hearts on Valentine's cards. In our culture, the heart has become the sign of romantic love.

The apostle Peter makes a strong connection between the heart and love, but it's not the connection that is advertised and celebrated on Valentine's day. The chief command of this verse reads, *"love one another deeply, from the heart."* The meaning here is much different from the romantic norm of most Valentine's cards.

The Greek word for love Peter is using here comes from the word *agape*, which refers to choiceful, self-giving, and sacrificial action for the sake of another person. Jesus demonstrated this love when he washed the disciple's feet at the Last Supper and commanded, *"If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. <sup>15</sup> For I have given you an example, that you also should do just as I have done to you."* (John 13:14)

In today's verse, Peter is making the connection to the heart. While today the heart symbolizes romance, in the language of 1Peter, the heart is the center of thinking, willing, choosing, and feeling. The emotional dimension of love is not a central part of the heart. So, is love a matter of the heart? Yes, in the sense that love is something we chose to do, being motivated by emotions and conviction. Is love something romantic? Yes, romance is a gift from God to enrich the love between man and woman. The love we find in 1 Peter 1:22 is a love that transcends feelings of romance, a love that flows from commitment, a love that perseveres in good times and in bad.

This Valentin's Day, send cards with hearts to the ones you love. But all the time, love one another deeply, from the heart, committing to one another in deep self-giving, sacrificial action and support.

Ron Babel, Chaplain



# 7 TIPS TO BEAT THE WINTER BLUES



## 1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



## 2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



## 3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



## 4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



## 5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



## 6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



## 7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.

**FRAUD PRESENTATION**

**Thursday,**

**February 21 @ 9:30 am**

Coffee and treats will be served and Constable Gabriel Bunn will talk to us about fraud and scams and how to detect them.

# Valentine's Day Word Search

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

BOW AND ARROW  
 VALENTINE'S DAY  
 DOVE  
 CANDY  
 HUG




## WORD BOX

FLOWERS  
 CUPID  
 EROS  
 FOURTEENTH  
 ROSES

CARD  
 FEBRUARY  
 KISS  
 LOVE  
 CHOCOLATE

# FEBRUARY 2019

## Linden Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hair Salon Day	2
3 Worship Service 9-9:30 am 4 pm MB Youth	4	5 Bingo 1 pm Bible Study 7 pm	6 Stretch Class 9:30 am Soup's Hot 12 pm: <i>Cream of Potato &amp; Bacon, Ham Sandwich, Peach Pie w/Ice Cream</i> Games Night 6:30 pm	7 Coffee with Janie 9:30 am Bingo 1 pm	8 Hair Salon Day	9 Instrumental Group 7 pm
10 Worship Service 9-9:30 am 4 pm MB Youth	11 Bus Trip to St. Vital 9 am MCC Pick Up Day 11 am NO Faspa	12 Bingo 1 pm Bible Study 7 pm	13 Stretch Class 9:30 am Soup's Hot 12 pm: <i>Chicken Noodle, Brown Bread, Cream Pie</i> Games Night 6:30 pm	14  Happy Valentines' Day! <b>Office Closed</b> Coffee with Friends 9:30 am Bingo 1 pm	15 Hair Salon Day The Ungers 7 pm	16
17 Worship Service 9-9:30 am 4 pm MB Youth	18 Office Closed	19 Bingo 1 pm Bible Study 7 pm	20 Stretch Class 9:30 am Soup's Hot 12pm: <i>Cream of Broccoli w/Cheese, White Bread, Apple Pie w/Ice Cream</i> Games Night 6:30 pm	21 RCMP Fraud Presentation 9:30 am Bingo 1 pm	22 Hair Salon Day	23
24 Worship Service 9-9:30 am 4 pm Youth	25 Potluck Lunch 12 pm	26 Bingo 1 pm NO Bible Study Margaretha & John Music Night 6 pm	27 Stretch Class 9:30 am Soup's Hot 12pm: <i>Kommt Borscht, Cheese Biscuits, Cream Pie</i> Games Night 6:30 pm	28 Coffee with Janie 9:30 am Bingo 1 pm		

The TRC office will be closed Thursday, February 14. If you need immediate assistance please call Bonnie Begalke at 204-346-5020 or for maintenance issues please call 204-380-4181.