

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

the  
**Linden Place News**

A great place to live

Love is patient; love is kind. It does not envy, it does not boast; it is not proud. It does not dishonor others; it is not self-seeking; it is not easily angered; it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

*(1 Corinthians 13:4-8a NIV)*

## *Save The Date!*

### **Valentine's Faspa**

**Monday, Feb. 10**

We'll celebrate Valentine's early with a special Faspa. See page 2 for details.

### **Stretch Class Resumes**

**Wednesday, Feb. 19**

Our Wednesday morning stretch class will resume! See page 4 for more details.

### **Potluck Lunch at Noon**

**Monday, Feb. 24**

Join us for a yummy lunch. See page 4 for all the details.

## **February Birthdays**

We have no February birthdays to share this month – we will look forward to next month!



**Valentine's Faspa**

**Monday, February 10 at 3 pm**

Feel free to come wearing something red or pink. Bring some food to share or a toonie.



**MCC Pick Up Day**

**Monday, February 24 at 9 am**

Because of the Lois Reil holiday, MCC will be coming one week later than usual.

**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.

## From the Chaplain's Desk

*Love is patient; love is kind. It does not envy, it does not boast; it is not proud. It does not dishonor others; it is not self-seeking; it is not easily angered; it keeps no record of wrongs.*

*(1 Corinthians 13:4-5 NIV)*

A little girl, when asked what love is, answered, "Love is when mommy reads you a bedtime story. Real love is when she doesn't skip any pages." Though it sounds funny, this little girl's answer points us in the right direction. Love is being there for another - reading the bedtime story, and caring for another – not trying to "get it over with" by skipping pages.

On February 14, people around the world will spend millions of dollars on flowers, cards, and chocolate, celebrating romance. I wonder how many young men propose to their girlfriends on that day every year. The love life between husband and wife is hopefully a life permeated with romance, but there is much more to relationship than passion. In his book *Love That Never Fails*, H. Dale Burke states, "Love is the great essential, the stuff that life is made of."

Jesus set the stage for Paul's letter to the Corinthians, and from His own mouth, we hear the principles of the Father's love of which Paul writes. Jesus declared love to be the *Great Commandment*, summarizing God's entire law. Love the LORD your God with all your heart and with all your soul and with all your mind, and love the people God has placed into your lives as you love yourself (Matthew 22:37-39).

The Greek word for love that Paul and Jesus are using here comes from the word *agape*, which refers to choiceful, self-giving, and sacrificial action for the sake of another person. When this *agape*-love infuses our lives, it will not go unnoticed; the world will look up and see patience and kindness and selflessness. Love is what God in Christ has done for others. In love, we share God's design for community and treat our neighbors as we know He has treated us. In Romans 15:7, Paul exhorts us to "welcome one another as Christ has welcomed you, for the glory of God."

So, as we celebrate Valentine's day, let us celebrate *agape love*. May God enable us to share a love that bears, believes, hopes, endures, and gives selflessly in a world that struggles with these very things.

Ron Babel, Chaplain





**Stretch Classes  
will resume on:  
Wednesday, February 19  
at 9:30 am**

Join us for a fun time as together we do some simple stretching and basic movements to music.

*Note: All exercises can be done from your wheelchair or walker!*



## Warmest Welcome

to our newest tenant here at  
Linden Place! All the best to  
*Yolande Boisjoli*  
as she settles into her new  
apartment, #304.

## Potluck Lunch!

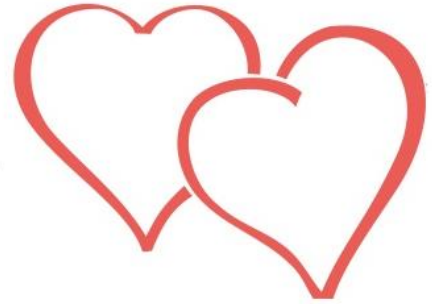
**Monday, February 24 at Noon**

Join us in the MPR for our monthly Potluck lunch. Bring a dish to share, either main course or dessert, or bring a toonie.

Beverages will be supplied.



# Valentine's Day Word Search



Circle each word in the Valentine's Day word search puzzle below.

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



1: HEART

6: POEM

11: FLOWERS

2: CUPID

7: CHOCOLATE

12: PINK

3: CARD

8: CANDY

13: SWEETHEART

4: VALENTINE

9: KISS

14: GIFT

5: LOVE



10: ROSE

15: HUG



# FEBRUARY 2020

## Linden Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Worship Service 9-9:30 am MB Youth 4 pm	3 <b>Office Closed</b>	4 Bingo 1 pm Bible Study 6:30 pm	5 <b>Office Closed</b> <b>Soup's Hot 12 pm:</b> <b><i>Kommt Borscht, White Bread, Fruit Crumble Bars w/Ice Cream</i></b> Games Night 6:30 pm	6 Coffee with Janie 9:30 am Bingo 1 pm	7 Hair Salon Day	8 <b>Instrumental Group 7 pm</b>
9 Worship Service 9-9:30 am MB Youth 4 pm	10 <b>Valentine's Faspa 3 pm</b>	11 Bingo 1 pm Bible Study 6:30 pm	12 <b>Soup's Hot 12 pm:</b> <b><i>Taco Soup, Buns, Chocolate Pie</i></b> Games Night 6:30 pm	13 Coffee with Janie 9:30 am Bingo 1 pm	14  Happy Valentine's Day! Hair Salon Day <b>The Ungers 7 pm</b>	15
16 Worship Service 9-9:30 am MB Youth 4 pm	17 <b>Lois Reil Day – Office Closed</b>	18 Bingo 1 pm Bible Study 6:30 pm	19 <b>Stretch Class 9:30 am</b> <b>Soup's Hot 12 pm:</b> <b><i>Cream of Potato Soup, Brown Bread, Fruit Tarts</i></b> Games Night 6:30 pm	20 Coffee with Janie 9:30 am Bingo 1 pm	21 Hair Salon Day	22
23 Worship Service 9-9:30 am MB Youth 4 pm	24 <b>MCC Pick Up Day 9 am</b> <b>Potluck Lunch 12 pm</b>	25 Bingo 1 pm No Bible Study <b>John &amp; Margaretha Music 7 pm</b>	26 <b>Stretch Class 9:30 am</b> <b>Soup's Hot 12 pm:</b> <b><i>Chicken Noodle, White Bread, Coconut Cream Pie</i></b> Games Night 6:30 pm	27 Coffee with Janie 9:30 am Bingo 1 pm	28 Hair Salon Day	29 

***“I’ll be spending my Valentine’s with my one true love.... Chocolate!”***