



Bits'n Bites

FEBRUARY 2025



**WELCOME TO ORCHARD
GARDENS:**

Randy Trainer

Sandra Krogel

Wendy Smith

Horst Schlieff

Bob Barnes

Short term guest:

Richard Prowse

Orchard Gardens
Senior Community
295 Gerstmar Road
Kelowna, BC V1X 7W9
Tel 250.979.0600
Fax 250.979.0601
orchardgardens.ca



UPCOMING EVENTS:

FEB.2ND GROUND HOG DAY

Feb. 5th BLOOD PRESSURE

Feb. 14th Twin day

Valentines Day and treats

FEB.21ST BAZAAR

RESIDENT SALE

Feb. 10th toonie draw

Feb.12th Food

**meeting FOLLOWED BY
FIRE BELL TEST**

**Feb 9th-15th Kindness
week!**

**Feb. 14th Valentines
day aka Twin Day**

Feb. 17th Family Day

**Feb. 18th Town Hall
Meeting**



**FEBRUARY RESIDENTS
BIRTHDAY**



Ursula Timoon	February 1st
Stacy MacInnis	February 9th
Charlotte Herman	February 15th
Kathy Harman	February 15th
Ken Heidel	February 16th
Evelyn Reid	February 18th
Debbie Curylo	February 18th
Michi Ikari	February 18th
Barbara Canning	February 20th
Ferne Lentz	February 21st
Diane Bauer	February 26th

NEW ACTIVITIES WE ARE TRYING

**SHUFFLE BOARD COMPETITION:
EVERY TUESDAY
3-4pm**

**Each Day for the Week Feb.9th-15th
kindness week activities – in lobby,
check Activity table for instructions**

BENEFITS OF MUSIC

1. Combats Alzheimer's & Dementia
 2. Reduces pain
 3. Helps improve memory & recall
 4. Increases ability to concentrate
 5. Increases overall cognitive abilities
 6. Better night's sleep
 7. Lessened need for medication
- Join us Every Thursday in the Music Room 3pm
For Sing A-Long

THE LEGEND OF SAINT VALENTINE

It is thought that Valentine was a priest who served during the 3rd century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in Secret. When Valentines actions were discovered, Claudius ordered that he be put to death.

KEEP YOUR MIND SHARP

In the Activity Room 2nd floor please join me to sharpen your mind:

Every Monday Mind Games at 1:45pm-3pm

Every Tuesday 1:30pm Trivia

Every Wednesday 3:15-4pm
Memory Games

VALENTINES SOCIAL

FEBRUARY 12TH 2PM

- JOIN US FOR SPECIAL VODKA CRAN DRINK \$6 a cup first sample free per person

Dress up: WEAR PINK / RED / WHITE
February 14h Twin Day!!

February 17th Family Day

For those who don't go out on Monday Feb. 17th We will have our own Family Day!

8:30am -11am games and snacks and a showing of tv series called "Man on the Inside" featuring Ted Danson in the lobby continued 1pm-4pm.





February Movie Selections: FREE Every Saturday at 7pm in the Music Room

Bourne Supremacy Feb. 1ST

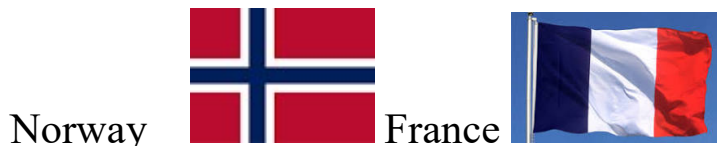
Romeo Must Die Feb. 8TH

Monster-in -Law Feb. 15TH

Double Jeopardy Feb. 22ND



CHEF'S 2 COUNTRY FOCUSES FOR FEBRURAY ARE:



SPECIAL VALENTINES DAY DINNER:

Special Valentine's day Dinner
Friday February 14th

Starter: Lobster bisque

Main course: bourbon chicken supreme
duchess potato, Caprese salad bites

Dessert: savoy champagne poached pear
On a bed of creamed cheese -mascarpone



salad bites

Chicken supreme

