

# Grapevine Gazette

## January

*"You are never too old to set another goal or to dream a new dream." ~ Les Brown*

As we enter cold and flu season, we ask that you please ensure you are practicing regular **hand hygiene** and be mindful if you are feeling under the weather.

*Thank You for your continual support in keeping our home safe!*



### January's Quiet Moment

*The holidays are now behind,  
January gives us peace of mind.  
A time to breathe, a time to slow,  
And let our thoughts and hopes still grow.*

*The busy days have come to rest,  
This quiet time can be our best.  
It's in the calm we start anew,  
Reflect, recharge, and find our view.*

*Poet: Catherine Pulsifer*

*Please see home area specific calendars for things happening on each unit!*

*We hope you enjoy our programs 😊!*

Residents Council/ Food Committee Meeting – January 16<sup>th</sup>  
10:30am

Country Store January 9<sup>th</sup> & 23<sup>rd</sup> 1:00pm

### International Days to Celebrate

January 5<sup>th</sup> – National Whipped Cream Day

January 22<sup>nd</sup> – Bell Lets Talk Day

January 23<sup>rd</sup> – National Pie Day

January 24<sup>th</sup> – National Fun at Work day

January 31<sup>st</sup> – National Hot Chocolate Day

### Chefs Table – Brunch Edition

January 23<sup>rd</sup> & 30<sup>th</sup> Our kitchen staff and Recreation team are banding together to provide a beautiful gourmet brunch for a limited number of Residents. It will be available on a sign-up basis if requirements are met!



#### **Menu:**

**5 Alive Virgin Mimosa**

*Citrus juice, raspberries, champagne*

**Quiche Lorraine Salad**

*Egg tart, prosciutto, apple, fried shallots, gruyere crisp, mixed greens, sherry vinaigrette, aioli*

**Gravlax Eggs Benedict:**

*Smoked Salmon, crumpet, poached egg, truffle hollandaise, dill, chive hashbrowns, charred tomato*

**Nutella French Toast**

*Banana bread, hazelnut mascarpone cream, 5 spice crumble, banana compote, dark chocolate syrup*

Please see Rylie Opas – Programs Manager for inquiries and/or to sign up 😊

