

Cranberry Cottage News

February 2012 – LEAP YEAR!!!



Medication Safety Tips

- Take your medication as directed by your doctor or pharmacist.
- Your prescription medications are meant specifically for you. Do not share them with others.
- Check with your pharmacist or doctor before taking over-the-counter medications and herbal medicines.
- Keep a medication record in your wallet or purse.
- Store medications properly.
- Take expired medications to your pharmacy for proper disposal.
- Ask your pharmacist for tips to help you remember to take your medications.
- Speak to your pharmacist if you have any questions or concerns about your medications.

Faces of Dementia

(from the Province newspaper)

If you know somebody living with dementia, would you be able to recognize it? A new video from the Alzheimer Society of BC demonstrates four scenarios that exhibit the signs and symptoms of dementia. View it at bcseniorhelp.com

along with a comprehensive collection of resources to help seniors and their families.

Leap Year

2012 is Leap Year and on February 29th it is as socially acceptable for a woman to propose as it is for a man. The Scottish parliament said so in 1288. Legend has it that a man who is proposed to by a woman is destined for a happy life, and couples that wed in leap year are sure to live happily ever after.

Cranberry Players

The Cranberry Players are in rehearsal again, this time for a short melodrama “The Brutal Miner”. We are hoping to present this

production at our next New Vista ‘No Talent Required’ Talent Show.

Cranberry Cottage Staff – 604-521-7764

Manjit, our Program Coordinator, is at **Local 159** Recreation (Sharon), Rehab (Vanja), and our Driver (Ryan) are at **Local 160**

Special Events

February

14th – Valentines Sweetheart Tea
21st – Pancake Day
29th – Leap Year Social

March

1st – Foot Care Clinic
11th – Daylight Savings (clocks 1hr forward)
15th – Irish Pub
20th – First day of Spring

April

6th – **CLOSED** for Good Friday
9th – **CLOSED** for Easter Monday
15th to 21st – Volunteer Appreciation Week
17th – Century House Singers

Ongoing

Mondays

11:00 - Tai Chi
2:00 - Java Club with Vanja

Tuesday

11:00 - Choir Practice
2:00 - Art with Sharon

Wednesday

2:00 - Singalong with Gary

Thursday

2:00 – Handchimes

Friday

2:00 – Variety Programs

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