

March 2019

# The Hamlets at Westsyde



## Celebrating March

**Irish-American Heritage  
Month**

**Optimism Month**

**Craft Month**

**Celebrate Your Name Week**  
*March 3–9*

**Mardi Gras**  
*March 5*

**International Women's Day**  
*March 8*

**Pi Day**  
*March 14*

**St. Patrick's Day**  
*March 17*

**Make Up Your Own Holiday  
Day**  
*March 26*

## March Zodiacs

Pisces (The Fish) March 1–20

Aries (The Ram) March 21–31

## Birthstone – Aquamarine

As its name might suggest, March's birthstone is inherently associated with water. *Aquamarine* comes from the Latin words for "sea" and "water," and indeed, its calming, light-blue shades remind us of the cool, refreshing waters of the ocean. Aquamarine is believed to absorb the energy of young love, so grooms would often give an aquamarine to their brides as a wedding gift. The gemstone for the 19th wedding anniversary, aquamarine is also said to reawaken the love of married couples.

**THOMPSON –NICOLA REGIONAL LIBRARY** is a service offered to our residents at The Hamlets. They deliver books and other library materials right to the individual's room at the end of each month.

On Tuesdays from 5:00 – 7:00 p.m. the TNRL Mobile Library will stop at the Westsyde Save-On-Foods.

**THE A-TEAM COFFEE GROUP** is back and running 5 days a week in the Assisted Living Dining Room at 10:00 a.m. Come on down for coffee, fresh fruit and socialization!

**BIBLE STUDY** will be held in the Assisted Living Rec Room at 1:30 p.m.



## Events Happening in Kamloops:

**23<sup>rd</sup> Annual Kamloops Cowboy Festival – March 14 – 17, 2019.**

**The event is happening at The Coast Kamloops Hotel & Conference Centre.**

**Buy Tickets at the Horse Barn or call 1-888-763-2221.**

## ANNOUNCEMENTS:

**MARCH 7:** Pub/Concert Night is cancelled due to shortage of staffing.

**MARCH 13:** Adapted Fitness is cancelled.

**MARCH 20:** The Hamlet Hooters is cancelled due to the Talent Show.

**MARCH 27 – April 3:** Music Therapy is cancelled.

**MARCH 27 – Grant's Birthday Celebration** is cancelled for the month and will resume April 10.

## FUN EVENTS HAPPENING AROUND THE HAMLETS THIS MONTH:

**MARCH 11** – Twelve individuals have signed up for a Cribbage Tournament that will begin March 11. The games will take place in the Assisted Living Dining Room throughout the week. Each participant has put in \$2.00 and the winner at the end will take it all.

**MARCH 13** – Nine individuals from Complex Care will be attending a Blazer's Game outing. The bus is scheduled to leave at 5:30 p.m. Go Blazer's Go!

**MARCH 14** – Come on out and have some fun with us at our St. Patrick's Day themed pub night with Gary Mockford! Don't forget to wear green!

**MARCH 15** - A bake sale will be held in Grand Hall 1 from 10:30 a.m. to 11:30 a.m. All proceeds go toward the Resident Enhancement Fund.

**MARCH 18** – Recreation will be ordering in Chinese food for residents who have **signed up** for the Order-In lunch taking place this day.

**MARCH 20** – Come on out and support our residents as they show off their talents at 1:30 p.m. in Grand Hall 1.

**MARCH 20** – We hope to see all our Young Adults at our monthly Young Adult Pub Night with entertainment by DJ Evan!

**MARCH 25** - At 10:30 a.m. Grade 3's and 4's who have learned to play crib will be coming to the facility to play 8 members who have signed up for the challenge.

## COUNCILS AND SERVICES

Young Adult Council will happen on March 6 at 9:45 a.m. on D1 unit.

On the second Friday of every month we hold a Catholic mass at 10:00 a.m. in Grand Hall 1.

- Catholic residents who choose to receive communion are delivered this service each Wednesday of the month.

Please join us on the first and fourth Sunday of the month for The Salvation Army Service at 2:30 p.m., followed by a Sunday Social at 3:30 p.m.

Please join us on the second and third Sunday of the month at 2:30 p.m. for The Baptist service, followed by a Sunday Social at 3:30 p.m.



## PLEASE JOIN US FOR ANY OF THE FOLLOWING EVENTS:

**MARCH 14** – Pub Night with Gary Mockford at 6:30 p.m.

**MARCH 15** – Mini Piano Concert in Grand Hall 1 at 2:00 with Jaime Lombana.

**MARCH 19** – The monthly Gift of Memories Birthday Celebration in the Grand Hall Social Area at 1:45 p.m.

**MARCH 21** – Concert Night with Dusty Boots at 6:30 p.m.

**MARCH 22** – Come sing-a-long with Myrna and Gary at 10:00 a.m. in Grand Hall 1.

**MARCH 25** – Join the sing-a-long with Jim Wentworth at 10:30 a.m.

**MARCH 27** – The Kamloops Aboriginal Friendship Society comes in once a month to give a drumming presentation and teach the Aboriginal culture. This will be taking place at 3:00 p.m. in Grand Hall 1.

**MARCH 28** – Join us at Pub Night with Stringbusters at 6:30 p.m.

**MARCH 29** – Come on out and listen to Frank Stofanik as he performs a mini concert with his guitar and popular songs at 1:30 p.m.

## Friendly Reminders:

Tax season is among us – this is a reminder for everyone to get their taxes filed.

We are still in flu season – this is a reminder to all staff, residents and visitors to wash and sanitize your hands regularly to reduce the spread of germs.

## New Additions to The Hamlets:

A call-bell has been installed in the Assisted Living Dining Room. The call-bell will ring to all Assisted Living care staff and include the charge nurse in the evening.

The construction of a Daycare begins on March 4 in the Art Room, Assisted Living Rec Room, Meditation Room and Greenhouse. All supplies have been removed from the rooms and put in a new location.