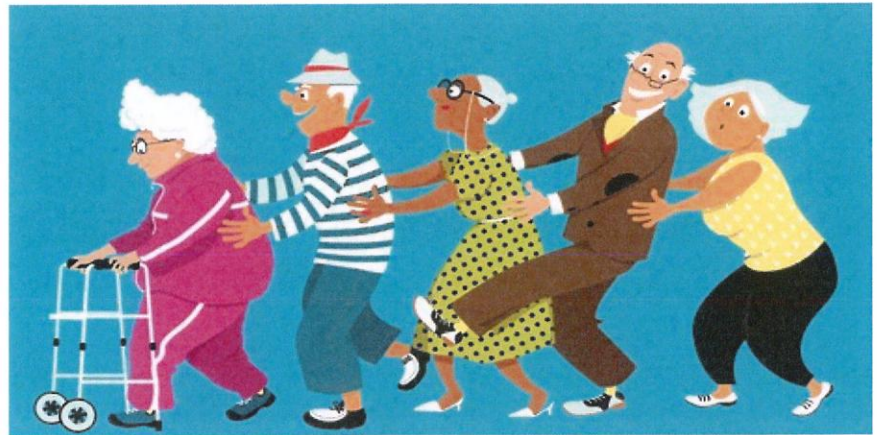


HILLVIEW MANOR NEWSLETTER 2025



ISSUE ONE

Well we are one month into 2025. Weather has been kinda all over the place -50C to in the +'s.....snow, rain...the works. We welcomed Bertha Andries to the Manor. She is in House 1.

Our New Years Eve party at the end of December was a lot of fun. Our entertainment that we had planned on cancelled due to illness. So Jeannette and I had to do a quick pivot to the plans. We had a lot of fun and laughs. So much so that I forgot to take pictures!

I don't think anyone can say they are bored. There is always a huge selection of activities and entertainers to enjoy.

Of course with the new year comes the time we have to take down Christmas trees and put away all the decorations until next year. Thankfully we had our group of helpers to give us a hand. Like the saying, many hands make light work, plus we were done in record time. Huge thanks to everyone to gave us a hand.

Also this month we took a group of approx 12 residents to St John The Baptist church for Making Music with Friends. So much fun and the folks sure enjoy the music.



Only two of our gentlemen celebrated birthdays this month. Birthday shout-out to:

January 3rd.....Bruce Bottomly

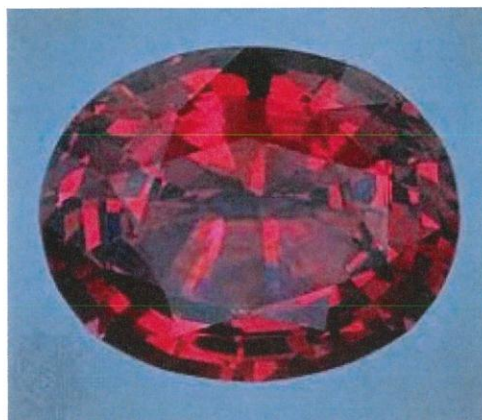
January 6th..... Paul Thieven



The birthstone for January is Garnet. Red is the most common but did you know that they can also be orange, yellow, purple, green and blue. The colour is dependant on its chemical composition.

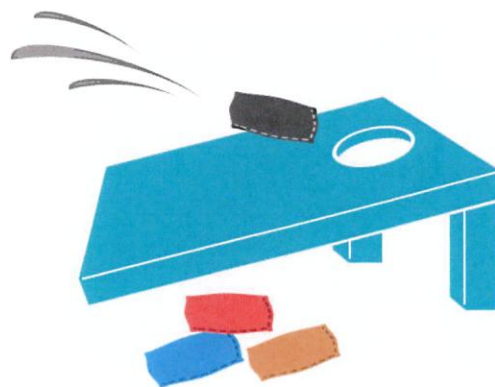
Some believe that garnets can bring the wearer good health, wealth and happiness. Others believe that garnets can protect the person who wears them. Garnets were worn by pharaohs in ancient Egypt, and by nobility and clergy in the Middle Ages. The garnet signifies protection, trust, commitment and love.

The birth flower for January is the Carnation and the Snowdrop. Both represent the end of winter and the start of spring. Carnations come in a variety of colours symbolizing love, devotion and loyalty. The Snowdrop are white with bell shaped leaves. They bloom in late winter to early spring sometimes even through the snow. They can symbolize hope, rebirth and purification of the soul.



Although we had a smaller group for our Walmart shopping followed by lunch at Fired Up Grill we had a lot of fun. The residents love being able to do some of their own shopping. Everyone seems to have a list to fill. The lunch is something they love because they can order whatever they want. Which is important.

Our indoor curling game (go team Red!!!) and bean bag game are always well attended AND is very competitive. Lots of hooting and hollering.



The last Friday of the month is always our loonie bingo followed by wine and cheese. This event is usually well attended. If you're not a wine drinker there is punch as an alternative.



Shirley Andrist shares her experience in China

I have been to China four times. When people inquire about the four times, it was because I went to a different part of the country each time. Our trips were organized by Dr. Edmond Dale, a geography professor at the University of Regina. Dr. Dale had taught at a University in China and while there he learned about the Chinese Peoples Association for Friendship with Foreign Countries. It was their organization who arranged our itinerary and provided the English speaking guides. De An Jin and Du An Jun were two guides that we invited to come to Saskatchewan for a visit with various people. I was able to host both of these guides in Estevan for several days. De An also came to the University of BC for a semester to improve her English. She also spent two years in Washington DC, working in the Chinese Embassy. When I was visiting my daughter in Maryland we visited De An at the new Chinese Embassy, dined one evening with De An, her husband, who did not speak English and her son who loved going to school in the States. They also attended one of my daughter Audrey's piano performance. You need a Visa to be in China and on the back of your Visa you could indicate what you want to do there. Some of the suggestions were – a Ming tomb, cloitonne factory, carpet factory, Peking opera, TIGER Park (50 tigers roamed here), the Temple of Heaven, Friendship Stores (Chinese could not shop there), Buddhist Temples, steel mill, orphanages, schools, hospitals, universities, silk institute, fashion show, walled gardens with only Bonsai Trees, Catholic Cathedral, Protestant Church, Museums of Art and History, world's largest floating restaurant, the Summer Palace and Confucius Academy. Would you believe we got to visit every one of these suggestions!

Tiananmen Square is in the heart of Beijing holds a million people. We got to Mao's mausoleum here and viewed his well-preserved body. The entry to the Forbidden City is located here. We spent a long time here with our guides. Our guide carried a small Canadian flag for us to follow. A soldier told him he had to put it away as only the Chinese flag could be on the square. We travelled by bus, overnight trains, airplanes and boats. A very long trip took us as far west as we could go to Urumqui on the border of Kazakhstan. En route we stopped in the Gobi Desert where we rode camels and slid down the high sand dunes on a piece of cardboard. It was here where we slept overnight in a Yuri. It was so cold we did not undress and so slept in our clothes. Boat rides included Westlake, Lake Taihu, man-made lake at the Summer Palace, Hong Kong Harbour, Songhua River and the Yangste River where Chairman Mao went swimming with 3 bodyguards when he was 13 years old. The most exciting boat ride was on the Grand Canal. We spent four hours on the canal and was only halfway to Beijing. The canal was built in the Ming Dynasty to carry water to Beijing and then soldier during the Revolution. The traffic on the canal was very heavy with many boats all hauling different things.

Every meal was a banquet. We pleaded with Dr Dale to arrange a lighter meal at noon but there was no way they would do that. Usually the meal was several courses served on a large circular tray which would swing around the table and you could choose your food. Things I had never eaten in my life included, shark belly, Peking duck, 45 day eggs, quail, fried eel, papaya, snails, frog legs, jellyfish soup, water-shoot soup, sticky rice in banana leaves, live grubs on the table (they were cooked by a waitress if you wanted them) and duck feet and tofu.

En route to Mongolia, which is north, we encountered a massive tree planting in the grasslands. We stopped and helped with the planting.

We spent the day with herdsman who raced with ponies and demonstrated their wrestling skills. Some had a pony or camel ride before going into a Yuri. Kuming is in the south east part and has a high altitude. This is where China trains their Olympic athletes. We watched the women's soccer team preparing for a tournament in Hiroshima, Japan. South from here we flew to Xishuanbanna located on the Burmese border. From here we travelled to a remote village of 300 people called Dai. To get to this village we were on rafts that got us across the river with the guides pulling on ropes. One of our colleges refused to get on the raft so he stayed behind on the bus. I asked the question, "What if the rope breaks?" The guide replied, "You'd end up in the Burma." A welcoming group of women and children, with bare feet and little clothing, had gathered to greet us. We ended our tour of this village by entering a living space built high off the ground with the animals housed in the lower level. Again in the south west we visited a tea plantation. Tea is picked by hand then pressed into a cake, dried and sometimes fermented. I bought the Pu'er tea which is fermented and resembles a hockey puck. Last May a rare tea cake estimated to be from 1917 fetched an astonishing \$4448 at auction in Hong Kong.

In Guangzho we visited 2 different hospitals- one traditional medicine and then a Military hospital. In the first one we met a Dr from England who went there to learn about traditional medicine. We went into a room where a patient was undergoing an acupuncture treatment. In the military hospital we spent time on the top floor in the Museum of the Human Body, one of the only ones in the world. The other is located at the University of Toronto. If you are a patient in the hospitals, the family supplies your meals, not the hospital.

Xi'An is a city that should never be missed. We walked on the wall surrounding this city. The unbelievable attraction is the 8000 Terracotta Warriors built to guard the tomb of Qin Shi Huang, China's first emperor. He unified the country in 221 BC. 130 chariots and 670 horses can also be seen with the warriors. The warriors are life sized and just a bit taller than the modern Chinese man. There are signs that the warriors had been coloured. Leaving Xi'An our bus drove past a large mound that is assumed to be the emperor's tomb. There are no plans for it to be unearthed. Our final 4 days were spent in Hong Kong getting ready for our return flight to Vancouver. In Hong Kong we visited Victoria Peak which overlooks the city and harbour, the Museum of the City History, an art gallery, the Stanley Market and the cemetery where the Canadian, American and East Indians were buried who lost their lives during the Japanese invasion, a piano recital, a symphony concert and a jewellery factory.

In this article I have only been able to touch on a few highlights of this journey. Every day was special and I was most fortunate to go to China 4 times.

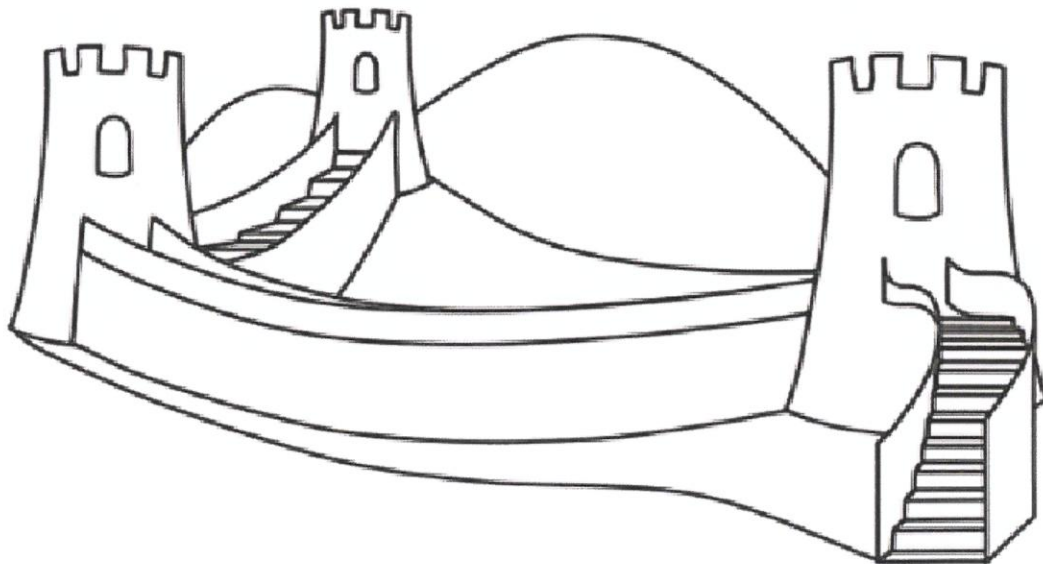
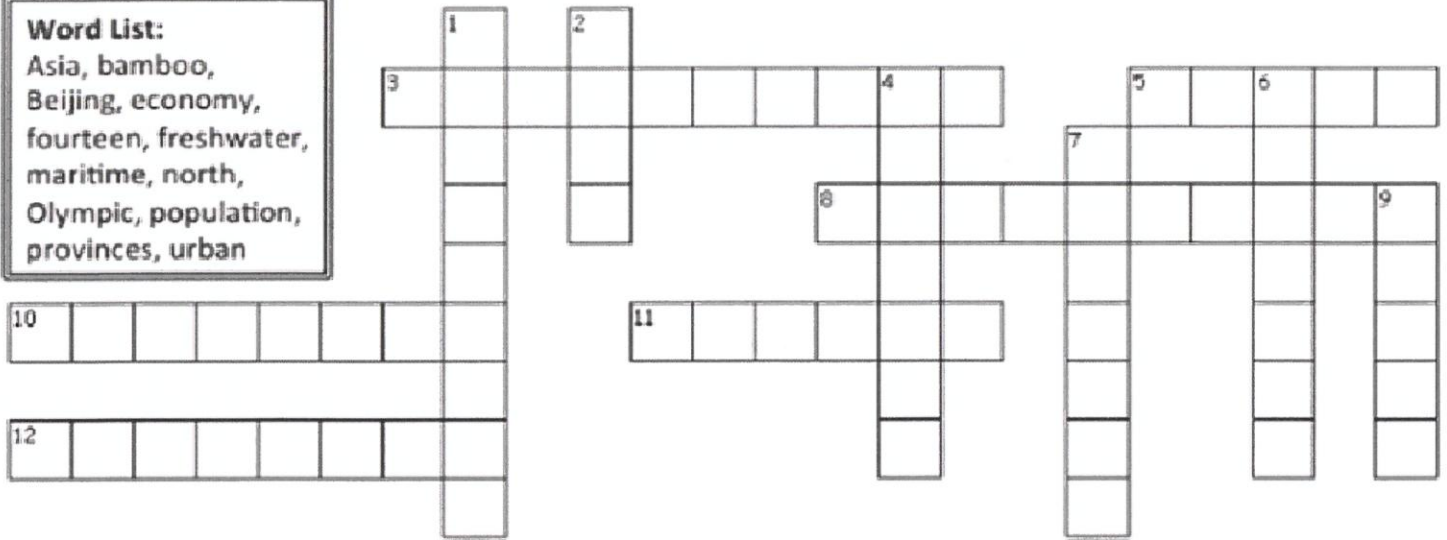




China Crossword

Word List:

Asia, bamboo, Beijing, economy, fourteen, freshwater, maritime, north, Olympic, population, provinces, urban



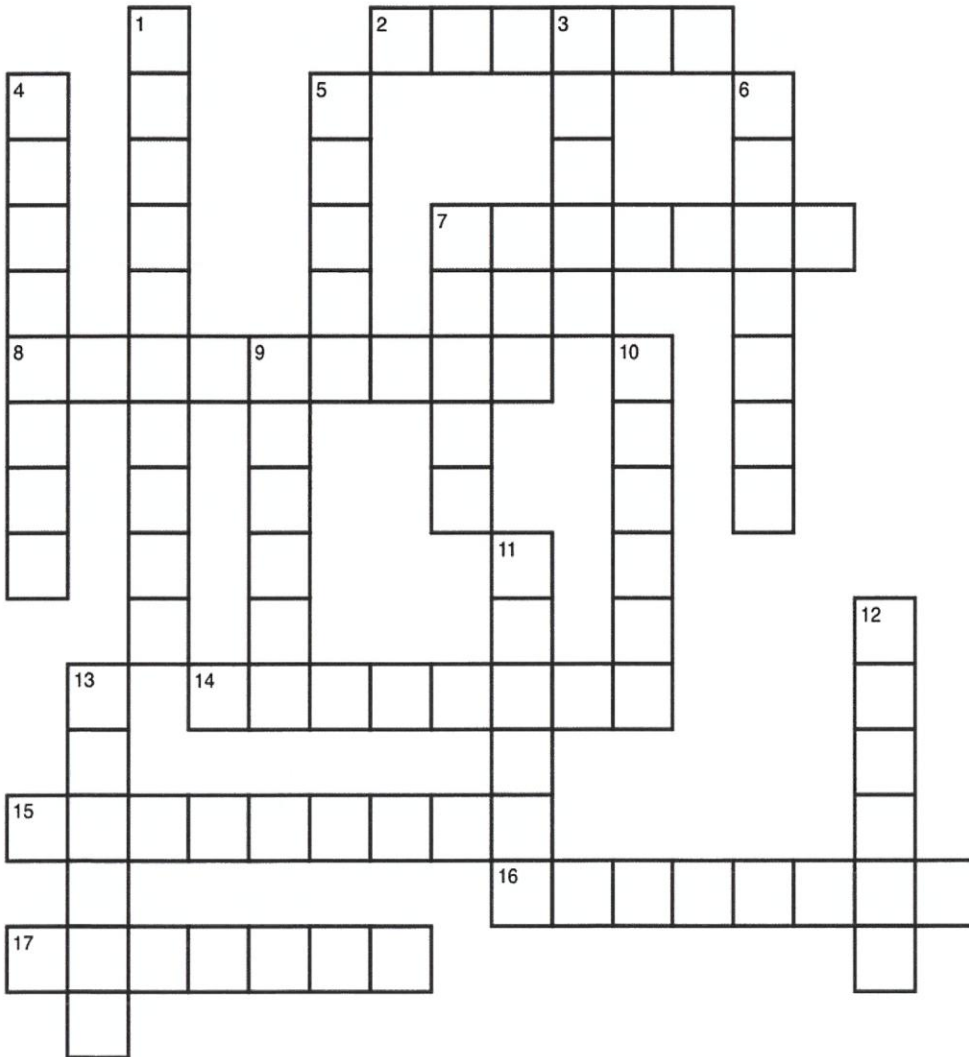
Across

- 3. The Yangtze River Dolphin is one of the remaining _____ dolphins in the world.
- 5. The Chinese population is moving from rural to _____ settings due to the rapidly growing industrial sector.
- 8. China has the largest _____ in the world.
- 10. How many countries border China?
- 11. Giant Pandas mainly eat which plant?
- 12. Japan and the Philippines are two of China's _____ neighbours.

Down

- 1. China is divided into _____ for governance purposes.
- 2. What continent is China in?
- 4. China has a very large _____ because of its huge rise in industry and manufacturing.
- 6. What is the capital of China?
- 7. What worldwide amateur sports tournament did Beijing host in the Summer of 2008?
- 9. Which part of the country experiences extremely cold winters?

WINTER CROSSWORD



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

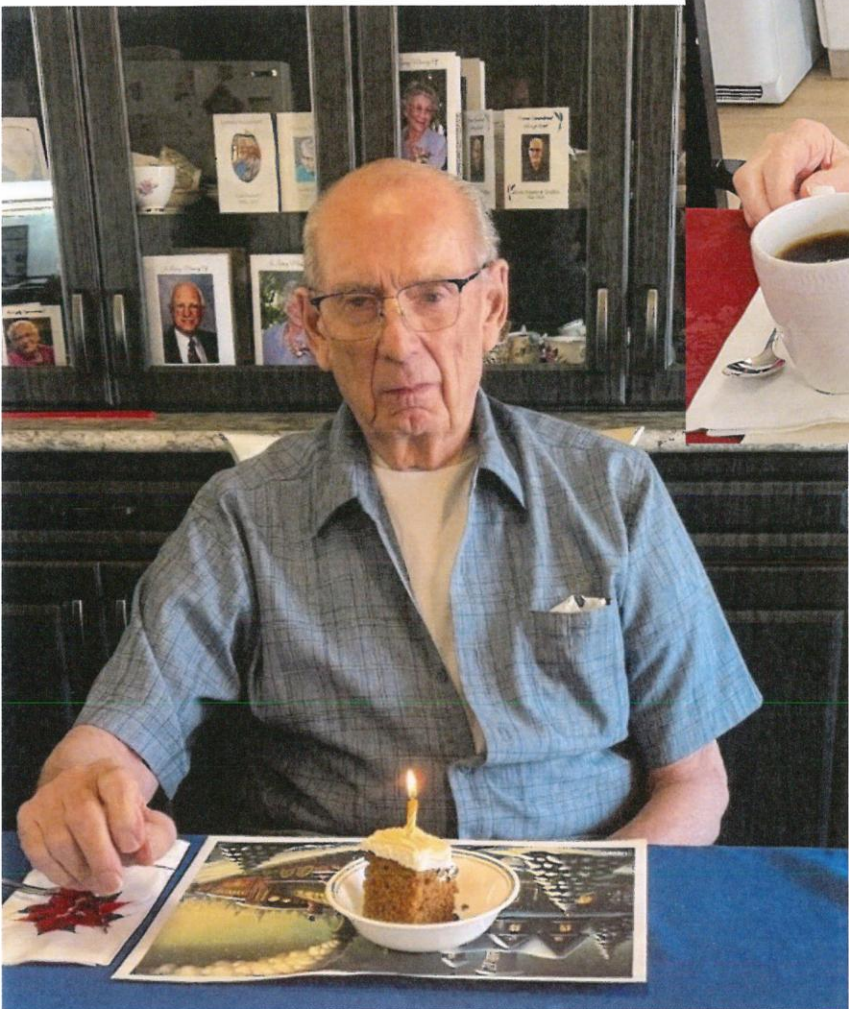
DOWN

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool

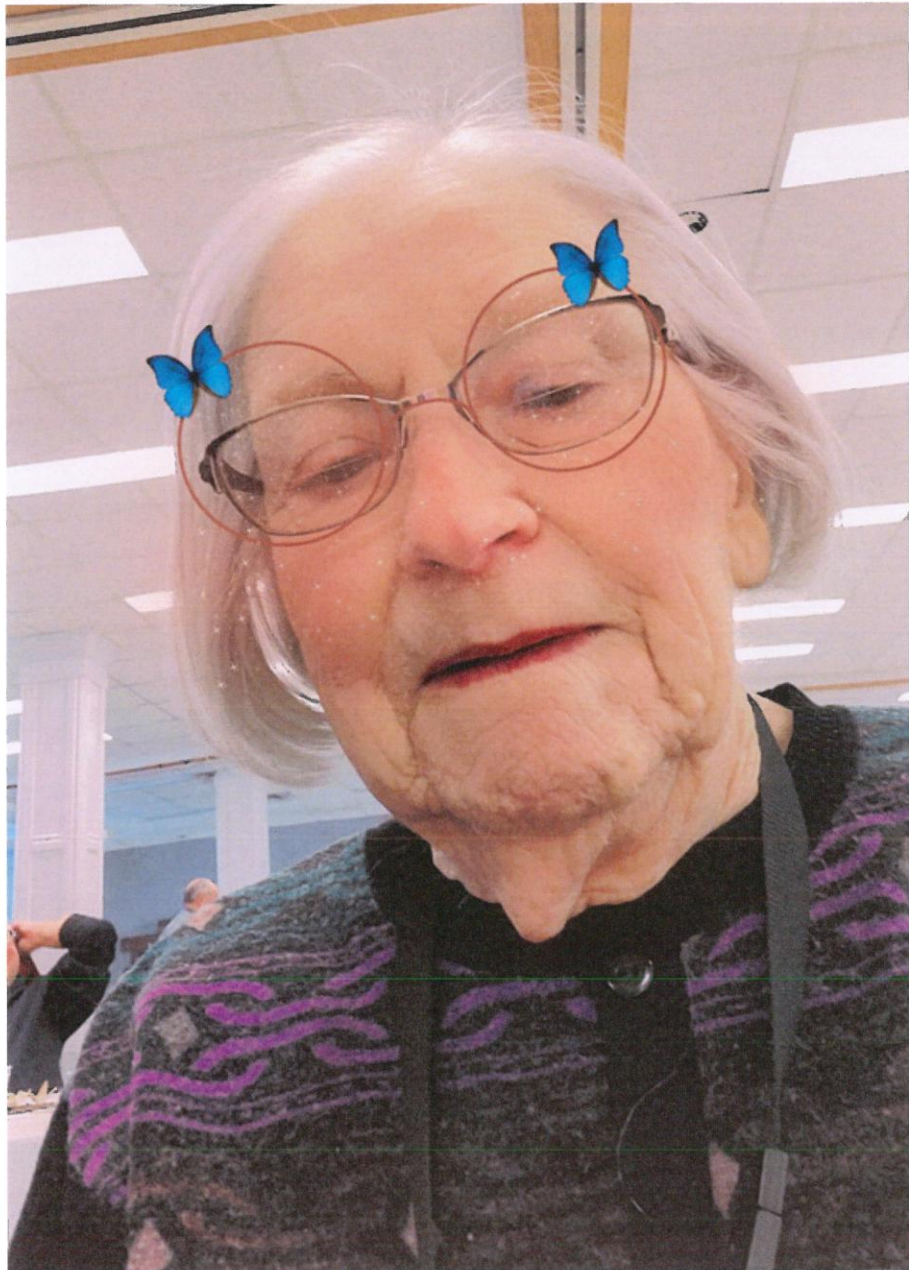
It can get downright cold in January.









**HEADING BACK IN FROM
REFILLING THE BIRD FEEDERS**









	<h1 data-bbox="147 1472 250 1703">2025</h1>		<p data-bbox="115 961 180 1178">*Activities subject to change*</p> <p data-bbox="220 968 285 1171">(FR)-Family Room (H)- House</p>			
<p data-bbox="342 1881 367 1902">2</p> 	<p data-bbox="342 1577 367 1598">3</p> <p data-bbox="367 1545 529 1713">10:30-Baking 11:00-Manicures 1:15-SR(H1&2) 2:00-Card Bingo 3:45-SkipBo</p>	<p data-bbox="342 1314 367 1335">4</p> <p data-bbox="367 1241 529 1430">10:00-Mass 11:00-Exercise 2:00-Indoor Curling 3:45-Snakes & Ladders</p>	<p data-bbox="342 1062 367 1083">5</p> <p data-bbox="367 968 561 1178">10:00-Catholic Mass 11:00-Exercise 1:15-Trinity Lutheran Communion 2:00-Bingo 3:45-Drumming</p>	<p data-bbox="342 810 367 831">6</p> <p data-bbox="367 758 578 926">10:00-Resident Meeting 11:00- Chantel's Puppy visits (FR) 1:15-SR(H1&2) 2:00-Card Bingo 3:45-Yahtzee</p>	<p data-bbox="342 527 367 548">7</p> <p data-bbox="367 443 496 663">10:00-Exercise 11:00- Bean Bag Toss 2:00-Szackas Family 3:45-SkipBo</p>	<p data-bbox="342 222 367 243">8</p> 
<p data-bbox="594 1881 618 1902">9</p> 	<p data-bbox="594 1587 618 1608">10</p> <p data-bbox="626 1482 789 1713">10:00-Communion 11:00- Manicures 11:00-One on One 1:30-4:30- Make Music with Friends</p> <p data-bbox="805 1503 837 1661">Allan Davis 95</p>	<p data-bbox="594 1314 618 1335">11</p> <p data-bbox="626 1251 846 1430">10:00-Exercise 11:00-Card Bingo 1:15-SR(H1&2) 2:00-Indoor Curling 3:00- Public Library Book exchange 3:45-Snakes and Ladders</p>	<p data-bbox="594 1062 618 1083">12</p> <p data-bbox="626 999 781 1178">10:00-Exercise 11:00-Card Bingo 2:00- Caragana Ramblers 4:00-Devotions</p>	<p data-bbox="594 810 618 831">13</p> <p data-bbox="626 758 781 926">10:00-Exercise 11:00-Card Bingo 1:15-SR(H1&2) 2:00-Crafts (FR) 3:45-Drumming</p>	<p data-bbox="594 527 618 548">14</p> <p data-bbox="626 443 781 663">10:00-Exercise 11:00-Bean Bag Toss 2:00- Valentines Party 3:45-SkipBo</p>	<p data-bbox="594 222 618 243">15</p> 
<p data-bbox="862 1881 886 1902">16</p> <p data-bbox="935 1787 1016 1986">Gospel Chapel 1:30</p>	<p data-bbox="862 1577 886 1598">17</p> <p data-bbox="902 1524 1024 1713">No Activities</p> <p data-bbox="1097 1482 1130 1682">Irene McKinney 87</p>	<p data-bbox="862 1314 886 1335">18</p> <p data-bbox="894 1230 1049 1430">10:00-Exercise 11:00-Card Bingo 2:00-Bean Bag Toss 3:45-Snakes & Ladders (FR)</p>	<p data-bbox="862 1062 886 1083">19</p> <p data-bbox="894 978 1016 1178">10:00-Exercise 11:00-Card Bingo 2:00- Indoor Curling 3:45-Drumming</p>	<p data-bbox="862 810 886 831">20</p> <p data-bbox="894 726 1049 926">10:00-Exercise 11:00-Card Bingo 1:15-SR(H1&2) 2:00-Colouring (FR) 3:45-Yahtzee</p>	<p data-bbox="862 527 886 548">21</p> <p data-bbox="894 432 1049 663">10:00-Exercise 11:00-Bingo 2:00- Susan Shepard monthly birthdays(100th) 4:00-SkipBo</p> <p data-bbox="1073 138 1105 327">Grace Carlson 100</p>	<p data-bbox="862 222 886 243">22</p> 
<p data-bbox="1162 1881 1187 1902">23</p> 	<p data-bbox="1162 1577 1187 1598">24</p> <p data-bbox="1195 1524 1390 1713">10:00-Communion 10:30-Monthly Blood Pressures 11:00-Manicures 1:15-SR(H1&2) 2:00-Card Bingo 3:45- Skip Bo</p> <p data-bbox="1455 1514 1487 1661">John Dyck 81</p>	<p data-bbox="1162 1314 1187 1335">25</p> <p data-bbox="1195 1241 1349 1430">10:00-Exercise 11:00-Card Bingo 2:00-Indoor curling 3:45-Snakes & Ladders (FR)</p>	<p data-bbox="1162 1062 1187 1083">26</p> <p data-bbox="1195 978 1341 1178">10:00-Exercise 11:00-Card Bingo 1:15-SR(H1&2) 2:00-Bean Bag Toss 4:00-Devotions</p>	<p data-bbox="1162 810 1187 831">27</p> <p data-bbox="1195 705 1317 926">9:30-1:00- Walmart/Blackbeard's 2:00- Card Bingo 3:45-Drumming</p>	<p data-bbox="1162 527 1187 548">28</p> <p data-bbox="1195 411 1349 663">10:00-Exercise 11:00- Bean Bag Toss 1:45-Loonte Bingo 3:00-Wine & Cheese (FR) 3:45-SkipBo</p>	