

# HILLVIEW MANOR NEWSLETTER 2025



## ISSUE THREE



So far the month of March has been a little wishy-washy. The temperature has been up and down most of the month. But definately much warmer then last month.

Some entertainers came to spend the afternoon with us. Many thanks to Caragana Ramblers, Wilma and Val, and the Szackas Family. Our residents enjoy these afternoons so very much.

A group of about 12 residents went with Chris and Jeannette to SJB for Make Music With Friends. All the music has toes tapping and faces smiling. Plus there are always folks coming over to speak to some of the folks. They love it.

We also took five of our folks out to Walmart to do a little shopping. This was followed with lunch at Fired Up Grill. This is such an enjoyable outing for all involved. There is always lots of great conversation that takes place.

The St Paddy's Day coin hunt was a lot of fun. Everyone was very enthusiastic and determined. We reminded the folks to look under things, look beside things, look inside things, look up and look down. With those instructions they were off and running! Yes they were.

A big welcome to Hillview goes out to Helene Gordon. Helene resides in House 1. She is slowly starting to get out and about

# Happy Birthday to Janet Ternes



March is represented by 2 birthstones, Aquamarine and Bloodstone.

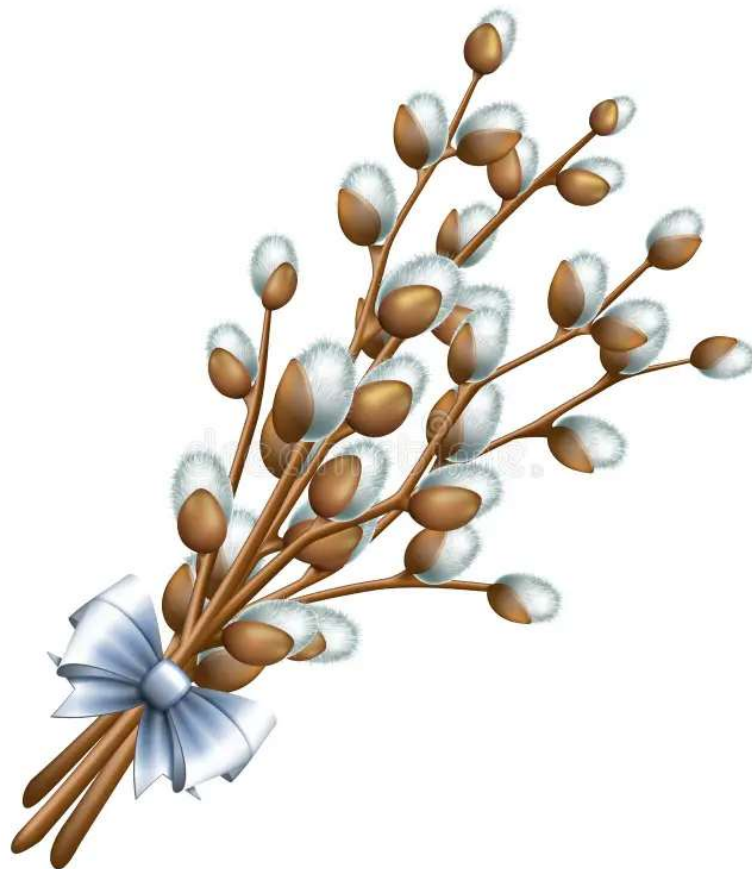
The Aquamarine is a light blue to sea-green gemstone. It is said to represent calmness, serenity, protection, courage, loyalty and friendship. It is sometimes referred to as “water of the sea”

The Bloodstone is a dark green gemstone with red spots, often associated with strength, vitality, health and protection. It is sometimes referred to as Heliotrope or Blood Jasper

The flower for March is the Daffodil. It symbolizes new beginnings, rebirth and the arrival of spring. Daffodils are often associated with positivity, resilience and hope, reflecting the optimism and fresh start that spring brings.

The first day of spring arrived March 20<sup>th</sup> at 5:01a.m. We are starting to see and feel warmer days. Nights are still quite cold. But slowly but surely we are creeping toward warmer weather

According to an old Polish legend, a mother cat cried at the riverbank as her kittens fell into the water while chasing butterflies. The willows at the rivers edge, longing to help, bent their branches into the water, allowing the kittens to cling on to them and be safely brought to shore. Each spring, the willow branches sprout tiny, fur-like buds at their tips, where the kittens once clung, hence the name “pussy willow”



Our residents need to remember they have lived through approximately 8-9 decades. They have been part of 2 different centuries

Botox and nose drops and needles for knitting  
Walkers and handrails and new dental fittings

Bundles of magazines tied up in string

These are a few of my favourite things

Cadillacs and cataracts, hearing aides and glasses

Polident and florident and false teeth in glasses

Pacemakers, golf carts and porches with swings

These are a few of my favourite things

When the pipes leak, when the bones creak

When the knees go bad

I simply remember my favourite things

Then I don't feel so bad

Hot tea and crumpets and corn pads for bunions

No spicy hot food or food cooked with onions

Bathrobes and heating pads and hot meals they bring

These are a few of my favourite things

Back pain, confused brains and no need for sinnin'

Thin bones and fractures and hair that is thinnin'

And we won't mention our short shrunken frames

When we remember our favourite things

When the joints ache, when the hips break

When the eyes grow dim

Then I remember the great life I've had

And then I don't feel so bad



# TABLE TALK DICE

## -A4-LETTER-

### TABLE TALK DICE - GETTING TO KNOW YOU

						
	What is your favorite type of music?	What sport do you like to play?	Can you speak another language?	What is the nicest compliment you have ever received?	What are the top three items on your bucket list?	What is your favorite movie and TV show?
	How would you spend 10000\$?	Where do you like to go for vacation?	What is something you are afraid of?	What is the worst food you ever had?	Five things that make you happy?	If you were an animal, which one would you be and why?
	What is your favorite sport to watch or play?	What is your favorite hobby?	What is your favorite dessert?	What day in your life would you like to relive?	If you were to write a book, what would it be about?	What is been the highlight of your week?
	What is your dream job?	Which superhero do you want to be?	What is your favorite restaurant?	What talent would you like to have?	What do you like to do in your free time?	What is one thing that made you smile today?
	Do you prefer the beach or the mountains?	What indoor activity do you like the best?	What is your proudest achievement?	Do you have any pets?	Do you have any bad habits?	What three items would you bring with you on an deserted island?
	What is your favorite animal?	What is your favorite type of weather?	What is the funniest thing you have ever seen?	What is the best way to spend a day off?	Describe yourself in three words.	Do you collect anything?











