



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

March 2020



Don't Let The **Flu** Get to **You**

Get
Immunized



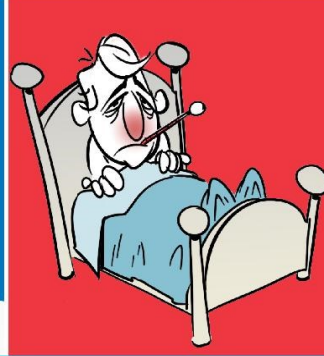
Cover Your
Cough



Wash Your
Hands



Stay Home
When Sick



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and help spread the word about
the importance of immunization.



◆ PROMOTING EXCELLENCE IN SENIOR LIVING ◆



Mission

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

Vision

To be a community committed to compassionate care, innovation and excellence.

Values

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.

Bus Outings

Legion Outings

March 2nd: RCL # 119

March 9th: RCL # 229

March 16th: RCL # 265

March 23rd: RCL # 60

March 30th: RCL # 15

Unit Outings

March 3rd: LN Lunch Outing

March 10th: MN Lunch Outing

March 12th: Bowling Outing

March 17th: MS Lunch Outing

March 19th: BSTN Scenic Drive

March 24th: BSTN Lunch Outing



March Trivia

1. Which of the following does NOT occur in March

- A) Pi Day
- B) International Women's Day
- C) St. Patrick's Day
- D) Earth Day

2. What god is March named after?

- A) God of the underworld
- B) God of war
- C) God of music
- D) God of the sea



3. True or False? Autumn begins in March in the southern hemisphere



March Fun Facts

March hasn't always been the third month of the year. In the ancient Roman calendar, it was the year's first month. Beginning the year in March actually makes sense because it's when

What's Lucky in March

Lucky Color: Green

Lucky Animal: Lamb

Lucky Letters: E and M

Lucky Day: Sunday

Lucky Plant: Tulip



AROUND THE WORLD AT GDC!



In March we will be exploring Ireland



Programs highlighted in green on your calendar indicate an Ireland themed program!

Our themed programs this month include: Armchair Travel: Ireland, Baking: Irish Soda Break. Making Shamrock Shakes, Irish Trivia, St. Patrick's Day celebration with Sionnaine Irish Dance Academy *and* Dine

In Lunch: Irish Pub Food!

For more information, please talk to a Recreation staff member.



TOWN HALL ENTERTAINMENT

Wednesday Pub

March 4th: Kenny Buston

March 11th: Peter Williams

March 18th: TBA

March 25th: Austrian Melody Choir



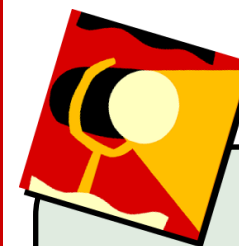
Saturday Social

March 7th: Mark Wolfe

March 14th: John Cronin

March 21st: Mike Sanyshyn

March 28th: Gordy Van Leperen



March Recreation Highlights

March 5th: Dine-In—Irish Pub Food

March 8th: Lower North Birthday Party with Colleen Durdon

March 12th: BSTN Birthday Party with Bev West

March 15th: Main South Birthday Party with John Parson

March 20th: St. Patrick's Day Special: Irish Dancers

March 22nd: Main North Birthday Party with Sheryl Green

MESSAGE FROM THE FAMILY COUNCIL

This is a reminder to complete your Family Satisfaction Survey by either mail or drop off at Reception. All feedback is welcome.

Have you checked out the George Derby Gift Shop lately? There is a wonderful selection of gift items made by our residents in the Art Studio, including bags, scarves and pillows. The volunteers in the shop stock a selection of chocolate bars and chips, as well as coffee and muffins. And don't forget the ice cream! There is also a selection of personal care items and greeting cards. If anyone is looking for slippers for their resident, the Gift Shop currently has Velcro Comfort slippers with removable insoles in a good selection of sizes at extremely good prices. Be sure to take a look!

Did you know that George Centre has on-site hairdressing/barber service?

Please talk to the unit clerk on your unit about booking an appointment with the wonderful Maria and Angel.

Please contact Family Council at the following email address:

familycouncil@georgederby.ca

if you would like to join the Family Council

or

if there's something you would like to discuss with Council

or

if you would like assistance to bring a point to the attention of George Derby management on your behalf

Observations of special kindness or care are welcome as well as concerns

Please remember to complete your

[Family Satisfaction Survey](#)



ALL ABOUT MARCH

Birthstone of the Month - Aquamarine

The birthstone of March is Aquamarine. These semiprecious stones are renowned for their striking pale to medium blue color, which can also contain a hint of green. However, the clear blue ones fetch the highest price tags. Found in Serbia, The U.S., Myanmar, and Brazil, they get



their name from the Latin *aqua marina*, meaning "seawater." They are associated with safe passage over water, eternal youth, purity, and protection. Ancient Egyptians put them in tombs to entice the gods to grant them passage to the afterlife.

Flower of the Month - Daffodil



While we tend to think primarily of the vibrant yellow trumpeted flower, *daffodil* is actually the official common name for all members of the genus *Narcissus*, a group of spring perennials that includes many shapes of mostly yellow and white flowers. Heralded as the official flower of spring, the daffodil is usually one of the first flowers of the season. The hearty plant does well in cold weather and can even withstand snow. Bouquets of daffodils are often given to represent respect, friendship, modesty, rebirth, and good luck.



Aries

March Zodiacs

Pisces (Fish) March 1-20

Aries (The Ram) March 21—31



PISCES