

SAFETY CORNER

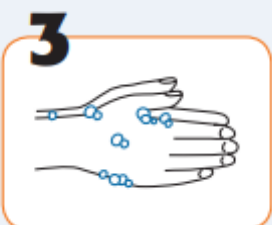
CLEAN YOUR HANDS USING SOAP AND WATER



1 Wet hands with warm water.



2 Apply soap.



3 Lather soap and rub hands palm to palm.



4 Rub in between and around fingers and wrists.



5 Rub back of each hand with palm of other hand.



6 Rub nail beds of each hand in opposite palm.



7 Rub each thumb clasped in opposite hand.



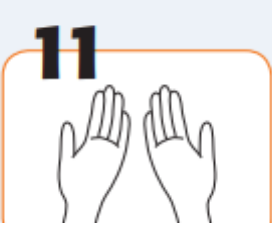
8 After 15 to 20 seconds rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.



11 Your hands are now clean.



fraserhealth



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

FEBRUARY 2025





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

Recreation Therapy Month



Emotional Health



Cognitive Health



Spiritual Health



Physical Health



Social Health



Mental Health

PROGRAM SPOTLIGHT



BILLIARDS

MAGIC - SENSORY TABLE

FOOSBALL

PUZZLES

SHUFFLEBOARD

READING

PAINTING

CRAFTS

ART STUDIO

please join us for a
VALENTINE'S DAY
sweethearts dance

FEB **14** 2PM

REFRESHMENTS | LIVE MUSIC | DANCING

PERFORMANCE BY
MIKE & MARIE CRONIN

**ATTENTION FAMILY & FRIENDS:
PLEASE BRING YOUR LOVED ONE &
DANCE THE NIGHT AWAY!**

February

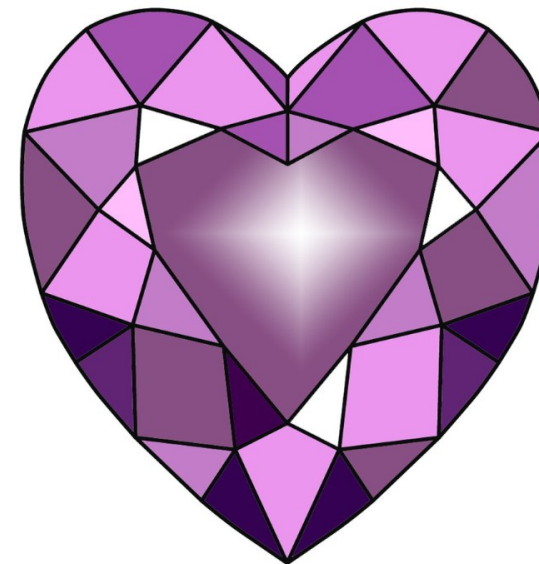
FLOWER OF THE MONTH: VIOLET

THE VIOLET IS A POPULAR PLANT WITH DEEP-PURPLE PETALS. IT IS FEBRUARY'S BIRTH FLOWER AND ALSO THE STATE FLOWER OF ILLINOIS, WISCONSIN, NEW JERSEY, AND RHODE ISLAND. AS FREQUENTLY AS IT CROPS UP IN GREEK MYTHOLOGY, IT'S A WONDER THE VIOLET ISN'T THE NATIONAL FLOWER OF GREECE. IN THE VICTORIAN ERA, VIOLETS WERE SIGNIFICANT. PURPLE VIOLETS MEANT "I'LL ALWAYS BE TRUE." WHITE AND CREAM-COLORED BLOOMS CONVEYED "LET'S TAKE A CHANCE ON LOVE." EVEN THE HEART-SHAPED LEAVES OF THE WILD VIOLET SYMBOLIZE LOVE.



BIRTHSTONE OF THE MONTH: AMETHYST

AMETHYST IS A PURPLE VARIETY OF QUARTZ THAT RANGES IN COLOR FROM PALE TO DEEP HUES OF PURPLE. ACCORDING TO LEGEND, AMETHYST RECEIVED ITS ENCHANTING PURPLE HUE FROM DIONYSUS, THE GREEK GOD OF WINE. AMETHYSTOS, A WOMAN HE WAS PURSUING, REFUSED HIS AFFECTIONS AND PRAYED TO THE GODS TO REMAIN CHASTE. THE GODDESS ARTEMIS THUS TRANSFORMED HER INTO A WHITE STONE. DIONYSUS, WHO WAS HUMBLED AND INSPIRED BY AMETHYSTOS' PURITY, Poured WINE OVER THE STONE AS AN OFFERING. AS A RESULT, THE COLOR OF THE CRYSTALS CHANGED TO PURPLE.



HIGHLAND GAMES!



ABOYNE GAMES

**FEBRUARY 26TH
2:00 - 3:30 PM
TOWN HALL**

JANUARY WINE TASTING!



CHINESE NEW YEAR TEA



YEAR OF THE SNAKE

LIVE MUSIC IN FEBRUARY

MARK WOLFE - FRIDAY PUB SERIES

FEBRUARY 7TH
2 - 3 PM

JOHN KNOX SCHOOL - MONDAY PERFORMANCE

FEBRUARY 10TH
2:13 - 3 PM

FEBRUARY BIRTHDAY PARTY - JOHN CRONIN

FEBRUARY 12TH
2 - 3 PM

SWEETHEARTS VALENTINE'S PUB - MIKE & MARIE CRONIN

FEBRUARY 14TH
2 - 3 PM

SILVERCHORD CHOIR PERFORMANCE

FEBRUARY 18TH
2 - 3 PM

INVICTUS GAMES CLOSING CEREMONY - MICHAEL TURNER

FEBRUARY 21ST
2 - 3 PM

SPECIAL PUB WITH ELVIS!

FEBRUARY 28TH
2 - 3 PM

INVICTUS GAMES

The Invictus Games are an international sporting event for wounded, injured, and sick armed service members and veterans. The games use sport to help competitors recover and rehabilitate, and to inspire respect for those who serve their country.

What are the games' origins?

Prince Harry founded the Invictus Games after visiting the Warrior Games in the United States in 2013. He was inspired by how sport could help wounded service members physically, psychologically, and socially.

The word "Invictus" is Latin for "unconquered".

What are the games' goals?

To inspire recovery and rehabilitation.

To generate understanding and respect for those who serve their country

To help competitors reclaim their purpose, identity, and future.

What sports are included?

Indoor rowing, Sitting volleyball, Swimming, Wheelchair rugby, Wheelchair basketball, Alpine skiing, Nordic skiing, Biathlon, Snowboarding, and Skeleton.

What is the 2025 event?

The 2025 Invictus Games will be held in Vancouver and Whistler, Canada.

Over 500 competitors from more than 20 nations will compete.

THE GEORGE DERBY INVICTUS GAMES

INVICTUS GAME 1:
SITTING BALLOON
VOLLEYBALL
L. NORTH VS. M. SOUTH
FEBRUARY 8TH
TOWN HALL
10 AM

INVICTUS GAME 2:
RING TOSS
BSTN V. M. SOUTH
FEBRUARY 10TH
ART STUDIO
10 AM

INVICTUS GAME 3:
SHUFFLEBOARD
M. NORTH VS. BSTN
FEBRUARY 11TH
ART STUDIO
1:30 PM

INVICTUS GAME 4:
HOCKEY SLAPSHOTS
M. NORTH VS. M. SOUTH
FEBRUARY 15TH
TOWN HALL
10:00 AM

INVICTUS GAME 5:
BOCCE BALL
L. NORTH VS. M. NORTH
FEBRUARY 16TH
TOWN HALL
1:45 PM

INVICTUS GAME 6:
SHOT PUT
L. NORTH VS. M. NORTH
FEBRUARY 16TH
TOWN HALL
10:00 AM