

ABERDONIAN

Aberdeen Gardens Retirement Residence, 330 Dundurn St. S 905-529-3163

Valentine's Day: Did You Know!

There are various theories on the origin of Valentine's Day, but the most popular dates back to the time of the Roman Empire, during the reign of Claudius II, 270 A.D.

Claudius didn't want men to marry during wartime because he believed single men made better soldiers. Bishop Valentine went against his wishes and performed secret wedding ceremonies. For this, Valentine was jailed and then executed by order of the emperor on February 14. While in Jail he wrote a love note to the jailors daughter, signing it. "From your Valentine".

Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

In the middle ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear the name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."

In 1537, England's King Henry VII officially declared February 14 the holiday of St Valentine's Day

The most Fantastic gift of love is the Taj Mahal in India. It was built by Mughal Emperor Shahjahan as a memorial to his wife

Dearest ... you are to me:

*Someone to comfort me when I feel
blue*

*Someone to make me laugh when I
feel sad*

*Someone to encourage me when I'm
exhausted*

*And make things right when they go
wrong*

Someone who greets me with a smile

*Someone who cares if I had a good
day*

*Someone to lend an ear, listen to what
I say*

Not to argue, but ready to discuss

*Until the wrong is solved and all is
okay*

Someone to enjoy the good times with

*Be at birthdays, anniversaries or times
special to us*

To lock away in loving hearts

The memories we'll make on the journey



Highlights in February

- Feb 3 Superbowl game
- Feb 4 Town Hall Meeting
Tea Tasting Ceremony
- Feb 5 Traditions Alive sale
- Feb 7 Lunch Critics- The Innsville
- Feb 8 Three Weeks in China
travelogue
- Feb. 13 Food for Thought
- Feb 14 Health Talk "Heart Attack
and Stroke"
Valentines Party
- Feb. 15 New resident lunch
- Feb. 16 Join the new choir
- Feb. 22 Men's lunch and club
- Feb. 26 Age-on iPad training
- Feb. 26 Food Matters –
Monthly birthday party
- Feb. 27 Lyonsgate Montessori show
and tell

Valentines concert series

- Feb. 12 Andre Rieu Valentines
concert
- Feb. 13 Andrea Bocelli Love in
Portofino
- Feb. 14 Andre Rieu Romantic
Paradise



"Baby its cold outside"! Winter is here in full swing, we encourage the folks to wrap up warm when going outside and watch the ice! The staff and managers at Aberdeen are working hard to keep the "winter blahs" away.... Valentine's day chocolate treats, Family day is coming up, keep yourself busy we have lots to do in the house. Even though its snowy outside, remember how

lovely the tulips and daffodils are in the warmer months. Update: Cornelette Ariola, assistant director of care, had a healthy baby boy at the end of January! And Dave, our executive chef, is expecting (his wife) at the end of February.

More fun, we had a visitor on Friday! The local turkey came and walked around the courtyard, hung outside a resident's window. It was quite the scene. Ask Rachel to see the video footage or check it out on our facebook site! And don't worry turkey is not on the recent menu.

Take care everyone, and keep warm.
Maddi

Message from the Activity Director –Barb

February is short but there are many occasions packed into the month and there is something to recognize each one in the calendar. In addition to a Valentine's party, we will be showing love themed movies, doing a love song Karaoke, and showing three concerts- love themed of course. We have a tea tasting and ceremony and a "Three Weeks in China" Travelogue for Chinese New Year's. For Black history month we will be showing 4 movies featuring true stories about famous black people. On Ground Hog day we will be showing what else but *Ground Hog Day* and Family Day we will be showing the classic *Cheaper by the Dozen*. Be sure to check your calendar for full events, outings, entertainment and more. Have a great month!

The Year of the Pig



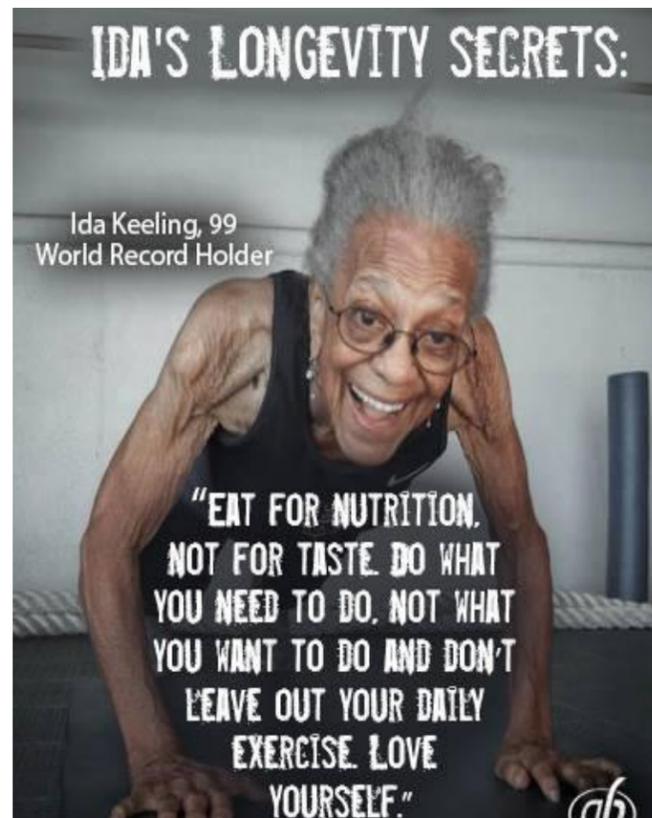
Xin nián kuài lè! That means “Happy New Year” in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run headlong into any situation, usually winning out in the end. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

The legend states that when the Jade Emperor declared that he was selecting animals for the zodiac, all the animals rushed to his palace to be included. But the pig journeyed slowly, and when he arrived, the gates were shut. However, the other animals pleaded with the Jade Emperor to let him in. He conceded, and the pig was allowed to enter but was made the last sign of the zodiac. Perhaps the pig’s connection to good fortune stems from this tale: Despite the pig’s hardships, he still triumphed and was added to the zodiac.

The Chinese New Year’s celebration lasts not for one day, but for two whole weeks. There are many traditions and superstitions to observe. For example, on New Year’s Day, it is commonplace to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck. Two days later is the Day of the Rat, the day when rats were created. On this day, people leave out crumbs of grain or crackers to share with rats. Celebrations continue to February 19, which culminates in the five-day-long Lantern Festival. The displaying of lanterns is a major event, and one of the most popular pastimes of the Lantern Festival is guessing at lantern riddles. Riddles are written on lanterns, and the answers to these riddles often involve blessings for the family and good fortune, reinforcing the major themes of the Chinese New Year.

A Very Thoughtful Valentines Gift

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine’s Day. Yes, came the answer from Tony who was a bit of a chauvinist, I’ve bought her a belt and a bag. That was very kind of you Jim added, I hope she appreciated the thought. Tony smiled as he replied, So do I, and hopefully the vacuum cleaner will work better now.



Jay’s Book Review

The Lonely Hearts Hotel
by Heather O’Neill

Two babies are abandoned in a Montreal orphanage in the winter of 1910. Before long, their true talents emerge: Pierrot is a piano prodigy; Rose lights up even the dreariest room with her dancing and comedy. As they travel around the city performing for the rich, the children fall in love with each other and dream up a plan for the most extraordinary and seductive circus show the world has ever seen.



Separated as teenagers, sent off to work as servants during the Great Depression, both escape into the city’s underworld, dabbling in sex, drugs and theft in order to survive. Vicious, absurd and perverse, Montreal in the 1920s is no place for song and dance. But when Rose and Pierrot finally reunite beneath the snowflakes — after years of searching and desperate poverty — the possibilities of their childhood dreams are renewed, and they’ll go to extreme lengths to make them come true. After Rose, Pierrot and their troupe of clowns and chorus girls hit the stage and the alleys, the underworld will never look the same.

Heather O’Neill is another Quebec female writer who has made it internationally. She was born and still lives in Montreal. The story also takes place in NYC, both cities I have lived in and thus I enjoyed knowing the places talked about, but this is a good told story.

The Promise for Valentine’s Day

He tells her, it’s you I adore
Promising love evermore

She smiles as he hands her the
ring
Believe me, you are my everything

With you I want to spend my life
Walking into the future as husband
and wife

Those words she remembered at the
altar when saying “I do”
Happy to marry a man so true



Written by Aberdeen Gardens
resident Marie L

