



FRIENDSHIP BANNER

Durham Christian Homes Inc.



*"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."
2 Corinthians 5:17*

**January
2012**

Take Note:

Cirque du Soleil Trip
Thursday, Jan. 5
6:45 pm departure

Organ, Piano & Flute
Recital
Tuesday, Jan. 10
7:00 pm

Seniors Information Fair
Thursday, Jan. 19
9:30 am - 12 noon

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OUR NEIGHBOURS

Although we can't hold time from moving on, we can treasure each moment given to us as a gift from God. As we say farewell to 2011 let us greet each moment of the new year with great expectation, living each moment to the very fullest!

Sympathy

Our deepest condolences are extended this month to Jane Dykstra (P-908) and her family and friends with the passing of her beloved **Dave Dykstra** in November and to Rhea Hulzebos (T-1003), family and friends with the passing of her husband, **Henk Hulzebos** in December. May the peace and comfort of God be with you each.



Move-Ins

This month we welcome: **Shirley Wright** (T-710) and wish her much happiness here at DCH.



Special

Anniversary

Our most joyous congratulations are extended to **George & Grace Kollaard** (P-906) who celebrate their **70th** wedding anniversary on Jan. 21st. We rejoice with you as we give thanks to our loving heavenly Father for the gift of marriage. May we continue to open our hearts daily to listen to God and live in the light of His love.



Special Birthdays

This month we have several birthdays to celebrate!



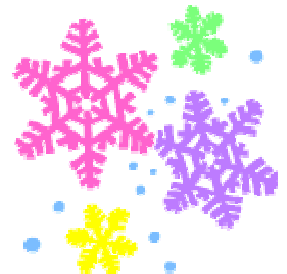
Congratulations are extended to **Ann Bakker** (P-203) who turns 80 on Jan. 4, **Joan Jongsma** (P-800) who turns 80 on Jan. 11, **Gloria Whyte** (P-1006) who turns 90 on Jan. 13, **Ben Brown** (T-201) who turns 90 on Jan. 14, **Dorothy Kay** (T-411) who turns 80 on Jan. 19, **Marjorie Dawkins** (P-1004) who turns 85 on Jan. 25 and **Archie Hendriks** (P-907) who turns 85 on Jan. 28. We wish each of our residents celebrating special birthdays this month much happiness and God's richest blessings in 2012!

WEEKEND SECURITY



If you need emergency assistance on the weekend you may call: 905-424-3479. Your on-duty weekend attendants are:

January	7-8	Sam Jongsma (P-800)
January	14-15	Charles Corner (P-701)
January	21-22	Danny Wallace (T-101)
January	28-29	Walter Ciona (T-612)





NOTES FROM THE OFFICE

Snow Removal

A heavy snow can often add an extra inconvenience to our day. Please remember that we must be patient when mother nature drops a load of snow on us. Ken from Keenan Property Maintenance works hard to plow out as many parking lots as possible. He can't always clear ours first. Please be mindful of occasional elevator and bulletin board notices requesting that you move your vehicle out of the parking lot for a full snow removal.



Work Orders for Apartment Repairs

Residents are reminded that all requests for repairs or any concerns regarding your apartment should be directed to Vera Martin (our Tenant Administrator) for tracking purposes. Please do not approach Danny (our caretaker) or John (our contract handyman) directly. A request or 'Work Order' must first be filed with the office so that emergency situations can be prioritized. Thank you for your co-operation.

Baking Order Forms

Any residents who would like to order baking please note that all order forms are due on or before **Thursday, January 19**. You will find an order form enclosed with this newsletter or you may pick one up at the office. All baking orders are to be picked up on **Thursday, January 26** between **1 pm & 2 pm** at the Servery or the chef's kitchen door.



Apartment Etiquette

Residents are kindly reminded that if you have guests leaving the building at unusual times . . . please ask them to leave quietly. Loud voices in the hallways, late at night or early in the morning can be very disruptive to your neighbours. Please also try not to let your doors bang as they are closed and always remember to keep your dog on a leash.

Thank you for your consideration.

Wednesday Morning Coffee Social

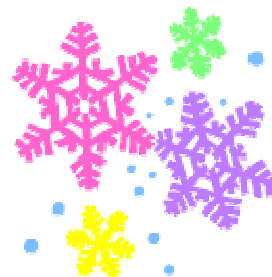
In an effort to make everyone feel welcome, we ask that you kindly refrain from 'reserving' seats and/or tables during Wednesday morning Coffee Social. We would like to encourage those who partake of this social time to greet and welcome all residents and to use this time to socialize with old and new friends. Your cooperation is greatly appreciated.



Test your January IQ !



1. What is the flower of the month for January?
a) Violet b) Carnation c) Snow Crocus d) Rose
2. Which of the following holidays does NOT fall in January this year?
a) Chinese New Year b) Australia Day c) Martin Luther King, Jr. Day or d) Mardi Gras
3. On January 3, 1888, an invention made of paraffin-covered paper was patented by Marvin Stone. What was it? a) Wax Paper b) Wallpaper c) Drinking Straws d) Dixie Cups
4. Which of the following foods is celebrated in January?
a) Egg Month b) Strawberry Month c) Oatmeal Month d) Jell-O Month
5. On the first Saturday in January, the people of Manitou Springs, Colorado, have a tossing competition. What do they toss? a) Soccer Balls b) Frisbees c) Snowballs d) Fruitcakes
6. How do you say January in French?
a) Januar b) Janvier c) Januarie d) January
7. Milne was born on January 18, 1882. What famous character did he create?
a) Winnie the Pooh b) Donald Duck c) Snoopy d) Betty Boop
8. Which of the following residents was NOT born in January?
a) Joan Jongsma b) Marjorie Dawkins c) Thora Brown d) Gloria Whyte
9. On January 4, 1961, a new TV show debuted, starring a talking horse. What was the horse's name?
a) Trigger b) Silver c) Mr. Ed d) Miss Daisy
10. True or False? There are 365 days in 2012? (Answers on page 7.)



Seniors' Information Fair for You!

We are hosting a Seniors' Information Fair on **Thursday, January 19th** from **9:30 am - 12 noon** in our auditorium. Various organizations or companies have been invited to serve as a resource to our residents regarding health care or other services. Take advantage of this opportunity to gather information or purchase items of interest to you.

The following organizations will be in our auditorium this day:

- | | |
|-------------------------------|---|
| * Community Care | * CCAC - Community Care Access Centre |
| * Silver Cross | * Life Line - Philips Consumer Healthcare Solutions |
| * Canadian Diabetes Society | * Alzheimer's Society of Durham Region |
| * Shopper's Home Health | * Nordic Pole Walking with Jim & Peggy Stewart |
| * Physiotherapy | * Canadian Hearing Society |
| * Chiropractic Services | * W.C. Town Funeral Services |
| * Our DCH Meals Program | * Durham Mental Health |
| * Heritage Place - Life Lease | * S & H Health Foods from the Whitby Mall |
- * and . . . perhaps a few more

From Residents' Council



Welcome to another year in our lives, a year to serve our Creator and our community through helping each other, which we do to the best of our abilities. If you are no longer able to volunteer your talents, remember that prayer also helps to serve us all.

At the December meeting of Council we set up a small *ad hoc* committee to solicit your ideas for the purchase of items that will beautify our buildings or enhance our lives as a community. The members on this committee are Clarence Alkema (T-806), Elizabeth Butler (T-113), Sam Jongsma (P-800) and Maureen O'Brien (P-1002). Please feel free to share your ideas with them. The committee's recommendations will come to Residents' Council at its February meeting.

We welcome several new residents via a social get-together on Thursday, January 5th. New residents are requested to RSVP to our Activities Director. At this gathering new residents will have the opportunity to ask questions and get to know more about our Activities program and the community of DCH.

Two organ concerts are in the works. On Tuesday January 10, organist and pianist, William Jones will be joined by Glenda VanHarmelen on the flute for an hour of beautiful music. We'd also like to give you advance notice of another upcoming organ and panflute concert on Monday March 26 to be given by Andre Knevel and Liselotte Rokyta.

Wishing each of our residents health and happiness in 2012!

Frederick Wind
Chair, Residents' Council

Bible Study

Will Meet Tuesdays:

January 24 & January 31 @ 10 am
In the Providence Place Lounge



January's Leader will be: **Andreas Siebert**

This meeting time is simply an opportunity to study a portion of the bible with fellow residents. Anyone is welcome to attend.

The **'A Time For Prayer'** group
resumes on Thursdays @ 1 pm
in the Providence Place Lounge starting Jan. 12th.

Special Thanks to the DCH Residents

who contributed food or clothing this
Christmas.



These organizations are most grateful:

- *The Backdoor Mission
- *Gate 3:16 (Outreach Centre)
- *The Yonge Street Mission

Special Thanks also to Leny & Adri Oudyk for overseeing the collection of 365 pairs of socks for the Evergreen Centre - Street Youth in Toronto (Part of the Yonge Street Mission)

From the Board

2012 has arrived and we trust that each of you has enjoyed time with family and friends over the past few weeks. We also hope you were able to celebrate the birth of Christ during this season of peace, hope and joy.

As the Board approaches a new year, we are praying for God to lead us forward in a number of key areas:

- Interviewing and hiring of a Chaplain for Glen Hill Terrace Strathaven and Marnwood, and a Facilities Manager to ensure a safe and healthy work environment, while overseeing major and minor building projects in all of our facilities.
- Completing and implementing a Strategic Plan that will focus the Board, Committees and Staff on key goals and objectives for the next 3-5 years. The Board has approved using the services of a 3rd party consultant experienced with faith-based organizations providing accommodations and services for seniors, to facilitate this process.
- Increasing our efforts in marketing and advertising for both our Life Lease (Heritage Place) project and our Assisted Living (Retirement) accommodations at Marnwood and Strathaven.
- Working with local, regional and provincial organizations to secure redevelopment funding for new beds, allowing us to move forward with building plans for Glen Hill Terrace (long-term care) in Whitby.

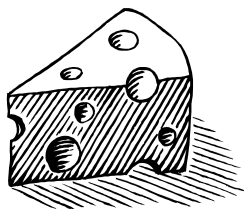
These are important and ambitious objectives for 2012 and the Board is thankful for the progress that has been made in 2011. This was accomplished with many skilled and experienced volunteers, both on the Board and the various committees, and a hard working, dedicated staff. We trust that God will bless the plans we have for 2012, and pray that He will also provide each resident of Durham Christian Homes with health and joy throughout the coming year.

On behalf of the Board,

Simon Muizelaar

Chairman

Courtice Dutch Imports



In Our Lobby

Wednesday, January 18th

9:30 am - 3:00 pm

Dutch Groceries, Cheese Products, Licorice,
Indonesian Treats, Raisin Bread, Cookies,
Koeks, Soups, Spices, Meats & Much More!



**Durham Christian Homes
Hairstyling**

**Hair Care For the Whole Family
Call:**

**Jean Paton & Annette Morgan
905-668-3840**

Cuts, Colours, Highlights, Perms,
Hair Relaxing, Up-Dos, Facial Waxing,
Manicures, Shaving & Much More!

Worship



**In Friendship Hall @
3:00 pm**

Sunday, Jan. 8
with Mr. John Rustenburg

Sunday, Jan. 22
with Pastor Norman Sennema

Coffee Social

Meditation & Coffee Hour

meets in the auditorium on:

Tuesday, January 10
@ 10:00 am

Topic: "Ripe Old Age"
Lead by: Sam Jongsma



Monday Night Movies @ 6:30 pm

Jan. 9 - "Radio City-The Rockettes at Christmas"

A holiday show featuring high kicks and precision choreography to numbers like: Parade of the Wooden Soldier and New York at Christmas experience a Living Nativity. (80 mins)

Jan. 16 - "Midnight Clear"

Five lonely strangers randomly cross paths, and in unique and subtle ways, change each other's lives forever. A modern day parable about how seemingly insignificant acts of grace can make a profound difference. (102 mins)

Jan. 23 - "A Perfect Day"

A writer (Rob Lowe), tops the best-seller list with his first novel, but as success consumes him, his family life crumbles. It takes the sobering prophecy of a mysterious stranger to make him realize what is most important (91 mins)

Jan. 30 - "Joseph" Live Stage Production

The biblical story of Joseph and of power & forgiveness. (127 mins)

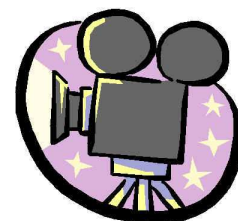
Feb. 6 - "Bamboo in Winter"

A story about the power of faith in the atheistic communist society of China. (58 mins)

Friday Night Movies @ 7:00 pm

Jan. 6 - Ballad To Scotland

A musical tribute.
(50 mins)



Jan. 13 - Liberation Choir in Concert

170 Voice Choir.
(60 mins)

Jan. 20 - The Holland We Remember

Pastoral scenes and music.
(70 mins)

Jan. 27 - A Different Florida & Let Us Sing

(60 mins)

Feb. 3 - Railway Journeys:

**The Canadian Rockies &
The Adirondack**

If you have a DVD movie we could borrow to share with your fellow residents please speak with Darlene. Thanks!





Lyrics to: Auld Lang Syne

Should auld acquaintance be forgot and never brought to mind?

Should auld acquaintance be forgot and days of auld Lang syne?

For auld Lang syne, my dear, for auld Lang syne,

We'll take a cup of kindness yet, for auld Lang syne.

Should auld acquaintance be forgot and never brought to mind?

Should auld acquaintance be forgot and days of auld Lang syne?

And here's a hand, my trusty friend and gie's a hand o'thine



New Year's Traditions . . . A Bit of History . . .

'Auld Lang Syne' is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. At least partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scottish tune, 'Auld Lang Syne' literally means "old long ago," or simply, "the good old days."

The first rooftop celebration atop One Times Square, complete with a fireworks display, took place in 1904. The New York Times produced this event to inaugurate its new head office in Times Square and celebrate the renaming of Longacre Square to Times Square. The first Ball Lowering celebration atop One Times Square was held on December 31, 1907 and is now a world wide symbol of the turn of the New Year, seen via satellite by more than one billion people each year.

The original New Year's Eve Ball weighed 700 pounds and was 5 feet in diameter. It was made of iron and wood and was decorated with 100 25-watt light bulbs.

It was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. Parties often last into the middle of the night after the ringing in of a new year. It was once believed that the first visitor of New Year's Day would bring either good luck or bad luck the rest of the year. Special New Year foods are also consumed. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle." completing a year's cycle. For example some Dutch people traditionally eat Oilebollen (Dutch Doughnuts) at New Year's.

Many parts of the U.S. celebrate the new year by consuming black-eyed peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another 'good luck' vegetable that is consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity, being representative of paper currency. In some regions, rice is a lucky food that is eaten on New Year's Day.

Page 3 - Trivia Answers:

1. Carnation (b)
2. Mardi Gras (d)
3. Drinking Straws (c)
4. Oatmeal Month (c)
5. Fruitcakes (d)
6. Janvier (b)
7. Winnie the Pooh (a)
8. Thora Brown (c)
9. Mr. Ed (c)
10. False (Leap year . . .366 days!)

Top Players & Ongoing Activities

Bowling



Meet in the main lobby on **Mondays** at **12:30 pm** to car pool rides for 5 pin bowling in Oshawa. The top bowlers for December were:

- Dec. 5: **John Clarke** (Game 1)
Elizabeth Butler (Game 2)
 Dec. 12: **Ann Flood** (Games 1)
Elizabeth Butler (Game 2)
 Dec. 19: **Elizabeth Butler** (Game 1 & 2)
 Congratulations bowlers!

Bingo



Mondays from 2:30 pm-3:30 pm meet fellow bingo players in the Providence Place Lounge (2nd door from the Activities Room.)

- The bingo winners for December were:
 Dec. 5: **Dorothy McKeen**
 Dec. 12: **Doris Hawe**
 Dec. 19: **Alberta Craig**
 Congratulations bingo players!

Progressive Euchre



Meet Progressive Euchre players on **Wednesdays** at **7:00 pm** in the Auditorium. The top players for December were:

- Dec. 7: **Louis Reynen**
 Dec. 14: **Fred Feikema**
 Dec. 21: **Pat Leonard**
 Dec. 28: **Genevieve Lecours**
 Congratulations Euchre players!

Bid Euchre meets 1:30-3:30 pm on Thursdays in the Activities Rm.

Exercise



This program is offered as an OHIP covered Falls Prevention balance and muscle toning class with Melanie Munro leading. Classes run: **Mondays, Wednesdays & Fridays at 9:30 am** in the auditorium.

Crafts



For those who like to work with their hands, join fellow residents on **Tuesdays** from **2:00-4:00 pm** in the Providence Place Lounge on the 1st floor, second door down from the Activities Room. Come out and enjoy this time to work and socialize together.

Line Dancing



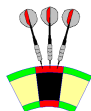
Line Dancers meet in the auditorium weekly on **Tuesdays at 1:00 pm**. Please note that \$4.00 per class will be accepted by Nicole Zaczek, an outside instructor. This is fun exercise, anyone is welcome to join!

Shuffleboard



Scheduled games run on Tuesday, Wednesday and Thursday evenings. If you'd like to play, please contact conveners: Sam Jongsma (P-800) at 905-668-8681 or John Vandepol (P-501) at 905-430-1993.

Darts



If you'd like to play darts in the Providence Place basement please contact Ann Flood at 905-665-8517 to borrow darts.

Card Making



The Card Making group meets on **Friday, Jan. 13 & Friday, Jan. 27 at 10 am** in the Providence Lounge. This is a fun group to join as they make cards for every season from recycled cards. Bring \$2 for supplies and come and check out how they do it!

Hymn Sing



Do you like to sing for the fun of it. Yes! Then come out and sing! The hymn singers will meet on **Friday, Jan. 6 and Friday, Jan. 20** from **10:30 am -11:00 am** in the auditorium.



Bridge Players

Meet on **Fridays** from **1- 4:00 pm** in the Activities Room.

Upcoming Activities/Events/Trips

New Resident Social



New residents who have moved to DCH from June 2011 to present are cordially invited, to a 'get-to-know-you' social in the Providence Place Lounge on **Thursday, Jan. 5** from **10:30 am - 11:30 am**. Please RSVP Darlene by Jan. 3rd.

Cirque du Soleil

For those residents who have signed up to see the 'Quidam' Cirque du Soleil show on **Thursday, Jan. 5** at **7:30 pm** please meet up in the main lobby at **6:45 pm** for your ride.



Tai Chi

Tai Chi classes run on **Mondays** at **1:30 pm** in our auditorium. The next 6 weeks of classes will run **Jan. 9 - Feb. 13**. Tai Chi helps relieve arthritis, stiffness and fatigue and improves balance and well being. Sign-up in Activities Room to participate.



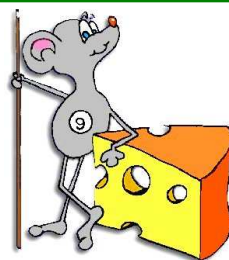
Organ, Piano & Flute Recital



William Jones and Glenda VanHarmelen from Zion Church in Os-hawa will be in our auditorium for a musical recital on **Tuesday, Jan. 10** at **7 pm**. Come out and enjoy!

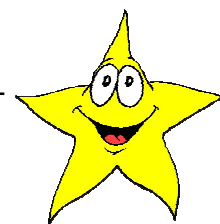
Pool Tournament

Be sure to sign up for this month's Pool tournament which will start on **January 16**. You'll be playing for the Memorial Plaque. Please sign-up by **Jan. 13** in the pool room. Thanks to Cor VanEssen for coordinating this tournament.



Seniors Fair

Come to the auditorium on **Thurs., January 19** from **9:30 am - 12 noon** to see or gather information from various organizations or health care providers who will have their services on display this day. Admission is **FREE**, so check it out! See p. 3 for a list of those invited.



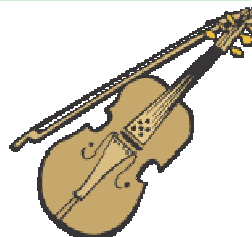
Fashion Show Fundraiser

Hebron Church in Whitby is hosting a Ladies Fashion and Jewellery Show on **Thur., Jan. 19** at **6:00 pm**. Tickets are \$10 pp. For details call Debbie Hickey at 905-263-4910. Raised funds help to sponsor a ladies retreat .



Rimosa Ensemble

Kathy Coltof will be in our auditorium on **Thursday, Jan. 26** at **7:00 pm** with a recital from her stringed instrument students. Come out and hear the beautiful sounds of the violin and cello.



Games with Students

A few of the older students from Immanuel Christian School in Whitby will be joining us on **Tuesday, Jan. 31** for some board games or Wii games in the Activities Room from **11 am - 12 noon**. Come out and enjoy some youthful fun.



Note from your

Editor:

You are invited to drop off your suggestions for February's "Friendship Banner" before Tuesday, Jan. 31st.

Servery News

Coffee Service

10:00am - 11:30am

Soup & Sandwiches

Mondays & Fridays

Meals Service



Tuesdays, Wednesdays & Thursdays

12:00 noon- for Pick-up & 12:20 pm- Dining Room Service

\$7.85 per meal

for enrolment in the 3-day meals program or

\$8.50 per meal

for occasional meal purchase.

The cut-off time for ordering meals is: Fridays by 2:00 pm

PLEASE ORDER EARLY

Activity Notice and Reminders

Valentine Dinner Party



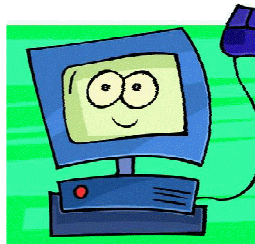
Our Valentine's Party will take place **Friday, Feb. 10 at 5:30 pm**. It will be a Roast Beef dinner and the cost will be \$15 per person. Please order your ticket from your floor rep before Feb. 6. Table sign-ups on Feb. 7 in the main lobby. Ventriloquist, puppeteer Beulah Buchwald will entertain us.

Famous People Players: Alice in Funkyland



This is a fun trip to the Famous People Players Black Light Theatre show in Toronto on **Tuesday, Feb. 14**. The cost is \$83 and includes a coach bus, hot lunch and an entertaining, fun show for Valentine's Day. See show details and sign-up in the Activities room by **Jan.18** and pay by Jan. 25.

Computer Room



Did you know that we have a computer expert on the premises here at DCH two days per week? His name is Denis, and he may be found in the Computer Room on **Tuesday** and **Thursday** mornings. He volunteers his time to assist our residents with any computer related questions.

Library

Do you realize that we have an on-site library? Over the winter months take advantage of the opportunity to snuggle up with a good book under a warm blanket. You may borrow books from the library which is located on the 7th floor, across from the elevators in our Providence Place building. Return books by placing on table.



For 2012

In this new year as I keep quiet, allowing God to prepare within me what He desires to do through me, I will quietly seek after Him.

With all my heart, with all my soul, with all my mind, and with all my strength I am going to run after my Jesus.

I'm praying for a burning passion deep down in the depths of my soul.

I'm praying that God fans the flame of desire in my heart

to know Him more,
to serve Him more,
to love Him more,

to be more like Him tomorrow than I was today,
to continually be made new in Him.

Whatever His plans are for me in 2012 and wherever He leads me this year, I'm quietly seeking Him above all else.

This year, I invite you to quietly seek the Lord and allow Him to prepare in you what's to come.

