



**HOME DIRECTORY**

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<p><b>South Nursing Station</b>                  Days:                  07:00-14:59                  (613)744-1861*212</p>	<p><b>West Nursing Station</b>                  Days                  07:00-14:59                  (613) 744-1861*214</p>
<p><b>South Nursing Station</b>                  Evening &amp; Nights                  15:00-06:59                  (343) 996-5750</p>	<p><b>West Nursing Station</b>                  Evenings &amp; Nights                  15:00-06:59                  (613) 286-1593</p>
	

# JANUARY

Resident Birthdays

Nazha J.	Jan 1
Chita F.	Jan 2
Joan M.	Jan 3
Louissette C.	Jan 7
Carlota P.	Jan 8
Lorraine P.	Jan 12

## In Memory

Yolande S.  
 Carol J.  
 Harshadray S.



### January 2025 Newsletter

949 Montreal Road, Ottawa, ON, K1K 0S6,  
 Ph. (613) 744-1861 Fax. 613 744-4062

### Happy New Year!



### Entertainer

Musician Noel Dimaranan will be joining us on  
 January 16th at 2pm



A new tradition we have started here at Marochel is to celebrate everyone who has a birthday in the current month with the entertainer and a cake.

## Mail

Just a reminder for families to stop by the Office Manager's office periodically to collect your loved one's mail unless you have made other arrangements.

There may be time sensitive items waiting for pick up.

## Clothing Form Reminder

Please remember to complete the clothing form upon admission and whenever bringing new clothing articles for your loved one. This form & the bags for clothing are located with the office manager. This ensures thorough documentation of residents' belongings, preventing any loss.

Your cooperation is appreciated in maintaining accurate records. Thank you.  
Management!

## Did you know?

For your convenience, we've set up a password protected **Wi-Fi** connection to enable those long distances **Skype, Facetime, What's App, Email, even Gaming needs/** For assistance kindly refer to programs department.

## Announcements

-Julie, the hairstylist, is scheduled to visit the second Tuesday of every month.

Next month, she will be at the home on **Tuesday, January 14 .**

-The Footcare Nurse will be in the home on **January 28<sup>th</sup> & 29<sup>th</sup>.**

## **All Families/Caregivers**

As the seasons have changed, it is time to review your loved one's clothing.

If the PSW's have found that your loved one's clothing no longer fits, they have placed it on the top shelf of the closet. Please arrange to remove them and consider swapping out the Summer clothing for Winter to avoid overcrowding of the closet space.

Thank you for you help in this matter.

## **Resident Room Flooring Refinishing**

Dear families,

During the floor cleaning and waxing we are required to remove all items from the room.

It has been noticed that our residents have many items in their rooms they are not using. Clothes that do not fit and furniture they are no longer using.


















We ask over the next weeks to please help your loved one sort, discard or donate items they are not using.

We are making arrangements for a donation truck to come to Marochel to pick up items at the end of February. We will be sending out emails when this date is confirmed.

Over the next few weeks you may receive a call from our administration team if your loved ones items should be sorted through.

Thank you for your understanding and co-operation.

Jennifer Hess  
Executive Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 News & Views 9:30 yoga and Stretching 10:30 Snoezelon Room 10:30 Colouring 1:30 Floor Darts 2:00 Ball Toss 2:30 Tea Time Social Club 3:00 Word Search 6:00 Hangman	9:30 Group Exercise 9:30 Colour My World 11:00 Movie/DVD Concert 1:30 Tick Tack Toe games 2:30 Bowling 4:00 Balloon Tennis 6:10 Fun & Games 	9:30 News Hour 9:30 Board game 10:30 Bible study 2:10 Bingo 4:00 One and One visits 6:00 Fun & Games	9:30 Plants and Horticulture 10:15 Spa Sensation & Manicures 11:00 Hangman 1:00 Chair Exercises 1:10 Colouring 4:00 Bean Bag Toss
10:10 Televised Mass 11:00 Sing Along 1:00 Short Stories 2:00 Baking Cookies 4:00 Word search 6:00 News and View	9:30 Ball Toss 9:30 Chair Exercises 10:00 Bible Study 1:10 Card Games 6:00 Board Games 	9:30 Group Exercise 10:30 Horticulture 1:00 Bingo 2:00 One on One Visits 3:10 Colouring 6:00 Word Games	9:30 Yoga and Stretching 10:30 Hangman 10:45 Mass 2:30 Tea Time And Social	9:30 Group Exercise 9:30 Movie/DVD Concert 10:30 Antonyms/Synonyms 11:30 Fun & Games 1:30 Ball Toss 4:00 Snoezelon Room	9:00 News Hour 10:00 Bean Bag Toss 11:00 Board Games 	9:30 Cross word Games 9:30 Spa Sensation & Manicures 10:30 Bible Study 2:00 Snoezelon 2:00 Drummer-cise 4:00 Hangman 6:00 Trivia 
9:00 Trivia 10:00 News and Views 10:10 Televised Mass 1:30 One On One Visits 1:30 Snoezelon 2:00 Drummer-cise 4:00 Word Search 6:00 Sing Alone 	9:30 Chair Exercises 10:00 Bible Study 1:10 Card Games 4:00 Who/What am I? 6:00 Trivia	9:00 Julie - Hair Dresser 9:30 Colour my world 10:30 Ball Toss 1:30 Word Games 2:00 Bowling 4:00 Snoezelon 6:10 One On One 	9:30 Hangman 10:30 News & Views 10:30 Helping Hands 2:00 Sing along 3:00 One On One	9:30 Group Exercise 10:00 Movie/DVD Concert 2:00 Noel Dimaranan Music & Birthday Celebration  	9:30 News Hour 9:30 One On One 10:30 Board Games 10:30 Group Exercise 2:10 Bingo	9:30 Snoezelon 10:15 Spa Sensation & Manicures 1:00 Card Games 1:10 Exercises and Stretching 4:00 Bean Bag Toss 6:00 Word Games 
9:30 Scrabble Games 10:10 Televised Mass 10:30 History Fun Facts 2:00 Yoga and Stretching	9:30 World Search 9:30 One On One Visits 10:00 Bible Study 10:00 Short Stories 1:00 Word Games 1:00 Floor Darts 4:00 Snoezelon 6:00 Board Games 	9:30 Group Exercise 10:30 News And Views 11:00 Word Games 2:00 Floor Darts 2:00 Bingo 3:00 Tea Time And Social Club 4:00 Drawings and Art Work	9:30 Ball Toss 10:00 Hot Chocolate and Social Hour 10:45 Mass 2:00 Helping hands 3:00 Dominos 	9:30 Group Exercise 11:00 Movie/DVD Concert 11:00 Drummer-cise 2:00 Hangman 2:00 Armchair Travel 	9:30 News Hour 11:00 One On One 2:00 Resident's Council 	9:30 Bible Study 9:30 Board games 10:00 balloon Tennis 10:15 Spa Sensation & Manicures 1:00 Baking Cookies 1:00 Bingo 
9:30 Card Games 10:00 Bean Bag Toss 10:10 Televised Mass 1:00 One On One Visits 2:00 Drummer-cise 	9:30 Hangman 10:00 Bible Study 11:00 Bowling 1:00 Shoot The Ball 1:00 Trivia 4:00 Snoezelon 6:00 Ball Toss	9:00 Foot Care Nurse 9:30 Group Exercise 10:00 Word Games 1:00 Balloon Tennis 1:00 Bingo 2:00 Fun & Games 4:00 Snoezelon 6:00 Balloon Tennis 	9:00 Foot Care Nurse 9:30 Short Stories 10:00 Hangman 11:00 Drummer-cise 1:00 One On One Visits 3:00 Tea Time and Social	9:30 Group Exercise 10:00 History Fun Facts 10:30 Movie/DVD Concert 4:00 Bean Bag Toss 4:00 Snoezelon 6:10 Fun & Games	9:30 News Hour 1:00 Balloon Tennis 2:00 Horticulture 2:10 Bingo 4:00 One On One Visits 