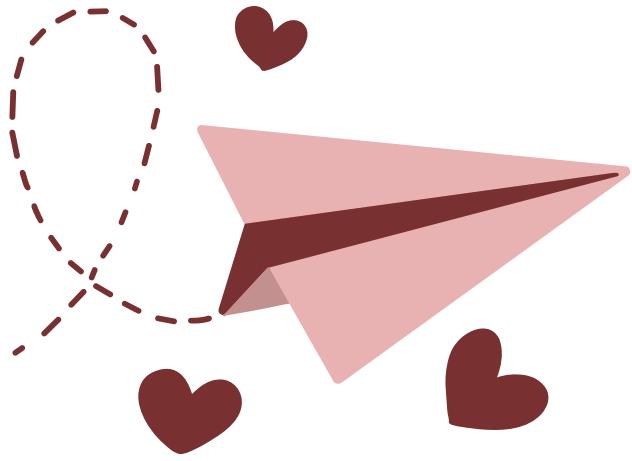
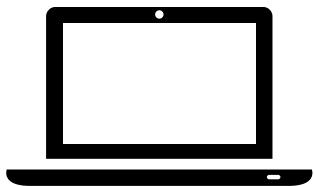


Welcome **February '26** Fernwood



LINA SPROULE
204-380-4462
lsproule@steinbachhousing.ca

May this month bring new
beginnings, brighter days,
stronger motivation, and
endless opportunities for
growth



MICHAEL OBIAR
204-326-2002
steinbachhousing.com
mobviar@steinbachhousing.ca



UPCOMING PROGRAMS

Exercise every Monday, Wednesday and Friday in the basement at 9:15 am



Kitchen and Offices closed on Monday, Feb. 16th for LOUIS RIEL DAY!

Chapel at 10 am,
Bible Study with John
at 10:30 am.
Everyone welcome.

Music with John Penner
on Tuesdays,
Feb 10th & Feb 24th at 7 pm
Everyone welcome.



Bingo at 2 pm



Grunthal Bakery
Thursday, Feb 12th
@ 10 am

Barkman Bake Sale
Thursday, Feb 26th
@ 2 - 4:30 pm

Coffee time every
Thursday
@ 9:30 am



In the MPR



Orders for Fields Market meals are due every 1st and every 3rd Monday of the month. Drop-off will be every 1st and every 3rd Thursday of the month at 11am in the MPR. Order forms are available at the TRC office. Or call Missy at 431-371-6268

UPCOMING PROGRAMS



Book Mobile
Friday,
Feb 6th
@ 2pm



60s Music with
Joe Draude
Monday,
Feb 16th @ 2pm

Roger, from
Chef in the House
will bring meal
orders on
Tuesday, Feb 17th



YFCG Mitchell Youth
Wednesday, Feb 4th
@ 7:30pm and
Sunday, Feb 15th @ 3:00pm

Singing with
Abe & Tina Dyck
Thursday, Feb. 19th

@ 7 pm



Music Family Singers
Tuesday, Feb 17th

@ 7:00pm




Jesus is Lord
Group will be
at Fernwood on
Saturday, Feb 7th
@ 2pm
in the MPR

Communion Service on
Wednesday, Feb 11th @ 7pm in
the MPR.
Everyone welcome!



I'm out



Thanks for Checking

Tag program?

If you are not part of the program that is totally each person's choice. If you have a blue tag in your unit, we recommend to use it when you are leaving your room. It could be very helpful should there ever be an emergency, for example a fire, so emergency respondents would know that you are out and okay.



VICTORIA LIFELINE
Safe and independent living.

1-888-722-5222

KEEN COMPANION
HEALTH SERVICES LTD
204-914-8892

Sandals
day spa & hair salon

For nail trimming, manicure or pedicure every Monday afternoon at Fernwood.

Please contact
204-320-2777

VALENTINE'S
PIZZA
party



Pizza, Drink and Dessert.

Feb. 12th @ 3pm
in the MPR.

\$ 9 a person.
Please sign up by
Monday, Feb 9th





Chaplain **JOHN**

Come and join us as we celebrate John, who has provided his services to so faithfully.

Thursday, Feb 26th @ 9:30 am in the MPR

PRESENTATIONS IN THE MPR

THE BALD EAGLES OF BIG BEAR VALLEY

WEDNESDAY, FEBRUARY 11, 1:30 - 2:30 PM

Presenter: Julie Nybakken, SCWW: MB Lead, A & O: Support Services for Older Adults

Join us in Big Bear Valley to follow Jackie and Shadow, the beloved bald eagle pair who return each year to raise a family. We'll revisit their 2025 season with eaglets Sunny and Gizmo and look ahead to 2026, exploring how these devoted parents nurture their young from eggs to soaring fledglings.

Hairdresser CONNIE

will be on holidays
Mar 2nd -Mar 10th

If you need your hair done we have inhouse Shirley Klassen #503 stepping in for Connie.

Please contact Myla @ 204-371-8333 for an appointment.



EMERGENCY RESPONSE INFORMATION KITS (E.R.I.K.®)

WEDNESDAY, FEBRUARY 25, 1:30 - 2:30 PM

Presenter: Sara Parsons on behalf of the Downtown Senior Resource Finder

Listen in to learn about E.R.I.K.® - an important tool that provides the necessary information for first responders to respond quickly to the situation and facilitate care.



From The Chaplain's Desk

February Monthly Devotional: Theme: "Praise God, From Whom All Blessings Flow"

"Bless the Lord, O my soul, and all that is within me, bless His holy name."
Psalm 103:1(ESV)

Reflection: As we come to the end of the first month of this new year and step into February, our hearts are drawn toward praise and thanksgiving. January has reminded us that life often comes with contrasts. We have experienced ups and downs, warmer-than-usual days and moments of bitter cold. Yet through every change, one truth has remained constant: **God has been faithful.**

Even as the seasons shift and circumstances fluctuate, God's love and provision have not wavered. He has sustained us, watched over us, and supplied what we needed—sometimes in quiet ways we may not have immediately noticed. Looking back, we can say with confidence that the Lord has been with us every step of the journey.

February also brings with it a cultural focus on love as we observe Valentine's Day. While human expressions of love are meaningful, they are only a reflection of a far greater love—the perfect, unfailing love of God. His love goes beyond words, beyond gestures, beyond what we could ever fully express. It is a love that sent Christ to walk among us, to suffer for us, and to redeem us.

In response to such love, our souls are invited to rise in praise. Like the psalmist, we declare, *"Bless the Lord, O my soul."* Praise is more than a song we sing—it is the posture of a grateful heart. It is acknowledging that every good gift, every provision, every moment of grace flows from God alone.

The words of the beloved hymn echo this truth beautifully:

*"Praise God, from whom all blessings flow; Praise Him, all creatures here below;
Praise Him above, ye heav'nly host; Praise Father, Son, and Holy Ghost".*

These simple yet powerful lines remind us that nothing we have comes by chance. Every blessing—seen and unseen—finds its source in Him. As we enter this new month, may praise rise naturally from our lives, not only in times of abundance, but also in moments of uncertainty, trusting that God remains good and faithful.

Prayer: Lord, I thank You for carrying me through the first month of this year. Through changing seasons and uncertain moments, You have remained my steady source and faithful guide. As I enter February, I lift my heart in praise and gratitude. Help me to bless Your holy name in every circumstance, remembering that every good and perfect gift flows from You. Teach me to live with a thankful heart, grounded in Your unfailing love and constant presence. In Jesus' holy name I pray. Amen.

HAPPY VALENTINES DAY

M	X	M	X	O	X	O	L	A	A	R	R	O	W	E
J	U	N	F	R	I	E	N	D	L	P	G	W	Z	V
N	F	E	B	R	U	A	R	Y	J	O	O	Q	H	T
A	B	W	F	C	Z	G	A	T	A	W	V	M	E	D
C	L	I	X	J	D	W	V	B	J	T	M	E	A	Q
V	H	I	V	M	X	Q	J	Z	M	Q	C	T	R	L
A	Q	O	M	S	W	E	E	T	H	E	A	R	T	F
L	S	P	C	F	L	O	W	E	R	S	R	M	S	X
E	W	I	P	O	W	E	I	T	K	L	D	U	L	T
N	T	N	O	G	L	X	L	N	C	Q	W	V	D	B
T	J	K	R	C	F	A	N	Z	T	E	T	H	T	E
I	A	T	K	G	U	L	T	Y	O	I	B	X	Y	M
N	I	X	D	K	S	P	K	E	I	S	Y	V	U	I
E	K	U	X	T	I	Y	I	A	U	V	C	T	E	N
K	C	A	N	D	Y	Z	A	D	O	Z	H	M	N	E

SWEETHEART

CHOCOLATE

HEARTS

CARD

PINK

FEBRUARY

FLOWERS

ARROW

FRIEND

XOXO

VALENTINE

CUPID

BE MINE

CANDY

LOVE



FARMERS ALMANAC FOR FEBRUARY



Folklore for the Season
Married in February's sleety weather,
Life you'll tread in tune together.
If February give much snow,
A fine summer it doth foreshow.
Fogs in February mean frosts in May.
If Candlemas Day [February 2] be mild and gay
Go saddle your horses, and buy them hay
But if Candlemas Day be stormy and black,
It carries the winter away on its back.
It is better to see a troop of wolves than a fine February.



- February 2 is Groundhog Day—the day we find out whether winter will last 6 more weeks or call it quits early. How did this quirky tradition get started? Find out the meaning of Groundhog Day.
- February 8 is the Super Bowl in 2026.
- February 12 is Abraham Lincoln's Birthday. The 16th president of the United States was born in a one-room, 16x18-foot log cabin with a dirt floor.
- February 14 is always Valentine's Day. Heads up, lovebirds! Today, the holiday is celebrated with love, flowers, and chocolate, but how did this holiday get its start?
- February 15 is also National Flag of Canada Day! 
- February 16 brings Presidents' Day, a federal holiday also known as Washington's Birthday that is celebrated on the third Monday in February. (George Washington's actual birthday is February 22!)
- February 17 is the Chinese Lunar New Year. Celebrated widely throughout East Asia, this holiday begins with the first new Moon after the Winter Solstice and is associated with the Chinese Zodiac.
- February 17 is also Ramadan, the ninth month of the Islamic calendar.

February is African-American History Month.

Psychology Month.

Heart & Stroke Month

I Love to Read Month

Lent starts Feb. 18 - April 2



Canada Tax Checklist

Stay organized and get ahead start on tax season with this list of forms and receipts you'll need to file your taxes.



Personal Information

- Social Insurance Number (SIN) Date of birth
- Information about spouse/common-law partner
- Information about dependents
- Spouse and/or child net income amounts
- Tuition transfer amount from spouse or child
- Last year's tax return Notice of Assessment from last year's return
- Total amount of instalment payments made to the CRA
- Other CRA correspondence

Income

- Employment income (T4) Self-employed business income (T2125, T5013, T4A) Interest, dividends, mutual funds (T3, T5, T5008) Rental income and expenses (T776) Old Age Security and CPP benefits (T4A-OAS, T4A-P) Pension and annuity income (T4A)
- RRSP and RIF income (T4RSP, T4RIF)
- Employment insurance benefits (T4E)
- Social assistance payments (T5007)
- Workers' compensation benefits (T5007)
- Other income not reported on a slip (e.g. tips)
- RL-1 Employment and other income (QC only)

Other Information

- Sale of principal residence Sale or deemed sale of stocks, bonds or real estate RRSP deduction limit and unused amounts Tuition carry forward amounts Loss carry forward amounts Other carry forward amounts (donations, etc.)

Receipts

- RRSP contributions
- Employment expenses (T2200 signed by employer)
- Tool expenses
- Union dues not included on your T4 slip
- Exams for professional certification
- Teacher's school supplies
- Childcare expenses
- Support payments paid or received
- Adoption expenses
- Disability tax credit for self or dependents
- Medical expenses
- Personal attendant/facility care expenses
- Charitable donations
- Northern residents deduction
- Digital News subscription expenses
- Political contributions
- Moving expenses
- Home accessibility expenses
- Home Buyers' Amount
- Tuition expenses
- Student loan interest amounts
- Tax-exempt scholarships

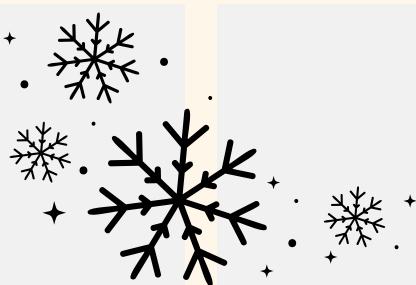


FEBRUARY 2026

FERNWOOD EVENTS



S	M	T	W	T	F	S	
1 10:00am Sunday Service Neal Wiebe (SCMC)	2 9:30am Exercise Class	3 10:00am Chapel 10:30am Bible Study 2:00pm Bingo	4 9:30am Exercise Class 7:30pm VFCG Youth Group	5 9:30am Coffee Time 10:30am Sing Along 7:00pm Sommerfeld Youth	6 9:30am Exercise Class 2:00pm Book Mobile	7 2:00pm Jesus is Lord Singers	
8 10:00am Sunday Service Bill Kehler	9:30am Exercise Class 2:00pm Games	10 10:00am Chapel 10:30am Bible Study 2:00pm Bingo 7:00pm John Penner	11 9:30am Exercise Class 1:30pm Presentation 7:00pm Communion with Chaplain John	12 9:30am Coffee Time 10:00am Grunthal Bakery 3:00pm Valentines Party 7:00pm Mitchell Sing along	13 9:30am Exercise Class	14 <i>Happy Valentine's Day</i>	
15 10:00am Sunday Service Logan Friesen (SMBC)	9:30am Exercise Class Office Closed 2:00pm Joe Draude	16 10:00am Chapel 10:30am Bible Study 2:00pm Bingo 7:00pm Music Family Singers	17 9:30am Exercise Class 2:00pm Birthday Party	18 9:30am Exercise Class 2:00pm Birthday Party	19 9:30am Coffee Time 10:30am Sing Along 7:00pm Abe & Tina Dyck	20 9:30am Exercise Class 2:00pm Coffee Potluck	21
22 10:00am Sunday Service Jerry Falk 3:00pm VFCG Mitchell Youth	9:30am Exercise Class 2:00pm Movie	23 10:00am Chapel 10:30am Bible Study 2:00pm Bingo 7:00pm John Penner	24 9:30am Exercise Class 1:30pm E.R.I.K. Presentation	25 9:30am Exercise Class 1:30pm E.R.I.K. Presentation	26 9:30am Chaplain John's Farewell 10:30am Sing Along 2:00- 4:30pm Barkman Bake Sale	27 9:30am Exercise Class	28



“Cleanse me with hyssop, and I will be clean; wash me and I will be whiter than snow.” Psalm 51; 7

