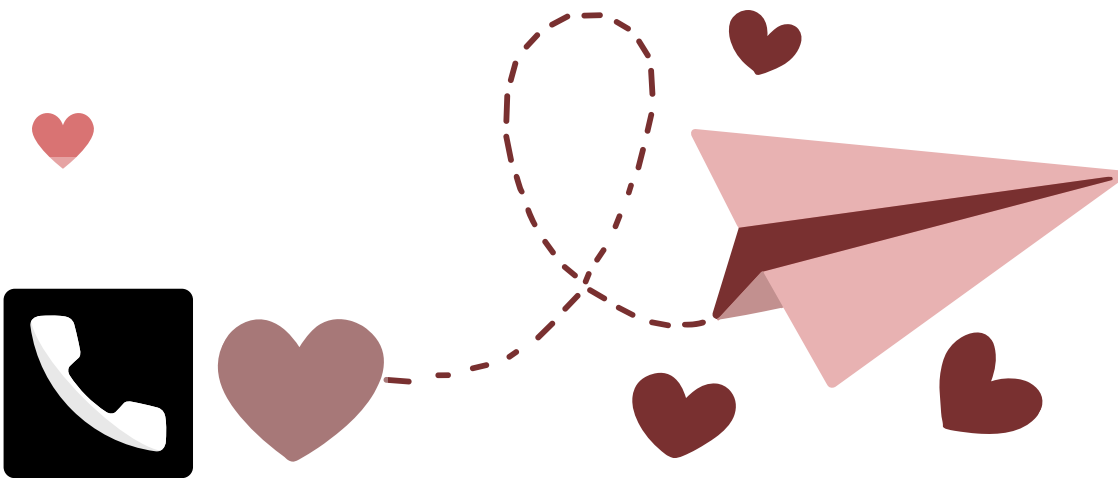
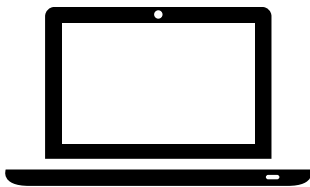


Welcome  
*February* '26  
Fernwood



**LINA SPROULE**  
**204-380-4462**  
[lsproule@steinbachhousing.ca](mailto:lsproule@steinbachhousing.ca)

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



**MICHAEL OBVIAR**  
**204-326-2002**  
[steinbachhousing.com](http://steinbachhousing.com)  
[mobviar@steinbachhousing.ca](mailto: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!**

## Tuesdays Schedule

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



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

## Bingo at 2 pm

**Grunthal Bakery**  
**Thursday, Feb 12<sup>th</sup>**  
**@ 10 am**



**Barkman Bake Sale**  
**Thursday, Feb 26<sup>th</sup>**  
**@ 2 - 4:30 pm**

**Coffee time every**  
**Thursday**  
**@ 9:30 am**



**In the MPR**



Orders for Fields Market meals  
are due every 1<sup>st</sup> and every 3<sup>rd</sup>  
Monday of the month.

Drop-off will be every 1<sup>st</sup> and  
every 3<sup>rd</sup> 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 6<sup>th</sup>  
@ 2pm



60s Music with  
Joe Draude  
Monday,  
Feb 16<sup>th</sup> @ 2pm

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



Singing with  
Abe & Tina Dyck  
Thursday, Feb. 19<sup>th</sup>  
@ 7 pm



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

Music Family Singers  
Tuesday, Feb 17<sup>th</sup>  
@ 7:00pm



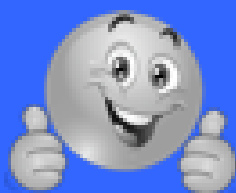
Jesus is Lord  
Group will be  
at Fernwood on  
Saturday, Feb 7<sup>th</sup>  
@ 2pm  
in the MPR



Communion Service on  
Wednesday, Feb 11<sup>th</sup> @ 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.



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**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. 12<sup>th</sup> @ 3pm  
in the MPR.

\$ 9 a person.  
Please sign up by  
Monday, Feb 9<sup>th</sup>







*Chaplain*  
**JOHN**

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

Thursday, Feb 26<sup>th</sup> @ 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**

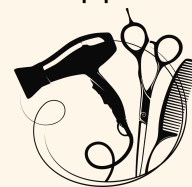
will be on holidays

Mar 2<sup>nd</sup> - Mar 10<sup>th</sup>

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.

John Hildebrand, Chaplain. Fernwood Place and Linden Place  
Ph. 204-326-2547 email: [jhildebrand@steinbachhousing.ca](mailto:jhildebrand@steinbachhousing.ca)

# HAPPY VALENTINE'S 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  
FEBRUARY

CHOCOLATE  
FLOWERS  
XOXO  
BE MINE

HEARTS  
ARROW  
VALENTINE  
CANDY

CARD  
FRIEND  
CUPID  
LOVE

PINK



be mine

be mine



# 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
<b>1</b> <b>10:00am</b> Sunday Service <b>Neal Wiebe</b> (SCMC)	<b>2</b> <b>9:30am</b> Exercise Class	<b>3</b> <b>10:00am</b> Chapel <b>10:30am</b> Bible Study <b>2:00pm</b> Bingo	<b>4</b> <b>9:30am</b> Exercise Class  <b>7:30pm</b> VFCG Youth Group	<b>5</b> <b>9:30am</b> Coffee Time <b>10:30am</b> Sing Along <b>7:00pm</b> Sommerfeld Youth	<b>6</b> <b>9:30am</b> Exercise Class  <b>2:00pm</b> Book Mobile	<b>7</b>  <b>2:00pm</b> Jesus is Lord Singers
<b>8</b> <b>10:00am</b> Sunday Service <b>Bill Kehler</b>	<b>8</b> <b>9:30am</b> Exercise Class  <b>2:00pm</b> Games	<b>10</b> <b>10:00am</b> Chapel <b>10:30am</b> Bible Study <b>2:00pm</b> Bingo <b>7:00pm</b> John Penner	<b>11</b> <b>9:30am</b> Exercise Class  <b>1:30pm</b> Presentation <b>7:00pm</b> Communion with Chaplain John	<b>12</b> <b>9:30am</b> Coffee Time <b>10:00am</b> Grunthal Bakery <b>3:00pm</b> Valentines Party <b>7:00pm</b> Mitchell Sing along	<b>13</b> <b>9:30am</b> Exercise Class	<b>14</b> <i>Happy Valentine's Day</i>
<b>15</b> <b>10:00am</b> Sunday Service <b>Logan Friesen</b> (SMBC)	<b>16</b> <b>9:30am</b> Exercise Class <b>Office Closed</b>  <b>2:00pm</b> Joe Draude	<b>17</b> <b>10:00am</b> Chapel <b>10:30am</b> Bible Study <b>2:00pm</b> Bingo <b>7:00pm</b> Music Family Singers	<b>18</b> <b>9:30am</b> Exercise Class  <b>2:00pm</b> Birthday Party	<b>19</b> <b>9:30am</b> Coffee Time  <b>10:30am</b> Sing Along  <b>7:00pm</b> Abe & Tina Dyck	<b>20</b> <b>9:30am</b> Exercise Class  <b>2:00pm</b> Coffee Potluck	<b>21</b>
<b>22</b> <b>10:00am</b> Sunday Service <b>Jerry Falk</b>  <b>3:00pm</b> VFCG Mitchell Youth	<b>23</b> <b>9:30am</b> Exercise Class  <b>2:00pm</b> Movie	<b>24</b> <b>10:00am</b> Chapel <b>10:30am</b> Bible Study <b>2:00pm</b> Bingo <b>7:00pm</b> John Penner	<b>25</b> <b>9:30am</b> Exercise Class  <b>1:30pm</b> E.R.I.K. Presentation	<b>26</b> <b>9:30am</b> Chaplain John's Farewell  <b>10:30am</b> Sing Along <b>2:00- 4:30pm</b> Barkman Bake Sale	<b>27</b> <b>9:30am</b> Exercise Class	<b>28</b>

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