



*Fortune Cookie Fortunes*

*You can create your own happiness*

*May your cookie jar overflow with Goodies*

*Life's journey is always an adventure*



## Valentines Day

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14<sup>th</sup>. Originating as a Western Christian feast day honoring one or two early saints named Valentinus, Valentine's Day is recognized as a significant cultural, religious and commercial celebration of romance, love and affection in many regions around the world, although it is not a public holiday in any country.

## 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, observing many traditions and superstitions. 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. 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 often involve blessings for the family and fortune, reinforcing the major themes of the Chinese New Year.

*It takes a wise man to learn from his mistakes, but an even wiser man to learn from others.*

*-Chinese Proverb-*

## Valentine Poetry

"To-morrow is Saint Valentine's day,  
All in the morning betime,  
And I a maid at your window,  
To be your Valentine.  
Then up he rose, and donn'd his  
clothes,  
And dupp'd the chamber-door;  
Let in the maid, that out a maid  
Never departed more."

— *William Shakespeare, Hamlet, Act IV, Scene 5*

# Villa Lodge Newsletter

February 2019



The Villa Retirement Lodge Newsletter

**Celebrating February Birthdays & Holidays**

**Margaret Raahauge February 3rd**

**Marion Clute February 17th**

**Bruce Aitken February 23rd**

**Louise Rew February 23rd**

**Groundhog Day February 2nd**

**Chinese New Year February 5th**

**Valentine's Day February 14th**

**Family Day February 18th**

## Family Day

Family Day is celebrated on the 3rd Monday of February.

Family Day is not a national statutory holiday in Canada, it is only observed in New Brunswick, Alberta, Manitoba, Ontario, Saskatchewan and in British Columbia. Two other provinces have holidays in February: In PEI Islander Day is celebrated on the 3rd Monday in February and in Manitoba the 3rd Monday in February is the Louis Riel Day holiday. Family Day was originally created to give people time to spend with their families. Common Family Day activities include skating, playing hockey, snowboarding/skiing and going to various winter festivals. But the best thing about Family Day must be beaver tails and stuffing ourselves silly with pancakes with maple syrup!

## What's New In February

Chair Yoga: Commencing Monday February 4<sup>th</sup> and will be offered every other week.

Yoga is a Hindu theistic philosophy teaching the suppression of all activity of body, mind, and will in order that the self may realize its distinction from them and attain liberation. A system of physical postures, breathing techniques, and sometimes meditation derived from Yoga but often practiced independently especially in Western cultures to promote physical and emotional well-being.

Pub Social:

Join us on Thursdays for our new Pub Social. A drink of the month will continue to be featured, but we've added trivia and musical entertainment. Check your calendar for dates and specific details and be sure to check out the FUN!