

Sweet Snippets

January 2026



Sylvan Lake Foundation



Hello Winter



Hello 2026 - Welcome to a Bright New Year at the Lodge!

January is a time for fresh starts, reflection, and connection. We look forward to another year filled with laughter, friendship, and meaningful moments together.



❄️ Winter Wellness Tips ❄️

Stay cozy, stay active!

Dress in layers to stay warm during chilly days.

Join in on indoor exercise and stretching sessions.

Keep hydrated—even in winter, water is key!

Stay connected: visit friends, join group activities, or stop by for coffee and conversation.

Flu Season is upon us... 10 ways to stay healthy!



1. Get the flu vaccine

Getting a flu shot reduces the risk of getting the flu. It also reduces the severity of the illness and protects against complications – both especially important for seniors.

The best time to get a flu shot is from October through November, but experts say that it's still useful to get the shot even if it's later in the flu season.

2. Wash or sanitize hands thoroughly and often

Frequently hand washing with regular soap is an effective way to get rid of cold and flu germs.

Using regular soap is fine because rubbing the hands together for at least 20 seconds is what eliminates germs – long enough to sing the Happy Birthday song twice. Make sure to clean under the nails, backs of hands, between fingers, and wrists.

If you can't get to soap and water often enough, use hand sanitizer to kill cold and flu germs.

3. Exercise regularly

Moderate exercise boosts the immune system and could reduce risk of a cold by a third.

4. Avoid touching the eyes, nose, and mouth

We often touch our faces without thinking, which is a common way for cold and flu germs to enter the body. To reduce the risk of getting sick, minimize touching of the face.

5. Clean the environment to eliminate germs

Try to keep the environment as germ-free as possible. That means using disinfectant when cleaning, especially in the bathroom and kitchen.

6. Sanitize your mobile devices

Something that many people forget is how dirty and germ-filled their mobile device is.

Clean it regularly with sanitizing wipes or rubbing alcohol – being careful not to wet the electronics.

7. Stay away from people who are sick

It might sound obvious, but it's worth repeating: keep your distance from people who are sick.

If you need to be around a sick person, limit your contact and avoid unnecessary touching like shaking hands or hugging.

8. Avoid crowds and unnecessary travel

Try to avoid being in large groups of people, especially in poorly ventilated spaces. That increases the chance of catching a cold or flu from an infected person.

9. Drink plenty of liquids

Drinking plenty of liquids, especially plain water or hot tea, helps the nasal passages stay moist and trap germs before they can spread into the body.

10. Get added Vitamin C and protein through nutritious foods

Some studies have shown that a little extra Vitamin C (but not too much) can reduce the risk of getting sick.

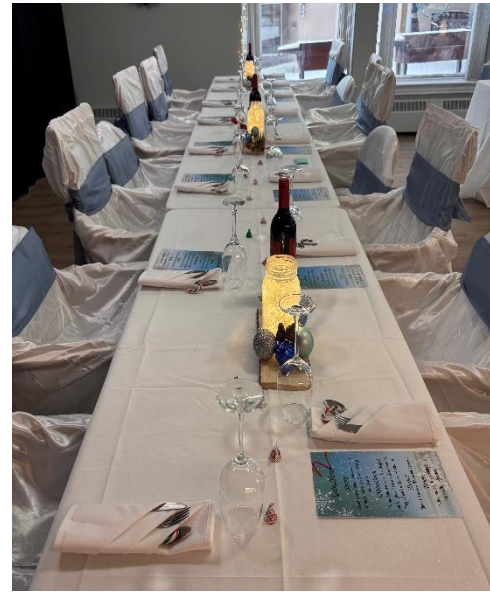
I'm pretty sure I'm allergic to dieting.
Every time I start eating diet foods, I get sick of 'em!!

What We've Been Up to Lately



Our Christmas Gala was a beautiful evening filled with joy, laughter, and holiday spirit. We are so grateful to the businesses, community members, volunteers, and staff who donated, supported, and helped make the night such a success.

Thank you to everyone who attended and shared in this special celebration. Your generosity and kindness created meaningful memories for our residents and truly showcased the heart of our community.



The holidays remind us of the importance of family—those we are born into and those we gather along the way. Time spent together, shared traditions, and simple moments of connection make this season truly special.

❤️ A Heartfelt Thank You to Our Christmas Donors ❤️

Our Christmas Gala was truly magical, and it would not have been possible without the incredible generosity of our donors. From donated items and gift cards to time, talents, and financial support, each contribution helped create a joyful evening filled with laughter, connection, and holiday spirit for our residents and families.

Your kindness and community support mean more than words can express. Because of you, we were able to create lasting memories and make this season a little brighter for those who call the lodge home. Thank you for believing in our residents and for giving so generously during the holidays.

We are deeply grateful for each and every one of you!

Pharmasave Pelican Place
The Lighthouse Eatery
Next of Kiln Studio
Lakeshore Café
Co-operators - Murdoch D'Mello Insurance
The Sylvan Lake Gulls
100 Women Who Care Society
The Maby Studio
Arts Rising Phoenix Window Painting
Alliance Community Church
The Sylvan Sassy Sisters
Royal Canadian Legion Ladies Auxiliary
Private Community Donors
Heartbeat Quartet Christmas Carolers
Sweet Capone's Italian Bakery and Cannoli Shop
And finally, our AMAZING volunteers!



What We've Been Up to Lately



Our Tea & Tart/Craft Sale was a wonderful success! Residents and guests enjoyed delicious tarts, warm tea, and a great selection of handmade crafts. Thank you to everyone who baked, crafted, volunteered, and attended—your support means so much to our lodge community.



What We've Been Up to Lately

Santa Visits the Lodge!



The holiday spirit came alive at the lodge when Santa made a special visit! Residents were thrilled to see him and share their Christmas wishes, and smiles were everywhere. Heartfelt thanks to all who helped make this magical day possible, bringing joy and laughter to our community.



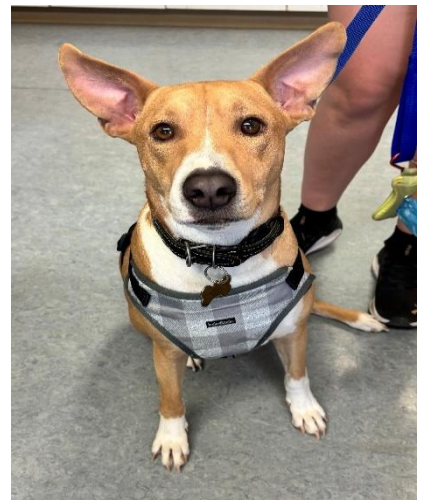
What We've Been Up to Lately

🐾 Pet Therapy at the Lodge 🐾

There's nothing quite like the comfort of a friendly furry visitor, and our residents experience that joy during our pet therapy sessions. Gentle paws, soft noses, and wagging tails brought smiles, laughter, and a wonderful sense of calm throughout the lodge.

Pet therapy offers more than just a cute moment—it provides meaningful emotional support. Many residents shared stories of past pets, enjoyed cuddles, and felt the soothing benefits that animals naturally bring. These visits help reduce stress, lift spirits, and invite connection in a simple, heartwarming way.

We extend our thanks to the volunteers who share their well-trained, lovable pets with us. Their kindness makes a real difference in the lives of our seniors. We look forward to more visits and more happy moments with our four-legged friends!



January Birthdays

In January, we celebrate birthdays with:

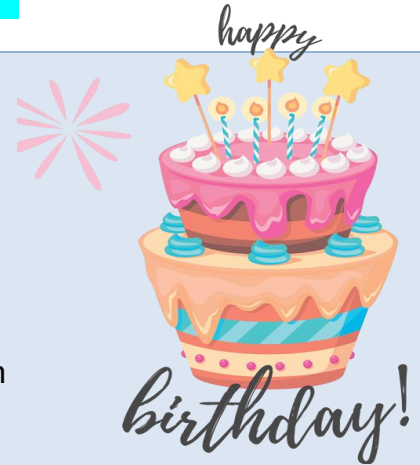
Judith H – January 1st

Ethel W – January 1st

Robert S – January 16th

Edward S – January 19th

Please join us in the Dining Room on January 20th at 2:00pm for cake and musical entertainment.



Benefits of getting older –

Your secrets are safe with your friends because they can't remember them!!

Now that I'm older, my memory isn't as sharp as it used to be. Also, my memory isn't as sharp as it used to be.

January Fun Facts

- January is the coldest month in the Northern Hemisphere.
- The Earth reaches its **perihelion** (closest point to the sun) in early January.
- January is named for the Roman god Janus, a two-faced god of beginnings and endings.
- January originally had 30 days, until Julius Caesar added the 31st day.
- Fog in January brings a wet spring.
- The opening of Ellis Island, the primary hub, on January 1, 1892, which allowed for the immigration of nearly 20 million people, was one of the most significant milestones in American history. In fact, it's been calculated that 40% of all Americans have at least one ancestor who came to the country via Ellis Island.
- At the Giant Forest Weather Station in California, 60 inches of snow fell on January 19, 1933, shattering all previous records for snowfall in the Golden State.

Capricorn (December 22–January 19)

Symbol: The sea-goat

Element: Earth

Traits: Capricorns are known for being Disciplined, Responsible, Ambitious, Practical, and Patient.

Aquarius (January 20–February 18)

Symbol: The Water Bearer

Element: Air

Traits: Often described as Intellectual, Independent, Innovative, and Forward-Thinking.

POEMS TO SHARE

“The Passing of the Year”

By Robert W. Service

My glass is filled, my pipe is lit,
My den is all a cozy glow;
And snug before the fire I sit,
And wait to feel the old year go.

“Wishes For a New Year”

By John P. Read

Brush away old heartaches.
Learn from our mistakes.
Another year is finally over.
A new dawn awakes.

Let the old year out.
Welcome the new one in.
Bury the bad things of the past
As a new year now begins.

Make your New Year wishes
As simple as you can.
Pray for peace and love,
Not for wealth or fame.

Pray for health and happiness.
Pray for your fellow man.
Pray for all the ones you love.
Pray for those who've lost their way.

As the midnight hour chimes,
We leave the old and embrace the new.
I wish the things you wish for yourself,
And may God's love stay with you.

NEW
year
NEW
beginning

NEW
year
NEW
beginning

Noticeboard

Through the
Grapevine



Library Cart Dates

January 8th/2026 @ 1:30pm
January 22nd/2026 @ 1:30pm

Remember when story time!

January 20th/2026 @ 3:00pm

Hosted by Tracy – Outreach
Programmer

Bingo Nights:

Every Monday & Thursday at 6:30pm



We will be doing another Paint Nite on
January 14th/2026 @ 5:45pm!

Open to suggestion for themes!



**Pancake breakfasts are once per month!
Don't forget to check the calendar for what day
it will be held!**



National Glaucoma Awareness Month

To educate the public about glaucoma
and encouraging regular eye exams.
The "silent thief of sight," which often
has no early symptoms and is a leading
cause of irreversible blindness.



National Blood Donor Month

The month highlights the need for blood
donations, particularly during the winter
when supplies often drop due to
holidays and illness.



Laughing Matters



Bear walks into a bar and says to the bartender:
"One whiskey and one coke."
"Why the big pause?" asks the bartender.
"I don't know, I was born with them," says the bear.

An old man and a 20-year-old are paired together at a golf tournament.
They're playing a long par 5 that dog legs around some tall trees.
As the 20-year-old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side."
So, the 20-year-old readjusts and tries to hit over the trees - but can't clear them and loses his ball. He tries again and loses that one too...
Then the old man says "of course, when I was your age, the trees were only 6 foot tall."

3 boys 5, 7, and 8 years old go to the checkout in a store and put 3 chocolate bars on the counter and a box of tampons. The clerk questions the oldest boy about why he is buying tampons.
He replies, "They're not for me. They're for Billy here. We saw a TV commercial that said if you wear them you can swim or ride a bike, and Billy can't do either yet."



What's happening this Month?



~~~~~

## **January 1<sup>st</sup>/2026 - New Years Day Fireworks!**

**Sylvan Lake kicks off the year in style with New Year's Day Fireworks!**  
**Enjoy a free lakeside show filled with sparkle, celebration, and  
community spirit.**

~~~~~

January 17th/2026 from 1pm-6pm

Chili Cook Off for Charity

Party Chef Presents: The Ultimate Chili Cook-Off Competition!
**Think your chili has what it takes to bring the heat? Or maybe you just
love tasting delicious bowls of spicy, savory goodness? Join us at
Party Chef for a mouthwatering community showdown you won't want
to miss!**

~~~~~



# *Cooking Up Community*

Calling All Cooks: Help Us Create a  
Community Cookbook!

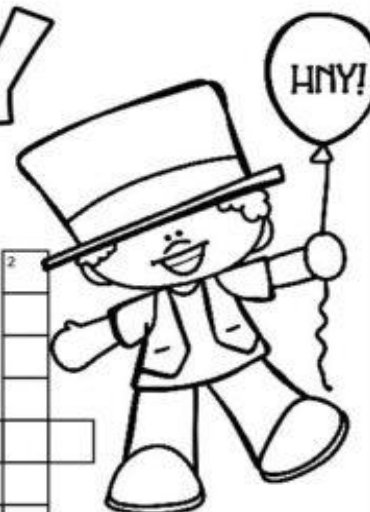
We're cooking up something special — and we need your help! We're inviting residents, families, volunteers, and friends of our community to share your favourite tried-and-true recipes to help us build a heartfelt Community Cookbook.

Whether it's Grandma's famous cookies, a secret family casserole, or your go-to comfort dish — we'd love to include it! Once we've gathered enough recipes, we plan to publish the cookbook and use it as a fundraising opportunity to support our recreational programming.

If you have a recipe you'd like to share, please submit it to Alyssa at the lodge or by email @ [alyssa.k@sylvanlakelodgefoundation.com](mailto:alyssa.k@sylvanlakelodgefoundation.com). Don't forget to include your name and a little note about why it's special if you'd like — we'd love to hear the story behind the dish!

Let's celebrate the flavours of our community,  
one recipe at a time. ❤️

# JANUARY

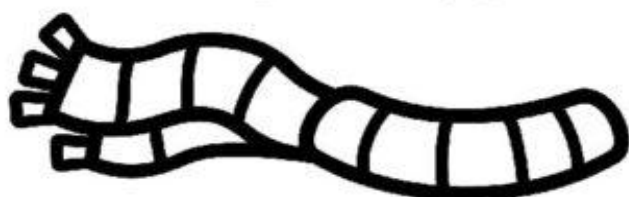


## Across:

3. warm plunge for relaxation
7. typical January temperature
8. January 1st celebration
9. the zodiac sign for late January birthdays
10. severe January snowstorm
12. the birth flower of January
14. cozy coverings for chilly nights
16. hand warmers for cold days
17. unique ice crystals falling from the sky
18. wintry precipitation common in January
20. restless feeling from staying indoors

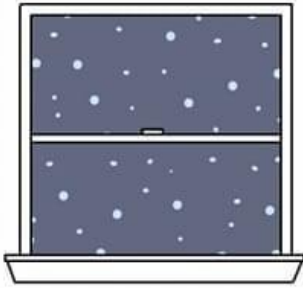
## Down:

1. first month of the new year
2. frozen water hanging from roofs
4. the zodiac sign for early January birthdays
5. arctic mammal with black skin and white fur
6. cozy spot for gathering on cold evenings
11. wintertime activity on frozen ponds or rinks
13. icy crystal coating on January mornings
15. the season of the northern hemisphere in January
17. round, tall figure built after fresh snowfall
19. the birthstone for January



# LESSONS from Winter

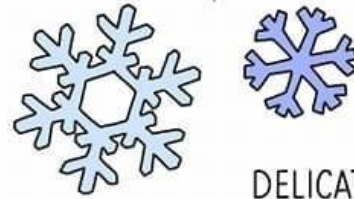
@POSITIVELYPRESENT



NO DARK DAY  
LASTS FOREVER.



CHOOSING COMFORT  
IS AN ACT OF LOVE.



DELICATE  
THINGS CAN BE  
POWERFUL.



LIFE IS FILLED  
WITH LITTLE  
PLEASURES.



STAY CLOSE TO WHAT  
WARMS YOUR HEART.



WHAT'S FROZEN WILL  
SOMEDAY THAW.



RESTING IS PART OF THE  
GROWTH PROCESS.

EVERY  
SEASON HAS  
ITS BRIGHT  
SPOTS.



This season reminds us of just how much we have to be grateful for. Gratitude isn't just about saying "thank you"—it's about recognizing the many people and small moments that make our community stronger. We are grateful for the neighbours who show up without hesitation, for the volunteers who give their time with kindness, and for the businesses and individuals whose generosity lifts the spirits of our residents. We are grateful for the simple joys shared in our halls, the laughter around a table, and the support that reminds our seniors they are valued and cared for.

Gratitude helps us see the good that surrounds us every day, and here at the lodge, there is so much good to appreciate. Thank you for being part of it!