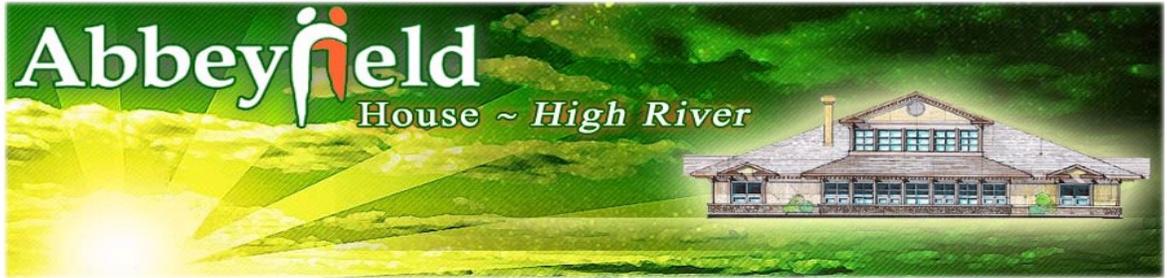


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A Great Living Choice for Seniors

EVENTS AROUND TOWN

Bob Snodgrass Rec Plex

Feb 14–16

Enjoy the weekend of Family Day fun

Coffee With Your MLA

Roger Reid

Tues. Feb 4, 2:00 PM

Highwood Memorial Centre

VALENTINE'S DAY

Each year on February 14, people exchange cards, candy or flowers with their special "valentine."

St. Valentine's Day is named for a Christian martyr and dates back to the 5th century, but has origins in the Roman holiday Lupercalia.



LETTERS ADDRESSED TO 'JULIET'

Every year, thousands of romantics send letters addressed to Verona, Italy to "Juliet," the subject of the timeless romantic tragedy, "Romeo and Juliet." The city marks the location of the Shakespearean tale, and the letters that reach the city are dutifully answered by a team of volunteers from the Juliet Club. Each year, on Valentine's Day, the club awards the "Cara Giulietta" ("Dear Juliet") prize to the author of the most touching love letter.



FLU SEASON

How the flu spreads

The flu is an infection of the nose, throat and lungs. It is caused mainly by 2 types of viruses:

Influenza A Influenza B

The flu spreads very easily from person to person. Even before you notice symptoms, you may spread the virus to others. If you have the virus, you can spread it by:

Talking Sneezing Coughing

These actions release tiny droplets that contain the flu virus into the air. You can become infected if these droplets land on:

Eyes Nose Mouth

Infection can also happen if you touch any of these body parts after touching surfaces contaminated by infected droplets.

Common contaminated surfaces include:

Phones Doorknobs Someone's hands Television remotes

Preventing the flu

The flu shot is safe and is the best way to prevent the flu. You cannot get the flu from the flu shot. Most people do not have any side effects. Severe reactions are very rare.

Everyone 6 months and older should get the flu shot. Getting a flu shot is a simple action that can save lives by:



- preventing you from getting very sick
- protecting you if you are exposed to the virus
- helping protect other people

You can also protect yourself and those around you by:

- not touching your face
- washing your hands often
- coughing and sneezing into the bend of your arm, not into your hand
- cleaning and disinfecting surfaces that a lot of people touch



Who is most at risk

Everyone is at risk of getting the flu. The flu is among the 10 leading causes of death in Canada. Each year in Canada,

Abbeyfield House

CHUCKLE CORNER

Marriage decision

Bob, aged 92, and Mary, aged 89, were excited about their decision to get married. While out for a stroll to discuss the wedding, they passed a drug store. Bob suggested they go in.

Bob asked to speak to the pharmacist. He explained they're about to get married, and asked, "Do you sell heart medication?"

"Of course we do," the pharmacist replied.

"Medicine for rheumatism?"

"Definitely," he said.

"How about Viagra?"

"Of course."

"Medicine for memory problems, arthritis, jaundice?"

"Yes, the works."

 What about vitamins, sleeping pills, Geritol, antacids

"Absolutely."

"Do you sell wheelchairs and walkers?"

"All speeds and sizes."

"Good," Bob said to the pharmacist. "We'd like to register for our wedding gifts here, please."



7 DWARVES OF OLD AGE

NAPPY

WRINKLY

SQUINTY

ZZZZ



ROCKY



SAGGY

FARTY



LEAKY

VINTAGE PHOTOS THAT SHOW HOW PEOPLE WORKED BEFORE AUTOCAD

Bored Panda really loves finding some interesting facts from our past, preferably together with some vintage photos to illustrate them. This time we'd like to share with you how an essential profession – the drafting technician – looked like before computers began their reign. A drafting technician may work in many spheres – from architecture to manufacturing and is responsible for engineering drafts, architecture drawings, and house plans. To put it simply – no structure is ever built without them. Technological advances



cause some professions to cease to exist, but in the case of drafting technicians, it just made their desks smaller and tidier. AutoCAD was released in 1982, and

by 1994 as many as 750 training centers had been using it worldwide. Before, drafting required pencils, erasers, t-squares, and much more time. And the photos



below really show it. Looking at them, you can almost hear the rustling paper. Now, architecture design, electrical and other drafters are mainly clicking their mouse and keyboard.



FUN FACTS

- A company in Taiwan makes dinnerware out of wheat, so you can eat your plate.
- A jumbo jet uses 4,000 gallons of fuel to take off.
- A male emperor moth can smell a female emperor moth up to 7 miles away.