

THE STEVENSON PLACE SHANGRI-LA

February 2026
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MY FUNNY VALENTINE.....



If your aunt runs away to get married on Valentine's Day, what can you call her?

Antelope

Why did the cannibal break up with her Valentine?

He didn't suit her taste

What did the rabbit say to her Valentine?

You're no bunny until some bunny loves you

How does a zoologist say "Happy Valentine's Day"?

I love you like no otter



"Let's taco 'bout how much I love you—it's nacho average feeling!"

What's Happening This Month

Feb 02: **Groundhog Day**

Feb 07: **Brain Gym**

Feb 10: **Casual Chic**

Couture 11-2pm

Feb 11: **Happy Birthday Henry**

Feb 14: **Valentine's Day**

Feb 16: **Family Day**

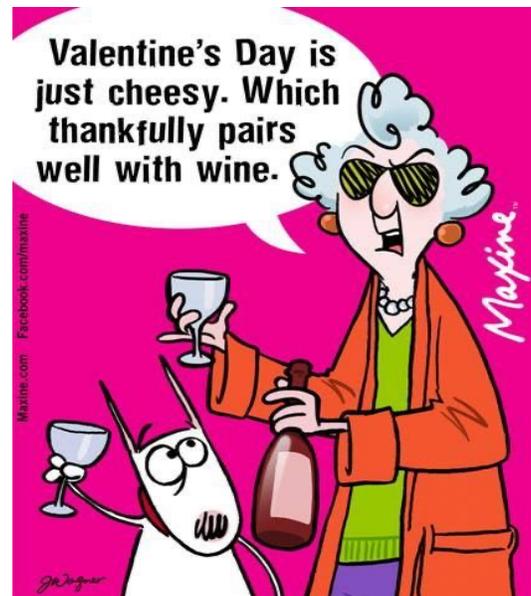
Feb 17: **Chinese New Year**

Feb 19: **Happy Birthday Carole**

Feb 19: **Dave & Charlotte @ 1pm**

Feb 21: **Bingo @ 1:30 PM**

Feb 22: **Wine With Dinner**



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LOOKING BACK

Well, January sure seems quiet in comparison to our very busy December. Due to our unseasonably good weather, many of you have been able to continue with daily walks and errands with no ice, yet, to cause any hazards. Lots of buds on the trees and lavender blooming along the driveway.

We had our first fire alarm drill of 2026 which was followed by the Residents coffee meeting. Excellent results on the drill with most in the building reporting to their assigned refuge stations.

Bingo on the 17th included 12 players with Clara organizing & Hilary calling. Winners of game 1 & 4 was Joan, game 5 & 6 was Jim, game 2 went to Carole and game 3 to Terry. Congratulations all.

Many of you got to enjoy the live music of Arbutus Holiday on January 27th with some toe tapping and singing along.

Kris's Game Day on the 29th was a fun afternoon playing scattergories. Five residents joined in to learn and play a new game.

Dianne is unfortunately still out of commission. We will keep you posted on when she is able to return to the salon.

NEVER TOO OLD TO LEARN SOMETHING NEW

- Einstein's brain was stolen after his death, for secret study
- Before alarm clocks, "knocker-uppers" (*mind out of the gutter*) were paid to bang on windows with sticks to wake people up
- Blue jeans were invented for miners needing tough pants
- Early shoes were identical – no left or right
- Buttons were originally worn only by men
- Canada is home to over 60% of the world's lakes
- White bread was once a luxury food, while darker bread was for the poor

Did you know there is a fear of long words?

[Hippopotomonstrosesquippedaliophobia](#)

The term was first coined by American poet Aimee Nezhukumatathil in 2000. It's considered a "social phobia," as people with this condition often fear mispronouncing longer words in front of others. (*hmm sounds vaguely familiar*)

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GROUNDHOG DAY

Also known as woodchucks, groundhogs belong to a group of large ground squirrels known as marmots. They grow up to 25 inches long and can live for 10 years in captivity. (According to legend, Punxsutawney Phil is more than 125 years old thanks to the magical punch he imbibes every summer.)

Groundhogs spend the winter hibernating in their burrows, significantly reducing their metabolic rate and body temperature; by February, they can lose as much as half their weight.

When they're out and about, the bristly rodents eat succulent plants, wild berries and insects—and they don't mind helping themselves to garden vegetables or agricultural crops.



February 2nd is chosen as the date for Groundhog Day as it is midway between the winter solstice and spring equinox and originates from German Candlemas traditions. The groundhog predicts if there will be an early spring or 6 more weeks of winter based on whether it sees its shadow or not. So let's all hope for a cloudy day on the 2nd for Vancouver Island Violet.

What did the groundhog say when he didn't know the answer?

I guess I'll dig deeper!

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The lunar calendar paved the sequence of the Chinese zodiac animals. This calendar can be traced back to the 14th century B.C. Myths say that Emperor Huangdi, the first Chinese emperor, in 2637 B.C. invented the Chinese lunar calendar, which follows the cycles of the moon. In a folklore story that explains the origins of the cycle, the animals hold a race to determine their order. The custom of pairing an animal with a year in a 12-year cycle can be traced back to at least the Han dynasty (201 BC – 220 AD), and galloping into the spotlight every twelve years, the Year of the Horse is one of the most dynamic and fascinating signs in the Chinese zodiac. Known for its energy, freedom, and spirit, the horse has captured imaginations for centuries-not just in folklore, but also in everyday life & celebrations.

In Chinese culture, the horse embodies a unique blend of strength, perseverance, and freedom. Revered in ancient times as the primary mode of transport and a key partner in agriculture, warfare, and communication, the horse symbolizes both physical and personal mobility.

According to Chinese legend, the Jade Emperor invited all the animals to a celestial race to determine their order in the zodiac. Horses, known for their speed and endurance, ran swiftly and confidently. As the story goes, the Horse almost placed sixth but was unexpectedly overtaken by the crafty Snake, which had hidden in its hoof and startled it at the finish line. Thus, the Horse became the seventh zodiac animal.