

# THE VILLA VIBE

Union Villa Residents' Newspaper



## HAPPY NEW YEAR FROM THE RESIDENTS' COUNCIL PRESIDENT

Welcome to 2026 my fellow Villagers.

A fresh beginning for what could be a great year. Of course, none of us know what's in store so let's try and maintain a positive outlook.

As always supporting each other is key to helping stay in the right mindset. Sometimes it's hard if you're going it alone. Make sure to get involved with activities, even from the sidelines, so that you don't feel left out. I'm sure our Recreation Team has some great events and activities planned for this month.

January 11 is Sir John A. McDonald Day. A man who helped with Confederation. Celebrated yearly on his Birthday. January 25 is Robbie Burns Day. The storied Scottish Poet. He is considered a National Treasure of Scotland. Celebrated yearly on his Birthday with pomp and ceremony. Piping in the Haggis. Reciting the Ode to a Haggis. Then the sharing of the Haggis. All part of the fun.

So, buckle up folks and let's meet this New Year head on. Do the best and be the best you can. Be proactive about your health and wellbeing. Also make sure you stay warm. The temperatures can be cold this month. The daylight will start to get longer later this month so that is a bonus.

Hope to see you at the activities. Take care my friends. Yours truly,  
*Anne T, The Barefoot President*

## GREETINGS FROM THE RECREATION TEAM

*everyone!*

*Happy New Year,*



We're starting 2026 with some exciting new ways to connect and recharge together. Mark your calendar for the following.:

**Reset and Reflect Meditation Group** - Take a little time for yourself this month. Our guided meditation sessions are all about slowing down, breathing, and starting the year with a clear mind.

**Snowflake Café** - Come in from the cold and join us for coffee, treats, and great conversation. It's the perfect spot to warm up and catch up with friends.

**Men's Breakfast** - Good food, good company, and a great way to kick off the day! Join us for a hearty breakfast and some time to connect.

If you have any questions or need assistance, please feel free to contact me or any of the Recreational Therapists at any time at [lbaily@uhs.on.ca](mailto:lbaily@uhs.on.ca) or call extension 4225.

We're here to support you and ensure you have the best experience possible.

*Lindsay Bailey*



### QUOTE OF THE MONTH

***"Tomorrow is the first blank page of a 365-page book. Write a good one."*** - Brad Paisley

# JANUARY SPECIAL EVENTS

There are so many exciting activities planned this month, so mark your calendars and join us!

## January Birthday Parties

- January 1<sup>st</sup> 10:30 27th in the Union Mills
- January 8<sup>th</sup> 2:30 in the Heritage Lounge



## Reset & Reflect Group

- January 5<sup>th</sup> and January 19<sup>th</sup> 10:00 in the Heritage Lounge

## Accordion Music Show with Cosimo

- January 10 at 10:30 in Heritage Lounge

## Resident Council

- January 12th 2:30 in the Chapel (All Residents Welcome)

## Jammin with Jim and Frank

- January 15<sup>th</sup> in the Buttonville Dining Room

## Snowflake Café

- January 17<sup>th</sup> 2:30 to 3:30 in the Heritage Lounge

## Shortbread Workshop

- January 20<sup>th</sup> 2:00 in the Heritage Lounge



## Men's Breakfast with Gina & Rami

- January 23<sup>rd</sup> 8:30 in the Heritage Lounge (sign up required)

## Robbie Burns Hour

- January 25<sup>th</sup> 2:30 in the Heritage Lounge

## Aging Mindfully Group

- January 27th 2:30 in the Heritage Lounge

## Happy Hour with Fran & Robert

- January 30<sup>th</sup> in the Heritage Lounge

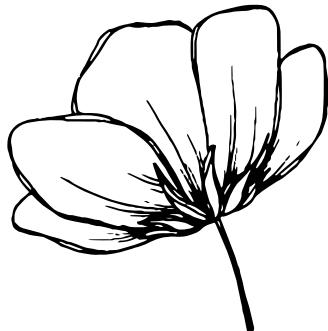


- Lunar New Year
- Valentine's Day

# Farewell

DEAR FRIENDS

Alma  
Phong Denh  
Alberto  
Kelly  
Jean

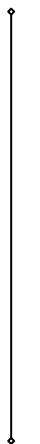


## POEM: *In Quiet Memory*

*We pause in gentle silence,  
To honor lives well-lived.  
Each moment shared, each kindness shown,  
A gift they freely give.  
Though voices fade to whispers,  
Their stories still remain.  
In laughter, love, and cherished times,  
Their light will not wane.  
So let us hold their memory close,  
With gratitude and grace.  
For every heart they touched along  
Life's tender, fleeting space.*

## Welcome NEW RESIDENTS

Voula G  
Jong Hoon K  
Michael M



Happy  
Birthday



Frank	01-Jan
Krishna	03-Jan
Nazik	05-Jan
Wan Hua	10-Jan
Dolores	16-Jan
Michael M	19-Jan
Shelia	B21-Jan
Yuan	26-Jan
Bob	27-Jan
Chen Yu Yun	30-Jan

## JANUARY FACTS

### Zodiac Signs:

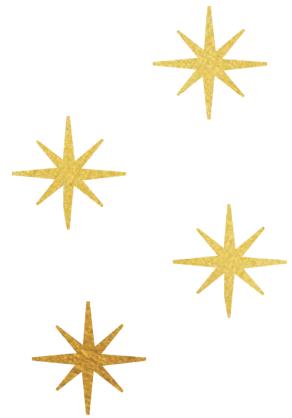
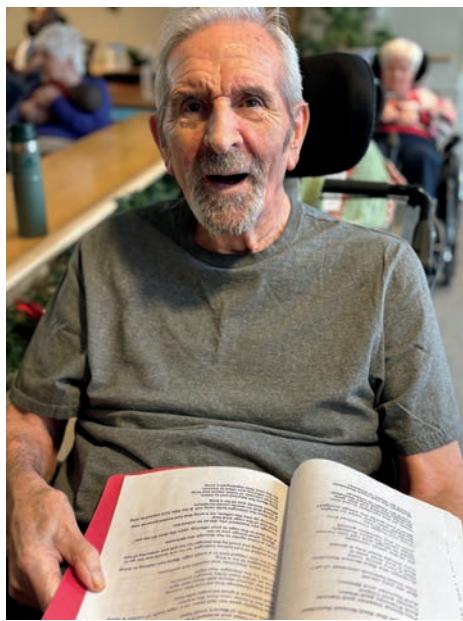
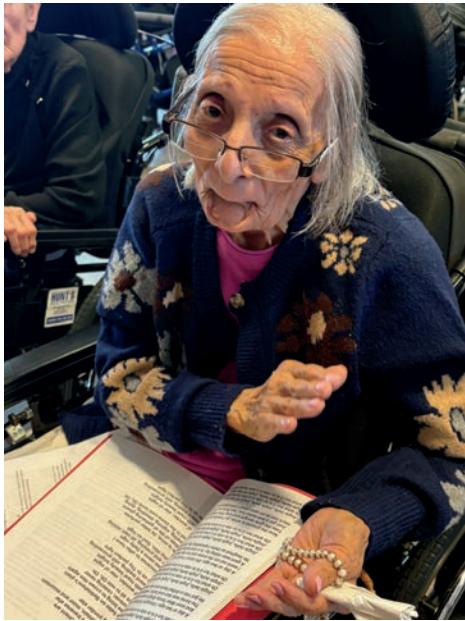
Capricorn (Dec 22 – Jan 19) | Aquarius (Jan 20 – Feb 18)

**Birthstone:** Garnet – A deep red stone symbolizing protection, strength, and friendship. Perfect for starting the year with energy and renewal.

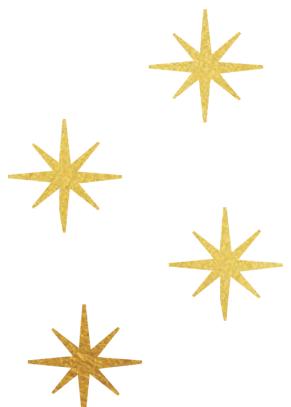
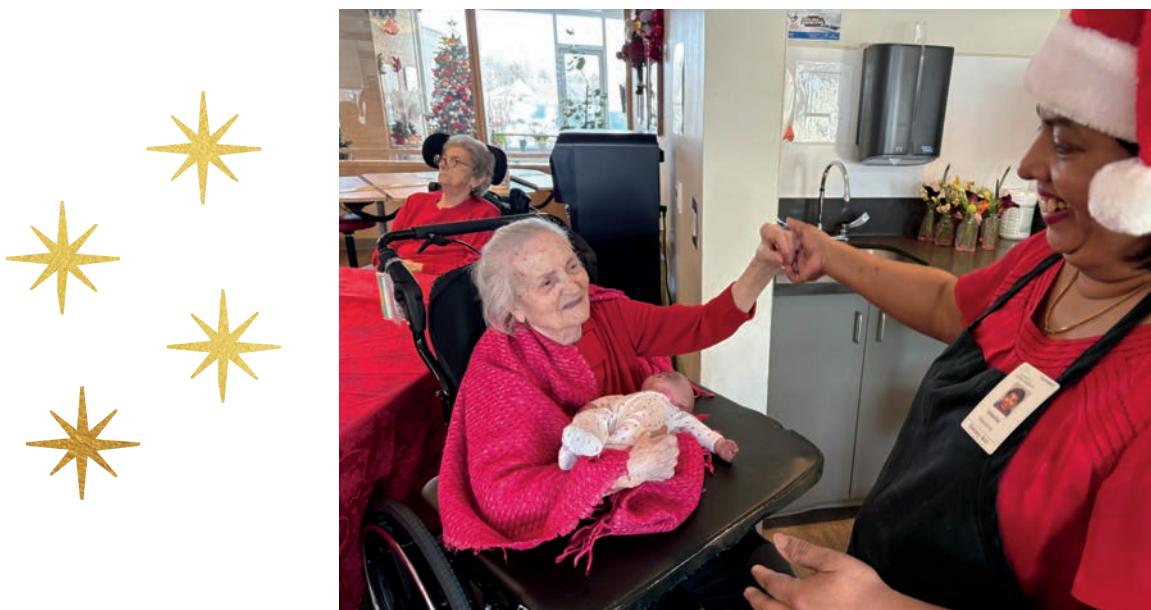
**Birth Flower:** Carnation – Symbolizes love, admiration, and distinction.

**Birth Colour:** Deep Red – Represents energy, strength, and warmth, inspired by the Garnet birthstone.

# MEMORIES FROM DECEMBER



*Oh What  
Fun the  
Holidays  
Are*





## More Holiday Memories!



# NEW YEAR WORD SEARCH



J	A	N	U	A	R	Y	N	U	R	D	C
H	X	E	P	N	C	L	O	C	K	A	O
F	M	W	H	G	R	V	F	E	T	R	U
I	I	Y	T	F	A	P	O	L	U	P	N
R	D	E	M	I	N	U	T	E	R	A	T
E	N	A	T	N	T	B	H	B	K	R	D
W	I	R	E	I	H	A	C	R	E	T	O
O	G	E	N	G	A	L	D	Y	Y	W	
R	H	R	E	S	O	L	U	T	I	O	N
K	T	R	A	E	I	O	O	E	R	I	S
S	F	A	M	F	L	O	C	R	A	F	N
B	R	I	N	D	A	N	C	E	N	E	L

MINUTE

DANCE

PARTY

CLOCK

CELEBRATE

MIDNIGHT

NEW YEAR

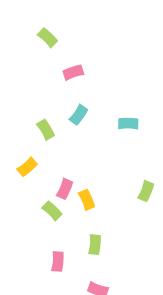
JANUARY

COUNTDOWN

FIREWORKS

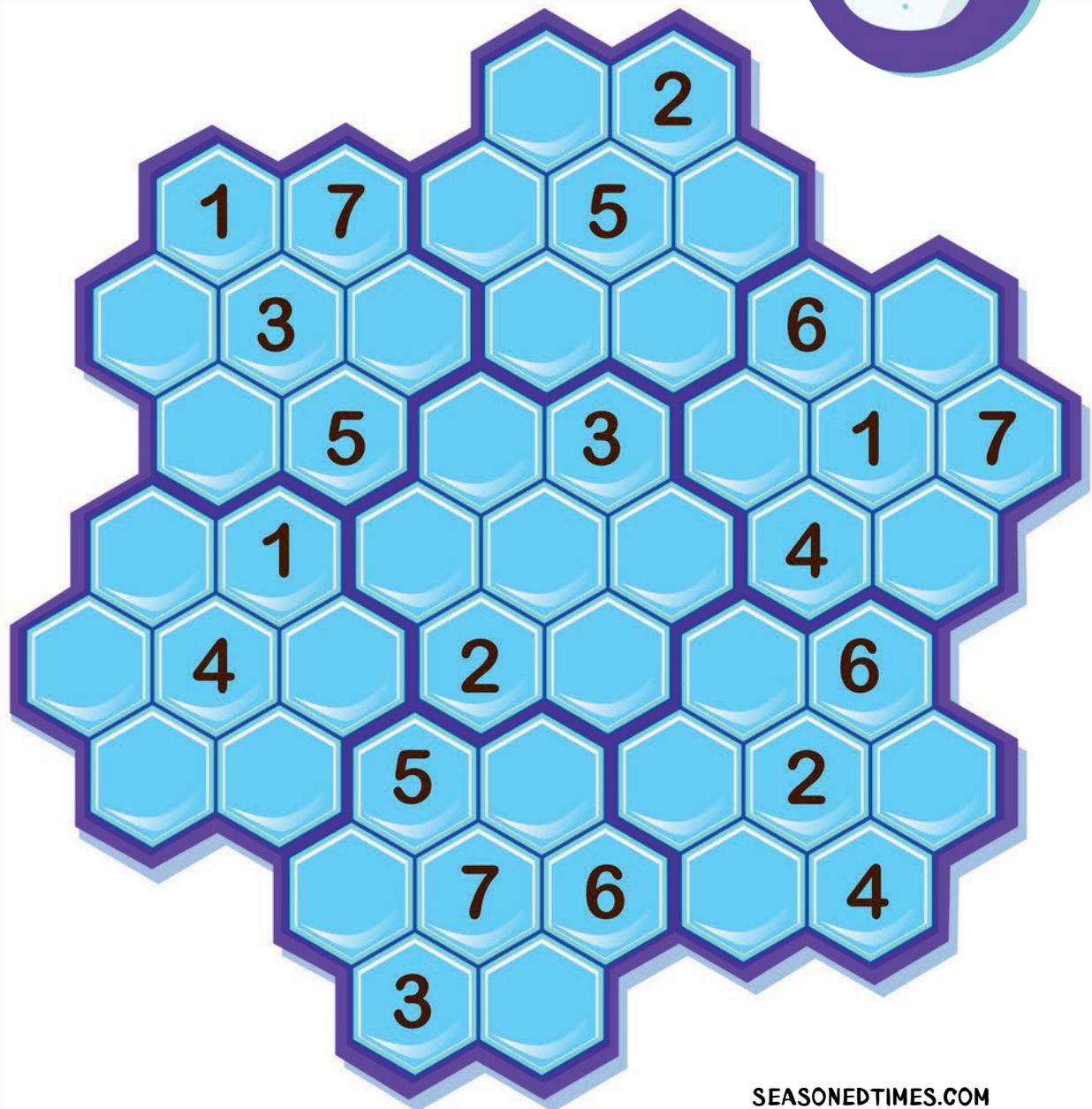
RESOLUTION

BALLOON



# SUDOKU

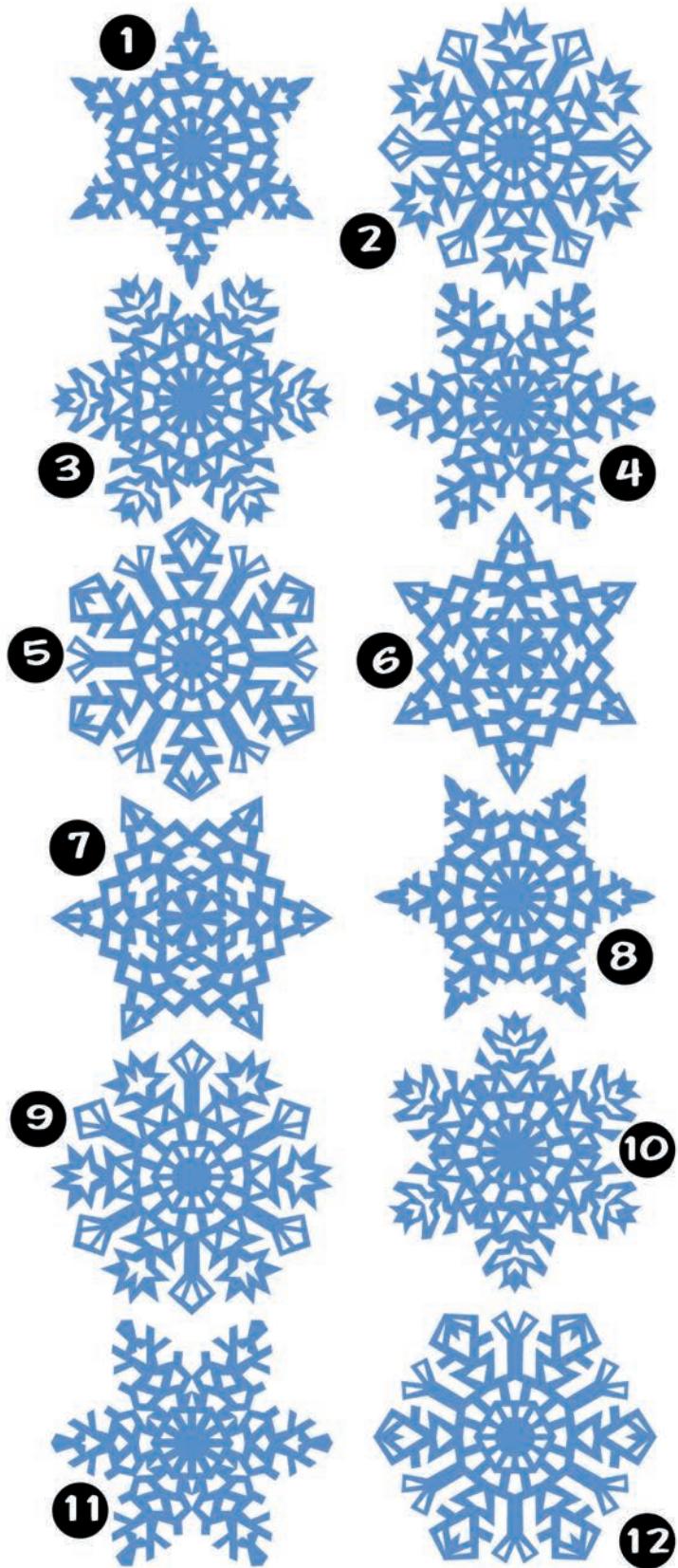
Each honeycomb cell, horizontal row, and diagonal must be filled with numbers 1 - 7. Numbers already printed may not be changed.



# MIRROR IMAGES

FIND THE MIRROR IMAGE FOR  
EACH SNOWMAN





## Identical Twins

Match the pairs of identical twin snowflakes.  
(Keep in mind... snowflakes can rotate)



## JANUARY DAYS OF SIGNIFICANCE

We are proud to share these upcoming special days and holidays with our residents. Acknowledging and celebrating these days of significance supports a sense of community through inclusion.



### **Eastern Orthodox Christmas - January 6**

Celebrated on a different day because it references a different calendar. For church holidays in Orthodox Christianity, the old Julian calendar introduced by Julius Caesar in 45 BCE is used, which is also simply called "old style." In the Julian calendar, the 25th of December falls on the 7th of January, which is why it is being celebrated on that date.



### **Mahayana New Year – January 14**

Celebrated this year on January 14 by Buddhists around the world. The term Mahayana encompasses Buddhist ideologies and philosophies. Mahayana is one of the two main branches of Buddhism and is mostly practiced in Northeast Asia — China, Japan, Tibet, Taiwan, Mongolia, and Korea. The Buddhist New Year is a time for internalizing and self-reflection. Lessons from past mistakes are learned, and the goal is to become a better version of yourself.



### **Martin Luther King Jr. Day - January 15**

Martin Luther King Jr. Day is observed on the third Monday of January each year. Born in 1929, King's actual birthday is January 15. Martin Luther King Jr. was an American Baptist minister, activist, and political philosopher who was one of the most prominent leaders in the civil rights movement from 1955 until his assassination in 1968. The day is intended to be a time for reflection and a call for social activism and community engagement.



## **International Holocaust Remembrance Day - January 27**

In 2005, January 27 was designated by the United Nations as the annual International Day of Commemoration in Memory of the Victims of the Holocaust which coincides with the date in 1945 and the liberation of the Auschwitz-Birkenau concentration camp. This day provides an opportunity for workplaces and communities to pause in remembrance, to honour the lives lost during the Holocaust, and to reflect on the importance of respect, inclusion, and standing against antisemitism, hatred, discrimination, and any other form of intolerance.

### **LAND ACKNOWLEDGEMENT:**

Unionville Home Society acknowledges the traditional territories of the Anishinaabe Peoples, the Haudenosaunee Peoples and the Huron Wendat and recognizes their stewardship of the land and its resources. This territory is covered by Treaty 13 and the Williams Treaty and according to the “one dish, one spoon” concept of environmental stewardship, all people living on this land have the responsibility to ensure that the dish will never be empty.

All of us at Unionville Home Society take pride in the rich indigenous history of the land and are committed to building a brighter, more honest, more inclusive future where Indigenous perspectives are recognized within Markham’s diverse tapestry of communities.