



KEEP YOUR BODY HEALTHY WITH THESE INDOOR MOVEMENT CLASS OPTIONS

Access classes anytime in Chair Yoga and Feldenkrais, a technique which uses gentle, mindful movement to heal chronic pain! These classes are **free** and available to anyone at www.facebook.com/svhousing under the 'Live' tab.

CHOOSE TO MOVE: A PROGRAM FOR ADULTS 65+

Choose To Move is a **free** program offered across BC. Based on research, it provides older adults with the motivation and support to become more active. Choose To Move can help participants integrate activity into their daily routine in a flexible way, meet new friends, and make a positive change. Participants receive both individual and group support to develop and stick to a personal activity plan that includes activities they enjoy and are able to do. Choose To Move is great for anyone **age 65 and older** that wants to become active. You can learn more at www.choosetomove.ca.

WANT TO PLAY BINGO?

Contact our office! Call 250.384.3434 x 22 or email info@greatervichousing.org

HOPE IN THE NEW YEAR

STAY SAFE NOW WITH BC COVID-19 HEALTH GUIDELINES

2020 was the year that challenged most of us in unprecedented ways. As we begin 2021, there are many reasons for hope, including Canada's vaccine rollout. We still have a ways to go before we can resume many of the things we miss and love, but there is light at the end of the tunnel. Hopefully that makes it easier, as cases have risen across BC following the holidays, for many of us to uphold the current safety practices. Here, we include some of them to ensure all of our tenants have up-to-date information.

For more details, visit: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/>

SOCIAL GATHERINGS

Currently, no social gatherings, of any size, at your residence with anyone other than your household or core bubble. This means that for the time being, please do not invite friends or extend-



It's the little things that matter these days. Take a few minutes for self-care.

ed family to your home, no hosting of outdoor gatherings, and no playdates for children.

ALLOWED ACTIVITIES

These activities are not considered a social gathering, so enjoy them!

- Going for a walk (although BC guidelines caution to make sure a walk does not turn into an outdoor gathering)
- Parents carpooling kids to and from school
- Grandparents providing child care
- Some public pools, most playgrounds, and skating

rinks are currently open!

CORE BUBBLE

For most people, their core bubble is their immediate household. For others, including people who live alone, their core bubble may also contain a partner, relative, friend or co-parent who lives in a different household. This should be a maximum of two people outside of those living in your immediate household.

CO-PARENTING AND SUPPORTING ISOLATED FAMILY MEMBERS

For those who parent from separate households or rely on a family member or close friends for support with things like picking up children after school or delivering essential items like mail, medication or groceries, these activities can continue.

PEOPLE WHO LIVE ALONE

For people who live alone, a core bubble is a maximum of two people you see regularly. ♦



BC RECOVERY BENEFIT: YOU CAN STILL APPLY

Haven't applied yet? Learn more about your eligibility for this one-time, tax-free benefit of up to \$1000 for families, and \$500 for individuals. Amount is determined by income. For more details, and to apply, visit <https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>



HOLIDAYS AROUND THE WORLD: LUNAR NEW YEAR

The Lunar New Year, most commonly associated with Chinese New Year or Spring Festival, is celebrated in several Asian countries in addition to China, including South Korea, Singapore, Vietnam, and Tibet. It typically falls sometime between January 21st and February 20th each year. In 2021, the Lunar New Year will be on February 12th. In China, the 16-day celebration kicks off on Lunar New Year's Eve with a family feast, and culminates with the Lantern Festival on February 26th. It is considered a time of new beginnings and family gathering, with the overarching themes of fortune, happiness, and health. Celebrations include the Dragon Dance and Lion Dance, where skilled gymnastics and puppeteering are on display. Families set off firecrackers and fireworks, and older family members gift red money-filled envelopes to younger people. It's also considered lucky to dress in red. Traditional foods include dumplings, sweet rice balls, whole fish, spring rolls, and tangerines. The Chinese Zodiac, a repeating cycle of 12 years with each represented by an animal, turns on Lunar New Year: 2021 is the Year of the Ox! ♦

CANADIAN SLANG How many of these do you know?

Kitty-Corner: Meaning something diagonally opposite, kitty-corner has evolved from 'cater-corner,' which is derived from *quatre*, the French word for 'four'. Used Canada-wide.

Toque: A knitted winter hat with no brim. Originally a Breton word, 'toque' was absorbed into French and then Canadian English.

Double-double: A classic Tim Horton's order, meaning two shots of cream and two packets of sugar in a regular coffee. The term is now used in other coffee shops, and even, for many, when making coffee at home.

Bunnyhug: A hooded sweatshirt with no zipper and a kangaroo pocket. Used almost exclusively in Saskatchewan!

Fill yer boots: Largely East Coast slang for 'go for it', 'help yourself', or 'enjoy yourself'.

Bluenoser: A person living in Nova Scotia. Used mostly in the Maritimes.

Skookum: from the Chinook language. In BC, if something is *skookum* it might be really cool, big, brave, or strong.

Eh?: The classic Canadian punctuation! As noted on Manitoba culture website livelearn.ca, "'Eh' is said to be a reflection of Canadian identity because it connotes politeness, friendliness and inclusivity. It softens a sentence to involve the listener, asking their opinion on the matter and including them in the conversation." ♦

THE MOON

☾ It takes 27.3 days for the Moon to travel all the way around the Earth and complete its orbit.

☾ Although the Moon shines bright in the night sky, it doesn't produce its own light. We see the Moon because it reflects light from the Sun.

☾ Ever noticed how the Moon appears to change shape each night? That's because as the Moon orbits the Earth, the Sun lights up different parts of its surface – so it's just *our view* of the Moon that's changing, not the Moon itself.

☾ As the Moon travels, it rotates on its own axis, just like our planet. It takes roughly the same amount of time for the Moon to make a full rotation as it does for it to complete its orbit. This means we only ever see around 60% of the Moon's surface from Earth! The part that faces Earth is known as the 'near side' and the other, the 'far side'.

☾ The temperature on the Moon varies from super hot to super cold! When the Sun hits its surface, temperatures can reach a scorching 127°C. But when the Sun 'goes down', temperatures can plummet to around -153°C.

☾ The Moon's gravity is weaker, only one sixth of the Earth's gravity, in fact. That means we would weigh much less if we were to stand on the Moon!

☾ Scientists aren't entirely sure how the Moon formed. A popular theory is that a Mars-sized rock, named Theia, crashed into Earth around 4.5 billion years ago. The debris from the collision clumped together to make what is now... our Moon!

☾ The Moon is a dusty ball of rock, measuring 3,476km in diameter – that's roughly a quarter of the size of Earth.

☾ Its surface is home to mountains, huge craters and flat planes called 'seas' made of hardened lava. ~courtesy Nat Geo Kids ♦

RIDDLES: WHAT AM I?

1. Come up and we go. Go down and we stay.
2. The more there is, the less you see.
3. I go around the world without leaving my corner.

What are these three things? Answers in February's issue!