

The Village Chronicle

Tyndall Retirement Home

Church Services

Feb 1st-New Covenant Church Service

Feb 3rd-Kenmuir Baptist Church Service

Feb 4th-St Patrick's Roman Catholic Mass

Feb 8th-Salvation Army Church

Feb 10th-Mississauga City Baptist Church

Feb 11th-Church of God

Feb 15th-Kingdom Covenant Church

Feb 17th-Church of the Holy Spirit-Anglican Service

Feb 18th-Rosary

Feb 21st-Newlife Fellowship Church of God

Feb 22nd-Applewood Heights Gospel Hall

Feb 24th-Westminster United Church Service

***Roman Catholic Communion is held every Monday at 2pm.**

***Hymn Sing held every Saturday at 10am.**



IT IS AN EXCITING MONTH!! SEE WHAT'S HAPPENING:

February 2nd—GROUNDHOG DAY

February 3rd-Newspaper Club

February 4th - Trip to Cloverdale Mall

February 11th - Walk to Tim Horton's for Coffee Club

February 11th-Yoga with Manjit (*See back for Yoga Benefits*)

February 13th-Valentine's Day Social starring Francis DeMelo

February 16th-FAMILY DAY

February 17th— SHROVE TUESDAY (Pancake Tuesday)

February 17th-Mandarian Lunch Trip with the Nursing Home

February 18th - ASH WEDNESDAY

February 18th-Trip to Rockwood Mall

February 19th-Chinese New Year Celebrations and Dinner!

February 21st-The Indigo Chimes will be here (Nursing Home)

February 25th-Monthly Birthday Party (Guest TBD)

February 27th-Blue Jeans Friday!

WE WILL ALSO BE CELEBRATING BLACK HISTORY MONTH!

With Sympathy

for the loss of
Elsie Seto.
You will be missed
dearly!



**SHARON VILLAGE
CARE HOMES**

BENEFITS OF YOGA!!!

Sleep: A recent study compared the impact of Yoga, including physical postures, relaxation techniques, and voluntary regulated breathing. The results were enlightening. The Yoga group showed a significant decrease in the time it took to fall asleep and an increase in the total number of hours slept.

Strength/Arthritis: A study was conducted that measured improvement in hand grip in rheumatoid arthritis patients versus non-arthritic volunteers following Yoga training. The results were significant. Hand grip strength in both hands increased in non-arthritic adults and children AND in rheumatoid arthritis patients following Yoga.

Diabetes: A study at the University College of Medical Sciences in New Delhi evaluated 30-to-60 year old patients with Type II diabetes .A 40-minute-per-day regimen of Yoga was followed. The results showed a significant decrease in fasting blood sugar levels and an average improvement in lung capacity of approximately 10 percent.

Hypertension: Researchers at Bhabha Atomic Research Centre, evaluated the overall benefits of Yoga on risk factors for heart disease). A group of 20 patients, all of whom had mild to moderate high blood pressure, began a daily one-hour Yoga program. After three months of Yoga practice, the patients experienced a decrease in blood pressure, and a decrease in blood sugar, cholesterol and triglycerides.

Excess Weight: Recent research found that practicing Yoga regularly for at least half an hour per week may help offset middle-age weight gain. Researchers at Fred Hutchinson Cancer Research Center found that weight gain in those who practiced Yoga weekly for at least four years had a 3.1 pound reduction in expected weight gain.

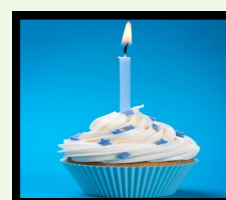
Mood/Anxiety: The Harbor-UCLA Medical Center conducted a study to assess what effect, if any, Yoga has on stress levels. During the study, all participants expressed that their moods and anxiety levels were improved as a result of their Yoga sessions.

Chronic Pain: Yoga practice has been shown to aid those suffering with chronic pain. A study by the Harbor-UCLA Medical Center found that patients experiencing chronic pain either improved or maintained their symptoms after only four weeks of practicing Yoga. No patients experienced deterioration; and every patient significantly reduced the amount of needed pain medication.

Lung Problems/Breathing Difficulties: Breathing difficulties in 86 bronchial asthmatics were treated by a Yoga-chair breathing procedure composed of simple neck muscle relaxation movements and postures with breathing exercises. Seventy percent of the episodes were relieved within approximately 30 minutes.

Tim Horton's Coffee Club!

A Tim Horton's Coffee Club started in November! If you are interested in walking to Tim Horton's with us once a month for coffee and chat, please let Tara know!



HAPPY BIRTHDAY TO YOU ALL!

Halyna Ihnatko– Feb 01

Keith Davis– Jan 02

Margaret Watkins Feb 12

Kathy Brynaert– Feb 19

Ramroop Judhan– Feb 24

