



LANARK LIFESTYLES NEWSLETTER

February
2020

Coming Up.



Lori Lobinowich, from the local OPP, will be leading a **"Fraud Prevention"** seminar at Lanark Lifestyles on Feb 21 at 10:30am. Please call us to reserve a spot!
613-706-6606



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Giving Back



Over the holidays we asked family and friends to enjoy our Christmas Village and, if they were able, to give a donation to The Table in appreciation, Lanark Lifestyles would match it. Today Dr. Neel was proud to present a cheque to The Table's Executive Director Ramsey Hart.

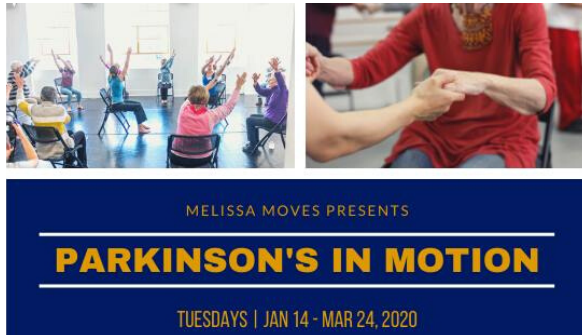


HAPPY
Valentine's
- DAY -



A Minute with Moe

We are thrilled to be a part of the Parkinson's In Motion program presented by the lovely Melissa of Melissa Moves.



Please call us to book a personalized tour.

We'd love to show you around!

613-706-6606
or email us at info@lanarklifestyles.ca

Tuesday mornings from 10:30-11:30 / Jan. 14-Mar. 24

Drop in price: \$12

416-559-2676

melissamovesinfo@gmail.com

www.melissamoves.net



Where's Larry?



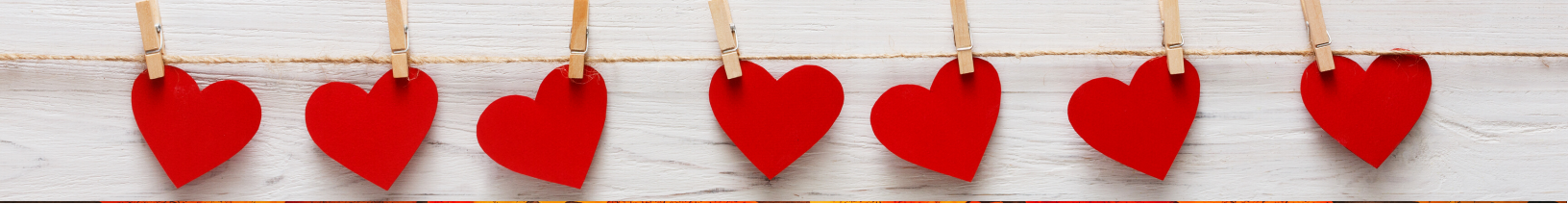
Meet Jack. He helps us out driving and volunteering. Recently he took Larry under his wing while he was here.



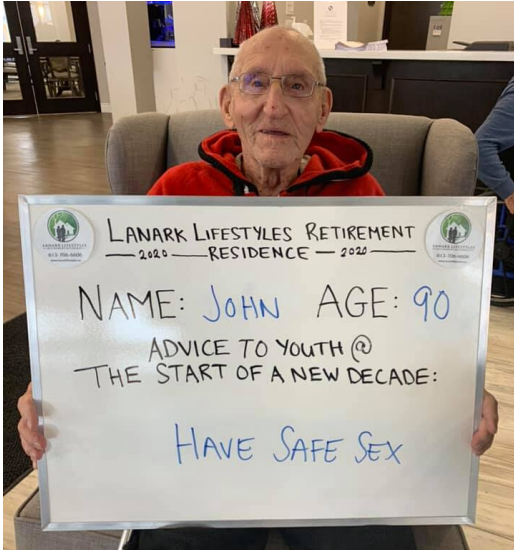
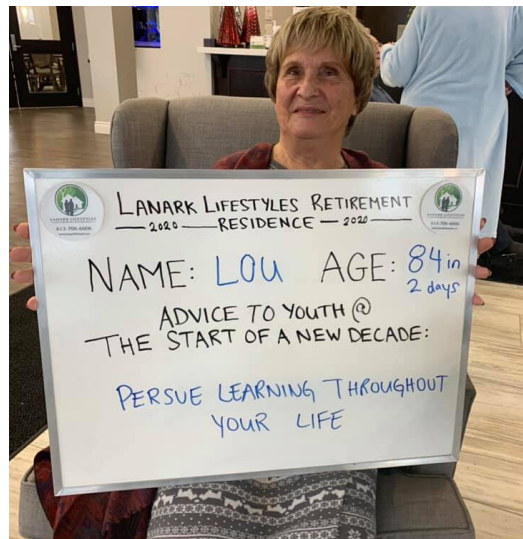
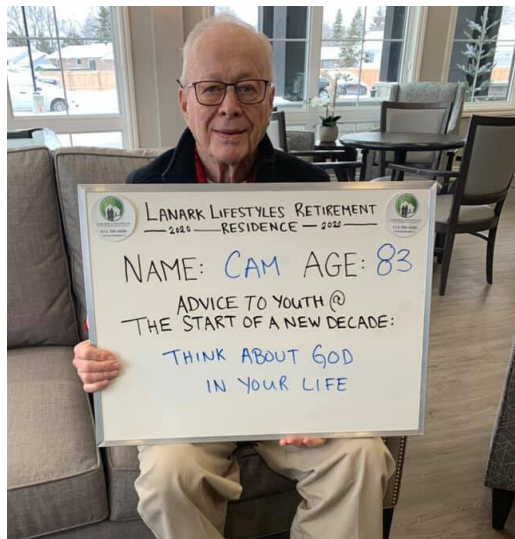
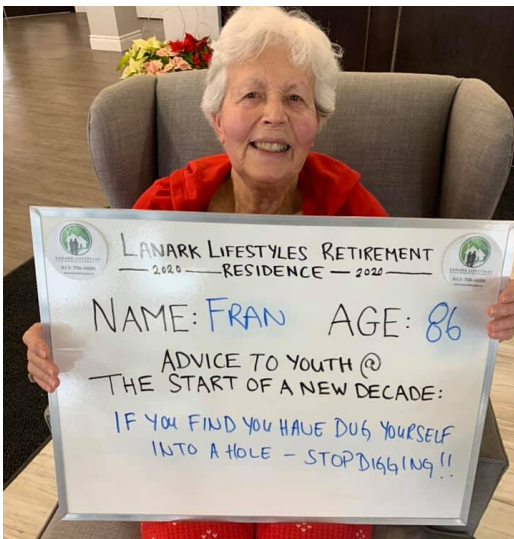
Out and About

Being community minded is very important to us. Recently, Amanda (and Larry) hosted a "Lunch n Learn" at the hospital.





Advice from our Residents...



Lanark Lifestyles had a pajama breakfast on New Years Day and what fun was had! When asked to give advice to give advice to youth at the start of the new decade - this crew sure delivered!

