

February 2026



Harbour View Haven

"A Community For Quality Care"

Hilltop Highlights

FEBRUARY IS NATIONAL THERAPEUTIC RECREATION MONTH

Through a combination of staff, volunteer and community efforts, our programs are designed to offer residents a broad range of group and individual opportunities to enhance their physical, emotional, social, spiritual and intellectual quality of life.

We are thankful to our dedicated volunteers who support our programming throughout the year.

Check out our video "Celebrating Therapeutic Recreation Month"—February 2026 highlighting programming over the past year on our website at www.hvh.ca and our Facebook Site!

Harbour View Haven Bill of Resident Rights

*As a Resident of
Harbour View
Haven;*

9. "You have the right to have your medical records kept confidential in accordance with the law."

At Harbour View Haven, only the staff responsible for your care may see your health and personal records unless we have written permission for another designated party.

VOLUNTEER OPPORTUNITIES at HVH

Would you enjoy sharing your time visiting with a senior?

If so, we have a volunteer job for you!

These may include:

- One to one visits
- Mealtime assistance
- Playing cards or board games
- Garden visits
- Reminiscing
- Reading short stories
- Program support
- And many other activities to choose from



For more information, please contact Meghan Walsh, Director of Recreation and Volunteer Services at 902- 634-8836 ext. 244 or email: mwalsh@hvh.ca

Upcoming Events!

Musical Entertainment with the "Bluenose Fiddlers" - February 4 at 2:00 p.m. in the Floor Two Lounge.



Musical Memories with "Kelly & Dave Barnes" - February 10 at 2:00 p.m. in the Floor Two Lounge.

Valentine's Day Festivities will be taking place February 13 - at 2:00 p.m. in the Floor Two Lounge. All Units Welcome.



Musical Entertainment with "Sunny Side Up" - February 23 at 2:00 p.m. in the Floor Two Lounge.



*Residents enjoyed bringing in the New Year with our Recreation Team!
Welcome 2026*



Food Services is planning the following special meals:

*Valentine's Day Lunch—
February 14th*

- *Parmesan Crusted Salmon*
- *Garlic Roll*
- *Mixed Vegetables*
- *Scalloped Potatoes*
- *Black Forest
Cake*



*Shrove Tuesday Supper—
February 17th*

- *Pancakes &
Syrup*
- *Maple Sausage*
- *Stewed Fruit*
- *Ice Cream*



Submitted by Maggie Jenkins, Director of
Food Services

**February is
African Heritage
Month**

**BLACK
HISTORY
MONTH**

The Heritage Month theme for Nova Scotia is "***Strength in Unity: Moving Forward with Purpose, Prosperity, Power, and Progress.***"

Expert from the Black Cultural Centre:

The theme speaks to the power that comes when African Nova Scotians "and people of African descent stand together with a shared sense of direction. It recognizes unity as an active force for change that strengthens communities, advances justice, and creates new opportunities".

Nova Scotia is home to 52 historic African Nova Scotian communities, each possessing a rich and intricate history that extends over 200 years.

Visit the Black Cultural Centre website for more information on upcoming events and education outlining the History of African Heritage Month in Nova Scotia.

Information from: Black Cultural Centre (2026)
Retrieved from: <https://www.ahm.bccnsweb.com/wp/home/>

Groundhog Day is a tradition observed regionally in the United States and Canada on February 2 of every year. It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow, it will retreat to its den and winter will go on for six more weeks; if it does not see its shadow, spring will arrive early.

**HAPPY
GROUNDHOG DAY**



February 2nd