

Aphasia Café
Newsletter
February 2022



aphasia
nova scotia



Halifax Waterfront, January 2022

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January Aphasia Café Updates

January Online Aphasia Café

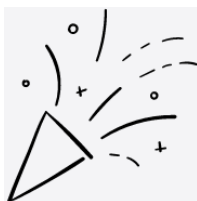
Our **online Aphasia Café** was held on **January 19th, 2022**. The theme was **New Year**.

6 people attended. They talked about:

- New Year's Resolutions



- 2022 Trivia



Future Aphasia Café Information

There will be a **Virtual Aphasia Café** on **Tuesday, February 15th**. The meeting will be held over **Zoom**. The theme will be **Valentine's Day!**

- Please have ready **scissors** and **paper** for a **craft!**



The **Zoom information** is included below:

Link: <https://us02web.zoom.us/j/83074578393>

Meeting ID: 830 7457 8393



There will continue to be **no in-person events in Halifax, Dartmouth, Antigonish, Sydney** at this time.



Five Pieces of GOOD NEWS From January

1. Amy Schneider won 40 Jeopardy! Games. She has the second-longest winning streak and is the first transgender women on

the show. She will take home \$1.4 million dollars.



2. Zara Rutherford is the youngest woman to fly around the world. She is 19-years-old and flew around the world in 155 days.
3. California twins have two different birthdays! One was born December 31st, 2021, and the other one was born January 1st, 2022.

4. Erica Langley is a bodybuilder from Chicago. She was diagnosed with breast cancer and after 20 weeks of chemotherapy, she won

gold, silver, and bronze.




5. A bottle washed up on shore in Scotland. It was thrown in the ocean 24 years ago from Scotland. It had a message in it from 8-year-old

Joanna Buchan for a school project.




Polar Bear Plunge Facts

1. The polar bear plunge happens all over the world, usually on New

Years Day. 

2. British Columbia has had the polar bear plunge since 1920. In 2000, 2,128 people plunged into the English Bay.
3. Herring Cove Polar Bear Dip raises money for Feed Nova Scotia every year.
4. In 2015, Herring Cove Polar Bear Dip raised \$4,000 dollars and had

people from 12 countries. 

5. In 2012, a record 36,000 people jumped into icy waters in the Netherlands.
6. In December, scientists and visitors dive into the icy waters of

Antarctica. This is midsummer for Antarctica. 

Valentine's Day Word Search

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

Valentine's Day Word Search List

Arrow 

Friendship

Pink

Candy

Heart 

Relationship


Chocolate

Jewelry

Red

Cupid 

Love 

Rose 

Flowers

Marriage

Valentine

Valentine's Day Word Search Answers

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

Thai Chicken Pasta Recipe



Ingredients

- 3 ounces uncooked whole wheat linguine
- ½ cup salsa
- 2 tablespoons reduced-fat creamy peanut butter
- 1 tablespoon orange juice
- 1-1/2 teaspoons honey
- 1 teaspoon reduced-sodium soy sauce
- 1 cup cubed cooked chicken breast
- 1 tablespoon chopped unsalted peanuts
- 1 tablespoon minced fresh cilantro

Method

1. Cook linguine according to package directions
2. Meanwhile, in a microwave-safe dish, combine the salsa, peanut butter, orange juice, honey, and soy sauce. Cover and microwave on high for 1 minute; stir. Add the chicken, heat through.
3. Drain linguine. Serve with chicken mixture. Garnish with peanuts and cilantro.