

# CSPC NEWSLETTER

January 2025 | Office #113 - Unit 12-8465 Harvard Place, Chilliwack, BC V2P 7Z5



From All of us At CSPC  
*HAPPY NEW YEAR*

As we step into a brand-new year, we do so with gratitude for the moments we've shared and the community we've built together. This season is a gentle reminder of fresh beginnings, renewed hope, and the strength we find in supporting one another. May the year ahead bring each of you peace, connection, and opportunities to grow in ways that feel meaningful. Thank you for being a valued part of our community—here's to a bright, hopeful, and heart-warming 2026.

## Upcoming Events

### **New CSPC Counsellor Training**

Date: January 5, 2026 (third session)  
Location: Lynnwood Retirement Residence  
Time: 9:30 AM

### **Overwintering Hummingbirds and other Backyard Birds**

Date: January 28, 2026  
Location: Lynnwood Retirement Residence  
Time: 10 AM - 11:30  
Come learn about Birds from a Wild Bird's Unlimited Facilitator.  
Open to Everyone



### **Valentine's Day Social**

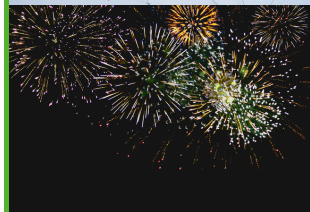
Date: February 11, 2026  
Location: Lynnwood Retirement Residence  
For CSPC counsellors their clients or close friend



### **St. Patrick's Day Roundtable**

Date: March 17th, 2026  
Location: #12 8465 Harvard Place  
Time: 10 AM - 12 PM  
For CSPC counsellors only

Check out our brand  
new website  
[www.cspc.ca](http://www.cspc.ca)



## **FRIENDLY REMINDER!**

PLEASE SEND IN YOUR VOLUNTEER HOURS FOR December 2025 Please continue to use the email [cspc.statistician@gmail.com](mailto:cspc.statistician@gmail.com). I want to keep the 2 emails separate. Client Hours: Phone and In person, travel hours: amount of time travelled, Training hours:, CSPC hours: Roundtable, meetings etc. \*record time to the nearest 1/4 hour

Office closed January 1<sup>st</sup>

CSPC OFFICE HOURS MONDAY to FRIDAY 9:00 AM TO 1:00 PM P: (604)793-7204

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## **Java Social**

Join us for a relaxed group discussion!  
Doors open at 10:15 AM—grab a coffee and get comfortable. Meetings will start at 10:30 AM. Please call the office to RSVP.

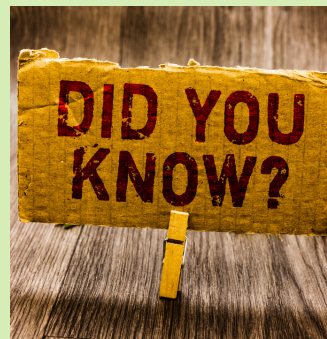
January: 12, 19, & 26  
February: 2, 9, & 23  
March: 2, 9, & 30  
April: 13, 20, & 27  
May: 4, 11, & 25

## **CHRISTMAS TRIVIA**

1. Which popular Christmas song was originally written for Thanksgiving?
2. In the song “The Twelve Days of Christmas,” how many total gifts are given altogether?
3. Which country started the tradition of putting up a Christmas tree?
4. What beverage company helped popularize the modern image of Santa Claus in the 1930s?
5. In what present-day country was St. Nicholas born?

🎄 **Bonus Question:**  
Which Christmas carol was banned by the Church in the 1640s for being too festive and “unruly”?

**Answers are on the last page**



*If it ain't broke ... it ain't one of my New Year's resolutions.*



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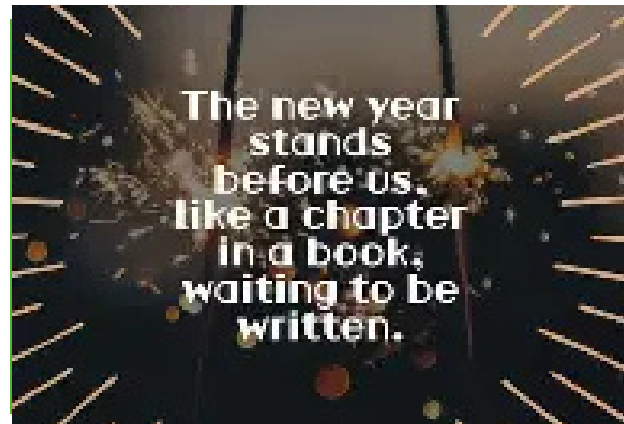
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## ★ Did You Know? Random Facts

- Honey never spoils. Archaeologists have found jars of honey in ancient tombs that are still edible.
- Your brain is more active when you're asleep than when you're awake. It's busy processing memories and emotions.
- Bananas are berries, but strawberries are not. It's a botanical classification!
- The human body has 37 trillion cells. All working together every day to keep you going.
- Octopuses have three hearts and blue blood. Two hearts pump blood to the gills, and one to the rest of the body.
- Laughter boosts your immune system. Even a few minutes of laughter can help reduce stress and increase feel-good hormones.
- Your heart beats about 100,000 times a day. That's over 35 million times each year —without you having to think about it!



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## Simple Daily Habits

### 5-Minute Habits That Make a Difference

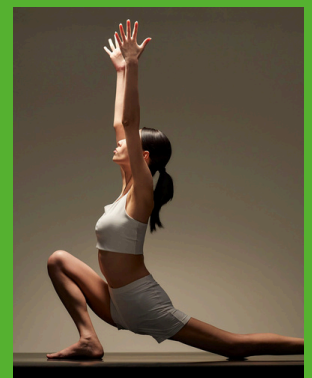
You don't need big changes to support your wellbeing. Even a few minutes a day can help you feel more grounded and supported.

- Take 5 calm breaths
- Inhale slowly through your nose and exhale through your mouth. This can help reduce stress and bring your focus back to the moment.
- Stretch or move gently
- A short stretch, shoulder roll, or walk around your space helps loosen tension and support circulation.
- Drink a glass of water
- Staying hydrated can boost energy and improve how you feel throughout the day.
- Reach out to someone
- A quick phone call, text, or message can brighten your day—and theirs.
- Name one thing you're grateful for
- It can be something small, like a warm cup of tea or a kind conversation.

Small habits, practiced daily, can create meaningful change—especially during the quieter winter months.



Trivia Answers: Jingle Bells, 364 gifts, Germany, Coca-Cola, Turkey (ancient city of Patara, in Lycia), Deck the Halls



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