

February 2015

The Arby Update

Arbourside Community Newsletter 604-597-6644

January was another busy month at Arbourside as we celebrated all our January Birthdays. Only Alan turned up to blow out the candles, so he had to really come up with a lot of hot air! The cake, as usual, was so good that there was none left over, although we did save pieces for all our birthday babies who weren't able to make it. Barry Powel supplied the tunes, and had us all singing and clapping along.



What I need to live has been given to me by the earth. Why I need to live has been given to me by you.

~ Author Unknown

Oh, if it be to choose and call thee mine, love, thou art every day my Valentine!

~ Thomas Hood

Are we not like two volumes of one book?

~ Marceline Desbordes-Valmore

A man is not where he lives, but where he loves.

~ Latin Proverb

At the touch of love, everyone becomes a poet.

~ Plato



Coming up in February:

February is another busy month at Arbourside, so be sure to check your calendar over for the events that excite you! Put your name on the sign-up sheets for outings or programs you would like to attend. Please note that any outings requiring Handy-Dart transport need to be arranged at least ten days in advance with the bus company, so early sign-up is necessary to ensure your spot on the bus.

Following are our monthly outings and special events:

- Monday the 2nd we are putting up our Valentine's Day decorations! This will include the new dining room table centerpieces!
- Wednesday the 4th we head to Fraser Downs Casino to win our spending money for the month... :-)
- Friday the 6th we enjoy our liquids and snacks during Happy Hour to the smooth sounds of Carl Ragan.
- Monday the 9th is B.C.'s "Family Day", so most of the staff will be enjoying time with their families that day—no activities are planned.
- Wednesday the 11th Fashion Closet. Fifth Avenue and the Hearing Aid Clinic will all be here. Be sure to stop by and support these vendors who make it so easy to shop and "get fixed" at home!
- On Friday the 13th (EEK!) we are treated to an afternoon performance by the Senior Vaudevillians, courtesy of Herb & Beverly-Rose.
- Monday the 16th, Ellen will be here for Painting With Ellen. There is usually a pretty good turnout for this event, so make sure your name is on the sign-up sheet early, as there is a limit of 10 per class.
- Wednesday the 18th (however this may change to Wednesday the 25th, depending upon certain circumstances) we are back to Fraser Downs Casino to try our luck again!
- Thursday the 19th we are heading to the Bell Center for the School Jazz Festival! This will be an early morning start so that we can maximize our listening pleasure before returning after lunch (which will be provided by the kitchen and taken by us). Exercise class will be cancelled for this day only.
- Friday the 20th we will be celebrating our February birthdays in the Bistro at 2pm. Be sure to turn up for cake and music by Cypress Creek Duo!
- Monday the 23rd takes us to Langley to our favourite C-Lovers for all you can eat fish & chips. The oysters will have to wait for Dave until his return from Yuma!
- Wednesday the 26th takes us back to Fraser Downs for a second chance at winning the big jackpot. We go on Wednesdays to take advantage of the casino's seniors specials that day — a 2 for 1 lunch special, and an extra chance to win a jackpot at the front desk.

And don't forget.....!

- Every Tuesday afternoon, rain or shine, we walk to the Espresso Café for a decadent drink of our choice, plus chat and jokes. So why not hop on your scooter or wheelchair, grab your walker or cane, or just yourself, dress for the weather and join us for this popular social outing. It's only a 10 minute slow walk each way!

January at Arbourside....

We celebrated a week of Hawaii in January, just the thing we needed to chase the after Christmas and New Years blahs. We had lots of fun decorating, making hibiscus flowers, and playing Hawaiian themed games. Do you know how hard it is to use coconuts as bowling balls and get rings around the top of a pineapple? A lot of us found out!!! We did get our revenge on the pineapple though, as we snacked on it following Thursday Night's performance by some incredibly beautiful and talented Polynesian dancers, who wowed the crowd with their gracefulness. There were two little girls dancing, sisters, and they were so adorable that we unanimously agreed to award them our 2nd and 3rd prizes for best costume. By the way, George won first prize in the costume contest—I think it was his grass skirt and boyish charm!!





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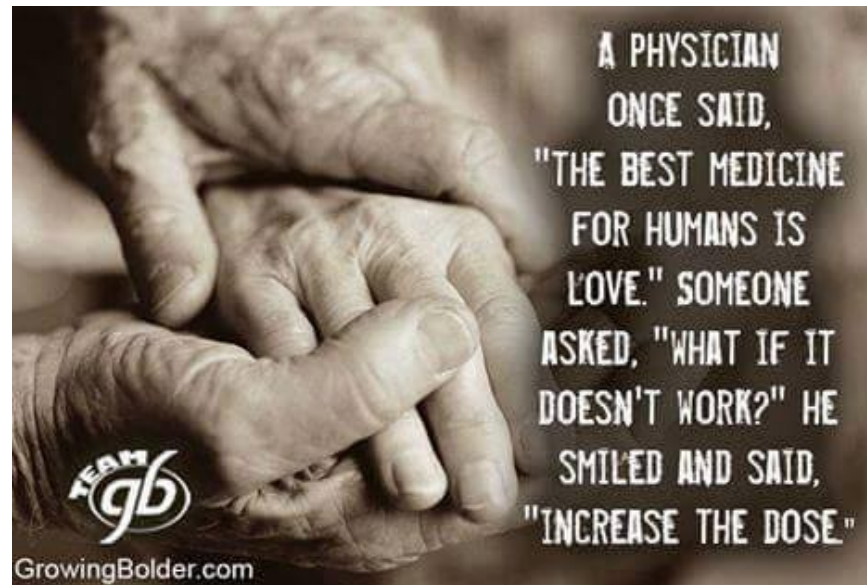
ARBOURSIDE
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NEWSLETTER

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Health Tip...

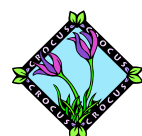


Did you know?

We have a waste and recycling room situated in the parkade close to the exit door. It houses containers for waste, cardboard, and mixed recycling. Waste (or garbage if you prefer) is picked up on Tuesdays and Fridays. Cardboard is picked up on Mondays, and mixed recycling is picked up on Tuesdays. There may be times on these pickup days when you arrive, goods in hand, to find the bins are not there. This is only because they are at street level waiting to be picked up. If you are able, please bring them up the ramp and deposit them in the bins. If that is not possible there are regular size garbage cans in the room that will hold your items until the bins are placed back in their regular spot.

The mixed recycling bins (blue totes) used to require separation by category. That is no longer the case and you may deposit your cans, bottles, newsprint, etc. together in the same blue tote.

In the future municipalities will require us to separate our meat and vegetable scraps for composting.



Signup sheets for the outings are posted on the main bulletin board. They need to be faxed to HandyDart at least one week prior to the outing, so make sure you sign up in plenty of time!!! If you need to cancel your participation in an outing at the last minute, it is your responsibility to phone HandyDart and cancel your participation. If you don't, they may penalize you.

Just a reminder – there are **suggestion sheets** available in the dining room for your comments (on the wall to your right as you enter). Chef Tony Volpe is eager to receive your feedback, so if you have any suggestions, please be sure to enter them there.



What is love?

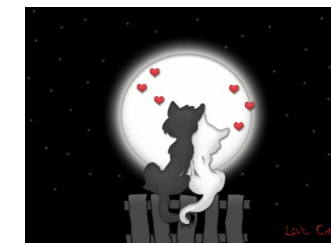
As defined by the Greeks, Love is broken into 4 categories:

1. *Agape* love is unconditional love. It is love by 'choice' even if you are not pleased. I.e ; "God loves us with our faults."
2. *Philia* love is the dispassionate virtuous love, guided by our likes or our healthy or unhealthy needs and desires.
3. *Storge* is the word for family love and the physical show of affection, the need for physical touch. Sometimes the love between exceptional friends.
4. *Eros* is the physical "sexual" desire, intercourse. It is the root word of erotic, and eroticism.

Psychologists break Love into 3 components:

1. *Passion* underlies physical desire, sexual behaviour, and arousal. This is the physical side.
2. *Intimacy* is the emotional aspect: closeness, connectedness, and warmth of friendship.
3. *Commitment* is the decision making part "CHOICE" of love; are couples willing to work it out?

What does Love mean to you?





Tom Donnelly	2 nd
Mary Rutledge	5 th
Erich Goede	7 th
Josephine Povarchook	9 th
Iona Evans	12 th
Jean Braddick	15 th
Gil Caouette	22 nd
Anna Martan	23 rd

All February birthdays will be celebrated at 2:00 pm on February 20th in the Bistro Lounge with the musical stylings of Cypress Creek Duo.



February Birthdays and Facts.....

Amythest is the birthstone, and is said to keep the wearer quick-witted and clear-headed.

Violet is February's birth flower and is believed to be an indicator of watchfulness, faithfulness and loyalty.

Zodiac signs are Aquarius (Jan. 20 - Feb. 18) and Pisces (Feb. 19 - Mar. 20).

Holidays in February include:

- 2nd Groundhog Day
- 3rd Chinese New Year - Gung Hay Fat Choy
- 14th Valentine's Day
- 21st Islander Day in Prince Edward Island
- 21st Louis Riel Day in Manitoba
- 21st Family Day in Alberta, Saskatchewan and Ontario
- 25th Heritage Day in the Yukon Territories



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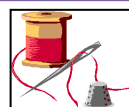


Arbourside Community Services



Just a **Church Service** re-
minder
our new resi-
dents that every Sunday at 2:30 there
is **Church Service** held in the piano
lounge.

Holy Communion is also held every
Sunday at 1:00, except for the third
Sunday of every month.



Seamstress Services

Sabina Fashions offers full seamstress services at
market price, and has offered a **10% discount to all**
Arbourside residents. Sabina is located at 100A
13753 72nd Avenue.



Hearing Aid Clinic

A hearing aid specialist will be at Arbourside
on the 11th this month. An appointment log has been
posted on the Bulletin Board. Please sign your name and
choose your preferred time.

Three Sisters

Three elderly sisters, ages 92, 94 and 96,
shared a house together. One evening, the 96
year old sister went upstairs to take a bath. As
she put her foot into the tub, she paused.
Then she yelled down to the other two sisters
and asked, "Was I getting in the tub or out?"
"You dern fool," said the 94 year old. "I'll come
up and see." When she got half way up the
stairs she paused. "Was I going up the stairs or
down?"

The 92 year old sister was sitting at the
kitchen table drinking a cup of tea and
thought, "I hope I never get that forgetful,
knock on wood." She shook her head and
called out, "I'll be up to help you both as soon
as I see who's at the door."



Humour and Brain Teaser

You have to Love Milton Berle.....

He's so old that when he orders a three-minute egg, they ask for the money up front.

They've finally come up with the perfect office computer. If it makes a mistake, it blames another computer.

I know why Superman left Krypton. Earth was the only place he could get steroids!

It's amazing how fast later comes when you buy now!

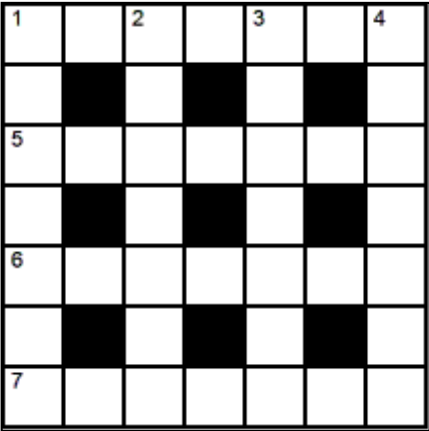
In Washington, a man gets up to speak and doesn't say a thing, and the other men disagree with him for three hours.

My doctor recently told me that jogging could add years to my life. I think he was right. I feel ten years older already.

Your marriage is in trouble if your wife says, 'You're only interested in one thing,' and you can't remember what it is.

A man is hit by a car while crossing a Beverly Hills street. A woman rushes to him and cradles his head in her lap, asking, "Are you comfortable?" The man answers, "I make a nice living."

I'd rather be a could-be if I cannot be an are; because a could-be is a maybe who is reaching for a star. I'd rather be a has-been than a might-have-been, by far; for a might have-been has never been, but a has was once an are.

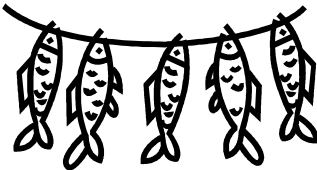


- Across
- 1. Evolve
 - 5. Windstorm
 - 6. One more
 - 7. Proposition
- Down
- 1. Diminish
 - 2. Wordy
 - 3. Tanned animal skin
 - 4. Computer instructions

- Solution
- Across
- 1. Develop
 - 5. Mineral
 - 6. Origami
 - 7. Neglect
- Down
- 1. Detract
 - 2. Verbose
 - 3. Leather
 - 4. Program



The magician got so mad he pulled his hare out!!!!



C-Lovers Fish & Chips on Monday February 23rd. We are going to Langley!! They also have some pretty delicious chicken, prawns, oysters and other entrees.



Just a reminder from the Kitchen to please use styrofoam plates & bowls if you are taking food back to your room. And please, put a lid on those drinks if you are moving them from one spot to another! Thank You!



Bring your own glass to Happy Hour and receive a 50 cent discount of the drink of your choice!



Cathy's Salon - Friendly Service with Great Rates

Is an in-house service provided by Cathy, (Thursday and Friday) to care for the hairdressing and barbering needs of the Arbourside community. See Cathy in her studio on the second floor - she can usually fit you in the same or next day and is available 9 am to last appointment. Give her a call at 778-986-2500!!!



Vita Health - Chair Massage by Chonna Munnalall is a new service available to Arbourside residents and staff. Chonna is a certified provider of "Elder Care Massage", which is done in a special chair. Chonna has special rates for multiple visits and also offers special rates for staff. Be sure to check Chonna out on Wednesday mornings, which is when she offers her services in Suite Call her at 604-353-6794 to book a spot!!



MK Flowers—Since 2005, Kay Erickson of MK Flowers has been bringing joy through floral arrangements to many Surrey residents and busi-

Linie's Nails

If you are in need of a manicure or pedicure, be sure to stopby and see Linie on the second floor. She is typically here on Thursdays & Fridays, so stop in and book an appointment to get those nails looking & feeling great!

Neighbourhood News



Welcome Home

Hello to our New Residents Walter Bachewich, Tom and Lenora Donnelly, Marg and Charles Grabham, Gil and Claire Caouette, Alan Lawrence, Hilda Paulsen, Katherine Wedel and Ruth Sinkler. We would like to extend a warm welcome and wish you much happiness in your new home and neighbourhood.



Recuperating

Recuperating in the hospital are Abbie Sutherland, Betty Carr, Jackie Warrington, Bea Pettigrew, Peter Clark and Elsie Gosselin. Best wishes for a speedy continuing recovery from all your friends at Arbourside.

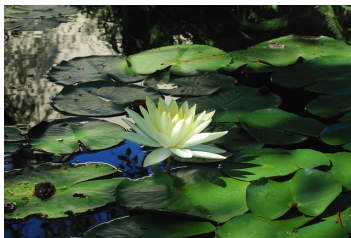


Friend, we'll miss you.

Fond farewells to Al Cleaver and Mary Cahill, who have passed on. They will be sorely missed by all their friends at Arbourside.

Spotlight on

Fitness



Exercising regularly is one of the healthiest things you can do for yourself. It lowers your risk for serious health problems, including heart disease, diabetes, stroke, and high blood pressure. It can also trim your figure, improve your sleep, and pep up your sex life. And not only is exercise good for your body, it's also good for your mind, mood, and memory.

Being physically active can ease depression, relieve stress and anxiety, enhance self-esteem, and improve your whole outlook on life. And you don't have to spend long, boring hours in a gym to reap these benefits. Whatever your age, health limitations, or fitness levels, you can develop an exercise program that's fun and rewarding and fits your life.

At Arbourside Court we have four fitness classes per week! The fitness classes are designed for the more experienced body, and focus on maintaining strength, balance, flexibility, mental agility and stress relief. On Saturday, Tuesday and Thursday mornings at 10:15 in the Piano Lounge join in Exercise Class to do stretches, ball throwing, squats and more, along with 3 rounds of carpet bowling and lots of corny jokes. Thursday afternoons at 2:15 in the Piano Lounge, join Grand Master Fu and learn and practice the ancient art of Tai Chi. It is believed that by focussing on the movements one can achieve mental clarity, a reduction in stress and overall health longevity. Give it a try!



Exercise Classes

A reminder to our new residents: Join us every Tuesday, Thursday and Saturday at 10:15 in the Piano Lounge for a light workout followed by three frames of carpet bowling. On Thursdays Tai Chi is offered at 2:15. Everyone is welcome!!

Regular Activities:

Monday: Bus Outings, Putting

Tuesday: Exercise, Bowling, Walk & Roll, Readings

Wednesday: Massage, Sandbag Toss, Bingo

Thursday: Exercise, Bowling, Tai Chi

Friday: Mental Aerobics, Reno Keno

Saturday: Exercises, Bowling, Sandbag Toss, Bingo

Sunday: Sandbag Toss, Mental Aerobics, Holy Communion, Church,



We have 2 church services every Sunday: Regular Church at 2:30. Communion at 1:00, with the exception of it occurring at 10:30 the second Friday of the month instead of the 3rd Sunday of the month.

The History of Saint Valentine's Day



Valentine's Day started in the time of the Roman Empire. In ancient Rome, February 14th was a holiday to honour Juno. Juno was the Queen of the Roman Gods and Goddesses. The Romans also knew her as the Goddess of women and marriage. The following day, February 15th, began the Feast of Lupercalia.

The lives of young boys and girls were strictly separate. However, one of the customs of the young people was name drawing. On the eve of the festival of Lupercalia the names of Roman girls were written on slips of paper and placed into jars. Each young man would draw a girl's name from the jar and would then be partners for the duration of the festival with the girl whom he chose. Sometimes the pairing of the children lasted an entire year, and often, they would fall in love and would later marry.

Under the rule of Emperor Claudius II Rome was involved in many bloody and unpopular campaigns. Claudius the Cruel was having a difficult time getting soldiers to join his military leagues. He believed that the reason was that roman men did not want to leave their loves or families. As a result, Claudius cancelled all marriages and engagements in Rome. The good Saint Valentine was a priest at Rome in the days of Claudius II. He and Saint Marius aided the Christian martyrs and secretly married couples, and for this kind deed Saint Valentine was apprehended and dragged before the Prefect of Rome, who condemned him to be beaten to death with clubs and to have his head cut off. He suffered martyrdom on the 14th day of February, about the year 270. At that time it was the custom in Rome, a very ancient custom, indeed, to celebrate in the month of February the Lupercalia, feasts in honour of a heathen god. On these occasions, amidst a variety of pagan ceremonies, the names of young women were placed in a box, from which they were drawn by the men as chance directed.

The pastors of the early Christian Church in Rome endeavoured to do away with the pagan element in these feasts by substituting the names of saints for those of maidens. And as the Lupercalia began about the middle of February, the pastors appear to have chosen Saint Valentine's Day for the celebration of this new feast. So it seems that the custom of young men choosing maidens for valentines, or saints as patrons for the coming year, arose in this way.