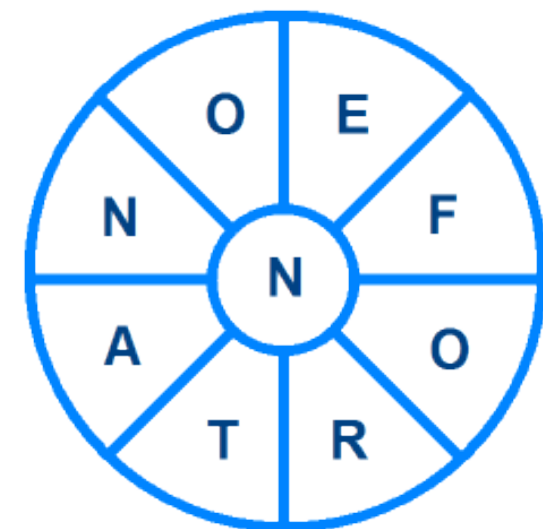
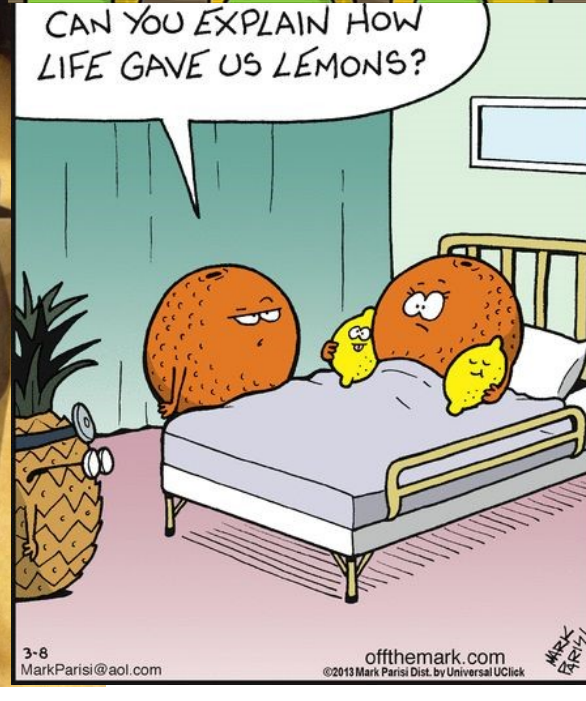


Gags & Laughs



How many words can you make from the letters in the wheel? Each word must contain the hub letter N. Can you find a 9-letter word and at least 25 other words of four letters or more avoiding proper nouns?

The Arby
 Arbourside Community Newsletter //
 January 2016



NEW YEAR'S RESOLUTIONS

New Year's Day is upon us and before you start your annual list of new year's resolutions, here are some facts and helpful tips on those aspirational goals.

Resolution Tips:

- 1) Write down your objectives. Less than 10% of people fulfill their resolutions, but the ones who write them down have a much higher success rate. Take it a step further and make a list of what you want to accomplish each day, week, and month.
- 2) Forget about unrealistic health pledges. You don't need some insane diet or detox regime. They don't actually make you live longer. It just seems

longer. Eat sensibly, drink in moderation, and exercise; it's not rocket science.

3) Resolve to laugh more and socialize. Upgrade your friends if necessary. It's the life in your years, not the years in your life.

Interesting Resolution Facts:

- Only 8% of people are successful in achieving their resolution
- Most popular new year's resolutions:
 - 1 Lose Weight
 - 2 Getting Organized
 - 3 Spend Less, Save More
 - 4 Enjoy Life to the Fullest
 - 5 Staying Fit and Healthy
 - 6 Learn Something Exciting
 - 7 Quit Smoking
 - 8 Help Others in Their Dreams
 - 9 Fall in Love
 - 10 Spend More Time with Family

- People on diets are more likely to cheat on their spouse. One temptation is often replaced by another.
- Men achieved their goal 22% more often when they engaged in goal setting, (a system where small measurable goals are being set; such as, a pound a



13751 74th Avenue
Surrey, BC V3W 1A8
Tel. 604-597-6644
Fax. 604-597-6401
www.arbourside.com

Like us on facebook

week, instead of saying "lose weight"), while women succeeded 10% more when they made their goals public and got support from their friends.

History of New Year's Resolutions:

It is believed that the Babylonians were the first to make New Year's resolutions. They made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.

The Romans began each year by making promises to the god Janus, for whom the

month of January is named.

In the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry.

At watchnight services, many Christians prepare for the year ahead by praying and making these resolutions. The early Christians believed the first day of the new year should be spent reflecting on past mistakes and resolving to improve oneself in the new year.

SPECIAL DAYS IN JANUARY

- 3 Festival of Sleep Day
- 3 Fruitcake Toss Day
- 3 Humiliation Day
- 4 Trivia Day
- 5 National Bird Day
- 8 Bubble Bath Day
- 8 Male Watcher's Day
- 9 Play God Day
- 10 Houseplant Appreciation Day
- 10 Peculiar People Day
- 12 National Pharmacist Day
- 15 National Hat Day
- 16 Appreciate a Dragon Day
- 16 National Nothing Day
- 17 Ditch New Years Resolutions Day
- 18 Martin Luther King Jr. Birthday, celebrated on the third Monday
- 18 Winnie the Pooh Day -The Birthday of Winnie's author A.A. Milne
- 21 National Hugging Day
- 23 National Pie Day
- 24 Compliment Day
- 25 Opposite Day
- 26 Spouse's Day
- 27 Chocolate Cake Day
- 27 Punch the Clock Day
- 28 Fun at Work Day
- 29 National Puzzle Day
- 29 National Cornchip Day
- 30 National Inane Answering Message Day
- 31 Backward Day
- 31 Inspire Your Heart with Art Day

January Events and Outings

Jan. 1	New Year's Day
Jan. 4	Painting with Ellen
Jan. 6	Casino
Jan. 8	Lido 4 Chinese Food
Jan. 11	Boundary Bay Airport
Jan. 13	-Coffee Klatch -Fashion Closet -Birthday Party with Barry Powell
Jan. 18	Westminster Quay -New West
Jan. 20	Hearing Aid Clinic
Jan. 22	Bus Tour TBA
Jan. 25	C-Lovers
Jan. 27	Spring Centrepiece Craft
Jan. 29	Happy Hour with Carl Ragan



Happy Birthday January Baby!

Noni Kodama January 17



Christmas Banquet



What's my name again? Lolo?



Memories at Arbourside

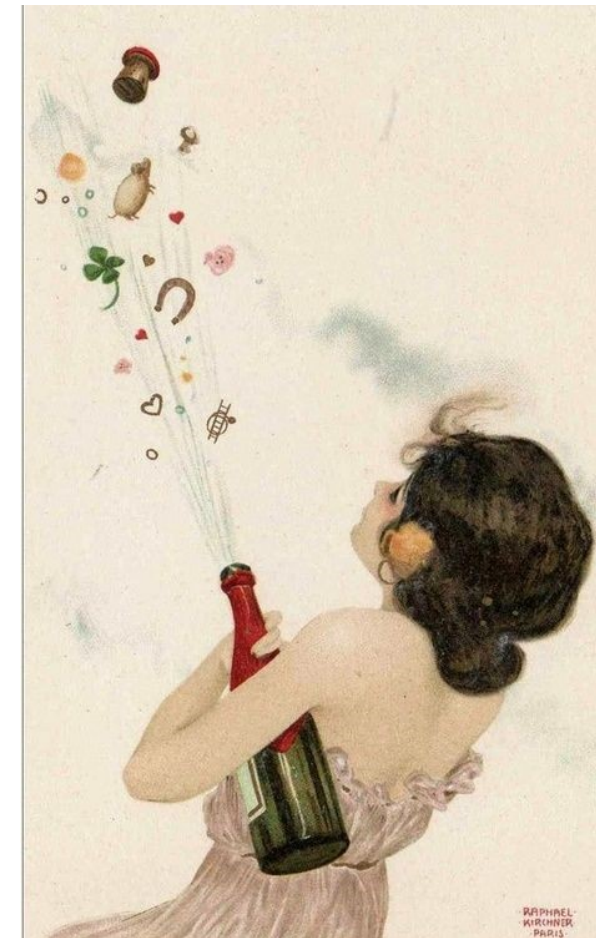


December Birthday Party



Just a reminder from the Kitchen to please use styro-foam plates & bowls if you are taking food back to your room. Thank You! Also the new protocol for coffee and tea at the Bistro require a lid for your cup—they are provided for you. This helps keep the carpet cleaner by preventing spills as you try to balance that hot cup of beverage!

Jigsaw puzzles are in short supply. Do you have a 1000 piece one you would like to donate, or lend? Please drop it off in the Library. Our regular Puzzlers would be most appreciative to have some new ones to assemble. Thank You!!!



Arbourside Community Services

Church Services

Just a reminder to our new residents that every Sunday at 2:30 interdenominational Church is held in the Piano Lounge.

Catholic mass is held Sundays at 1:00 in the Piano Lounge, with the exception of the second Sunday of the month. It is held on the second Friday of the month at 10:30 am in the library.

Seamstress Services

Sabina Fashions offers full seamstress services at market price, and has offered a 10% discount to all Arbour-side residents. Sabina is located at 100A 13753 72nd Avenue. Her phone number is 604-502-5040.

Hearing Aid Clinic

Christina, a hearing aid specialist will be at Arbourside on the 20th this month. An appointment log has been posted on the Bulletin Board. Please sign your name and choose your preferred time.

Kathy's Salon – Friendly Service with Great Rates Is an in-house service provided by Kathy (Thursday and Friday) to care for the hairdressing and barbering needs of the Arbourside community. See Kathy in her studio on the second floor – she can usually fit you in the same or next day and is available 9:30 am to last ap- pointment. Give her a call at 778-986-2500.

MK Flowers

Since 2005, Kay Erickson of MK Flowers has been bringing joy through floral arrangements to many Sur- rey residents and business. Check out the fresh flowers at reception for an example! Be sure to give Kay a call at 778-688-3863.

LydJo Dental Hygiene

Offers in-house dental hygiene services. Shirin Yassa is a Registered Dental Hygienist. If you are interested in having her services, please call her at 604-825-1904 to book an appointment.

...from the Activities Department,

a.k.a. Wendy

Happy 2016 Everyone!

The first month of 2016 brings some favourite activities and events. We start the first Monday of the year Painting with Ellen and taking down our Christmas decoration. Also on the Wednesday that week we're returning to Fraser Downs Casino, now known as Elements. We finish the week with Chinese Food at the Lido.

Monday the 11th, we are heading to the Boundary Bay Airport for lunch at the Skyhawk Restaurant. On Wednesday the 13th, we enjoy our first Coffee Klatch of 2016 and in the afternoon celebrate our January birthdays with music provided by Barry Powell. Also from 11-2 on the 13th, Heather will be here from Fashion Closet with the latest styles in ladies apparel.

"New beginnings are often disguised as painful endings..."

-Lao Tzu

CHEF'S CORNER

Happy New Year! Looking forward to seeing you all in 2016.

~Chef Tony



Monday the 18th, we will be visiting New West Quay. We are back to the Casino on Wednesday the 20th and end the week with a bus tour with details TBA.

The last week of January starts with an outing to C-Lovers in Langley for all-you-can-eat fish & chips, or some fabulous halibut chowder, maybe oysters for Rose, and onion rings for Murray! On the 27th, we'll try our hand at creating some new spring themed table centerpieces and we end the week with Carl Ragan on Friday the 29th.

Of course you can still look forward to regular activities monthly such as church, communion, exercise and carpet bowling, walk and roll, readings, Reno keno, bingo, tai hi, mental aerobics, noodle hockey, video memories, sandbag toss, and Friday afternoon happy hours.

Friendly Reminder

Please sign-up for outings ten days before in order to book the bustrip within deadline.

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 2:30. Everyone is welcome!!

Regular Activities:

Monday: Bus Outings, Video Memories

Tuesday: Exercise, Bowling, Walk & Roll, Readings

Wednesday: Reno Keno, Bingo

Thursday: Exercise, Bowling, Tai Chi

Friday: Happy Hour

Saturday: Exercises, Bowling, Sandbag Toss, Bingo

Sunday: Sandbag Toss, Mental Aerobics, Church

Locker Alert:

We have a number of lockers in our storage area that we can't account for. If you have a locker would you please be so kind as to check with Reception to see that it is properly recorded?

For those lockers where we have a mystery occupant we will post a notice on the locker door. If the occupant is not identified after 90 days we will remove the contents,

Thank you for your assistance to sort this out.

Paul



Manager's Musing

Here we are starting a new year again. At time of writing we have had one small snowfall but generally very wet conditions. If snow falls again we have a contractor that will arrive within hours to clear the parkade ramp and all the walkways. You may also see yours truly with a shovel and/or a snowblower trying to keep things clear. Growing up in Ontario I've had lots of practice at this.

In 2015 we installed a water treatment system, Christmas lights, new boilers, key fob entry and enhanced security cameras. Your Management Team is looking forward to making changes in 2016 that include décor and service improvements.

Over the course of the year I will be contacting tenants in advance of their lease term's expiry. My hope is that you will extend this arrangement and continue to enjoy the good life here at Arbourside. I have found that it's also a great time to get to know each other better and to learn more about what would make living here even better.

If you have any questions about your lease arrangements or any of the rules and regulations that affect us as tenant and landlord, please stop by my office.

Paul Janzen

General Manager

Did you know?

Arbourside Court is a Strata Development. As such it is governed by the regulations set out in the Strata Property Act. This form of ownership is seen in residential and commercial buildings alike. Essentially each owner has a suite and a portion of the common areas such as hallways, lobby, grounds etc.

The suites within Arbourside are leased to tenants by Court Limited Partnership.

For more information on Strata ownership visit www.fic.gov.bc.ca

NEIGHBOURHOOD NEWS

Welcome Home

Hello to our new resident Dorothy McLean. We would like to extend a warm welcome and wish you much happiness in your new home and neighbourhood.

Get Well Soon

Recuperating in the hospital is Elaine Dann. Best wishes for a speedy recovery from all your friends at Arbourside.

Our Condolences

Walter Bachewich passed away this month. He will be sorely missed by all his friends at Arbourside and throughout the province.

We'll Miss You!

Moved on to a new locales is Edith Schmidt and Ella Lisitza. Good luck in your new home!