

The Arby

The Official News of Arbourside Court

February 2017

//Honey, I Love You

//Thhhhhiiiiissssss much!

just kidding...



Celebrities Talk Relationship *because they oughta know, right?*

♥ “Whoever named it necking was a poor judge of anatomy.” —Groucho Marx

♥ “There are only three things women need in life: food, water, and compliments.” —Chris Rock

♥ “Never marry a man you wouldn’t want to be divorced from.” —Nora Ephron

♥ “Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing. She goes Tuesdays, I go Fridays.” —Henny Youngman

♥ Marriage is a wonderful institution, but who wants to live in an institution? —Groucho Marx

♥ “If we take matrimony at it’s lowest, we regard it as a sort of friendship recognized by the police.” —Robert Louis Stevenson

♥ “What I really need is a woman who loves me for my money but doesn’t understand math.” —Mike Birbiglia

♥ “Women are cursed, and men are the proof.” —Roseanne Barr

♥ “My wife and I were happy for 20 years - then we met.” —Rodney Dangerfield

♥ “It’s not true that I had nothing on. I had the radio on.” —Marilyn Monroe



- ♥ “If Jack’s in love, he’s no judge of Jill’s beauty.” —Benjamin Franklin
- ♥ “I do wanna get married. It just sounds great. You get to go grocery shopping together, rent videos, and the kissing and the hugging and the kissing and the hugging under the cozy covers. Mmmm! But sometimes I worry that I don’t wanna get married as much as I want to get dipped in a vat of warm, rising bread dough. That might feel pretty good, too.” —Maria Bamford
- ♥ “It’s no good pretending that any relationship has a future if your record collections disagree violently or if your favorite films wouldn’t even speak to each other if they met at a party.” —Nick Hornby
- ♥ “Anyone who says he can see through women is missing a lot.” —Groucho Marx
- ♥ “A man who correctly guesses a woman’s age may be smart, but he’s not very bright.” —Lucille Ball
- ♥ “Good girls go to heaven and bad girls go everywhere.” —Helen Gurley Brown
- ♥ “You’d be surprised how much it costs to look this cheap.” —Dolly Parton
- ♥ “My heart’s in the right place. I know, cuz I hid it there.” —Carrie Fisher
- ♥ “I was nauseous and tingly all over. I was either in love or I had smallpox.” —Woody Allen
- ♥ “Gravitation can’t be held responsible for people falling in love.” —Albert Einstein
- ♥ “If love is the answer, could you rephrase the questions?” —Lily Tomlin

Special Days in February

1 National Freedom Day	9 Toothache Day	Day
1. No Politics Day	10 Umbrella Day	20 Cherry Pie Day
2 Ground Hog Day	11 Don’t Cry over Spilled Milk	20 Hoodie Hoo Day
2 Candlemas	Day	20 Love Your Pet Day
3 The Day the Music Died - Buddy Holly, Richie Valens and the Big Bopper died in a plane crash in 1959.	12 Abraham Lincoln’s Birthday	21 Card Reading Day
4 Eat Ice Cream for Breakfast Day	13 Get a Different Name Day	22 George Washington’s Birthday
5 Superbowl Sunday	14 Ferris Wheel Day	22 International World Thinking Day
6 National Chopsticks Day	14 National Organ Donor Day	23 Tennis Day
7 Wave All you Fingers at Your Neighbor Day	14 Valentine’s Day	24 National Tortilla Chip Day
8 Boy Scout Day	15 Candlemas (Julian Calendar)	26 Carnival Day
9 National Pizza Day	16 Do a Grouch a Favor Day	26 National Pistachio Day
	17 Random Acts of Kindness Day	26 Oscar Night
	18 National Battery Day	27 Polar Bear Day
	19 National Chocolate Mint	28 Mardi Gras
		29 Leap Day

Manager's Musing

It's February. As the month goes on the hours of light increase noticeably and we feel relief from the gloom of January. Living on the west coast means we are admiring the bloom of a crocus while our friends and relatives living elsewhere in Canada will do well to have the groundhog appear without a toque and woolen scarf.

February is, of course, the month we associate with the blahs. After all it rains pretty consistently from November through now. Our cure for the blahs at Arbourside is to encourage merriment. It is my sincere hope that you enjoy the atmosphere of friendliness, camaraderie, and mirth

Neighbourhood News Welcome

Hello! Welcome Colleen Arthurs, Bernie Doyle, Gloria Shaffer, and welcome back Kathleen Lavallee.

Get Well Soon

Recuperating in the hospital is George Warrener, Claire Caouette, and Irene Holmes.

Farewell

We wish good luck to Harry Dean and Dan McGuire in his new home.

Condolences

Our prayers are with the family and friends of Doris Willox. We will miss her dearly.

that we work hard to promote.

If you have any comments about what additional measures you feel would contribute to promoting that atmosphere I welcome them.

Paul Janzen
General Manager

Did you know?

We have a waste and recycling room situated in the parkade close to the exit ramp. It houses containers for waste, organics, cardboard, and mixed recycling. Waste (or garbage if you prefer) is picked up on Tuesdays and Fridays. Organics on Saturdays. Cardboard is picked up on Wednesdays, and mixed recycling is picked up on Tuesdays.

There may be times on these pickup days when you arrive in the parkade only to find the bin you're looking for is 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) at one time required you to separate items by category. That is no longer the case and you may deposit your cans, bottles, newsprint, etc. together in the same blue tote.

Surrey municipality requires us to separate our meat, fruit, and vegetable scraps for composting. These should be placed in a biodegradable clear bag and placed in the bin on your right when you enter the Recycling Room.

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 Arbourside 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 23rd 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 barber-ing 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 appointment. 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 Surrey 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.

Linie's Nails

Linie's hours will be returning to Thursdays and Fridays from 9 a.m. to 3 p.m. To contact her please call her at 778-241-1953.

Tender Care Support Service

Care & Shopping Services Offered. If you require these services please call Tina at 778-999-3262. She will visit you, get your list and pick the items up for you.

Compassionate Touch Canada

Geriatric Massage Therapist Chonna Munnalall & Heather Mrak. Phone 604-353-6794. Please call at least a day in advance if you have to cancel. Thank you! We would love to talk to you about the health benefits of geriatric massage.

Why did the cannibal break up with his girlfriend?
She didn't suit his taste!



Message from the Activity Department, a.k.a. Wendy Scott

Wow! What a busy month January turned out to be! We visited the Langley Centennial Museum; once we finished viewing the really informative displays about local settlement (were you aware there was a First Nations village at the south end of the Patullo Bridge?) staff were kind enough to lend us their staff room to eat our picnic lunches in. The beautiful Valentines centerpieces in the Dining Room were made by Residents, The Vaudevillians entertained us with skits, songs and antics, with snacks following – they are an Arbourside favourite! A Dining Meeting to assist in the planning of future menu items was well attended by Residents.

As many of you are aware, Chonna and Heather of Compassionate Touch have returned to Arbourside every other Monday to offer massage services. There will soon be a sign up sheet for those Residents who are interested and want to find out more. February has quite a few events, as well. There are is massage with Compassionate Touch, Sing-along with Mitch Miller,

HAPPY BIRTHDAY DECEMBER BABIES!!

- *Mary Rutledge...Feb 5*
- *Erich Goede...Feb 7*
- *Josephine Povarchook...Feb 9*
- *Jean Braddick...Feb 15*
- *Gilbert Caouette...Feb 22*
- *Colleen Arthurs...Feb 22*

February Activities	
Feb 1	Casino
Feb 6	Sing Along with Mitch Miller
Feb 8	Health Corner with Brigita Birthday Party with Barry Powell
Feb 10	School Visit from W.E. Kinvit -Crafts-
Feb 13	Family Day
Feb 15	Casino 5th Avenue Jewelry Hearing Aid Clinic
Feb 17	Undecorate Lunch at Northview Happy Hour with Cypress Creek
Feb 20	Painting with Ellen
Feb 22	Netflix Documentary Coffee Klatch
Feb 24	Bus Tour-Vancouver, Stanley Park, Queen E. Park
Feb 27	C-Lovers

Health Corner with Brigita from Pharmasave, and the February Birthday Bash with Barry Powell entertaining. Friday the 10th bring a couple of special events – in the morning primary students for W.E. Kinvit School will be ere to visit ad do crafts with Residents, and that afternoon, Paramedics from 'Your Province – Your Paramedics' will be here to do a short presentation on their attempts to become classified as an essential service, thereby allowing them to request more equipment (ie ambulances) to better serve the public. As you are aware, wait times have become extreme, and so please turn

up, listen to their plea, and if so inclined, add your name to the petition.

Monday the 13th is Family Day in B.C. – so call a family member and invite yourself over to enjoy their company, or have them join you. Lynne with 5th Avenue Jewelry will be here on the 15th with her beautiful offerings, and Christina from Absolute Hearing will be providing hearing aid assistance and testing the same day. We head to Northview Golf & Country Club on the 10th for a fabulous view with fabulous fare, and later that day Carl returns for Happy Hour – I sure hope he has some Johnny Horton tunes to play! Painting with Ellen is on the 20th this month, due to scheduling conflicts. Friday the 24th is a big bus tour day – Stanley Park

Queen Elizabeth Park and the University Endowment Lands. We haven't decided on a lunch venue yet, but we haven't gone hungry yet on a bus trip, so don't worry! So be sure to check out the new calendar for February, mark those important dates on your calendar, and ask your friends to remind you so you don't miss out on those activities that you enjoy the most. Also, a reminder that outings are booked with Handy Dart at least 10 days in advance, so your name must be on the sign-up sheets (by the Reception Desk) before that time. We use HandyDart, so ensure that you have applied for a number so you can join us!

FOODSERVICE MEETING FOLLOWUP

We had a lively meeting with a sizeable turnout on Thursday January 26. Thank you all for contributing.

We discussed a lot of different topics and most importantly accepted your input about what menu items were not well received and your enticing ideas for new meals including pot roast, stuffed pork loin, pasta, stews (in a bowl), and some old favourites like mac and cheese or breakfast at lunch (eggs benney, omelettes and the like). We will also endeavor to make sure that your meals are served hot and in the manner you have instructed us to. You can help us greatly by communicating your instructions in a timely manner. The instructions you leave for Reception are the first thing we examine before we serve your lunch and dinner. For example: "sauce on the side", "no cheese", "extra potatoes", room service, pickup, or your choice of alternate. The alternates, current menu, and the featured meals of the following day are now posted on the main bulletin board to the left of the library entrance. Just to refresh your memory of how this works here is the procedure:

- Alternate choice and/or special instructions must be communicated to Reception prior to the following deadlines:
- Lunch – 9 a.m. or Dinner – 3 p.m.
- Service times are:
 - Lunch - 11.45a.m. (1st sitting) 1 p.m. (2nd sitting)
 - Dinner - 4:45 p.m. (1st sitting) 6 p.m. (2nd sitting)

We look forward to continuing to improve your meal experience and welcome your constructive input.

Chef Steven

MEMORIES AT ARBOURSIDE



Senior Vaudevillian
performs at
Arbourside



Birthday Party for
January Babies



Brigita's Health Talk



At the Espresso Cafe for Walk & Roll



Langley Centennial Museum