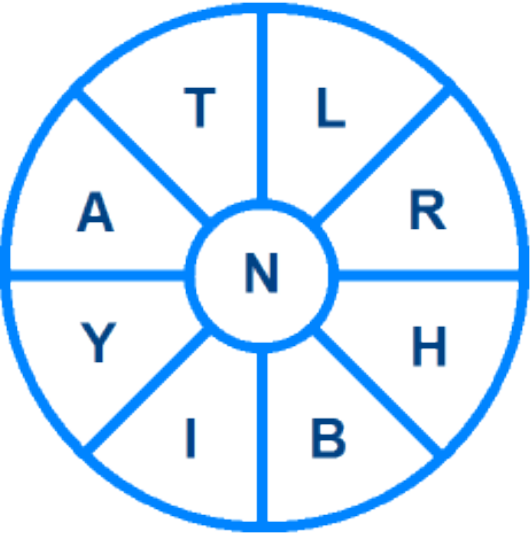
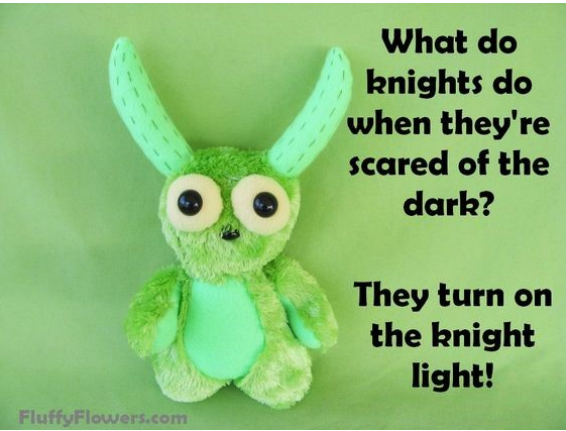
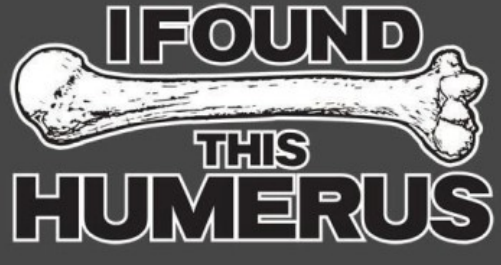


# Gags & Laughs

randumber by cta



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?



Arbourside Community Newsletter  
November 2017

# The Arby

## Military History of Canada

The **military history of Canada** comprises hundreds of years of armed actions in the territory encompassing modern Canada, and interventions by the [Canadian military](#) in conflicts and [peace-keeping](#) worldwide. For thousands of years, the area that would become Canada was the site of sporadic intertribal conflicts among [Aboriginal peoples](#). Beginning in the 17th and 18th centuries, Canada was the site of [four colonial wars](#) and two additional wars in Nova Scotia and Acadia between [New France](#) and [New England](#); the conflicts spanned almost seventy years, as each allied with various First Nation groups.

In 1763, after the final colonial war—the [Seven Years' War](#)—the British emerged victorious and the French civilians, whom the British hoped to assimilate, were declared "British Subjects". After the passing of the [Quebec Act](#) in 1774, giving the [Canadians](#) their first charter of rights under the new regime, the [northern colonies](#) chose not to join the [American Revolution](#) and remained loyal to the British crown. The Americans launched invasions in 1775 and 1812. On both occasions, the Americans were rebuffed by Canadian forces; however, this threat would remain well into the 19th century and partially facilitated [Canadian Confederation](#) in 1867.

After Confederation, and amid much controversy, a full-fledged Canadian military was created. Canada, however, remained a British dominion, and Canadian forces joined their British counterparts in the [Second Boer War](#) and the [First World War](#). While independence followed the [Statute of Westminster](#), Canada's links to Britain remained strong, and the British once again had the support of [Canadians](#) during the [Second World War](#). Since then, Canada has been committed to multilateralism and has gone to war within large multinational [coalitions](#) such as in the [Korean War](#), the [Gulf War](#), the [Kosovo War](#), and the [Afghan war](#). Canada has also played an important role in [United Nations peacekeeping](#) operations worldwide and has cumulatively committed more troops than any other country.



Standoff during the Oka Crisis, in 1990, was a clear demonstration of the patience, civility and loyalty of our great Canadian Forces.



On October 1, 1940 as the [The British Columbia Regiment \(Duke of Connaught's Own\)](#) went to war.

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BRIDGEVIEW ELEMENTARY SCHOOL

Arbourside Court Residents have adopted Bridgeview Elementary School! Taking the philosophy of “It takes a village to raise a child.”, Arbourside Residents have made it their mission to support this school located in the poorest postal code of Surrey. To date, money has been collected and used to purchase necessities of life for these students and their families. Over 80 coats were collected and distributed by the school for students and family members in need. Due to the generosity of Kamal and her family, and Staff members, we are planning a full Christmas feast, including turkey, gravy, stuffing, mashed potatoes, vegetables and desert, as well as vegetarian lasagna, to be served at the school on the evening of December 20th. Up to 150 families are expected (!!!),. Following the dinner, Christmas gifts (purchased through the generous donations of Residents, Family, Friends, Volunteers and Staff) will be distributed to all children by Santa Claus (our own Tom Hansen). We continue to collect new and gently used clothing, school supplies, and non-perishable items for those most in need. We will be collecting year round, for seasonal wear, cultural events, and anywhere else we can. Upcoming plans include a career day with people from all walks of life presenting to the older grades, and a graduation party for the grade seven class in June. Way to go Everyone—your blessings are so appreciated. Thank You, and Keep Up the Good Work!

FLU SHOT CLINIC

Our annual Flu Shot Clinic is again being hosted by Pharmasave. Pneumonia vaccinations will also be offered for free to those in need. Open to all Residents, Staff, and Family Members, the clinic will be held on Thursday, November 2nd. On Wednesday morning, November 1st, please come to the Bistro to prepare the forms you will need to submit for the shot. Wendy will be there to assist you. Please bring a list of your medications and your Care Card number, as this information is required. A big Tahnk You to Amin, Brigita and the rest of the staff at the Phamasave, which is located across the street from Surrey Memorial Hospital.

BIG BUS TOUR

The bus tour this month is a Sea-to Sky Highway adventure. We will travel along the highway past Horseshoe Bay, Lions Bay, Squamish, and see how far we can go! We need at least 20 Residents signed up to go to make it financially viable. The sign up sheet is at Reception. Cost will be \$35 per person, plus the cost of your lunch. If we do not meet our signup capacity, the trip may be cancelled.

REMEMBRANCE DAY CEREMONY

Our ceremony will be held at 2:30 in the Piano Lounge on November 10th. Come and help us pay homage to the great Canadian Veterans, past and present, who have chosen to represent our freedom in the most altruistic way. If you are a veteran, or have a family member who is one and you would like them remembered, please see Wendy. This ceremony is open to all, so feel free to invite your Family, Friends and Neighbours. You need not to have served during a war—all Military service is honoured this day.

SPECIAL DAYS IN NOVEMBER

<i>1 All Saints Day</i>	<i>11 Remembrance Day</i>	<i>21 World Hello Day</i>
<i>2 Devilled Egg Day</i>	<i>12 Chicken Soup for the Soul Day</i>	<i>22 Go For a Ride Day</i>
<i>3 Sandwich Day</i>	<i>13 World Kindness Day</i>	<i>23 National Cashew Day</i>
<i>4 King Tut Day</i>	<i>14 Operating Room Nurse Day</i>	<i>23 National Espresso Day</i>
<i>5 Put Your Clocks Back an Hour Day</i>	<i>14 World Diabetes Day</i>	<i>24 All Our Uncles Are Monkeys Day</i>
<i>6 Marooned without a Compass Day</i>	<i>15 Clean Your Refrigerator Day</i>	<i>24 Evolution Day</i>
<i>6 Saxophone Day</i>	<i>16 International Tolerance Day</i>	<i>25 National Parfait Day</i>
<i>7 Bittersweet Chocolate with Almonds Day</i>	<i>17 World Peace Day</i>	<i>26 Shopping Reminder Day</i>
<i>8 Cook Something Bold Day</i>	<i>18 Homemade Bread Day</i>	<i>27 Pins and Needles Day</i>
<i>8 Dunce Day</i>	<i>18 National Adoption Day</i>	<i>28 French Toast Day</i>
<i>9 Chaos Never Dies Day</i>	<i>19 Have a Bad Day Day</i>	<i>28 Make Your Own Head Day</i>
<i>10 Forget Me Not Day</i>	<i>20 Absurdity Day</i>	<i>28 Red Planet Day</i>
	<i>20 Beautiful Day Day</i>	<i>29 Square Dance Day</i>
	<i>20 Universal Childrens’ Day</i>	<i>30 Stay at Home Because You Are Well Day</i>
	<i>21 False Confession Day</i>	

Halloween Riddles

1. What room do ghosts avoid?	The Living Room
2. Where do baby ghosts go while their parents work?	To Day-scare!
3. What do you get if you cross a snowman with a witch?	A cold spell.
4. Why didn't the monster eat the crazy person?	He was allergic to nuts.
5. Why did Snap, Crackle and Pop get scared?	They heard there was a cereal killer on the loose.
6. How do you spell candy in 2 letters ?	C and Y C(and)Y
7. Why didn't the Mummy have any friends?	He was too wrapped up in himself.
8. Which part of a road do Ghost's love to travel the most?	Dead End
9. What is a ghost's favorite dessert?	Ice Scream
10. Who was the the most famous Skeleton detective?	Sherlock Bones
11. What did the spider say to the fly on Halloween?	The web is a trick and you are the treat!
12. How do you know that a vampire loves baseball?	He turns into a bat every night.
13. How do you fix a jack-o-lantern?	With a pumpkin patch.
14. When is it bad luck to see a black cat?	When you see a mouse.
15. What type of music is a mummy's favorite?	Wrap
16. Where does a werewolf like to hide?	In your Claws-et.
17. What jack has a head but no body?	Jack-o-lantern
18. What instrument does a skeleton play?	Trombone
19. What kind of make up is a ghost's favorite to wear?	Mas-scare-a
20. Why did the vampire take art class?	He wanted to learn how to draw blood.
21. What is a ghost's favorite fruit?	Boo-berries.
22. What do goblins sing in the shower?	Rhythm and Boos
23. What should you say when you meet a ghost in your bedroom?	How do you boo?
24. 25. What do you call an out of work Ghost?	Lazy Bones
25. What do ghost's like to do on a Saturday night?	Boogie
26. Why did the game warden arrest the Ghost?	He did no have a current haunting license.
27. Who do witches stop for on the highway?	Witch hikers.
298. Why do witches buy magazines?	They like to read the horrorscopes.
29. What do witches ask for when they stop at a hotel?	A broom with a view.
30. What do you call a witch that lives on the beach?	Sandwitch





Health Corner with Brigita from Pharmasave—the topic was eyes and their health issues and care. Chinese food for lunch at the Golden Panda (Murray loves his chicken chow mein and sweet & sour pork). Coats collected and distributed at a family b-b-q, to families of Bridgeview Elementary (a small portion of the clothing we have collected)!

## 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 21st 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 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.

### *Compassionate Touch Canada*

Chonna and her staff provide therapeutic touch and massage services and Dementia Touch Therapy to their clients every second Tuesday at Arbourside.

You can find out more by calling 604-353-6794.

### *Linie's Nails*

Linie's hours will be returning to Thursdays from 9 a.m. to 3 p.m. To contact her please call her at 778-241-1453.

### *Tender Care Support Service*

### *Housekeeping & Shopping Services Offered*

Formerly Independence Matters. If you require these services please call 778-999-3262. We will visit you, get your list and pick the items up for you.

## **November Events and Outings**

**Nov 1/8** Painting Poppies with Wendy  
Fill Out Flu Shot Forms

**Nov 2** Flu Shot Clinic All Day

**Nov 3** Optometrist Appointments  
Lunch at Espresso Cafe

**Nov 6** Take Down Halloween

**Nov 8** Painting Poppies Session 2

**Nov 10** Remembrance Day Ceremony

**Nov 13** Walmart in South Surrey

**Nov 15** Absolute Hearing  
Birthday Party w/ Barry Powel

**Nov 17** Sea to Sky Big Bus Tour

**Nov 20** Lunch at Golden Panda

**Nov 22** Health Corner with Brigita

**Nov 24** Happy Hour with Carl

**Nov 29** Christmas Decorating all Day



...from the Activities Department,

a.k.a. Wendy

This month proves to be another busy one! Portion sizes have been adjusted to meet your requests from the Resident Food Meeting held October 26th. Please have patience as it may take servers a few weeks to familiarize themselves with the new size for so many Residents—26 of them! We are getting rid of Halloween, preparing for Christmas, paying homage to our Military Veterans, painting twice, shopping, noshing out and going on a bus tour of the Sea to Sky Corridor. Check out the sign-up sheets at the front desk!

Reminder:

Trips using HandyDart are booked 10 days in advance, so sign up early or we won't be able to include you. HandyDart numbers are obtained through your G.P. If you are unable to attend a trip you are signed up for, you must cancel directly with HandyDart or you may be penalized.

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 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! Remember to clean up after yourself in all common areas—thank you!

NEIGHBOURHOOD NEWS

Welcome

Hello to Muriel Compton, Doni Gallacher and Roy Armstrong. 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 are Marge Grabham, Shirley Johnson and Eleanor Clement. Best wishes for a speedy recovery from all your friends at Arbourside.

Moving

Last month we said goodbye to Jean Zerr and Betty Cornish. We will miss you!

Passed Away

We mourn the loss of Vivian Martindale and Jean Braddick. Our sympathies are with their families and loved ones during this time.



Happy Hour with Carl



Grace Lacey	3
Ruth Sinkler	8
George Warrener	8
Mark Mah	12
Thomas Hansen	25

