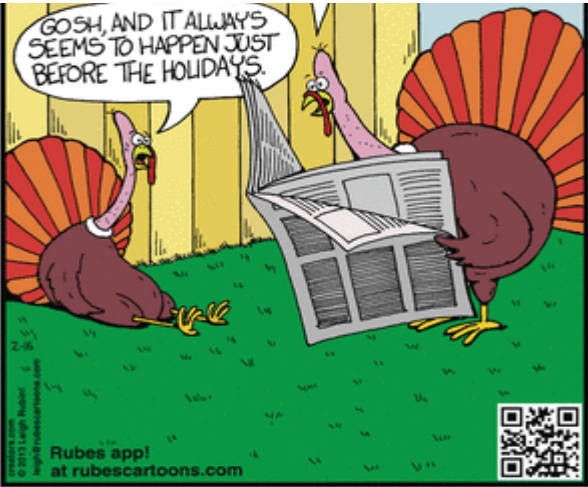


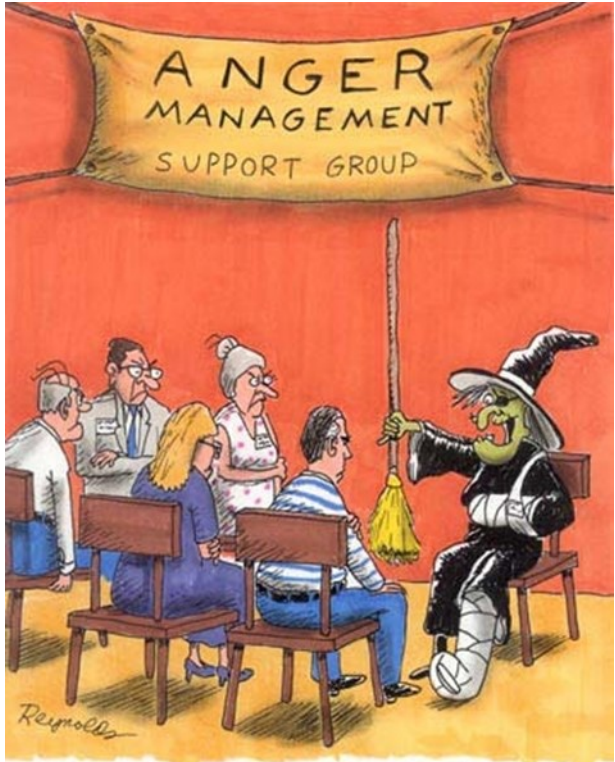
WHAT ARE YOU THANKFUL FOR?



THEGENTLEMANSARMCHAIR.COM



Turkeys without a clue



"My name is Helda, and I have a tendency to fly off the handle."

Arbourside Community Newsletter

OCTOBER 2019

The Arby

Thanksgiving in Canada

The first official, annual Thanksgiving in Canada was celebrated on 6 November 1879, though Indigenous peoples in Canada have a history of celebrating the fall harvest that predates the arrival of European settlers. Sir Martin Frobisher and his crew are credited as the first Europeans to celebrate a Thanksgiving ceremony in North America, in 1578. They were followed by the inhabitants of New France under Samuel de Champlain in 1606. The celebration featuring the uniquely North American turkey, squash and pumpkin was introduced to Nova Scotia in the 1750s and became common across Canada by the 1870s. In 1957, Thanksgiving was proclaimed an annual event to occur on the second Monday of October. It is an official statutory holiday in all provinces and territories except Prince Edward Island, New Brunswick, and Nova Scotia.

Indigenous peoples in North America have a history of holding communal feasts in celebration of the fall harvest that predates the arrival of European settlers. The Smithsonian Institute has noted that some First Nations "sought to insure a good harvest with dances and rituals." The European settlers brought with them a similar tradition of harvest celebrations (for which the symbol was the cornucopia, or horn of plenty), which dates back to European peasant societies.

The first Thanksgiving by Europeans in North America was held by Sir Martin Frobisher and his crew in the Eastern Arctic in 1578. They ate a meal of salt beef, biscuits and mushy peas to celebrate and give thanks for their safe arrival in what is now Nunavut. They celebrated Communion and formally expressed their thanks through the ship's Chaplain, Robert Wollfall, who, according to explorer Richard Collinson, "made unto them a godly sermon, exhorting them especially to be thankfull to God for theyr strange and miraculous deliverance in those so dangerous places [sic]."

In 1606, in an attempt to prevent the kind of scurvy epidemic that had decimated the settlement at Île Ste. Croix in the winter of 1604–05, Samuel de Champlain founded a series of rotating feasts at Port Royal called the Ordre de Bon Temps ("Order of Good Cheer"). Local Mi'kmaq families were also invited. The first feast was held on 14 November 1606 to celebrate the return of Jean de Biencourt de Poutrincourt from an expedition. Having attended the festivities, Marc Lescarbot remarked that they consisted of "a feast, a discharge of musketry, and as much noise as could be made by some fifty men, joined by a few Indians, whose families served as spectators."

This was 17 years before what is often recognized as the first American Thanksgiving — the Pilgrims' celebration of their first harvest in Massachusetts in 1621 (which was actually predated by several similar events in the New England colonies by at least 14 years). The prototypical

Thanksgiving feast featuring the uniquely North American turkey, squash and pumpkin was introduced to Nova Scotia in the 1750s. The citizens of Halifax commemorated the end of the Seven Years' War in 1763 with a day of Thanksgiving, and Loyalists subsequently brought the celebration to other parts of the country.



When and why has Thanksgiving been observed in Canada?

The first national Thanksgiving in Canada was celebrated in the Province of Canada in 1859. It was organized at the behest of leaders of the Protestant clergy, who appropriated the holiday of American Thanksgiving, which was first observed in 1777 and established as a national day of "public thanksgiving and prayer" in 1789. In Canada, the holiday was intended for the "public and solemn" recognition of God's mercies. As historian Peter Stevens has noted, some citizens "objected to this government request, saying it blurred the distinction between church and state that was so important to many Canadians."

The first Thanksgiving after Confederation was observed on 5 April 1872. A national civic holiday rather than a religious one, it was held to celebrate the recovery of the Prince of Wales (later King Edward VII) from an illness. Thanksgiving was first observed as an annual event in Canada on 6 November 1879. The date for each of the following years, as well as a unifying theme for which to give thanks (usually concerning the harvest, though anniversaries related to the British monarchy were also common), was determined annually by Parliament. The holiday occurred as late in the year as 6 December and even coincided several times with American Thanksgiving. The most popular date to observe Thanksgiving was the third Monday in October, when the fall weather is generally still amenable to outdoor activities.



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A poignant reminder as we live with others who's lives are changing and are challenging for all of us...

Do not ask me to remember

Do not ask me to remember,
Do not try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.
I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you to be with
Me at all cost.

Do not lose your patience with me.
Do not scold or curse my cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me till my life is gone.



Well, summer is over and fall has officially arrived. With it comes rain, rain, and more rain! It also heralds the smell of pumpkin, hot chocolate and leaves being burned after leafing (sorry, couldn't help myself) their trees bare.

Wendy will be absent from October 11th to January and in her place Barb will be the Activity Coordinator from Monday to Thursday, and Sarah will be the Activity Aide on Fridays. Each will add their own flare of creativity to the programs, and will bring fresh faces to Activities.

Expect a totally new calendar in February 2020 as we explore different events and programs, rid ourselves of the "same old" and bring new activities to Arbourside Residents. Be sure to attend Coffee Klatch to have your say in what works and what doesn't. Your input is paramount to the success of programs—we want to know what you want and like to do. The activities should be a reflection of Resident wishes, desires and abilities. Please let us know what they are!

What is a vampire's favourite fruit?
A nectarine!

What do ghosts use to wash their hair?
Shampoo!

"Mummy, everyone says I look like a werewolf."
"Please be quiet and comb your face."

What do birds say on Halloween?
Twick or tweet

What does a witch use to keep her hair up?
Scarespray!

Which ghost is the best dancer?
The Boogie Man!

Why did the Vampire read the Wall Street Journal?
He heard it had great circulation.

What's it like to be kissed by a vampire?
It's a pain in the neck.

Why did the vampire go to the dentist?
He had a fang-ache.

What did the vampire say after reading all these jokes?
They suck!



What do you get when you drop a pumpkin?

Squash.

What kind of music did the pilgrims like?

Plymouth Rock.





Rose, Althea, Donnie, Mary, Ada and Helen all tried their hand at making pearl bracelets and necklaces. Made with stretchy cord, these are easily slipped off and on—no need for cumbersome clasps!

Some final shots of summer picnics at Derby Reach Park. Lunch always tastes better beside the river. We can hardly wait until our next picnic season begins!



Our final Bus Tour of the season. We meandered our way through the lower Fraser Valley back roads, through Sardis, Vedder, Chilliwack, Rosedale, Popkum and Agassiz. Stopped for lunch at the Old Settler Pub in Harrison, and then took Highway 7 (Lougheed Highway) through Abbotsford, Maple Ridge/Haney, and over the Golden Ears Bridge to home, in time for dinner! That's Don on the left, our special driver who we request for our trips—he's the best!



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.

Hearing Aid Clinic

Christina, a hearing aid specialist will be at Arbourside on the 16th this month. An appointment log has been posted IN THE Sign Up Binder at Reception. 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 (Wednesday and Friday) to care for the hair-dressing 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 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 Perry Paras a call at 604-908-7044.

Compassionate Touch Canada

Chonna and her staff provide therapeutic touch and massage services and Dementia Touch Therapy to their clients every Tuesday at Arbourside. You can find out more by calling Chonna at 604-353-6794.

Linie's Nails

Linie's hours are from 9 a.m. to 3 p.m. on Wednesday and Friday. To contact her please call her at 778-241-1453.

Tender Care Support Service:

Offers Nursing Services, Medication Assist & Review, Shower, Personal Care, Grooming, Laundry, Foot Care, Companionship, Shopping, Dr.'s Appointments and Housekeeping. In-house and/or overnight. If you require these services please call 778-999-3262 and speak to Tina.



Benefits of Dancing:

Better posture

Quicker reaction times

More agility

Sharper minds

Better overall sense of well being

Dancing helps improve motor skills and balance too. There are no deleterious cardio-respiratory effects.

HOW TO COOK A TURKEY

- Step 1. Buy a turkey
- Step 2. Have a glass of wine
- Step 3. Stuff turkey
- Step 4. Have a glass of wine
- Step 5. Put turkey in oven
- Step 6. Relax and have a glass of wine
- Step 7. Turk the bastey
- Step 8. Wine of glass another get
- Step 9. Hunt for meat thermometer
- Step 10. Glass yourself another pour of wine
- Step 11. Bake the wine for 4 hours
- Step 12. Take the oven out of the turkey
- Step 13. Tet the sable
- Step 14. Grab another wottle of bine
- Step 15. Turk the carvey!

Batteries, Batteries Everywhere!

Are you aware that there is a white bucket on the common laundry room counter that is clearly marked USED BATTEREIS ONLY? I didn't! Please use it to dispose of all your used batteries from household items and hearing aids. Arbourside will ensure they are disposed of properly, so that our environment is safe from their leaching of harmful chemicals and acids into the ground. Thank You!



We Love our monthly trips to C-Lovers in South Surrey for all you eat fish and chips, great shrimp, prawns, salad and the best halibut chowder anywhere! This trip is always full, so be sure to sign up early if you want to get a seat on the bus. All that fish must have increased our brain power—we set a new record at Arbourside with 692 words from the word, eello-gofusciohipoppokunrious, which uses an insane amount of letters to mean “good”! And we only stopped there because it was lunchtime...



September Birthday Celebrants used their finest techniques to try and blow out the candles on their cake—Dennis had to stand and give his impression of a hurricane to finally get them all out. Arvind and Manny from Elections Canada presented on the upcoming voting process. They will return October 2nd to register all new voters at Arbourside. An information sheet detailing what is required to register is available from the front desk. Portable voting booths will be set up at Arbourside October 21st so that you can vote from the comfort of your home. They will be in the Piano Lounge.



Beryl

2

Phyllis

26

Margaret

8

Lynn

27

Marie

9

Audrey

31

Vic T.

15

Sybil

31

Luke

18

Helen

19

Astri

21

Birthday Party this month is Wednesday October 9th! Barry Powel will be here with his lively music. And Sybil turns 100! Congratulations Sybil!

Happy Birthday