

ISSUE 1

MAY 2021

# Arbourside News

*The latest, news, views and announcements*

*In This Issue*

**A Look Back at the Year**

**What's new at Arbourside**

**Horoscopes, Activities & More**

**Arbourside Court**

p. 604-597-6614

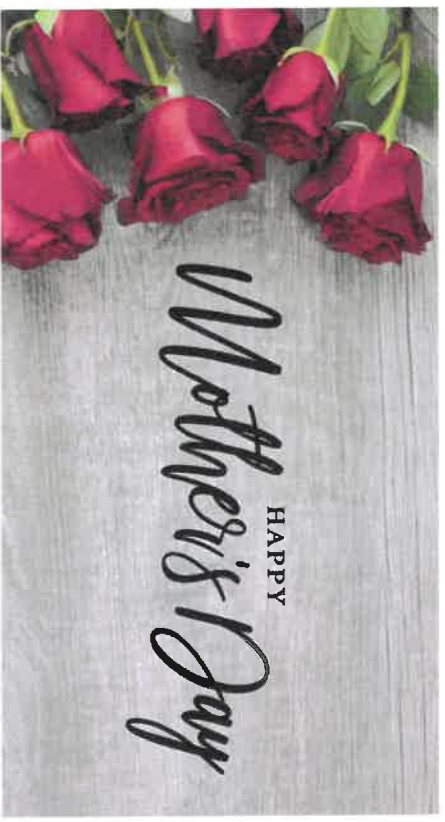
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## Happy Mother's Day!

Celebrations of Mothers and Motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service. Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

# May Updates

## Mother's Day Giveaway

All female residents in the building will automatically be entered for a chance to win a Mother's Day basket! The draw date is on Mother's Day (May 9).



## Mimosa's

On the first Sunday of every month, enjoy mimosas (champagne and orange juice) with lunch. Stay ready! This begins Sunday, May 2.





# What's New in Activities?

As we have been gradually returning to some activities this month, the most important thing to know is that we are following all the provincial health guides and rulings to ensure your safety. We have also redesigned all of our activities, putting your safety first.

## Program Descriptions

### Computer Basics:

- Having difficulties with technology? Come in and see Anya with any of your questions on Wednesday afternoons! Sign up in the activity book.

### Walk & Talk

- Espresso Cafe is now open once again. Come join us on a walk to join and enjoy a nice beverage while you're at it! (Tuesday's at 2 pm)

### Yoga w/ Kamila

- Need to get a nice relaxing stretch session in? Perk up your Thursday and join the lovely Kamila as she guides us in a soothing yoga session. Sign up in the activity book.

### Social Time

- Just wanna chat? Sign up in the activity book and come spend time with Anya on a Tuesday afternoon.

### Resident Tea Party

- Join the lovely residents in this resident run activity Monday afternoons (2x a month). See Ada for more details

### Hearing Aid Clinic

- Christina, a hearing aid specialist will be at Arbourside on the 17th this month. An appointment log has been posted on the Bulletin Board. Please sign your name and choose your preferred time

### Katherine's Salon

- Is an in-house service provided by Katherine (Wednesday & Friday) to care for the hairdressing and barbering needs of the Arbourside community. See Katherine in her studio on the second floor. Give her a call at 604-319-2943

### Compassionate Touch

- 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 is here for that perfect mani/pedi on Wednesday and Thursday from 9 a.m. to 3 p.m. To contact her please call her at 778-241-1953.

# Valentine's Wreath



# Sip of Spring



▶▶ **A look back...** ▶▶

**Valentine's Day** 



**St Patrick's**



 **New Years**



**Pink Shirt Day**



**Cutie in PJ's alert** 



# Horoscope Predictions

**Instructions:** Find your zodiac sign associated with your birthday. Look under each element (fire, air, water, earth) to find your element sign & read on!

<b>Aries:</b> Mar 20 – Apr 20	<b>Leo:</b> Jul 23 – Aug 23	<b>Sagittarius:</b> Nov 22 – Dec 22
<b>Aururus:</b> Apr 20 – May 21	<b>Virgo:</b> Aug 23 – Sep 23	<b>Capricorn:</b> Dec 22 – Jan 20
<b>Gemini</b> May 21 – Jun 21	<b>Libra:</b> Sep 23 – Oct 23	<b>Aquarius:</b> Jan 20 – Feb 18
<b>Cancer</b> Jun 21 – July 23	<b>Scorpio:</b> Oct 23– Nov 22	<b>Pisces:</b> Feb 18 – Mar 20

## Fire: Aries, Leo, and Sagittarius



**On a good day:** Fire signs are passionate, bold, and charismatic. They are also creative, charming, and confident. Aries, Leo, and Sagittarius are all signs that can obtain fame and fortune through their well-channelled signature intensity.

**How to win them over:** Ask them questions about themselves and just let them talk.

## Fire

## Air: Gemini, Libra, and Aquarius



**On a good day:** Air is the element of intellect and Gemini, Libra, and Aquarius are sharp as a tack and highly rational. They have terrific social skills and are great communicators. Air signs think logically and rationally rather than emotionally.

**How to win them over:** Talk politics.

## Air

## Water: Cancer, Scorpio, and Pisces

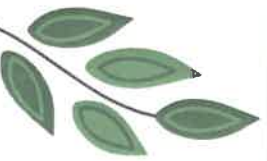


**On a good day:** Water signs are sensitive, highly intuitive, and deep. Theirs is the element of emotions. Water signs feel everything and can make wonderful artists because they are highly imaginative. They are very loyal and compassionate.

**How to win them over:** Tell them your darkest secret.

## Water

## Earth: Taurus, Virgo, and Capricorn



**On a good day:** Earth signs are grounded, loyal, and good at accumulating wealth. They tend to appreciate the finer things in life, such as good food and wine. They are sensual creatures. Earth signs are patient and practical.

**How to win them over:** Give them food and wine.

## Earth



