

Arbourside News

The latest, news, views and announcements

In This Issue

What's new at Arbourside

Questions & Answers

Activities

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British Columbia Day

Native art, culture, languages, festivals and history are an important part of B.C.'s cultural make-up. Everywhere you travel, you will see Indigenous names for towns, cities, rivers, lakes, mountains and fjords. Some of these names go back many thousands of years. The city names Nanaimo, Kamloops and Chilliwack, for instance, are all derived from Indigenous words.

British, Spanish, Russian and American explorers began to visit the B.C. area in the 1750s. In the first half of the 19th century, the Hudson's Bay Company expanded to the west of the Rocky Mountains and set up posts for trading fur and other goods. In 1849, Vancouver Island was colonized by the British. Soon after, the Gold Rush attracted tens of thousands of people to the interior of B.C.

B.C. was a British colony until 1871, when it joined Canada. In 1885, the Canadian Pacific Railway was completed, opening the country from east to west. The railway increased trade and the movement of people and resources from the Atlantic Ocean to the Pacific Ocean.

The 20th century was a time of expansion and growth. Major dams were built to power a growing province. The TransCanada highway was completed, allowing for easier movement of goods and services. Many people moved to B.C. to take advantage of its quality of life and abundant economic opportunities.

What's New this August?

As the restrictions slowly begin to ease, we are looking forward to opening up new activities and events for everyone to enjoy!



Program Descriptions

BINGO:

- Looking to spend time with old friends, make some new friends, and maybe even win some money? Join us for BINGO on Monday's at 2! Just 25 cents per game.

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! (Monday's at 10 AM.)

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.

Happy Hour

- Join us in a nice way to unwind, Friday's at 2pm. Have a drink, chat, and even play some sandbag toss if you're up for it!

Exercise Class

- Take part in a good way to relieve the body of any stress and tension! Join us Tuesday's at 10

Reno Keno

- Yet another casino classic. Join us for Reno Keno Wednesday's at 2 pm.

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.

Some Programs in August

Arbourside Mingle



A tropical themed party that includes appetizers and drinks! A great chance to meet new residents. Will be located in the patio and common area on August 27 at 2:30 pm. Be sure to wear your best Hawaiian shirt/dress for some music, games, and fun!

Pharmasave Talk: Eyesight

Join us for a discussion about eyesight on August 20 at 10:30 AM. We'll be joined by Brigita as she leads us through an informative yet understandable chat! Sign up in the activity book.





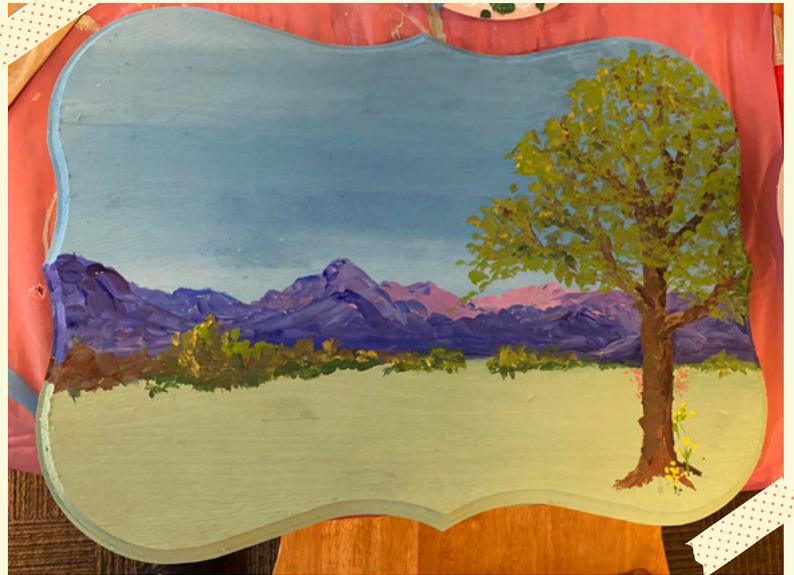
Recent Crafts



Seashell Wreaths



Wood Crafting



Planting & Potting



What's New



BINGO



Common Areas are Open!



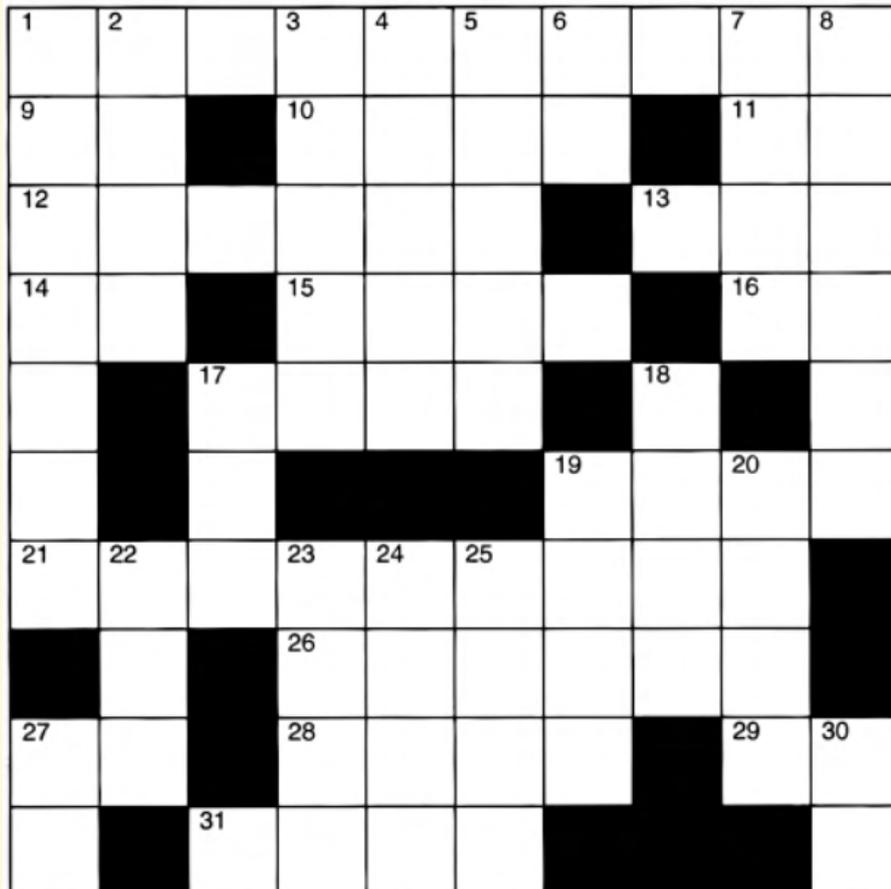
ACROSS

- 1. Coldest continent
- 9. Missouri (abbr.)
- 10. Brave; confident
- 11. Preposition
- 12. Continent
- 13. Organ of hearing
- 14. Registered nurse (abbt.)
- 15. Intensifier
- 16. Eleven (roman numeral)
- 17. Table for writing or studying
- 19. Sodium bicarbonate; carbonated water; soft drink
- 21. Island continent
- 26. Without difficulty; without facility; in a smooth free manner
- 27. 1st person pronoun
- 28. Dry; lacking moisture; parched by heat
- 29. Thus, in the same manner or way; to a great extent or degree
- 31. Region; extent of space or surface; scope

- 3. Over, on top of; higher than
- 4. Heavy cords; twisted or braided strands of fiber
- 5. An office worker who keeps accounts and records; a salesperson in a store or shop
- 6. Touchdown (abbr.)
- 7. Persuade by kindness, patience, or flattery
- 8. Second largest continent
- 17. Negative prefix
- 18. Bubble up; reach the temperature where a liquid changes to gas
- 19. Past tense of slide
- 20. 24 hour periods
- 22. Employ, utilize
- 23. Pull apart or to pieces; damage by pulling sharply; drop of salty water coming from the eye
- 24. Unusual; uncommon; not often occurring
- 25. Largest continent
- 27. Possessive pronoun
- 30. Correlative of either, function word used to indicate an alternative

DOWN

- 1. Second word of two continents
- 2. Part of speech



FAQ's

Question: What's included in rent?

Answer: Many things! Here's a list:

- 3 meals (breakfast, lunch, & dinner)
- Heat/Water/Hydro
- Basic cablevision
- Pre-wired outlet for individual telephone and cable
- Air conditioning in common areas
- Monitored, in suite emergency pull cord system
- Smoke detectors in suite and common area, fire sprinkler & suppression system
- Fire alarm monitoring
- Emergency lighting in main & common areas
- In suite kitchenette with refrigerator, dishwasher, and microwave or stove
- Bathroom
- Suite window coverings
- Individual mail box with key
- Common dining room & refreshment areas
- Laundry room with complimentary machines
- Landscaping/snow removal
- Parking for guests
- Storage locker
- Private dining room
- Library & computer lounge

Question: What's not included?

Answer: Great question! Things like

- Medical assistance including lift assistance
- Handy work
- Suite furnishing and additional equipment
- Telephone
- Internet connection
- Digital TV service and second/third cable outlets in bedroom(s)
- Personal laundry
- Dry cleaning (external)
- Biohazardous cleaning
- In-suite carpet cleaning
- Deep cleaning
- Carpet cleaning in suite
- Guest services including meals and accommodation
- Additional activities & outing where participation fees may be charged
- Pendant/bracelet for security
- Room service (meal delivery service) beyond 4 days per lease term
- Landscaping and private patios
- Hairdressing/footcare costs
- Scheduled transportation for local shopping & appointments

