

Arbourside News

The latest, news, views and announcements

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Trick or Treat!

Halloween's origins date back to the ancient Celtic festival of Samhain.

This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort during the long, dark winter.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes.

When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter. By 43 A.D., the Roman Empire had conquered the majority of Celtic territory. In the course of the 400 years that they ruled the Celtic lands, two festivals of Roman origin were combined with the traditional Celtic celebration of Samhain.

The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees.

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What's New this October?

Halloween is coming up around the corner! While keeping restrictions and your safety at the forefront, we have some fun treats this month that you don't want to miss!



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 Friday from 9 a.m. to 3 p.m. To contact her please call her at 778-241-1953.

Some Programs in October

Halloween Fest



A spooktacular party that includes appetizers and drinks! Will be located in the patio and common area on October 29 at 2 pm. Be sure to wear your spookiest costume and prepare for some games, fun, and of course, live music with Carl!

Halloween Wreath Craft

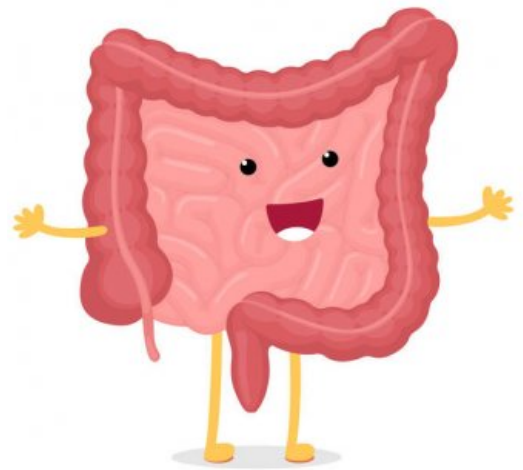
Join us in making some festive Halloween wreaths. Bring your Halloween spirit to the table and together we can create some eerie wreaths that will be sure to keep trick or treaters (and ghosts) away from your home on Halloween night.



Some Programs in October

Pharmasave Talk: GI Tract

Join us for a discussion about the GI Tract (where our food goes) 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.

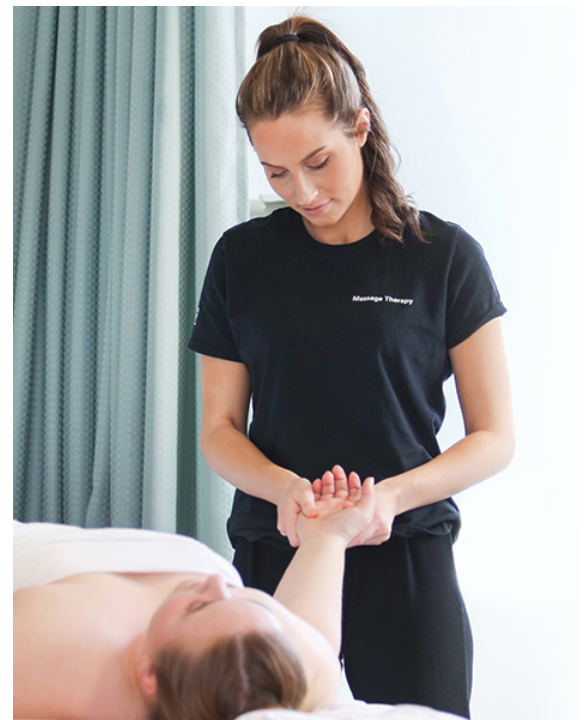


Compassionate Touch

Tired of taking more and more pain medication for aches and pains? Not sleeping well? Feeling lonely, depressed or anxious? Having memory issues? We are here to help. Compassionate Touch Canada now offers rehab and teaches muscle strengthening exercises as well as massage. We create individual treatment programs that address your unique medical issues. We massage in suite- on chair, in bed or wheelchair. Fully clothed. Coconut oil and therapeutic essential oils as requested.

30 minute sessions - 34.50. Monthly program rate-\$145.00 including GST.

Call 604-353-6794 for more information.



Reminders

Suite Insurance



Residents are required to purchase and maintain tenants package insurance

Insurance includes

- Comprehensive \$2,000,000 personal liability
- Coverage for water damage that may occur from accident

Must provide management with a copy as per lease agreement

Vaccination Passports

We are now required vaccination cards to access most events, businesses, and services in BC. This can be done by calling 1-833-838-2323 or going to <https://www.healthgateway.gov.bc.ca/vaccinecard>



Housekeeping



Please note that weekly housekeeping includes bathroom, kitchen, garbage removal, linen, and towel service.

Another Reminder: Please be cautious when transporting drinks from the dining room to your suite. 2 drinks maximum as it is a spills & fall risk

Reminders

Dining/Menu Options



Dining and menu options are to be managed by the residents' as we are an Independent Living facility.

The cost for lost keys is as follows:

- FOB: \$25
- Mailbox Key: \$15
- Suite Key: \$15
- Garage Door Opener: \$50

Lost Keys



Handywork

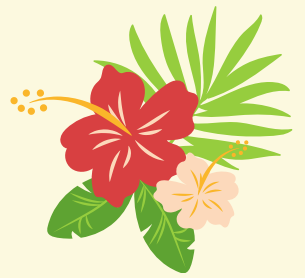


Any handywork is not included in your rent, however John can be hired for a fee. To contact him, please call 604-928-0258

Another Reminder: Please arrive on time for activities. There will be a grace period of 5 minutes.



ARBOURSIDE MINGLE



Drink Coasters Craft



Some Cuties



FAQ's

Question: What's included in rent?

Answer: Many things! Here's a list:

- Weekly housekeeping includes bathroom, kitchen, garbage removal, linen & towel service
- 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

