

Arbourside News

The latest, news, views and announcements

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Get into the Holiday Spirit!

If you're itching to break out the Christmas lights before you've even carved the Thanksgiving turkey, go ahead — psychologists say it might make you happier.

The British website Unilad got us all thinking about trimming the tree a few weeks early. In 2017, it reported that people who decorate earlier are simply tapping into the excitement of the holidays before the rest of us — which makes them happier.

Psychologist Deborah Serani confirmed to TODAY that it's true: Decorating can definitely lift your mood.

"It does create that neurological shift that can produce happiness," she said. "I think anything that takes us out of our normal habituation, the normal day in, day out ... signals our senses, and then our senses measure if it's pleasing or not." Christmas decorating will spike dopamine, a feel-good hormone," Serani added.

But what is it, exactly, about Christmas decorations that triggers those happy hormones? For starters, the bright lights and colors, Serani said.

Chromotherapy, or color therapy, which is thought to increase energy levels and boost happiness, might be at play. Or maybe it's just the ambiance in general — who can resist smiling at the sight of a Christmas tree being lit for the first time? There's even a new scientific field devoted to understanding how our designed environments affect behavior called neuro-architecture. Of course, there's also the nostalgia factor.

"For a lot of us, Christmas is a magical time, it's a time of innocence, it's a time of joy," Serani said. So if your current plans include shopping for a Christmas tree, we won't judge you. In fact, there's a good chance we'll be right behind you!



What's New this December?

The holidays are coming up right around the corner! We have many events planned this month that we can't wait to share with you!

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 December

Christmas BINGO & Resident Christmas Dinner



We have some fun filled back to back events on December 9th! Join us for a special game of Christmas BINGO at 2pm, followed by our annual Resident Christmas Dinner. 1st sitting begins at 4:30 pm, and 2nd sitting is at 6:00 pm. See you there!

Jingle Mingle with Carl

Join us for some classic Christmas tunes, drinks, prizes, and a good time! See you Friday, December 17 at 2 pm!



More Events & Reminders

Christmas Latern Craft

Our special guest, Bernice, will be instructing us on how to make some beautiful Christmas lanterns just in time for the holidays! This event will take place Thursday, December 2 at 10 am - 3 pm. Sign up in the activity book!



Cotton Ball Wreath Craft



Join us in creating lovely, festive, Christmas wreaths to show off your holiday spirit! Join us Wednesday, December 8 from 10 am - 11:30 am.

Just a reminder, automatic debit for rent begins January 1, 2022. Please have all paperwork completed and handed in by December 1, 2021.

Automatic Payment

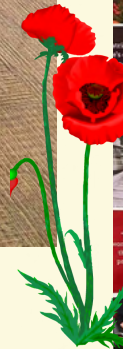
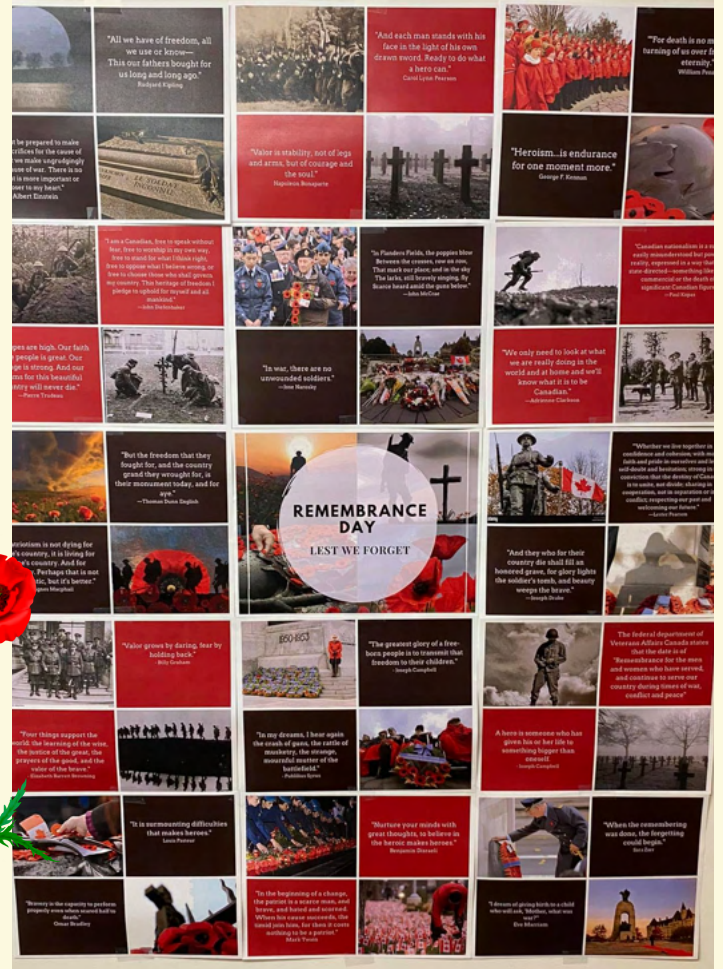




Halloween



Remembrance Day



Painting with Wendy



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

