

# Arbourside News

*The latest, news, views and announcements*

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#### Arbourside Court

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Tiktok: @arboursideretirement



## Valentine's Day

With Valentine's Day coming up, having a mix of feelings is understandable. Add in a worldwide pandemic, and it can make for a stressful and lonely day for those who may be single or away from loved ones. With an unprecedented year behind us and hope on the horizon in 2022, here are a few ways to celebrate self-care and self-compassion and combat loneliness on Valentine's Day and beyond:

1. **Focus on you:** Show love for yourself and appreciation for the love that surrounds you in whatever simple self-care activities bring you joy, rest, or relaxation. Connect with an old friend, take a nap, do that home hobby you've been wanting to try, enjoy the outdoors, or eat a favorite food. You'll be surprised how quickly simple pleasures can elevate your mood.
2. **Catch up with an old friend:** When times are tough, you want your best friends nearby. For Valentine's Day, that means safely social distancing or reaching out via Zoom. Use this time to reminisce about old times, and don't be afraid to open up about what you're feeling. Sharing what's bothering you is a great way to lift a weight off your shoulders. Chances are your friends are experiencing similar stressors.
3. **Make plans:** Having something to do on Valentine's Day (for yourself or with others) can help take your mind off of things. Host a movie or game night with your "pandemic-safe" circle of friends or gather virtually. The most important thing is that you're surrounding yourself with people who love and support you and make you feel good.



# What's New this February?

We have lots in store for you this February! Keep reading to see what you can expect this month!

## Updated 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 & Saturday's at 7 pm! Just 25 cents per game.

### **Walk & Talk**

- Come join us on a walk to join and enjoy a nice beverage while you're at it! (Monday's at 9:30 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.

### **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 10:30

### **Mental Aerobics**

- Need a brain workout? Join us Monday's at 10:45!

### **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 February 3rd and 16th. Please sign your name and choose your preferred time in the activity book.

### **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.

# ***Programs in February***

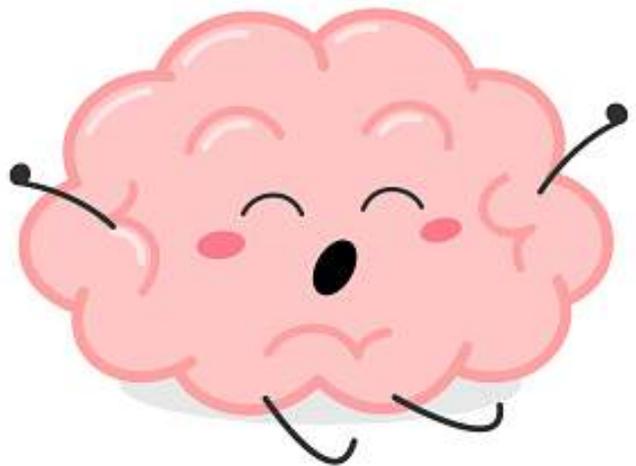
## **Clay Hearts Craft**



Bernice will be guiding us through making some beautiful clay hearts for this Valentine's Day! Gift them to loved ones, or create something special for yourself on February 3, 10AM - 1:30 PM

Mental activity has been found to increase the flow of blood, oxygen and nutrients to the brain, so why not join us for some mental aerobics? If you're in need of some brain teasers and/or some good company, join us Monday's at 10:45 AM!

## **Mental Aerobics**



# ***Programs in February***

## **Valentine's BINGO**



2 questions: Do you enjoy free games of BINGO? Do you enjoy winning prizes? Do you enjoy good company? Then it's official, you must join us on Saturday, February 12 at 7:00 pm. See you there.

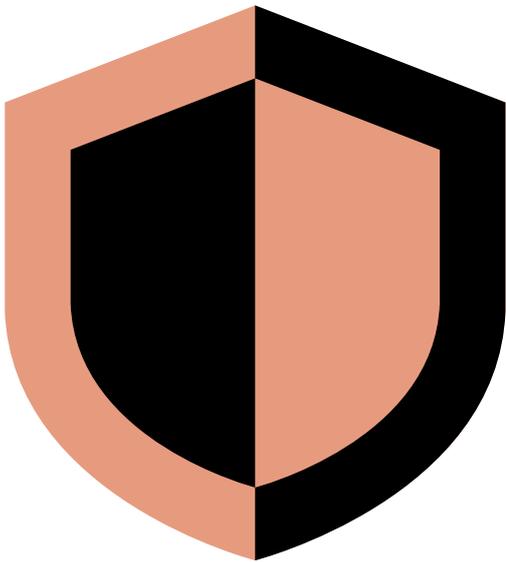
## **Jelly Bean Jar Challenge**



Stop by the front desk and guess how many jelly beans are in a jar for a chance to win the ultimate Valentine's Day package!

# February Reminders

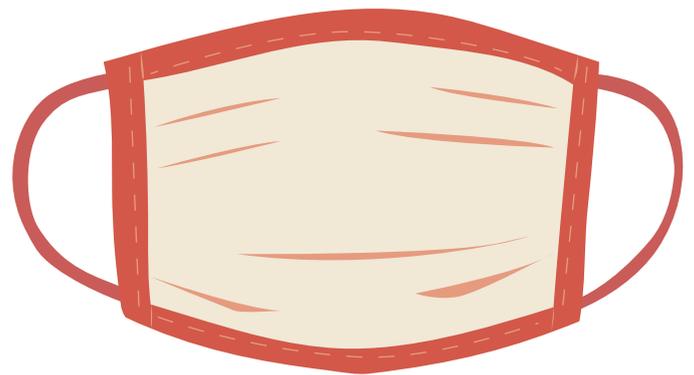
## Suite Insurance



All residents need suite insurance as floods and damage are the responsibility of the resident

- If you are feeling unwell, please stay home
- Masks are now optional
- Practice hand hygiene
- Practice social distancing

## COVID Updates



Thank you for all your efforts and working together to keep Arbourside safe and healthy.

# Holidays with Our Beautiful Staff & Residents



# ***Holidays with Our Beautiful Staff & Residents***



