

# Arbourside News

*The latest, news, views and announcements*

## *In This Issue*

**What's new at  
Arbourside**

**Questions &  
Answers**

**Activities**

### **Arbourside Court**

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## **April Fools' Day**

April Fools' Day—celebrated on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” at the end to clue in the subject of the April Fools' Day prank. While its exact history is shrouded in mystery, the embrace of April Fools' Day jokes by the media and major brands has ensured the unofficial holiday's long life. Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1.

People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called “April fools.” These pranks included having paper fish placed on their backs and being referred to as “poisson d'avril” (April fish), said to symbolize a young, easily caught fish and a gullible person.

Enjoy the day! Hopefully you have some tricks up your sleeve....



# What's New this April?

Spring has sprung, and so have our events and activities! 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 Friday from 9 a.m. to 3 p.m. To contact her please call her at 778-241-1953.

# Programs in April

## Pharmasave Talk: Cannabis



Join us for a discussion about cannabis on April 13 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.

Bernice will be guiding us through making some adorable globes just in time for Easter! Gift them to loved ones, or create something special for yourself on April 7, 10:00 AM - 3:00 PM

## Easter Globe Craft





# Programs in April

## Easter Bingo



Join us for a special edition of BINGO on Saturday, April 16 at 7:00 pm! If you like chocolate, prizes, and making new friends - we will see you there!

## Jelly Bean Jar Challenge - Easter Edition

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





# ***April Reminders***

## **"Hoppy" Hour**



We have an Easter surprise on Friday, April 15! Join us for some drinks, good company, and a good time this "hoppy" hour!

Arbourside serves meals banquet style.

We are limited on customizing meals. This is explained in the resident handbook of policies. If you require a copy, see Tania.

## **Meals**





# St. Patrick's Day Recap







# Some Recent Crafts





