

Arbourside News

The latest, news, views and announcements

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Arbourside**

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Activities

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Victoria Day

In 1939, Victoria Day was treated as King George VI's official birthday in Canada because the holiday took place when he and Queen Elizabeth were touring Canada — George VI's actual birthday was 14 December (see 1939 Royal Tour). With the ascension of Queen Elizabeth II in 1952, Victoria Day became the Queen's official birthday in Canada (actual date of birth 21 April 1926) and was fixed on the Monday before 25 May of each year, creating the modern long weekend. As in the 19th century, Victoria Day marked a transition to warmer weather. The modern holiday has become associated with the opening of seasonal getaways (cottages, cabins, chalets), barbecues and outdoor festivals. It is referred to, informally, in this context as "May long weekend" and the "Victoria Day long weekend," but also "May Two-Four" in some parts of Canada.

While Québec officially celebrated the holiday as Victoria Day, the celebration also became unofficially known as the fête de Dollard (after Adam Dollard des Ormeaux, a colonist and soldier of New France) during the 1920s. The Québec holiday was officially renamed Journée nationale des patriotes (National Patriotes Day) by the provincial government in 2002. This holiday highlights the Patriotes' struggle for political freedom and for the development of a democratic system of government during the Rebellions of 1837–38.



What's New this May?

We have many new residents at Arbourside! Please make them feel welcome, let's show everyone our Arbourside spirit!

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 Tuesday's, Thursday's & Saturday's at 7 pm with our lovely host Satin! 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.) Coffee is on us!

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 the Arbourside 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!

Knitting Club

- Join us for resident led knitting! Wednesday's at 2 pm in the library.

Hearing Aid Clinic

- Christina and her team of hearing aid specialists will be at Arbourside twice this month. 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 May

Dining Room & Guests



The dining room is open to guests May 1st. Three to a table. Meal tickets for guests must be purchased at reception then presented to server.

Housekeeping

Gentle reminder,
housekeeping services
do not include heavy
lifting or sanitary items.
Thank you!



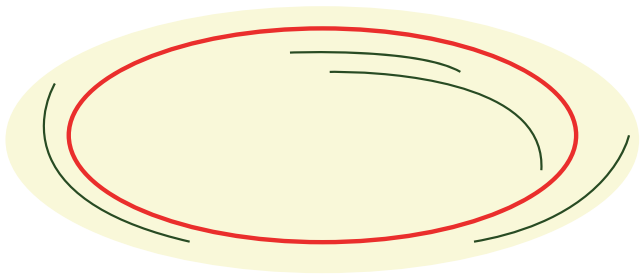
Insurance



Residents are responsible
for their own in suite
insurance policy as per
lease

Programs in May

Guest Meals and Room Service



Please note, room service is \$5. There is also new pricing on guest meals. See the front desk for more details

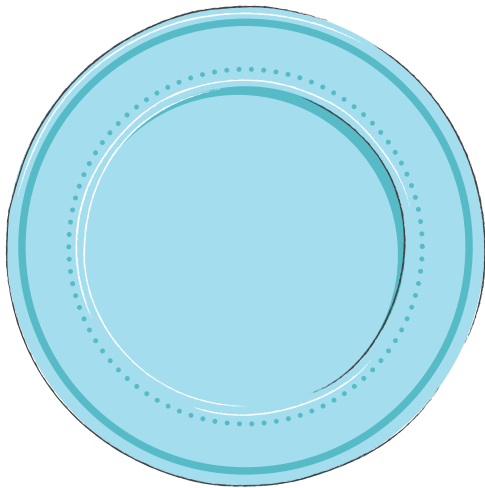
Absolute Hearing

Christina and the team comes by twice a month for hearing testing. See the front desk to sign up!



May Reminders

Yoga & Exercise



Interested in staying active?
We have Yoga on Thursday's
and exercise class on
Tuesday's.

Happiness at Home



Having a hard time with
activities of daily living?
Contact Happiness at
home at 604-538-0200.
Located on the 3rd floor.

Dining room



Do you have a copy of
the Arbourside resident
handbook. If not, see
Tania.

May Reminders

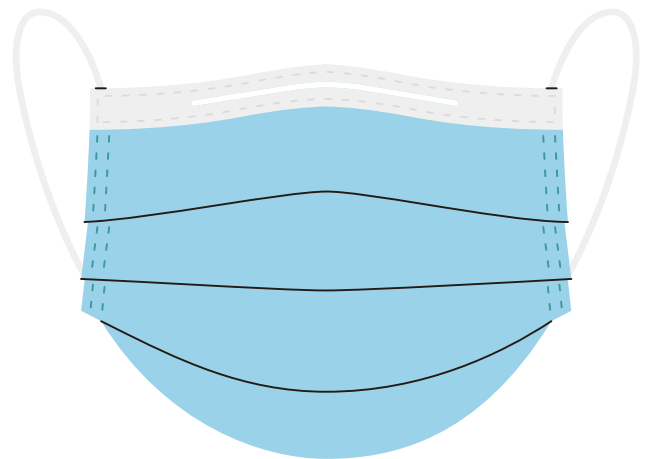
Mother's Day



We are hosting a
Mother's Day Tea
Party on May 11.
Guests are welcome!
See you then.

COVID BOOSTER

On Monday, May
24 we will be having
COVID Booster
shots. More details
to come.



Our Beautiful Community



