

Arbourside News

The latest, news, views and announcements

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Celebrating B.C. Day!

Happy BC Day from Arbourside Court!

Did you know British Columbia is one of the only places in the world where you can ski in the morning and sit on a beach by the afternoon? That is just the kind of place we get to call home and on BC Day, we think that is worth celebrating in a big way.

BC Day has been a provincial holiday since 1974, created to give British Columbians a chance to pause in the middle of summer and appreciate everything this incredible province has to offer. And what a province it is. From the old growth forests of the Island to the vineyards of the Okanagan, the wild rivers of the north to the bustling streets of Vancouver, BC is endlessly surprising, endlessly beautiful, and endlessly worth celebrating.

Many of us here at Arbourside have lived through some of BC's most memorable moments. The province has changed so much over the decades. Cities that grew from small towns, bridges and SkyTrain lines that reshaped how we moved, festivals and events that became beloved traditions. You have watched this place grow up, and in many ways, you helped build it.

And while BC is famous for its great outdoors, we know that the best parts of this province have always been the people. The neighbours who shovelled your walk without being asked. The corner stores where everyone knew your name. The church halls and community centres where friendships were made that lasted a lifetime. That same spirit lives right here at Arbourside Court, in every shared meal, every hallway hello, and every laugh over a cup of coffee. So this BC Day, we are bringing the celebration to you. Pull up a chair, pour yourself something cold, and let's toast to this beautiful province and the remarkable lives we have all lived within it. British Columbia is lucky to have you and so are we.

Happy BC Day from all of us at Arbourside Court.

Arbourside Court

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What's New?

There is a lot happening here at Arbourside and we want to make sure everyone is in the loop! We have some exciting events coming up this summer that you will not want to miss, plus some wonderful services available right here in the building to help you look and feel your best. We also have a few friendly community reminders to share to help keep Arbourside the clean, comfortable, and welcoming home we all love. Keep reading for all the details and as always thank you for being the amazing community that makes this place so special.

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 Wednesday'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). Coffee is on us!

Yoga with 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, Fridays at 2pm. Have a drink, chat, and enjoy!

Exercise Class

- Take part the Arbourside way to relieve the body of any stress and tension! Join us Tuesday's at 10:30 AM.

Mental Aerobics

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

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 are at Arbourside twice a month. Please sign your name and choose your preferred time in the activity book.

Rebecca's Salon

- Is an in-house service provided by Rebecca (Wednesday & Friday) to care for the hairdressing and barbering needs of the Arbourside community. See Rebecca in her studio on the second floor.

Left Right Centre

- Join us for Left, Right, Centre every Monday and Thursday at 3:00 PM for a thrilling dice game where luck and strategy collide!

Kimi's Nails

- Kimi provides nail services on Monday and Tuesday from 9:30 AM - 4 PM. To contact her please call her at (778) 863-2247.

Crib and Canasta clubs

- Join us for this resident led activity Tuesday's at 2pm.

Upcoming Events

Beach Party



No passport needed. No sand in your shoes. Just pure summer energy right here, in your own backyard. We are throwing a Beach Party on July 24th from 2:00 to 3:00 PM and it is going to be the event of the season (literally)! Dress the part, show up, and bring your best vibes. The summer era is officially here and we are not holding back. See you there!

Summer Sing-Along

POV: It is August 4th, Carl is in the building, and the summer sing along era has officially commenced. We are speaking your language... live music, all the classics, and a room full of people who may or may not know every single word. This is your sign to show up, sing loud, and have the time of your life from 3:00 to 4:00 PM. No staying in your suite for this one. Carl does not miss and neither should you.



Upcoming Events & Reminders

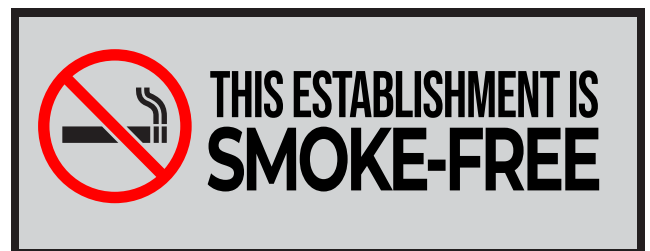
Kimi Nails



The 2nd floor is giving full spa day and we are here for it! Professional nail care services are onsite every Tuesday from 9:30 AM to 4:00 PM. Manicures, pedicures, nail clipping and more, right here in the building because you should not have to go anywhere to feel your best! This is your sign to book in, treat yourself, and come out looking and feeling like a whole new person. Call (778) 863-2247 to grab your spot. You deserve this!

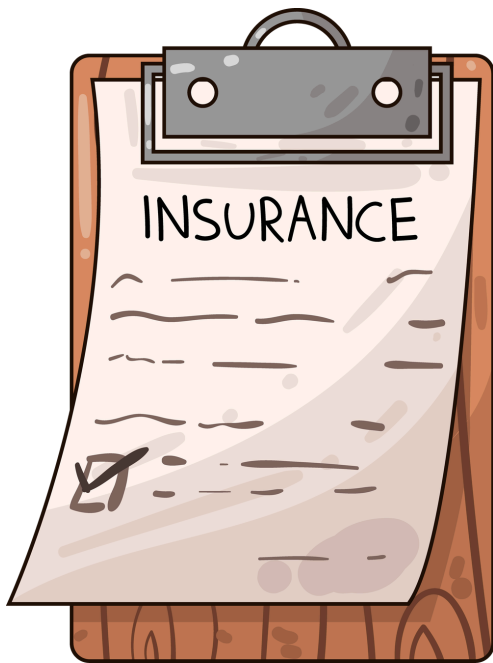
No Smoking

Arbourside Court is a non-smoking building and that means all indoor spaces and common areas are smoke free zones. We are all sharing this space together and we want it to stay fresh, clean, and comfortable for every single person who calls this place home! Thank you for keeping Arbourside the wonderful place it is. We appreciate you more than you know!



Reminders

Suite Insurance



Heads up Arbourside! Suite insurance is required for all residents, no exceptions! We know it is one of those things that is easy to put off but this one is not optional. Suite insurance protects your personal belongings and covers you for any accidental damage within your suite, which is a win for everyone! If your policy is not current or you have not sorted this out yet, now is the time. Do not wait on this one! Reach out to us if you have any questions and we will help point you in the right direction.

Washroom Etiquette

A gentle reminder from your Arbourside family! We kindly ask that all residents be mindful of washroom etiquette when using the facilities near the dining room. We take great pride in keeping our home clean, fresh, and welcoming for everyone and the washrooms are no exception. Please wipe down surfaces, wash your hands, and leave things tidy for the next person. A little thoughtfulness goes such a long way and we know this wonderful community is more than capable of it. Thank you for helping keep Arbourside the lovely home it is!





ARBV'S SUMMER





BOOZE
&
TATTOOS

10.1 MEGA PIXELS

MENU
DISP

SET

BS

photo
dump

