

Searching for May

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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|--------------------|----------------|----------------|
| ARMED FORCES (Day) | FLOWER MOON | MEMORIAL (Day) |
| BASEBALL | GEMINI | MOTHER'S (Day) |
| BASKET | KENTUCKY DERBY | SPRINGTIME |
| BULL (Taurus) | LADYBUG | TAURUS |
| BUMBLEBEE | MAY (Day) | TWINS |
| CINCO DE MAYO | MAYPOLE | VICTORIA (Day) |



Seton Villa Pep Talk May 2024

Visit our website at www.setonvilla.com
Or e-mail us at nuludag@setonvilla.com
Follow us on Instagram at [seton.villa](https://www.instagram.com/seton.villa)

HAPPY BIRTHDAY

May Birthdays

David
Elda
Anita
Roy
Lily
Joseph
Ceceel
Becerly
Ross

Gillian
Alex
Helga
Parvin
Mary Ann
Frank A
Marion
William
Kathleen

Remo



Welcome to our Newest Villagers!

FengYun Gao, Manuel Pampin Bayego, Ruth Petten, Marion Phillips and Zhao Ying Tang



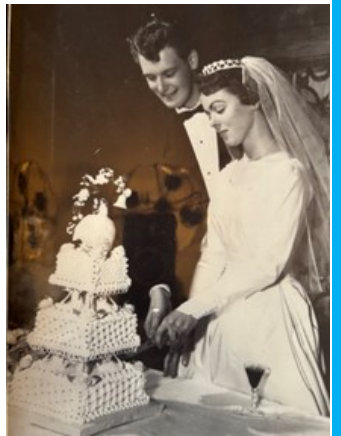
Celebrate Cinco de Mayo with Us!

Get ready to embrace the festive spirit of Cinco de Mayo at Seton Villa! We're excited to announce that we'll be hosting a lively celebration on **Saturday, May 4th at 2 pm**. Our celebration will feature a live Mariachi band, bringing vibrant and traditional Mexican music to Seton Villa. Let the sounds of the music fill the air and set the mood for an afternoon of fun and excitement.

In addition to the music, the bar will be open for you to enjoy your favorite drinks. Plus, we've got a special treat for everyone: a piñata! Get ready for some fun as you take your turn at the piñata for a chance to win some sweet surprises.

Resident of the Month: Lorne and Margaret Beauchamp

Lorne and Margaret Beauchamp are native Vancouverites. Both were born at St. Paul's Hospital - Lorne on April 15, 1937 and Margaret a year later on October 5, 1938. Lorne grew up with one younger brother while Margaret had 3 siblings, two sisters and one brother.



Lorne and Marg met while both were working at St. Vincent's Hospital. She worked in housekeeping, making 85 cents an hour, while Lorne was an accountant working in the Finance Department. Their eyes met across the hall and the rest is history. They eventually married and just last month on April 18, 2024 they celebrated their 65th wedding anniversary with their family. Both raised Catholic, they bonded over their faith and their mutual love of music and dancing. They spent many a Saturday night at the Commodore dancing the night away. Fun fact, Lorne can play both the saxophone and clarinet. In his youth, he played in the Kitsilano boys band and toured England with the band for 3 months at just 16 years old.

As a young married couple they moved to the North Shore to raise their family. They have 3 children Paul, John and Mary, 5 grandchildren and 3 great grandchildren. Both heavily involved in the community, they continued to celebrate their faith participating in a number of charitable organizations and were active members of St. Pius X Parish, the North Shore Winter Club and Seymour Golf & Country Club. Acts of giving were common in the Beauchamp family with many Saturdays spent making sandwiches for the poor at Sisters of Atonement on the downtown eastside. Second fun fact, the entire family plays golf (except the great grandchildren), and over the years many family holidays were enjoyed playing golf together. Third fun fact, Margaret is an excellent putter!

Lorne is a recently retired CPA having practiced since the age of 20. He started his own accounting and management consulting firm in 1988 and has served as a consulting partner for the last 24 years. He sat on several hospital boards over his years and was also at one time the President of the BC Golf Association. During his BCGA presidency the team won the Willingdon Cup (Canadian Amateur)! Always putting family first, Lorne coached both his boys in hockey for 12 years and played hockey himself until the age of 78. Margaret's passions lay in baking, cooking, fashion, volunteering and gardening. Marg has a quick wit, thanks to her Irish heritage, and a generous spirit, always lending a hand to anyone in need. In addition to raising her family, Marg volunteered in her spare time at Lions Gate Hospital in the Gift Shop, Meals on Wheels, and Kiwanis Care Centre. Once the kids were older, she eventually returned to work at St. Vincent's Hospital in Human Resources for a period of 17 years.



Aside from spending time with family and each other, Lorne and Marg both loved travelling and were fortunate to spend many years following this passion. Favorite places to visit include Europe, Hawaii, Israel, Rome, Ireland and the UK and Palm Springs where they spent the last 15 years playing golf and keeping warm in the winter.

They are glad to be part of the Seton Villa Community and look forward to spending their twilight years together at Seton.

Mothers Day

Seton Villa Retirement Home is thrilled to invite you to our special Mother's Day celebration on **Sunday, May 12th at 2 pm**. Join us as we honor all Mothers, Grandmothers, Aunts, Sisters and all other strong women in our lives with a memorable afternoon filled with love and appreciation.

Our celebration will feature a live jazz performance by the talented Jazzophilia Vancouver creating a smooth and relaxing ambiance for everyone to enjoy. Let the soothing sounds of jazz enhance this special day as we gather to celebrate the incredible women who mean so much to us.

Friends and family are warmly welcome to join us for this event. It's the perfect opportunity to show your love and appreciation for the wonderful women in your life. Share stories, laughter, and cherished moments as we come together for this meaningful occasion.

Mark your calendar and join us for an unforgettable Mother's Day celebration at Seton Villa. We look forward to sharing this special day with you!

This event is open to all, and everyone is invited, including men! Whether you want to celebrate the women in your life or simply enjoy a delightful afternoon of music and good company, you are welcome to join us.

In Memory of..



New Building and Tower Renovation Projects

We are getting closer to a transformation!

BC Housing is funding a total reno of our Tower, from elevator modernization, seismic, windows, HVAC and including plumbing and heating/cooling attached to each suite. The planning work has been going on for over a year as we plan to move into the construction phase in the fall. A huge thank you to BC Housing for believing in the value of what we do here at Seton Villa and investing in a basically new building for the next 50 years.

Fingers crossed for this year that construct starts on our new building – see renderings. This building will be on the north side of the property and home to 48 residents. Best yet all the suites are wheelchair accessible and affordable. Adding to the quality of life for all residents living here will be the 'Main Street' area adjoining both buildings for everyone to enjoy. A huge thanks to BCHousing who have committed their financial support and to our partner Canadian Mortgage & Housing Corporation (CMHC) who we are hopeful will complete the funding to make the rents truly affordable.

Michele



Help Wanted!

Seton Villa is looking for residents to help out with odd jobs around the building. If you are interested in helping, please call the Recreation Department at **778-945-7087**. We need help with the following things:

Store helper

We're seeking volunteers to assist at our Villagers store on Mondays and Thursdays, 9:30 am to 11:30 am. Your help is crucial in keeping our store running smoothly. Please drop by these hours and sign up with Karen.

Librarian

Seton Villa seeks a passionate volunteer to manage and organize our library and book collections for residents. The role includes accepting and sorting book donations, evaluating and discarding old books, and rotating coffee table books in the lobby and common areas. You will organize books on the shelves and provide book recommendations to residents, as well as connect with the Burnaby Public Library. We're looking for someone with a passion for books, good organizational skills, and a friendly demeanor.

Java Visitor

We are looking for residents who would like to join our Java Mentorship program. This program serves as a support group for those who feel lonely and could benefit from a friend or a supportive community. By joining the program, you will have the opportunity to connect with others who share similar experiences and create meaningful relationships.

To learn more or to express interest in joining the program, please speak with Nellmarie directly or leave a message at 778-945-7087. We look forward to welcoming you and helping you build a supportive network.

Quote of the month

Experience is a master teacher—often harsh, but the lessons it imparts last a lifetime

May Happy Hours:

We always look forward to Tuesday Happy Hour at Seton Villa as it's our chance to dress up, celebrate good times, and surround ourselves with good company.

Live Music By Harris & DeBray

Tuesday, May 14th at 2:00pm in the Penthouse.

Live Music By John Cronin

Tuesday, May 21st at 2:00pm in the Penthouse.

Banana Splits sponsored by the Villagers!

Live Music by Music Variations

Tuesday, May 28th at 2:00pm in the Penthouse

Just a friendly reminder that our villagers will be selling delicious snacks during Happy Hours. Kindly remember to bring cash for your convenience. We now accept Debit and Credit at Happy Hour.





May Bus Trips!

***If you need to cancel a bus trip, keep in mind that the ticket can be used for any future bus trips as long as it is the same monetary amount, so hold on to it!**

Friday, May 3rd at 1:30pm —Safeway at Kensington (\$4)

Return at 3:15pm

Saturday, May 11th at 12:45pm – High School Musical Theater: Frozen Jr — at Evergreen Cultural Centre (FREE)

Monday, May 13th at 1:30pm - Mystery Trip (\$4)

Please bring money for a treat.

Thursday, May 23rd at 1:30pm - El Santo Mexican Restaurant in New West (\$5)

Monday, May 27th at 1:30pm —Superstore at Grandview (\$4)

Thursday, March 28th at 11:00am - Hard Rock Casino (\$5)

You can have lunch at their café—Returning at 2:30pm



Events to Look Forward to this April

Sunday Hymn Singing

Every Sunday at 11am in the Penthouse

Gather 'round for a soul-stirring morning of hymn singing Sundays at 11:00 AM! Join us as we raise our voices in joyful harmony, lifting up timeless hymns of praise and worship.

Short Story and Discussion with Peter Cech

Thursday, May 2nd at 2:00pm

Join us for an engaging session featuring Short Story and Discussion with Peter Cech. Peter will share a thought-provoking story, followed by an interactive discussion with attendees. Don't miss this opportunity to dive into storytelling and share your thoughts with the community.

Swimming and Aquafit

Every Saturday at 8:30am in Pool

May is the final month for our aquafit and swimming lessons, so take advantage of these offerings while you can. Make sure to participate before the end of the month!

Nahanni Canoe trip presentation by David

Thursday, May 9th at 10:30am in the Penthouse.

Join us for an exciting presentation on the Nahanni Canoe Trip by David. He'll share his experiences and insights from his journey down the Nahanni River, one of Canada's most breathtaking canoe routes. Whether you're an adventure enthusiast or simply curious, you won't want to miss this captivating session!

Tractor—Chinese Poker Card Game

Friday, May 10th at 3:30pm

Tractor, also known as "Tichu" or "Tuolaji," is a Chinese poker card game that involves strategic trick-taking and teamwork. The game is typically played with two decks of cards, including the jokers, and is most commonly played with four players in two partnerships.

Seton Swap

Friday, May 24th at 2pm in the Penthouse

Free Clothing Swap! Bring your donations to Room 1307. If Johanna is not there, please leave your washed donations at the door. Feel free to pick up something for yourself at the event!

Survey Results and Next Steps

Hi to all!

Thanks again for filling out the Resident Satisfaction Survey. As promised, we are committed to working on the areas you told us need change or attention. Here's what we are working on:

FOOD

We have installed a new "Hot Holder" in the kitchen to keep the food warmer before it comes out to you.

Our servers will be checking in on you mid-way through your meal to find out how you are enjoying your meal and make sure you have enough to eat.

We will be offering more choices at the time you order in case you may have neglected to fill out the menu change slip or maybe you changed your mind at the last minute.

To increase the variety, new items have been added such as the chef salad with rotisserie chicken breast, the Monty Cristo sandwich and the new Cuban sandwich.

RECREATION/ACTIVITIES

New programs have been added which promote spiritual growth such as meditation, spiritual moments and gardening.

We are finding new opportunities for you to volunteer. If there is something you want to do please let us know.

We are creating more ways to help you make friends including a buddy system for new comers and resident 'hosts' at the resident welcoming teas.

MANAGEMENT

We have updated and circulated the list of services that are available to purchase, along with the prices. This is also available at the Front Desk.

To improve the strength of the Wi-Fi signal we have added 2 new 'access points' on each floor.

We will continue to work away on improvements and will check in 'in-person' at the monthly Resident/Management meeting. I hope to see you there and to hear from you how we are doing.

Warm Regards, Michele

Tips to Beat The Heat

Cool Your Body

- Wet clothing to help bring down body temperature
- Use water-soaked cloths or cooling packs on neck/wrists
- Sit in or put legs in cool (not cold) bath

Hydrate

- Drink water/cool liquids
- Eat fresh fruit & salads
- Drink before you feel thirsty. Thirst is not the only indicator of dehydration

Reduce Indoor Heat

- Daytime: cool living and working areas by closing windows, and use window coverings, air conditioners and misters
- Nighttime: keep windows open, with a fan near window to bring in cool air

Protect Your Pets

- Provide shade & cool drinking water & baths
- Never leave pets unattended in cars or direct sunlight
- Plan outdoor activities during cooler parts of day. Asphalt might be too hot for bare paws

Avoid Sun Exposure

- Wear wide-brimmed, breathable hat or use umbrella
- Avoid / limit strenuous activities during hottest part of the day
- Find shade if you need to be outside
- Use sunscreen

Ask Your Doctor

- If taking medications, ask your doctor, nurse, or pharmacist if you need to be extra careful
- Some medical conditions may increase vulnerability during hot weather

Check on Others

- Visit or call family & neighbours when you can

Avoid/Limit Alcohol & Caffeine

- These can lead to dehydration

Extreme heat can be dangerous.

www.healthlinkbc.ca/more/health-features/beat-heat

Call Tenant Support Line at 1-833-301-4707

or visit www.bchousing.org/extreme-heat-info-for-tenants



As temperatures rise during the summer months, it's important to stay cool and comfortable to maintain your health and well-being.

Extreme heat can lead to dehydration, heat exhaustion, and even heat stroke if not managed properly.

Whether you're spending time outdoors or staying inside, there are several strategies you can employ to beat the heat and keep yourself safe. Here are some helpful tips to stay cool and enjoy the summer.

Caution in the Front Driveway

Please exercise caution and adhere to the posted speed limits within the driveway. We have community members who may enter the area at excessive speeds.



Leadership and Resident Meeting

You're invited to our Leadership and Resident Meeting on **Wednesday, May 29th at 2:00 pm.** Hear updates and share your thoughts. Your presence matters!

Do Not Feed The Birds!

Seton Villa has a strict policy regarding bird feeding from balconies. Please do not feed any bird or animal from your balcony as it is unhygienic and causes the animals to keep coming back. The food attracts unwelcome pests like mice, rats and insects. These pests harbor additional diseases that can be dangerous to humans. Thank you for your cooperation!



Pen Pals

We are seeking a few residents to continue the Pen Pal program with Chalford House, a supportive recovery home for women who are transitioning away from substance addiction. Your participation will provide encouragement and companionship to those in need. If you're interested, please speak to Nellmarie or leave a message at 778-945-7087. Thank you for considering this opportunity to make a positive impact!

Villagers Store update

The Villagers store is thriving! We're well stocked and have a delightful temptation table you won't want to miss. Be sure to stop by and check out all the amazing finds.

A special thank you goes out to our external volunteers Sharon, Elaine, Rose, and Sarita, as well as all our resident volunteers for their hard work and dedication.

Daffodil Tea Donations

We are thrilled to announce that we not only reached but exceeded our goal of \$1000, raising a total of \$1,146 for breast cancer research. A special thank you to Donna for your invaluable help and to everyone who donated. Your generosity and support make a significant difference!

Meet your Board Member: Bob Davies

My time at Seton Villa

I was invited to be a member of the Board of Directors for Action Line Housing Society (Seton Villa) over 40 years ago by the former Mayor of Burnaby Bill Lewarne. I have served in several capacities over the years as a Director, Vice President and President and currently as Treasurer, Chaired the Finance Committee and member and Vice-Chair of the Planning and Development Committee. I have been married to my wife Barbara for over 55 years and have two grown children and two grand-children and have lived in Burnaby for more than 50 years.

I am a retired businessman having a varied background, first in banking and finance and then as an entrepreneur operating a business in the lower mainland and Los Angeles involving the treatment and disposal of hazardous waste and the manufacturing of equipment for the repair and maintenance of automobiles and industrial equipment and finishing off my working career operating a printing business in Burnaby until 2010.

I was a member of the Rotary Club of Burnaby Deer Lake and held several positions in the club as Treasurer, Vice President and President.

I grew up in South Vancouver and my original career path was to become a pilot with the Canadian Air Force and then an airline pilot. I joined the Royal Canadian Air Cadets as they had a flight training program at that time only to find out that I was ineligible to join the regular Air Force due a congenital heart problem. My heart problem was resolved in 1961 by having open heart surgery to repair a hole between two of the chambers in my heart, a valve repair and partial replacement of my right pulmonary artery with an artificial artery. So far so good.

I enjoy my work here on the Board and am excited and look forward to the work that will be done to improve the tower and for the new extension to be built.



Wonderful Memories from April!



May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12 <i>Mother's Day</i></p> <p>9:30 Sunday Stretch with Gina (PH) 10:15 Knitting and Yarn Crafts with Conversation (PH) 11:00 Sunday Hymn Singing (PH) 1:00 Mahjong (7th Floor) 2:00 Mother's Day Tea and Jazzophilia Vancouver: Jazz quartet performance. (PH) 4:00 Tranquil Terrace Time (2nd Floor) (WP) 6:30 Activities with International students (PH)</p>	<p>13</p> <p>9:30 Villagers Store Open</p> <p>10:00 Exercise with Gina (PH) 10:45 Board Battles and Strategic Play (PH) 1:30 Bridge (PH) 1:30 Cribbage (PH)</p> <p>1:30 Bus Trip: Mystery Trip (\$4) Please bring money for a treat.</p> <p>4:00 Remincing 50s and 60s (PH) 6:30 Documentary: Night on Earth: Shot in the Dark (PH) Happy Birthday Lily F!</p>	<p>14</p> <p>9:30 Keep Fit with Gina (PH)</p> <p>10:15 Tea and Talk with Bonnie (PH)</p> <p>2:00 Happy Hour with Live Music by Harris&DeBray. Friends and Family are welcome. Please bring cash. (PH)</p> <p>3:30 Expoza Travel: Malawi (PH)</p> <p>6:45 Movie: Where the Crawdads Sing (PH) Happy Birthday Ceceel W and Joseph T!</p>	<p>15</p> <p>Dental Clinic 6th Floor – Please sign up in advance.</p> <p>10:00 Chair Yoga with Tamara (PH) 10:30 Coffee Club (PH) 11:00 15 Things You Didn't Know About the Dalai Lama (PH) 12:00 Indoor golf with Gina (PH) 1:00 Walking Group (L) (WP) 1:30 Java Visits 2:00 Villagers Meeting – All residents please attend (PH) 3:00 Mind Challenge (PH) 5:00 Dilemma Debate: Would you rather? (PH) 6:30 Trivia Night (PH) Happy Birthday Beverley B!</p>	<p>16</p> <p>9:30 Villagers Store Open</p> <p>10:00 Catholic Liturgy of the Word & Holy Communion (PH) 11:30 Walk and Talk Club (L)(WP) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 1:30 Cribbage (PH) 2:00 FIRE DRILL 2:10 In person workshop on Pedestrian Safety – Hosted by Seniors helping Seniors (PH) 3:00 Afternoon Stretch with Jen (PH) 6:45 Java Social (PH)</p>	<p>17</p> <p>9:00 Mexican Train (PH) 9:45 FlexiHands: (PH Mtg Room) 10:00 Thai Chi with Wayne (PH) 10:30 Coffee Club (PH) 11:00 Tractor -Chinese Poker Card Game (PH)</p> <p>2:00 Italian Coffee Club - Circolo Del Caffe Italiano (PH) 3:00 Java Visits with Jen (PH)</p> <p>7:00 Bingo! (PH) Bring your money</p>	<p>18</p> <p>9:00 Walk and Talk Club (L) 10:00 Keep Fit with Jen (PH) 10:30 Coffee Club (PH)</p> <p>1:00 Massages (PH - Bistro) 1:30 Bridge (PH)</p> <p>2:00 Seton Villa Tiki Troupe: Seniors' Polynesian Dance Adventure (PH) 3:00 Word within a word challenge (PH) Happy Birthday Ross C!</p>
<p>19</p> <p>9:30 Sunday Stretch with Gina (PH) 10:15 Knitting and Yarn Crafts with Conversation (PH) 11:00 Sunday Hymn Singing (PH) 1:00 Mahjong (7th Floor) 2:00 Java Music with Gina (PH) 3:00 Poetry Reading and Discussion (PH) 4:00 Tranquil Terrace Time (2nd Floor) (WP) 6:30 Activities with International students (PH) Happy Birthday Gillian D!</p>	<p>20 <i>Victoria Day</i></p> <p>9:30 Villagers Store Open</p> <p>10:00 Exercise with Gina (PH) 10:45 (PH) 1:30 Bridge (PH) 1:30 Cribbage (PH) 2:00 Baptist Church service with pastor Doug Green (PH) 2:15 Book Club Meet (PH) 3:00 Headlines and Insights Discussion (PH) 4:00 Tune Together (PH) 6:30 Documentary: Kangaroo Valley (PH)</p>	<p>21</p> <p>9:30 Keep Fit with Gina (PH)</p> <p>10:15 Tea and Talk with Bonnie and special visitor! (PH)</p> <p>2:00 Happy Hour with Live Music by John Cronin. Banana splits hosted by the Villagers! Please bring cash. (PH)</p> <p>3:30 Expoza Travel: Germany (PH)</p> <p>6:45 Movie: Irish Wish (PH)</p>	<p>22</p> <p>10:00 Chair Yoga with Tamara (PH) 10:30 Coffee Club (PH) 11:00 15 Things You Didn't Know About CLEOPATRA (PH) 12:00 Classic word guessing game: Hangman with Gina (PH) 1:00 Walking Group (L) (WP) 1:30 Java Visits 2:00 New Resident Welcoming Tea - Wear your nametag. Prizes to be won! (PH) (PH) 3:00 Mind Challenge (PH) 5:00 Java Music with Gina (PH) 6:30 Jeopardy night (PH) Happy Birthday Alex P!</p>	<p>23</p> <p>9:30 Villagers Store Open</p> <p>10:00 Catholic Liturgy of the Word & Holy Communion (PH) 10:30 Coffee with Deacon Mike (PH) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 1:30 Cribbage (PH) 1:30 Bus Trip: El Santo Mexican Restaurant in New West (\$5) 3:30 Afternoon Opera: Rigoletto - Full Performance (PH) 6:45 Java Social (PH) Happy Birthday Helga N and Parveen B!</p>	<p>24</p> <p>9:00 Mexican Train (PH) 9:45 FlexiHands: (PH Mtg Room) 10:00 Keep Fit with Jen (PH) 10:30 Coffee Club (PH) 11:00 Table Tennis (PH) 2:00 Seton Swap (PH) 3:00 Watch Battery Replacement with Isabel -By donation (PH) 3:00 Java Visits with Jen (PH)</p> <p>7:00 Bingo! (PH) Bring your money! Happy Birthday Parvin M and Mary Ann S!</p>	<p>25</p> <p>8:30 Swimming and Aquafit (Pool) 9:30 Advanced Java (PH Mtg Rm) 10:00 Keep Fit with Jen (PH) 10:30 Coffee Club (PH) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 2:00 Java Music with Jen (PH) 3:00 Tractor -Chinese Poker Card Game (PH) Happy Birthday Marion W!</p>
<p>26</p> <p>9:30 Sunday Stretch with Gina (PH) 10:15 Knitting and Yarn Crafts with Conversation (PH) 11:00 Sunday Hymn Singing (PH) 1:00 Mahjong (7th Floor) 2:00 Java Music with Gina (PH) 3:00 Neighborly Dialogues: Conversations with Randy (PH) 4:00 Tranquil Terrace Time (2nd Floor) (WP) 6:30 Activities with International students (PH) Happy Birthday William M!</p>	<p>27</p> <p>9:30 Villagers Store Open</p> <p>10:00 Exercise with Gina (PH) 10:45 Spiritual Moments (PH) 1:30 Bridge (PH) 1:30 Cribbage (PH) 1:30 Bus Trip: Superstore at Grandview (\$4) Return at 3:30pm</p> <p>4:00 Comedy Showcase (PH) 6:30 Documentary: Bank Robbers: The Last Great Heist (PH)</p>	<p>28 <i>Gina away</i></p> <p>Seton Villa Ducks Arrive!</p> <p>9:30 Keep Fit with Nell (PH) 10:15 Tea and Talk with Robert – Travels to Netherlands (PH) 2:00 Happy Hour with Live Music by Music Variations. Friends and Family are welcome. Please bring cash. (PH)</p> <p>3:30 Expoza Travel: Greece (PH)</p> <p>6:45 Movie: As Good as it Gets (PH) Happy Birthday Kathleen A!</p>	<p>29 <i>Gina Away</i></p> <p>10:00 Chair Yoga with Tamara (PH) 10:30 Coffee Club (PH) 11:00 15 Things You Didn't Know About Princess Diana (PH) 1:00 Walking Group (L) (WP) 1:30 Java Visits 2:00 Leadership and Resident Meeting – All residents are invited! (PH) 3:00 Mind Challenge (PH)</p>	<p>30</p> <p>9:30 Villagers Store Open</p> <p>10:00 Catholic Liturgy of the Word & Holy Communion (PH) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 1:30 Cribbage (PH) 1:30 Hearing Clinic (PH Mtg) 2:00 Recreation and leisure Meeting – Everyone welcome (PH) 3:00 (PH) 6:45 Java Social (PH)</p>	<p>31</p> <p>9:00 Mexican Train (PH) 9:45 FlexiHands: (PH Mtg Room) 10:00 Thai Chi with Wayne (PH) 10:30 Coffee Club (PH) 11:00 Table Tennis (PH) 11:30 Bus Trip: Grand Villa Casino (\$4) Return at 2:30pm</p> <p>2:00 Pep Talk Folding (PH) 3:00 Java Visits with Jen (PH)</p> <p>7:00 Bingo! (PH) Bring your money</p>	<p>The Hair Salon is Open Mon, Wed, Thurs, Fri, Sat 9:00am-4:00pm for hair and manicures. Please sign up with Tina for an appointment in the Penthouse Milk, Bread & Eggs can be purchased at the Front Desk 10:30-11:00am and 2:30-3:30pm *ACTIVITIES ARE SUBJECT TO CHANGE* (PH) – Penthouse on the 19th Floor (B) – Basement (L) – Lobby on Ground Level - Bus Trips (WP) Weather Permitting New or Special Events are Bolded.</p>

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We invite you to come and see what's happening in the Penthouse, every day! (PH)</p> <p>The Hair Salon is Open Mon, Wed, Thurs, Fri, Sat 9:00am-4:00pm for hair and manicures, Please sign up with Tina for an appointment in the Penthouse Milk, Bread & Eggs can be purchased at the Front Desk 10:30-11:00am and 2:30-3:30pm *ACTIVITIES ARE SUBJECT TO CHANGE* (PH) – Penthouse on the 19th Floor (B) – Basement (L) – Lobby on Ground Level - Bus Trips (WP) Weather Permitting New or Special Events are Bolded.</p>			<p>1 May Day 9:30 Weights & Blood Pressures – Please Bring your record. (PH) 10:30 Coffee Club (PH) 11:00 15 Things You Didn't Know About Mother Teresa (PH) 12:00 Midday Flex with Gina (PH) 1:00 Walking Group (L) (WP) 1:30 Java Visits 2:00 Bus Trip Sign up (PH) 3:00 Mind Challenge (PH) 5:00 Java Music with Gina (PH) 6:30 May Day Trivia (PH)</p>	<p>2 9:30 Villagers Store Open 10:00 Catholic Liturgy of the Word & Holy Communion (PH) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 1:30 Cribbage (PH) 1:00 Walking Group (L)(WP) 2:00 Short Story and Discussion with Peter Cech (PH Mtg) 2:30 Seton Villa Tiki Troupe: Seniors' Polynesian Dance Adventure (PH) 3:15 Melodies and Mingle (PH) 6:45 Java Social (PH) Happy Birthday David M!</p>	<p>3 9:00 Mexican Train (PH) 9:45 Optical Fitness (PH Mtg Room) 10:00 Thai Chi with Wayne (PH) 10:30 Coffee Club (PH) 11:00 Shuffleboard Bowling (PH) 1:30 Bus Trip: Safeway at Willingdon (\$4) Return at 3:15pm 3:45 Java Visits with Jen (PH) 7:00 Bingo! (PH) Bring your money</p>	<p>4 8:30 Swimming and Aquafit (Pool) 9:00 Walk and Talk Club (L) 9:30 Cantonese-Mandarin Tea (PH Mtg Rm) 10:00 Keep Fit with Jen (PH) 10:30 Coffee Club (PH) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 2:00 Cinco de Mayo Celebration with live Mariachi band, Pinata and Margaritas! (PH)</p>
<p>5 9:30 Sunday Stretch with Gina (PH) 10:15 Knitting and Yarn Crafts with Conversation (PH) 11:00 Sunday Hymn Singing (PH) 1:00 Mahjong (7th Floor) 2:00 Piano Performance by students (PH) 3:00 Jeopardy! (PH) 4:00 Tranquil Terrace Time (2nd Floor) (WP) 6:30 Activities with International students (PH)</p>	<p>6 9:30 Villagers Store Open 10:00 Exercise with Gina (PH) 10:45 Spiritual Moments (PH) 1:30 Bridge (PH) 1:30 Cribbage (PH) 2:00 Java Music with Gina (PH) 3:00 Categories (PH) 4:00 Bocce Ball (PH) 6:30 Documentary: Dancing with the Birds (PH)</p>	<p>7 Name Tag Day- Wear your Name Tags All Day! 9:30 Keep Fit with Gina (PH) 10:00 Birthday Tea Set Up - Help needed (PH) 2:00 Birthday Tea – Everyone is invited to enjoy a piece of cake and celebrate May Birthdays! Friends and Family are welcome. (PH) 3:30 Expoza Travel: China (PH) 6:45 Movie: Morning Glory (PH)</p>	<p>8 10:00 Chair Yoga with Tamara (PH) 10:30 Coffee Club (PH) 11:00-2:30 Alta Vida Fashion – New Collection (PH) 12:00 Bracelet Creation with Gina (PH) 1:00 Walking Group (L) (WP) 1:30 Java Visits 2:00 Music Inspired Canvases (PH) 3:00 Mind Challenge (PH) 5:00 Poetry Reading and Discussion (PH) 6:30 The prize is right (PH) Happy Birthday Elda A!</p>	<p>9 9:30 Villagers Store Open 10:00 Catholic Liturgy of the Word & Holy Communion (PH) 11:30 Walk and Talk Club (L)(WP) 10:30 Nahanni Canoe trip presentation by David (PH) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 1:30 Cribbage (PH) 2:00 Burnaby Pop-Up Library (PH) 2:15 Welcoming Committee Meeting (PH Mtg) 3:00 Seated Volleyball (PH) 6:45 Java Social (PH) Happy Birthday Anita G!</p>	<p>10 9:00 Mexican Train (PH) 9:30 Gilmore School Visit and Craft (PH) 10:30 Coffee Club (PH) 11:00 Table Tennis (PH) 2:00 Java Music with Jen (PH) 3:30 Tractor -Chinese Poker Card Game (PH) 7:00 Bingo! (PH) Bring your money</p>	<p>11 8:30 Swimming and Aquafit (Pool) 9:30 Advanced Java (PH Mtg Rm) 10:00 Keep Fit with Jen (PH) 10:30 Coffee Club (PH) 1:00 Massages (PH - Bistro) 12:45 Bus Trip: High School Musical Theater: Frozen Jr - at Evergreen Cultural Centre Coquitlam (Free) 1:30 Bridge (PH) 2:00-3:00 Seamstress: Jessie Webster (PH Mtg) Happy Birthday Roy B!</p>