
























































April 2024 ~Meadows









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Easter!</p>	<p>1 </p> <p>10:00 Fun & Fitness at the Arbours</p> <p>2:00 Hot  Cross Buns</p>	<p>2 </p> <p>11:15 Catholic Mass @ Arbours</p> <p>2:00 Tea Time</p>	<p>3 </p> <p>2:00 Music Trivia with Andy at the Arbours</p>	<p>4  </p> <p>2:00 Tai Chi with Dave 4th Floor</p>	<p>5 </p> <p>10:00 Fun & Fitness at the Arbours</p> <p> 2:00  Jam Factory</p>	
<p>7 </p> <p>2:00 Sunday Hymns at the Arbours</p>	<p>8 </p> <p>10:00 Fun & Fitness at the Arbours</p> <p>2:00 </p>	<p>9 </p> <p>2:00 Can you Remember?</p>	<p>10 </p> <p> 2:00 Ice Cream Social</p>	<p>11 </p> <p>6:30</p>	<p>12 </p> <p>10:00 Fun & Fitness at the Arbours</p> <p>2:00 Wheel of Fortune </p>	
<p>14 </p> <p>2:00 Sunday Hymns at the Arbours</p>	<p>15 </p> <p>10:30 Country Drive</p> <p> 2:00 Crafts with Venus</p>	<p>16 </p> <p>9:30 Breakfast Bonanza </p>	<p>17 </p> <p>2:00 Fill In The Blanks</p>	<p>18  </p> <p>2:00 Tai Chi with Dave 4th Floor</p>	<p>19 </p> <p>10:00 Fun & Fitness at the Arbours</p> <p>2:00 Elvin Hedden Performs  </p>	
<p>21 </p> <p>2:00 Sunday Hymns at the Arbours</p>	<p>22 </p> <p>10:00 Fun & Fitness at the Arbours</p> <p>2:00 </p>	<p>23 </p> <p>10:00 Council Meeting</p> <p>2:00 Horse Racing</p>	<p>24 </p> <p>10:00 Food Committee</p> <p>2:00  Rock Art with Sandra</p>	<p>25 </p> <p>2:00 Trivia Time</p>	<p>26 </p> <p>10:00 Fun & Fitness at the Arbours</p> <p>2:00 Karaoke Singalong  </p>	
<p>28 </p> <p>2:00 Sunday Hymns at the Arbours</p>	<p>29 </p> <p>10:00 Fun & Fitness at the Arbours</p> <p>2:00 Word In a Word </p>	<p>30  </p> <p>2:00 Tenant Meeting</p>				



April 2024 ~Arbours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Easter!</p>	<p>1 😊</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Easter Tea 🍪</p>	<p>2 🌀</p> <p>8:15 Morning Greetings 11:15 Catholic Mass 2:00 Bunny Races 🐰 Daily Chronicle</p>	<p>3</p> <p>9:30 Walk The Block 10:00 Sit & Dance 2:00 Music Trivia 🎵 with Andy ?</p>	<p>4 🌀</p> <p>10:00 Resident Council Meeting 2:00 Where In The World 🌐</p>	<p>5</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Jukebox Favourites 🎵</p>	
<p>7</p> <p>10:00 🧠 Word Games & Trivia 2:00 Sunday Church</p>	<p>8 🌀</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Creative Corner 🎨 Daily Chronicle</p>	<p>9</p> <p>8:15 Morning Greetings 10:00 Do you Recall? 2:00 Bingo Bonanza 🎰 Daily Chronicle</p>	<p>10 🌀</p> <p>8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 K * Tones 🎵 Travel the World</p>	<p>11</p> <p>8:15 Morning Greetings 10:00 Botany Club 🌿 Garden Talk 2:00 Word in A Word 🧠</p>	<p>12 🌀</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Neighbourhood Visits Daily Chronicle</p>	
<p>14 🌀 🖐️</p> <p>Daily Chronicle 2:00 Sunday Church 🏰</p>	<p>15</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Spring Photo Shoot 📷 Daily Chronicle</p>	<p>16 🌀</p> <p>8:15 Morning Greetings 10:00 Do you Recall? 2:00 Volunteer Appreciation 🧑‍🌾 Daily Chronicle</p>	<p>17</p> <p>8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Bowling For Dollars 🎳</p>	<p>18 🌀</p> <p>8:15 Morning Greetings 10:00 Name Game 🧠 2:00 Wheel Of Fortune 🎡</p>	<p>19</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Evergreen Choir perform 🎵 Daily Chronicle</p>	
<p>21</p> <p>10:00 🧠 Word Games & Trivia 2:00 Sunday Church</p>	<p>22 🌀</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Earth Day Planting 🌍 Daily Chronicle</p>	<p>23</p> <p>8:15 Morning Greetings 10:30 Harmonica Band 🎷 2:00 Bingo Bonanza 🎰</p>	<p>24 🌀</p> <p>8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Happy Hour with Jam Factory</p>	<p>25</p> <p>8:15 Morning Greetings 10:00 Balloon Volleyball 🎈 2:00 Fill In The Blank 🧠</p>	<p>26 🌀</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Shuffleboard In Dogwood 🎱 Daily Chronicle</p>	
<p>28 🌀 🖐️</p> <p>Daily Chronicle 2:00 Sunday Church 🏰</p>	<p>29</p> <p>8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Creative Corner 🎨</p>	<p>30 🌀</p> <p>8:15 Morning Greetings 10:00 Do you Recall? 2:00 Bocce Ball 🎳 Daily Chronicle</p>				



EASTER



Dear Resident, Family, and Staff

Welcome to the Sunridge Place Newsletter. We are partners in care and aim to keep you informed and invite you to provide input for our continuous quality improvement. We honor our relationships with all residents, family members, and staff through active listening, consistent follow-up, and quality service.



OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a “voice and a choice” with dignity, respect and empathy



We enjoyed a lovely performance by the 4 Tenors on St Patrick's Day

In This Issue:

- Education
- Volunteering
- Resident And/Or Family Councils
- Resident/Family Champion Program
- Recreation News
- Around The Home*



Address
361 Bundock Ave Duncan BC V0R 1N1



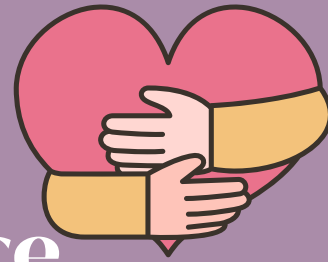
Phone
250-748-8048



Website
www.sunridgeplace.com



Interested in Volunteering?



You can make a difference

At Park Place Seniors Living, volunteers are an essential part of our care and service delivery. Whether you are a retiree wanting to give back to the community, a student exploring careers, or you just have a desire to help others, each volunteer provides service that enhances our residents and their family's experience



Volunteer Cynthia helping Recreation

Reasons to Volunteer

- 1 To make a difference in the lives of others
- 2 Develop new skills
- 3 Experience personal growth & development

**FAST
FACT**

Our volunteers have caring and generous spirits that make a difference everyday - one resident at a time!



Volunteer Church Services

What is Needed

- A current criminal record check
- Signed pledge of confidentiality
- Follow park place policies

Volunteers are an integral part of the Park Place Organization. While our volunteers do not replace anyone in a paid role, the presence of volunteers in various areas throughout our care home continue to enhance the resident and family experience. Whether it be a smile or a friendly chat, volunteers assist to enhance the quality of life for our residents and or their loved ones through providing practical help and emotional support

Volunteer Opportunities

Volunteer opportunities exist in a wide range of programs including but not limited to:

- Recreational activities
- Celebration events
- Pet therapy
- Music therapy
- Reading to residents
- Socializing, playing games
- Working in the Marketplace
- Assist with planning events
- Friendly visitor
- Walking program
- Arts & Crafts



Resident And/Or Family Councils

Your voice is important, please join us!

Resident and/or Family Councils are a group of people that include Residents, and may include family members, and friends of the Residents living in a Park Place Seniors Living Home.

The group organize themselves to meet regularly to support each other, share information and educational resources. They also raise concerns or issues they may encounter in the Home, work pro-actively [with the Home's staff to resolve any concerns and advocate for Residents with a view to improve the overall quality of the care and/or service delivery

A FAMILY AND/OR RESIDENT COUNCIL'S ROLE IS TO:

- Create a communication channel of the collective voice of Residents and or Families for the Park Place Leadership team to manage issues as they arise but also to gather input on new ideas/ future changes contemplated for each of our homes
- The ideas, suggestions and requests brought to the homes' Leadership team will be investigated with outcomes reported back to the Council
- Residents and/or Family Councils are supported through provincial legislation for Continuing Care in provinces Park Place Seniors Living operates in.
- Fundraise to further enhance and improve the quality of the life for all residents in the home
- Build linkages to the community and facilitate programs that benefit both the residents and community

RESIDENT OR FAMILY PARTNERSHIP

Membership is open to all Resident's, Family, Friends and Representatives of the Residents of Park Place Homes who wish to participate in decisions affecting the daily lives of our Residents.



A VOICE AND A CHOICE



Park Place Seniors Living philosophy includes a "Voice and a Choice" in our Resident/ Family Centred approach to care and service.

Park Place recognizes family and friends that become partners with us, in the care for their Family members enhances the overall experience of the Residents.



RESIDENT & FAMILY CHAMPION PROGRAM

What is a Resident & Family Champion

A Resident and Family Champion is a current Resident or Family Member who helps to welcome new Residents and families, answer their questions or concerns, show them around the Home and help them in any way to make them feel more comfortable.

The Importance of the Resident & Family Champion Program

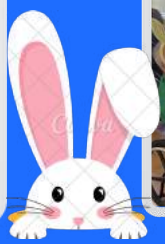
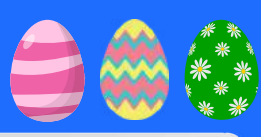


What Does a Resident & Family Champion Do?

Meet, greet and tour new residents to the home, help answer questions, explain various activities and common spaces in the home and show them around as able. Support a welcome tea and the Resident and Family Council.

The move-in process can be a very overwhelming experience for both the Resident and their family. Having a Resident and or Family Champion connected to our new Residents and families is intended to make each person's transition easier and as stress-free as possible. We want our new Residents and families to feel supported.

HAPPY EASTER



Easter Tea



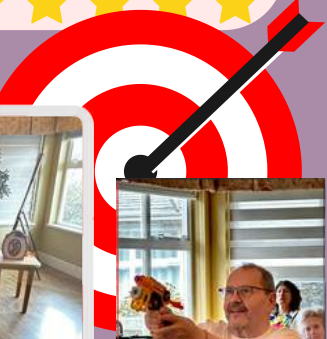
Recreation News



Creative Corner



Target Shoot



Marketplace



Fill In The Blank...



Celebrating St Patrick's Day with live Entertainment

