

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:30 Church Service 2F 11:00 Exercise 1F <b>2:00 Birthday April and May, Welcoming New residents and Cinco de May Celebration/Richard 3F</b> 3:30 Gardening 1F 6:00 Room Visit/ Patio	11:00 Exercise 3 F 2:00 Arts and Crafts 2 F 3:30 Gardening 1F 6:00 Room Visit / Patio	11:00 Exercise 3 F 2:00 Arts and Crafts 2 F 3:30 Gardening 1F 6:00 Room Visit / Patio
9:30 Virtual Church Service 1F 10:45 Virtual Church 2F 2:00 Karaoke 3F 3:30 Patio Visits 1 F	9:30 Exercise 2F <b>10:45 Hand Therapy w/Laura 1F</b> 11:00 Muscles in Motion3F 2:30 Bingo Club/Intergeneration Student Visit 3:30 Gardening 1F <b>Cinco de Mayo Celebration World Hand Hygiene Day</b> Cinco de Mayo	9:30 Music & Movement 1F 10:45 Exercise 2F 11:00 Exercise 3F 2:00 Pet Therapy 3:30 Active Games 3F 6:00 Room Visit 2F/ Patio Visit	9:30 Ballons Exercise 1F 10:45 Music & Movement 2F 11: 00 Exercise 3F <b>2:00 Mini Bingo 2 F</b> 3:30 Table Games 3 F 6:00 Room Visit 1F/ Patio	9:30 Music & Movement 2F 10:45 Exercise 3F 11:00 Exercise 2F <b>2:00 Walking Club 1F</b> 3:30 Gardening 1F 6:00 Room Visit/ Patio	11:00 Exercise 2 F 2:00 Arts and Crafts 3 F 3:30 Gardening 2F 6:00 Room Visit / Patio	11:00 Exercise 2 F 2:00 Arts and Crafts 3 F 3:30 Gardening 2 F 6:00 Room Visit / Patio
9:30 Virtual Church Service 1F 10:45 Virtual Church 2F <b>2:00 Mother's Day celebration</b> Entertainment with Dave 2 F 3:30 Patio Visits 3 F Mother's Day National Skilled Nursing Care Week	9:30 Exercise 1F <b>10:45 Hand Therapy/Laura 2F</b> 11:00 Muscles in Motion3F 2:30 Bingo Club /Intergeneration students visit 3 F 3:30 Gardening 2F	9:30 Music & Movement 2F 10:45 Exercise 1F 11:00 Exercise 3F 2:00 Pet Therapy 3:30 Active Games 2F 6:00 Room Visit / Patio 1F	9:30 Ballons Exercise 2F 10:45 Music & Movement 3F 11:00 Exercise 2F <b>2:00 Mini Bingo 1 F</b> 3:30 Table Games 2 F 6:00 Room Visit / Patio 3F	9:30 Exercise 3 F 10:45 Exercise 2F 11:00 Exercise 1F 2:00 Walking Club 3F <b>3:30 Gardening &amp; The Sunflower Showdown Kick-off</b> 6:00 Room Visit / Patio	11:00 Exercise 1 F 2:00 Arts and Crafts 2 F 3:30 Gardening 3F 6:00 Room Visit / Patio	11:00 Exercise 1 F 2:00 Arts and Crafts 1 F 3:30 Gardening 3F 6:00 Room Visit / Patio Armed Forces Day
9:30 Virtual Church Service 1F 10:45 Virtual Church 2F 2:00 Karaoke 3F 3:30 Patio Visit 2 F	9:30 Exercise 1F 10:45 Hand Therapy w/Laura 3F 11:00 Muscles in Motion2F 2:30 Bingo Club /Intergeneration students visit 2 F 3:30 Gardening 2F Victoria Day (Canada)	9:30 Music & Movement 3F 10:45 Exercise 2F 11:00 Exercise 1F <b>1:30 Resident &amp; Family Council Meeting</b> 2:00 Pet Therapy 3:30 Active Games 1F 6:00 Room Visit / Patio 3F	9:30 Ballons Exercise 3F 10:45 Music & Movement 1F 11: 00 Exercise 3F <b>2:00 Mini Bingo 3 F</b> 3:30 Men's Club 1 F 6:00 Room Visit / Patio 2F	9:30 Music & Movement 1F 10:45 Exercise 2 11:00 Exercise 3F <b>2:00 Armed Forces Day/Entertainment 3F &amp; Victoria Day w/ Hanford</b> 3:30 Gardening 2F 6:00 Room Visit / Patio	11:00 Exercise 2 F 2:00 Arts and Crafts 2 F 3:30 Gardening 2F 6:00 Room Visit / Patio	11:00 Exercise 3 F 2:00 Arts and Crafts 2 F 3:30 Gardening 3F 6:00 Room Visit / Patio
9:30 Virtual Church Service 1F 10:45 Virtual Church 2F 2:00 Karaoke 3F 3:30 Patio Visits 3 F	9:30 Exercise 2F 10:45 Hand Therapy w/Laura 1F 11:00 Muscles in Motion3F 2:30 Bingo Club /Intergeneration Students Visit 1 F 3:30 Gardening 3F Memorial Day	9:30 Music & Movement 1F 10:45 Exercise 2F 11:00 Exercise 3F <b>2:00 Celebration of Life 2 F</b> 2:30 Pet Therapy 6:00 Room Visit / Patio 2F	9:30 Ballons Exercise 1F 10:45 Music & Movement 2F 11: 00 Exercise 3F <b>2:00 Mini Bingo 2 F</b> 3:30 Table Games 3 F 6:00 Room Visit/ Patio 1F	<b>9:30 Scenic Drive</b> 11:00 Exercise 1F <b>1:30 Cartier Got Talent showcase &amp; fundraising and Nursing Day!</b> 6:00 Gardening 3F	11:00 Exercise 1 F 2:00 Arts and Crafts 3 F 3:30 Gardening 1F 6:00 Room Visit/ Patio	<b>11:00 Entertainer w/ Anna</b> 2:00 Arts and Crafts 2 F 3:30 Gardening 3F 6:00 Room Visit / Patio

PLEASE NOTE: ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE

# THE

# NEIGHBOURHOOD

## Cartier House Care Centre



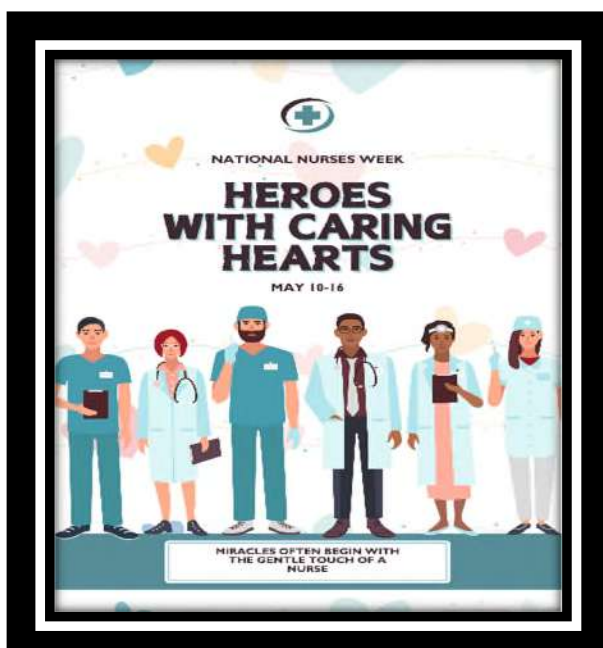
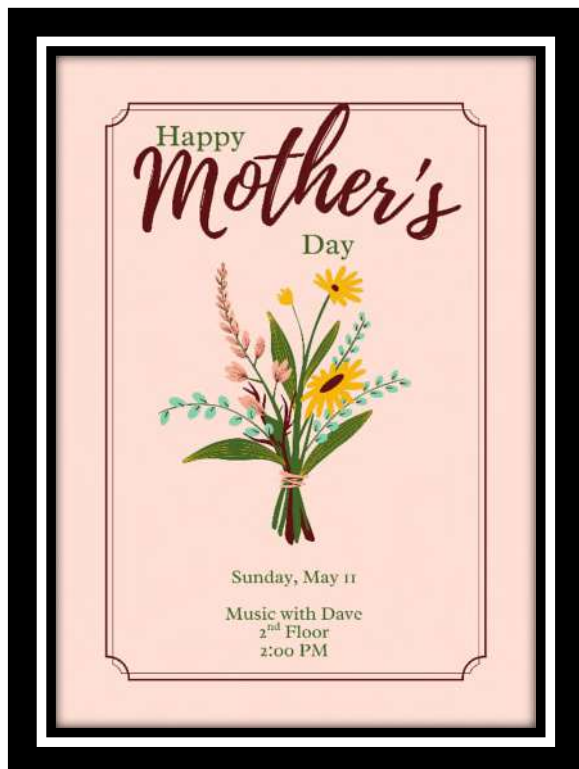
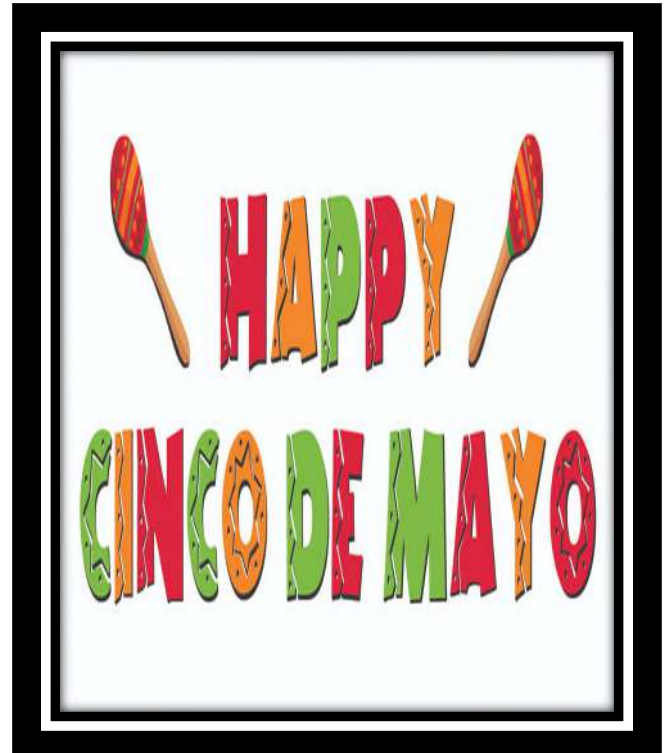
# 2025

1419 Cartier Ave, Coquitlam, BC V3K  
2C6


(604) 939-4654



# UPCOMING EVENT







# ENTERTAINMENT


SPECIAL GUEST: HANFORD

THURSDAY, MAY 22  
3<sup>RD</sup> FLOOR

CARTIER HOUSE

# CELEBRATION OF LIFE

TUESDAY, MAY 27  
2:00 PM  
2<sup>ND</sup> FLOOR



CARTIER HOUSE  
PRESENTS

# CARTIER GOT TALENT!

SHOWCASE & FUNDRAISING

MAY 29 | 1:30 PM

□

CARTIER HOUSE

# SCENIC DRIVE

THURSDAY, MAY 29  
9:30 AM

SEE YOU THERE!

FOR FURTHER INQUIRIES, SEND AN EMAIL TO RECREATION



# SING-ALONG PROGRAM

*SPECIAL GUESTS:  
JOYFUL SINGERS*

31 SATURDAY  
MAY 11:00 AM



# BROCHURES & CODE OF THE MONTH



➤ Learn how the RAI- MDS helps enhance care and quality of life for residents through personalized assessments and planning.



Understanding how Resident information is gathered and shared to support coordinated and respectful care.

➤ **EMERGENCY RESPONSE-CODE GREEN**  
This month's emergency code highlight: Code Green- Evacuation for safe evacuations.

➤ Soak up the sun safety follow these simple tips to protect skin and enjoy sunny days worry – free.”





# MONTHLY GAZETTE OF THE MONTH

## Monthly Gazette Highlights – May 2025

Discover what's blooming this month with the Plant of the Month, explore May's special days, learn about emerald birthstones, and see what's lucky in May!!! Plus, find out which famous figures share a May birthday and enjoy fun facts, feasts, and zodiac insights- all in this edition of The Monthly Gazette.

May 2025

THE MONTHLY GAZETTE

"Spring is nature's way of saying, 'Let's party!'"  
- Comedian Robin Williams

Plant of the Month – Lily of the Valley

Lily of the valley is a fragrant, sweet-smelling plant with delicate, white, bell-shaped flowers and oval-shaped leaves. The plant is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold or silver containers. In folklore, it is believed that the scent of this flower in the spring air is the signal for nightingales to begin their seasonal singing and choose a mate. These blooms are associated with luck in love, which is why they're often used in wedding bouquets. In the language of flowers, the lily of the valley means sweetness, humility, and perfect purity. It also signifies the return of happiness. Lily of the valley is native to Europe and Asia. It got its name from early Christian monks. The flower's Latin name, *Convallaria majalis*, means "valley" (*Convallaria*) and "the month of May" (*majalis*), which refers to where it thrives and when it blooms.

Flower – Hawthorn

Hawthorn is a lovely family of small trees and thorny shrubs often cultivated for their decorative qualities. The sturdy plant has beautiful flowers that bloom in white, red, or pink. Its edible, apple-like fruit comes in a variety of colors, and it ranges in flavor and texture. They are sometimes used as an herbal medicine supplement, which some people believe helps with heart disease, high blood pressure, and high cholesterol.

Special Days

May Day  
May 1

Cinco de Mayo  
May 5

Mother's Day  
May 11

Limerick Day  
May 12

Armed Forces Day  
May 17

Victoria Day (Canada)  
May 19

Memorial Day  
May 26

Birthstone – Emerald

Emeralds have long been a favorite of royalty. Cleopatra had them mined extensively in Egypt during her reign. Shah Jahan, builder of the Taj Mahal, wore an emerald talisman for luck and protection. Emeralds can grow very large, and giant ones have been found at Kagem, one of the world's largest emerald mines, in Zambia. A 5,655-carat emerald was unearthed there in October 2016. The Kagem emeralds are believed to have formed more than 450 million years ago, which contributes to their size.

Monthly Gazette

May 2025

Show Your Birthday Colors

May 1-6: Pink  
You are well-known for your kindness and sweet demeanor. You are the first to offer a hug or shoulder to cry on and know how to make anyone smile. You've also got a wicked sense of humor.

May 16-24: Gold  
You have a happy-go-lucky spirit and spread cheer wherever you go. You are always there for others, and you cheer up your friends and family after a bad day. Making new friends is a breeze for you with your outgoing personality.

May 7-15: Blue  
You are very artistic, and others admire your creativity. You are noble and honest, and your family and friends know they can trust and confide in you. You exercise patience when handling difficult situations.

May 25-31: Red  
You have a competitive streak and love a good challenge, but you are always a good sport, win or lose. It can take time for you to warm up to new friends, but once you do, they are your friends for life. You are sincere.

May Feasts

May is a great one for food lovers, as it's the month to celebrate a variety of culinary delights. Not only is it the month of barbecue, hamburgers, and salad but May 13 is Apple Pie Day. Even better: May 6 is No Diet Day!

May Zodiacs

Taurus (The Bull)  
May 1-20

Gemini (The Twin)  
May 21-31

May is the fifth month of the year and the third month of spring. There are several theories about how the month of May got its name. The most widely accepted explanation is that it was named for Maia, the goddess of spring and growth. The Roman poet Ovid, however, provides a second etymology, in which he says that the month of May is named for the *maiores*, Latin for "elders" or "ancestors," who were also celebrated during this month.

Did You Know?

The term *mayday* is often used as a distress signal for ships and planes. But what does May Day, the celebration on the first day of the month, have to do with the well-known phrase for asking for help? Actually, the answer is not much! The distress term is a mispronunciation of the French phrase *m'aider*, which simply means "Come help me!"

May Birthdays

Wes Anderson (director) – May 1, 1969  
Benjamin Spock (doctor) – May 2, 1903  
Sugar Ray Robinson (boxer) – May 3, 1921  
Adele (singer) – May 5, 1988  
George Clooney (actor) – May 6, 1961  
Enrique Iglesias (singer) – May 8, 1975  
Martha Graham (dancer) – May 11, 1894  
Katharine Hepburn (actress) – May 12, 1907  
Maxine Sullivan (jazz singer) – May 13, 1911  
George Lucas (filmmaker) – May 14, 1944  
Adrienne Rich (writer) – May 16, 1929  
Priscilla Presley (actress) – May 24, 1945  
Rachel Carson (marine biologist) – May 27, 1907  
Walt Whitman (poet) – May 31, 1819

What's Lucky in May?

Lucky Color: Orange  
Lucky Animal: Cat  
Lucky Letters: M and W  
Lucky Day: Friday  
Lucky Plant: Lavender



# WELCOMING NEW RESIDENTS

- Maxine
- Jeanette
- Eulalia

*We're thrilled to welcome our newest members to the community! It's a joy to have you join our family, and we look forward to sharing many wonderful memories together.*





# LADIES CLUB - HIGH TEA



- An Afternoon of grace, laughter and shared stories. The Ladies Club gathered for a delightful high tea, complete with elegant table settings,
- sweet treats, and warm conversation. It was a lovely moment of connection and celebration among friends.



Dear Residents, families, and Staff,

As we step into the month of May, we are reminded of the many reasons to celebrate and reflect.

To our incredible *nurses*, we thank you for your compassion, dedication, and tireless care. You are the heart of our home, providing comfort and strength every day. Your commitment does not go unnoticed, and we are truly grateful for all that you do. *Happy Nurses' Week!*

To the wonderful *mothers, grandmothers, great grandmothers* we are privileged to care for, to the families and staff - this *Mother's Day*, we honor your wisdom, love and the legacy you have built. Your presence enriches our community, and we celebrate you with the deepest respect and affection. *Happy Mother's Day!*

As we approach Victoria Day, we take a moment to recognize the spirit of resilience and community that defines us. This holiday reminds us of our shared history and the strength we find in coming together. *Happy Victoria Day!*

Wishing everyone a joyful, peaceful and meaningful month of May!

Kind Regards,  
Carol.

# WELLNESS IN ACTION



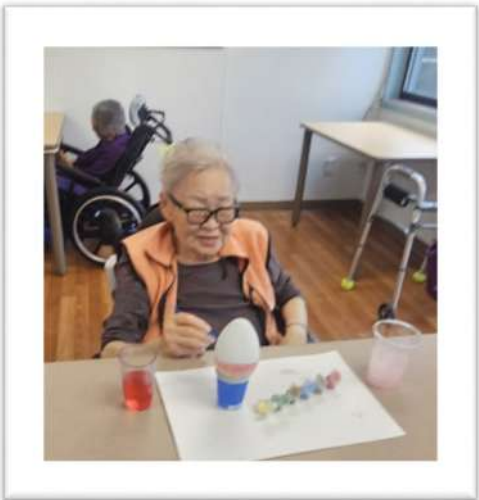
## ➤ Wellness in Action

From mindful moments to movement and meaningful connection. Our community continues to embrace wellness in everyday ways. This month, we highlight the small steps that lead to lasting well-being for the body, mind, and spirit.

# HELPING HAND - FOR EASTER DECORATION & ARTS AND CRAFTS





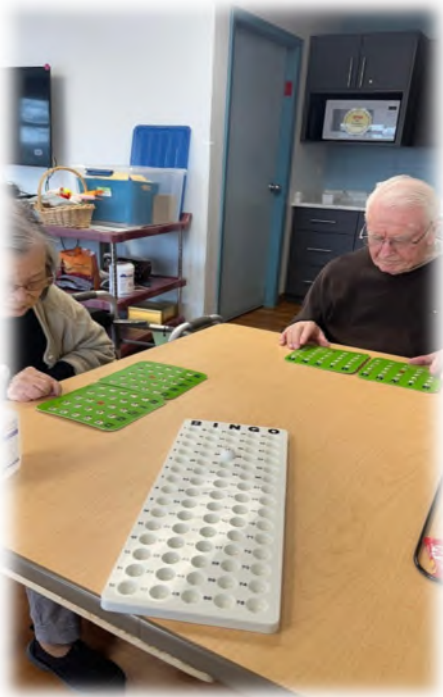


➤ To kick off the Easter festivities, our Residents came together for a cheerful arts and crafts session. With creativity flowing and bright materials on hand, everyone enjoyed making Easter-themed decorations to brighten our community spaces.



## *BINGO CLUB*

- Our Bingo Club continues to bring energy and anticipation to our weekly schedule. Residents gather for friendly competition. Social connection, and of course, a chance to shout “Bingo!”





# *EASTER EGG HUNTING*



Our Easter celebration with a joyful egg hunt! The excitement was contagious as Residents research high and low for colourful eggs filled with sweet surprises. The event brought smiles, laughter, and a sense of togetherness throughout the dining room.





# TABLE GAMES



Nothing brings people together quite like a good game! Residents gathered for a fun afternoon of classic table games, sharing laughs, strategy, and sunshine.





# *BIRTHDAY CELEBRATION*



- We love celebrating our Resident's special days with laughter, cake, and heartfelt moments. Here's to another wonderful year of life, friendship and cherished memories.
- Cheers to another trip around the sun! Whishing our birthday celebrant's health, happiness, and lots of cake! Surrounded by love and good wishes- our birthday stars shined brightly this month. Birthdays are better when shared with friends and family! Thank you for making each celebration so meaningful. A sweet celebration for some of our sweetest Residents – Happy Birthday to all!!

# CELEBRATION OF APPRECIATION & A SEND OFF PARTY FOR OUR AMBASSADORS

April 30<sup>th</sup> was a day of mixed emotions. While we gather to celebrate the send-off party and express our heartfelt gratitude to our ambassadors, it also marks the closing of a program that has meant so much to so many.

To our dedicated Ambassadors and Screeners: You stepped forward during one of the most uncertain and frightening times in our recent history – the COVID-19 Pandemic. When the world was closing its doors, you opened yours to protect the most vulnerable among us – our Residents in long-term care homes.

You were the first line of defense, the sweet smile with warm welcome at the door, the vigilant eyes that kept our homes safe. With patience, compassion, and unwavering commitment, you carried out day after day, often in challenging conditions. Your work wasn't always easy, and it wasn't always recognized – but it made all the difference.

Thanks to all of you – families were given peace of mind, staff felt supported, and Residents were kept safe. You showed us what resilience looks like, and you reminded us of the power of kindness and presence, even in the darkest times.

Although the program has ended, please know that your impact will not be forgotten. You leave behind a legacy of care, courage and community that will always be remembered.

On behalf of all of us – thank you. We appreciate you; we honor you, we wish you nothing but success and fulfillment in the next chapters of your lives.



Moving a loved one into assisted living often brings feelings of dread and anxiety due to uncertainty and change. Two years ago when my mother was admitted to Cartier House my brother and I had no idea what to expect. It was not long before we realized mom would be in good care. Exceptional care actually in my opinion. Interactions with staff have exceeded expectations. Everyone has been kind, helpful and professional. In particular the greeting staff made a difficult experience manageable. Their assistance, smiling faces and daily conversations made them feel like family. I was saddened to hear of their departure and will miss them all dearly. MARC Sanguin









- **Celebrating Our Ambassadors**  
We came together to a heartfelt celebration to show appreciation for our dedicated ambassadors, with smiles, stories, and warm wishes, we honored their contributions and bid them a fond send-off. Thank you for the joy and inspiration you've shared with our community- you'll always be part of the family.







## HOW TO GET INVOLVED

Join us for our Resident & Family Council meeting!  
The meeting is held 8 times per year; either in person or via Teams.

This gives both Residents & Families a chance to express concerns, provide ideas and suggestions, and stay up to date on the workings of Cartier House.

***Teams Link sent via email***

## RESIDENTS & FAMILY COUNCIL MEETING

Resident & Family Council Meeting Date & Invite to follow – check your emails! If you don't receive an invite, please email:

**[cartier.recreation@ppsl.com](mailto:cartier.recreation@ppsl.com) or  
[Shaylee@excelcarenursingservices.ca](mailto:Shaylee@excelcarenursingservices.ca)**

## VOLUNTEER OPPORTUNITIES

Cartier House is looking for volunteers to join our team!  
Do you or anyone you know enjoy spending time with seniors or want to give back to your community?

If **YES**, kindly email **[cartier.recreation@ppsl.com](mailto:cartier.recreation@ppsl.com)** or call **604- 939- 4654 Extension 130** for more information!

Reported By:  
Leo Bingcang, Recreation Assistant

**1419 Cartier Ave, Coquitlam, BC V3K 2C6  
(604) 939 - 4654**

