

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October Calendar Courtyard Terrace			1 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 2	2 Daily Horoscope 9:15 Musical Exercise 10:00 Sign Language Class 10:30 Arts & Craft 11:00 Painting Nails 2:00 3	3 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 4	4 Scavenger Hunt (All DAY) CT Book Club Time 10:30 5
5 Free Day 6	6 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 7	7 Daily Horoscope 9:15 Musical Exercise 10:00 Residents Council Meeting 10:30 Board Games 2:00 8	8 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 9	9 Daily Horoscope 9:15 Musical Exercise 10:00 My Voice Meeting 10:30 Arts & Craft 11:00 Happy Hour 2:00 10	10 Preparation for the party 11:00 Family Thanksgiving Dinner 5:00 11	11 Scavenger Hunt (All DAY) CT Book Club Time 10:30 12
12 Hymn Sing with Grace 1	13  Enjoy your day 2	14 Daily Horoscope 9:30 Preparation for the Outing 10:00 Walmart Outing 10:30 Board Games 2:30 3	15 Daily Horoscope 9:15 Musical Exercise 10:00 Life Enrichment Meeting 10:30 Bingo 2:00 4	16 Daily Horoscope 9:15 Musical Exercise 10:00 CT Holy Mass by Fr. Joseph 10:30 Movie and Pop Corn Day 1:30 5	17 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 6	18 Scavenger Hunt (All DAY) CT Book Club 10:30 7
19 Free Day 8	20 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 9	21 Daily Horoscope 9:30 Preparation for the outing 10:00 Lunch Outing 10:30 Board Games 2:30 10	22 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 11	23 Daily Horoscope 9:15 Musical Exercise 10:00 Sign Language Class 10:30 Arts & Craft 11:00 Happy Hour 2:00 12	24 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 1	25 Scavenger Hunt (All DAY) CT Book Club 10:30 2
26 Hymn Sing with Grace 3	27 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 4	28 Daily Horoscope 9:30 Preparation for the outing 10:00 Walmart Outing 10:30 Board Games 2:30 5	29 Daily Horoscope 9:30 Musical Exercise 10:30 Trivia 11:00 Bingo 2:00 6	30 Daily Horoscope 9:30 Musical Exercise 10:30 Preparation for the party 11:00 Monthly Birthday Celebration 2:00 7	31 Daily Horoscope 9:15 Musical Exercise 10:00 Dining Committee Meeting 10:30 Halloween Costume Party 2:00 8	

OCTOBER 2025



Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

W: www.parkplaceseniorsliving.com T: 604 437 6262

Dear Resident, Family and Staff,

Please join us on Friday October 10th 2025 at 5:00pm for our Family Thanksgiving Dinner. Mar and Cathy will be putting on a fabulous feast with all the trimmings. The cost is \$15.00/person. If you would like to attend, speak with Michelle or Cathy.

In this Newsletter

- New & Noteworthy
- Home Updates
- Upcoming Events
- Our Four Strategic Imperatives
- How to get Involved

NEW AND NOTEWORTHY

We have applied for funding through the New Horizon for Seniors Grant for the Eldergrow Nature Connect program.

The funding will be for an indoor hydroponic garden the residents can use to grow vegetables, herbs and flowers.

The Eldergrow Nature Connect program is a robust program that includes all required supplies and curriculum that includes horticulture, nature, culinary and garden art classes.

<https://eldergrow.care/>



IMPORTANT DATES

DATE – October 10, 2025

Family & Residents

Thanksgiving Dinner

DATE – October 13, 2025

Thanksgiving Day

DATE – October 30, 2025

Monthly Birthday Celebration

DATE – October 31, 2025

Halloween Costume Party

Our Mission

What We Do

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

Our Vision

Why We Exist

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.

COURTYARD TERRACE SNAP SHOTS

SEPTEMBER 2025 Happenings at Courtyard Terrace

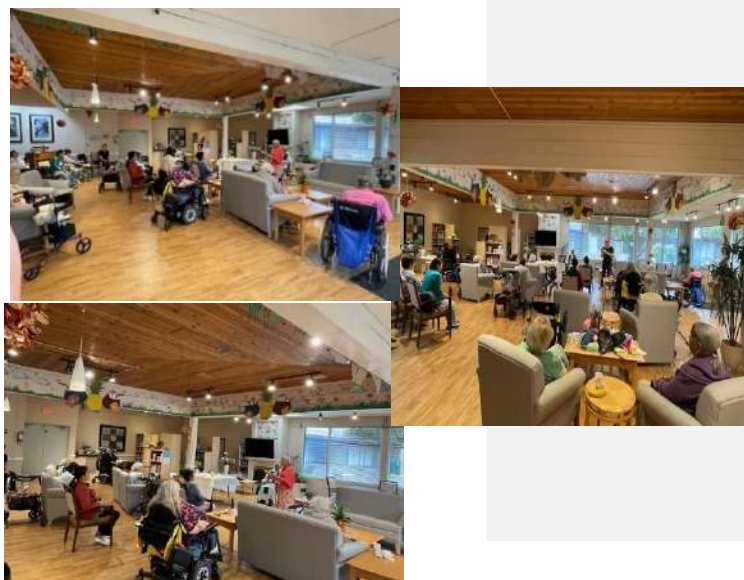
Monthly Birthday Celebration



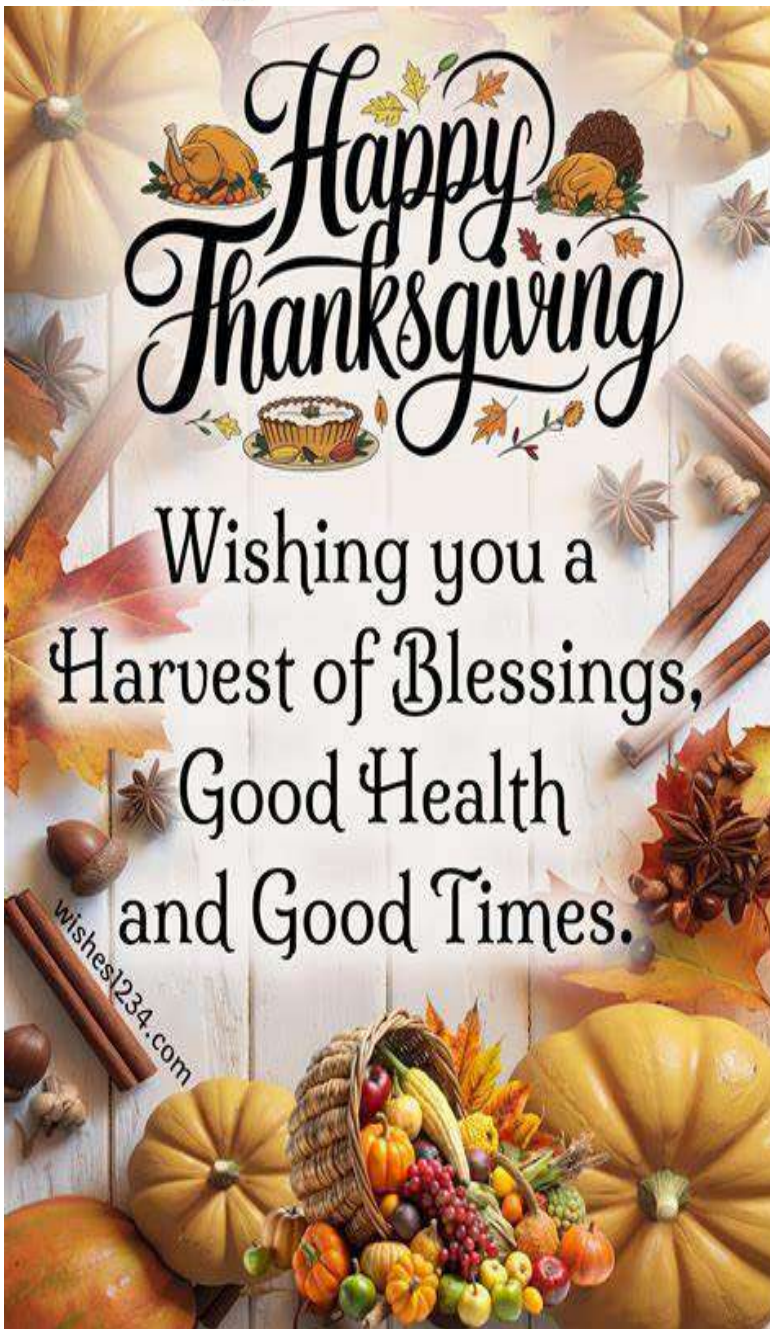
Author Reading Series



CT Holy Mass



DID YOU KNOW...



Leaves change color as days get shorter which makes the green pigment fades

Fall is the best time for apple picking

Meteorological Start Date September 1

Meteorological End Date November 30

Pumpkins are a fruit not a vegetable

FACTS ABOUT FALL

Pumpkin spice doesn't contain any pumpkin at all!

Those that live at or near the equator, do not have the autumn season

Acorns are nature's way of preparing for the future in fall

The harvest moon was the nearest full moon to the Autumn Equinox

The term "sweater weather" refers to the lowering temperatures this time of year

Astronomical Start Date September 22-23

Astronomical End Date December 20-23

MADEWITHHAPPY.COM

Upcoming Events

Resident's Council Meeting

Tuesday, October 7, 2025
(Lounge - 10:30 am)

My Voice Meeting w/ Michelle

Thursday, October 9 2025
(Dining Area - 10:30 am)

Family & Residents Thanksgiving Dinner

Friday, October 10, 2025
(Lounge - 5:00 pm)

Thanksgiving Day

Monday, October 13, 2025
(Enjoy your day 😊)

Walmart Outing

Tuesday, October 14, 2025
(Departure 10:30am - Arrival 2:30 pm)

Life Enrichment Committee Meeting

Wednesday, October 15, 2025
(Dining Area - 10:30 am)

CT Holy Mass by Fr. Joseph

Thursday, October 16, 2025
(Lounge, 10:30 am)

Lunch Outing

Tuesday, October 21, 2025
(Departure 10:30am - Arrival 2:30 pm)

Walmart Outing

Tuesday, October 28, 2025
(Departure 10:30am - Arrival 2:30 pm)

Monthly Birthday Celebration

Thursday, October 30, 2025
(Lounge - 2:00 pm)

CT Dining Committee Meeting

Friday, October 31, 2025
(Dining Area - 10:30 am)

Halloween Costume Party

Friday, October 31, 2025
(Lounge - 2:00 pm)



Courtyard Business Corner

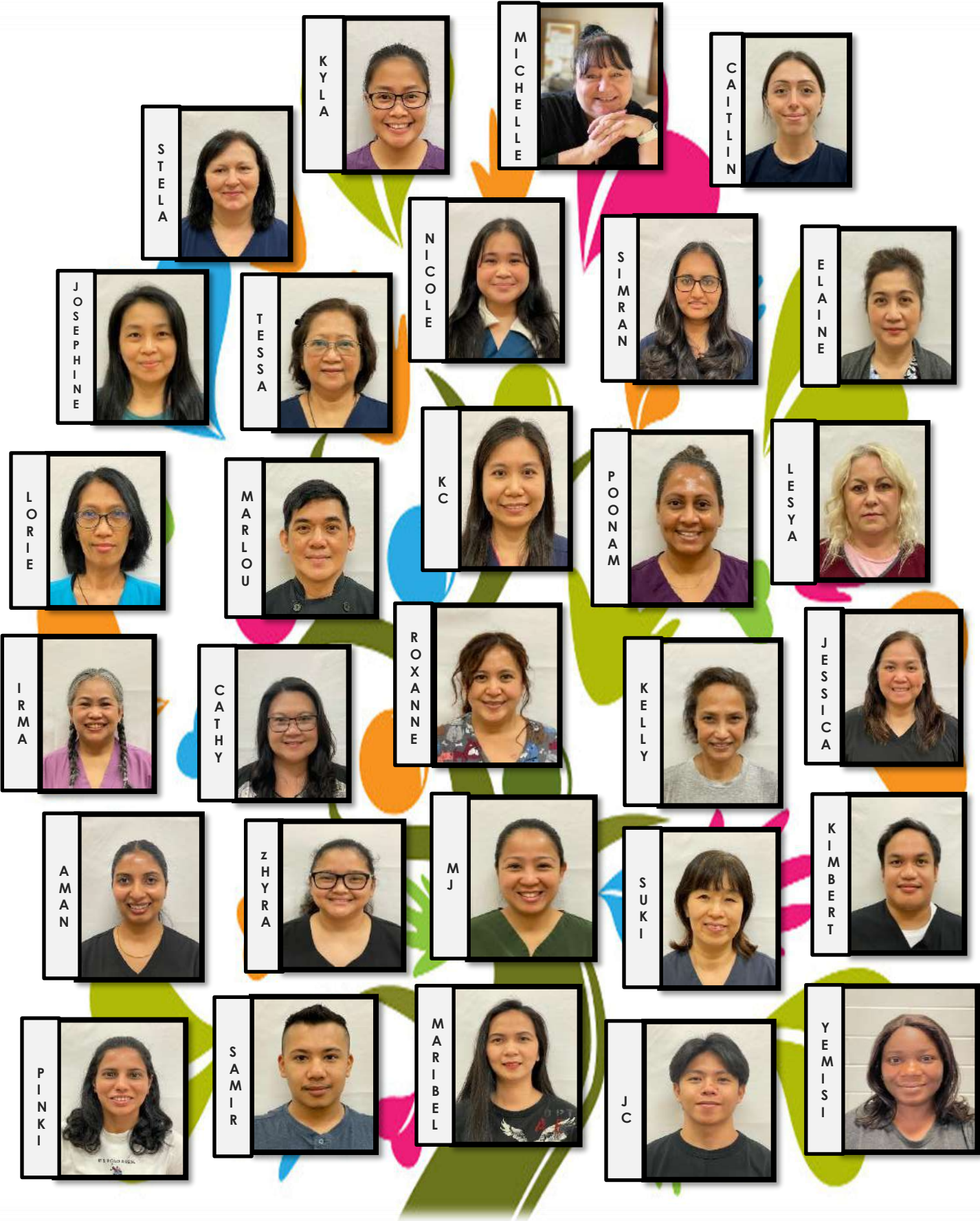
Request: Let's start to keep ourselves busy and enjoy the fall/winter seasons. If you have in mind to try something new this season, please feel free to go the REC office and tell me what is it, and I will be delighted to hear your new ideas.

CT Store: Available between the hours **9:00 - 4:30 pm Monday - Friday**. Recreation will be glad to assist you.

Items Available: Toothpaste, Kleenex, Bathroom Tissues, Soaps, Shampoo, Paper Towels, Lotion, Shampoo, Gums, Candies, Biscuits, Pops and Different Variety of Chips, Chocolates and etc....

Thank you and Always Stay Healthy with a SMILE 😊

MEET THE TEAM:



HAPPY Work Anniversary



6 years



5 years



6 years

How to Reach Us

Michelle 604 437 6262 ex 1 or
MBragg@Simpeq.ca.

Cathy: 604 437 6262 ex 5 or
rec.ct@Simpeq.ca

Jessica 604 437 6262 ex 2 or
ctreception@Simpeq.ca

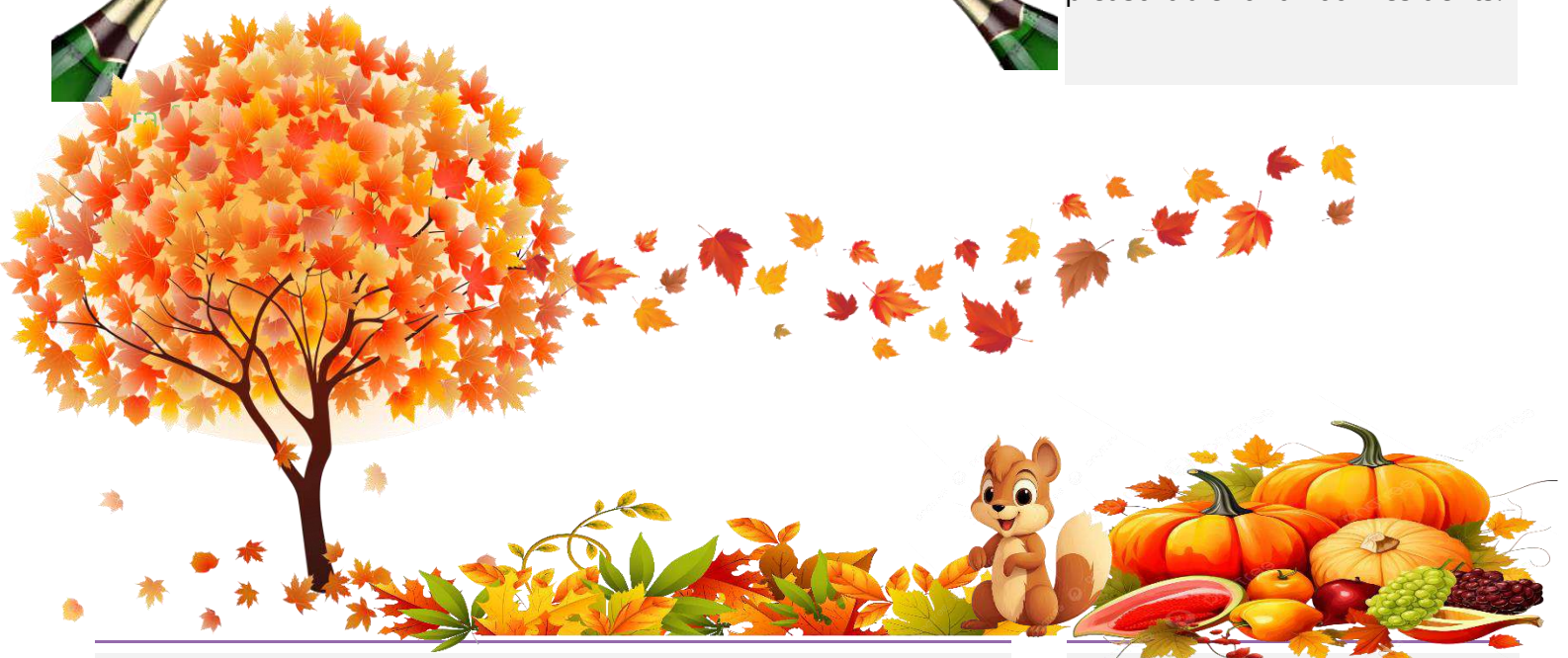
Marlou: 604 437 6262 ex 3

Shout Outs



The new menu is on the way.!

Thank you to Mar for all your input to ensure the menu is pleasurable for all our residents.



OCTOBER BIRTHSTONE & BIRTHFLOWER

october

BIRTHSTONE

- ♦ Symbolizes love and hope
- ♦ Opals are opaque with a holographic sheen—when light is flashed onto them, they sparkle with the colors of the rainbow
- ♦ The name comes from the Latin word opalus, which means “precious stone”
- ♦ Secondary stone: tourmaline



OPAL

October

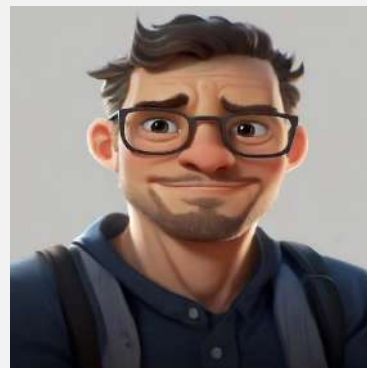
MARIGOLD

Creativity
Passion
Warmth
Wealth
Strength



BIRTHDAYS THIS MONTH

OCTOBER 2025



Leny - 16th



RESIDENTS CORNER

CT Library

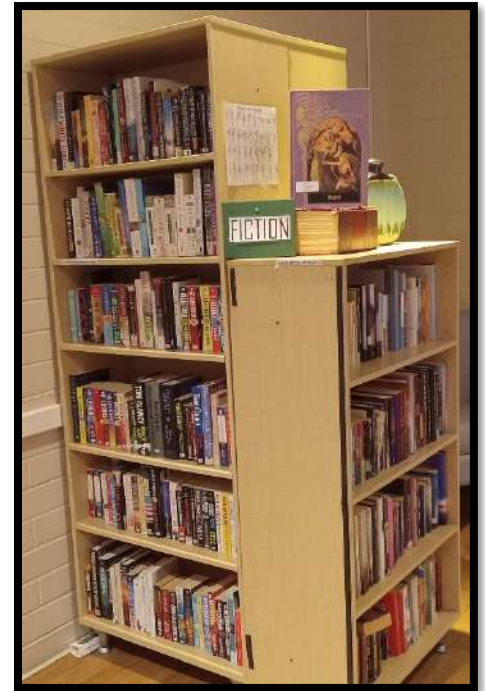
From the Library....

The Book Club has stopped searching for President Duncan and are now trying to figure out how to save the world! Join us on Saturdays, 10:30am, in the Dining Room.

Our last Authors Reading with Ken Creamore was really interesting. We all enjoyed our time with him and his story. He donated a few of his books to the Library. Come and check it out!

There are always new books to read in the Library. Come check them out!

Happy Reading! 



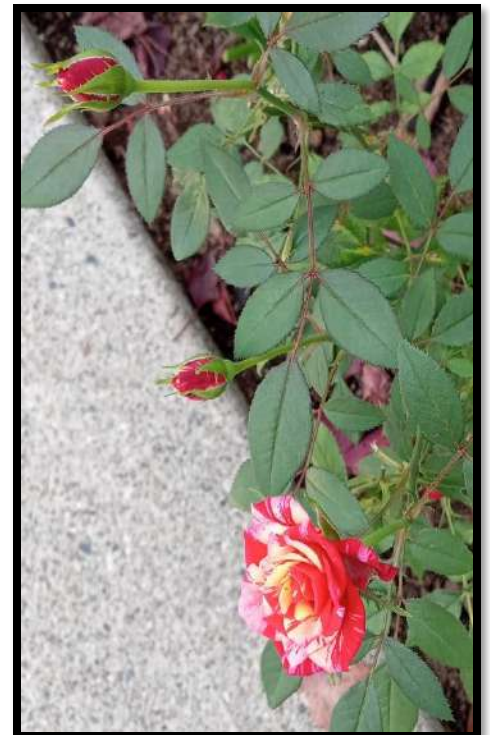
Garden Club

From the Garden...

Everything is slowly winding down in the garden, although there is still a lot of colour! The Tea Roses in Serenity Garden are still blooming—thank you banana peels!

Our mulchers are mulching and will be a great benefit when the cold comes. Hopefully we will have a good cold snap to help control the herbivorous creatures.

Happy Gardening! 



Infection Prevention and Control Corner

Audit Findings

The following audits were completed in September with no actionable items:

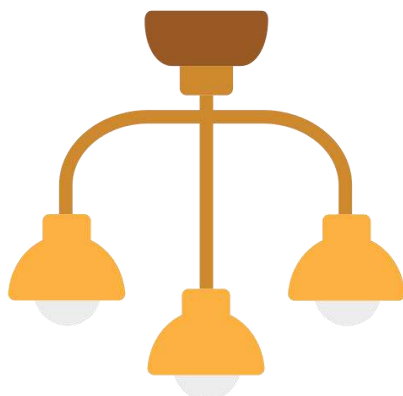
Declutter Audit
Soiled Utility Audit
Weekly Housekeeping Audit
Safety and Sanitation Audit
Communication Audit
Meal Care Audit
Kitchen Cleanliness Audit
Hand Hygiene Audit
Environmental Marker Audit
Donning and Doffing audit

Copies of the audits will be placed on the What We Are Up To Quality Board located in the east hallway by the entrance to the dining room.

Department Updates

The new lighting has been installed in the hallways and in the kitchen.

The kitchen has never been so bright!



Policy Updates

We are continuing to transition Courtyard Terrace to Park Place Seniors Living policies and procedures.

We are currently working towards fully implementing the Hazardous Medication Policy.

This policy ensures both resident and staff safety when hazardous medications are used.

It includes using the correct gloves, the correct number of gloves, identify the hazardous medications and ensuring

We are working towards accreditation in June 2026.



OUR FOUR STRATEGIC IMPERATIVES

1. Care Complexity

1. Education and Training
2. Risk Management
3. Care Collaboration and Planning

2. Staffing Stability

1. Retention and Recruitment
2. Education and Training
3. Collaboration with Stakeholders

3. Supportive Infrastructure

1. Procurement Planning
2. Capital and IT Planning
3. Preventative Maintenance

These are the new strategic imperatives.

More to come.



4. Enhanced Communication

1. Task and Time Efficiencies
2. Internal Communication
3. Resident and Family Satisfaction
4. Technology Utilization

Do you think we are doing a great job? Why not leave us a Google review. QR codes available at reception.



HOW TO GET INVOLVED

There are some great options to stay informed and engaged with us.

1. Talk with the staff on-shift about how your loved one is doing and update them on changes you see.
2. Join or attend a committee or council meeting. Please come and join us.
3. Get involved in **quality improvement initiatives** that matter to you. Talk to staff about areas you would like to be involved in.
4. Provide **recreation ideas** that your family would enjoy! Email Cathy at rec.ct@Simpeq.ca
5. **Volunteer**. Your help matters and is always truly appreciated!
6. **Submit your ideas and suggestions** on forms available at the What We Are Up To board. We welcome your ideas and suggestions.



PARK PLACE
SENIORS LIVING
Enriching Lives of Seniors

Our Values

Together we STRIVE for Excellence

S **Safety & Quality**
By providing safe and healthy environments where care and service is effective, efficient and person-centered with a focus on continuous quality improvement.

T **Teamwork & Partnerships**
By supporting and committing to each other to create a connected culture that brings out the best in everyone while achieving common goals.

R **Responsibility & Stewardship**
By doing our best work, seeking help when needed and ensuring we are good stewards of the organization resources to ensure a sustainable future.

I **Innovation & Creativity**
By creating opportunities for open conversations that encourages innovation and the sharing or creating ideas to enrich lives.

V **Voices that are Respected**
By placing our residents and families at the center of all we do by listening, respecting and responding to their needs, values and preferences.

E **Empathy & Trust**
By fostering trusting relationships through welcoming diversity, practicing acceptance and seeking to understand the experience and feelings of others.



WWW.PARKPLACESENIORSLIVING.COM

Monthly Meetings

The Resident Council meets on the first Tuesday of every month at 10:30am in the dining room.

The My Voice Meeting is held on the second Thursday of the month at 10:30am in the dining room.

The Courtyard Terrace Dining Committee meeting are held on the last Friday of the month at 10:30am in the dining room.

Life Enrichment Committee meeting is held on the third Wednesday of the month at 10:30am in the dining room.

Useful Numbers

Foot Care: Sole Provider Foot Care
Tyffany 604 341 7087

Meet your Resident Council



Co-chair Shea

Meet your Resident Council



Co-chair Michael