

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>Meditation & Quiet Time 10:30 am</p> <p>12</p>	<p>2</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>13</p>	<p>3</p> <p>Daily Horoscope 9:15 Resident Council Meeting 10:30 Board Games 11:00 Nail Painting 2:00</p> <p>1</p>	<p>4</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>2</p>	<p>5</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Arts & Craft 11:00 Board Games 2:00</p> <p>3</p>	<p>6</p> <p>Daily Horoscope 9:15 Musica Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>4</p>	<p>7</p> <p>CT Book Club Time 10:30 Board Games All day 😊</p> <p>5</p>	
<p>8</p> <p>Hymn Sing with Grace 6:00 pm</p> <p>6</p>	<p>9</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>7</p>	<p>10</p> <p>Daily Horoscope 9:15 Preparation for the outing 9:30 Walmart Outing 10:30 Board Games 2:30</p> <p>8</p>	<p>11</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>9</p>	<p>12</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 My Voice Meeting 10:30 Board Games 2:00</p> <p>10</p>	<p>13</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Sign Language Class 10:30 Trivia 11:00 Happy Hour Bingo 2:00</p> <p>11</p>	<p>14</p> <p>CT Book Club Time 10:30 Board Games All Day 😊</p> <p>12</p>	
<p>15</p> <p>Free Day 😊</p> <p>13</p>	<p>16</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>1</p>	<p>17</p> <p>Daily Horoscope 9:15 Preparation for the outing 9:30 Residents Choice of outing 10:30 Arts and Crafts 2:30</p> <p>2</p>	<p>18</p> <p>Daily Horoscope 9:15 Life Enrichment Meeting 10:30 Trivia 11:00 Happy Hour Bingo 2:00</p> <p>3</p>	<p>19</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 CT Holy Mass by Fr. Joseph 10:30 Movie & Popcorn Day 1:30</p> <p>4</p>	<p>20</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>5</p>	<p>21</p> <p>CT Book Club 10:30 Board Games All Day 😊</p> <p>6</p>	
<p>22</p> <p>Hymn Sing with Grace 6:00 pm</p> <p>7</p>	<p>23</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>8</p>	<p>24</p> <p>Daily Horoscope 9:15 Preparation for the Outing 9:30 Walmart Outing 10:30 Board Games 2:30</p> <p>9</p>	<p>25</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>10</p>	<p>26</p> <p>Daily Horoscope 9:15 Sign Language Class 10:30 Preparation for the party 11:00 Monthly Birthday Celebration 2:00</p> <p>11</p>	<p>27</p> <p>Daily Horoscope 9:15 Dining Committee Meeting 10:30 Trivia 11:00 Bingo 2:00</p> <p>12</p>	<p>28</p> <p>CT Book Club 10:30 Board Games All Day 😊</p> <p>13</p>	
<p>29</p> <p>Free Day 😊</p> <p>1</p>	<p>30</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Trivia 11:00 Bingo 2:00</p> <p>2</p>	<p>31</p> <p>Daily Horoscope 9:15 Musical Exercise 9:30 Board Games 10:30 Arts and Craft 2:00</p> <p>3</p>	<p><i>March Calendar</i> <i>Courtyard Terrace</i></p>			 <p>HAPPY ST. PATRICK'S DAY</p>	

MARCH 2026



Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

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

Dear Resident, Family and Staff,

Calling all Artist! Our Resident Council is once again sponsoring a resident art show. This years Artist Hall is scheduled for April 20 – 22, 2026. If you have an artistic talent you would like showcased in our halls, please speak with Shea or Cathy. They are in the process of gathering submissions.

In this Newsletter

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

NEW & NOTEWORTHY

Did you know that Courtyard Terrace has a doctor that comes on site every two weeks to see residents? Dr Galanopoulos, or Dr G as we call him, brings with him a team of doctors and a clinical pharmacist to provide comprehensive care to our resident in the privacy of their own suite.

If you are interested in having Dr G be your primary physician, please speak with Michelle or the LPN on duty.

He also has a medical clinic if you prefer in office visits.

Here is the link to his medical clinic:

<https://www.bluewatermed.com/>

IMPORTANT DATES

DATE – March 12, 2026

My Voice Meeting

DATE – March 17, 2026

St. Patrick's Day

DATE – March 18, 2025

Life Enrichment Meeting

DATE – March 26, 2025

Monthly Birthdays Celebration

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.

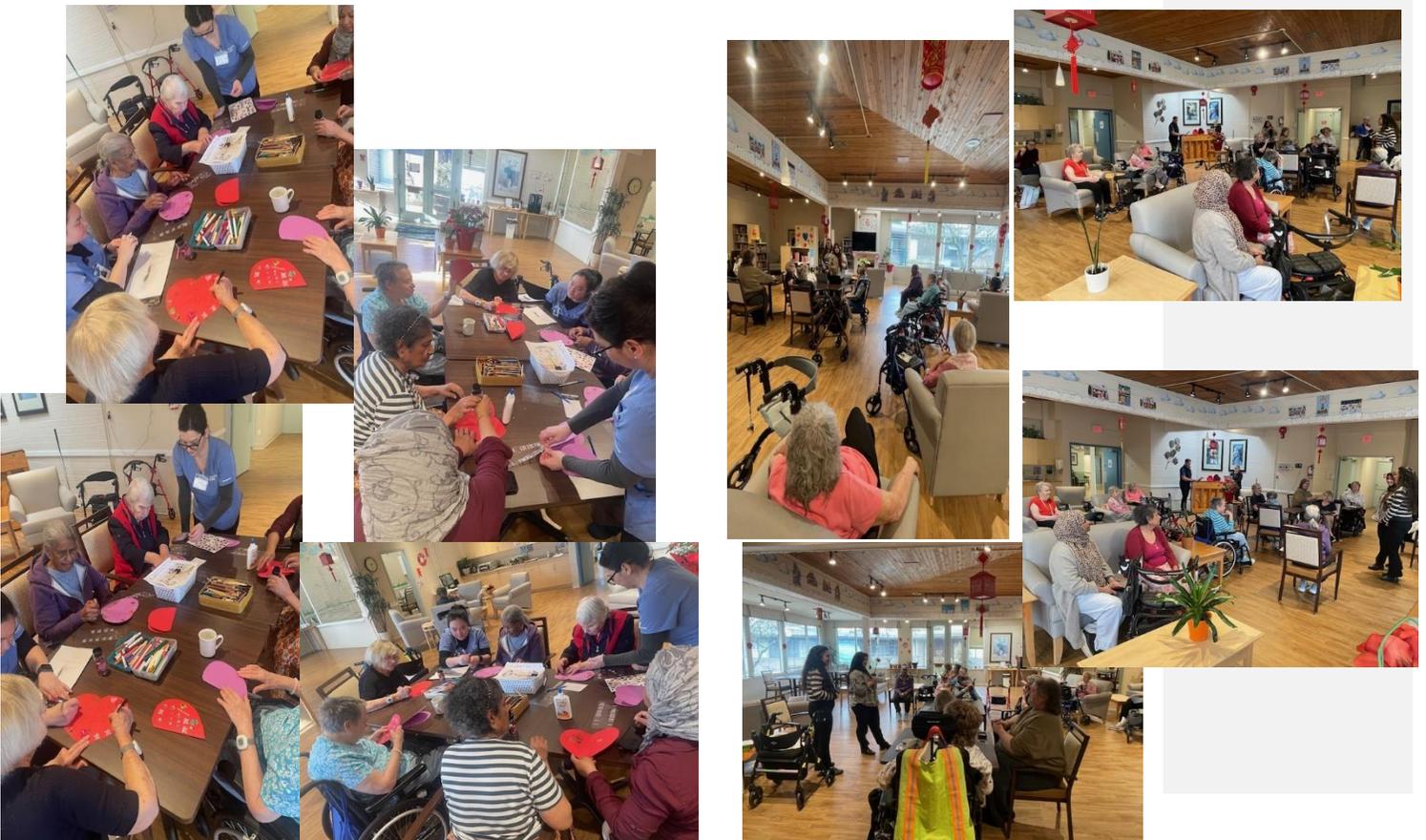
COURTYARD TERRACE SNAP SHOTS

Monthly Birthday Celebration



Valentine's Card Making

Wellness Education Month



WID YOU KNOW...



Happy
St. Patrick's
Day



5 FACTS ABOUT SPRING EQUINOX



It's celebrated during holiday called Ostara



Popular activities are spiritual cleansing, spring cleaning and decorating a spring altar



Popular herbs are Lavender, Tansy, Lilac, Lemon Balm



It symbolises new life and is the time of regrowth, rebirth and renewal



It marks the day when night and day are equal and in balance

Happy St. Patrick's Day

17 Irish fun facts to amaze your virtual drinking mates



Traditionally, Irish brides carried a new horseshoe up the aisle for good luck.



Ireland's green harp flag of the revolution was first used in 1642.

The first St. Patrick's Day parade was held in New York City in 1762.

President Obama's ancestors hailed from County Offaly.



Irish tradition: If your palm itches you're going to get money. If the back of your hand itches you're losing it.



County Kilkenny's James Hoban designed the White House.



1-161 Americans are named Patrick.

Jasper O'Farrell, born in County Wexford, planned San Francisco in 1847.



Irish surnames that start with Mac means son of, O means grandson of.



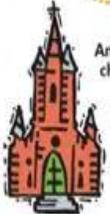
County Laois is often referred to as Dunne Country for the family's fierce resistance to English rule in the sixteenth century.



Bram Stoker wrote Dracula in 1876 when he was a civil servant in Dublin.



1 in 10,000 clovers have four leaves.



450 American churches are named after Saint Patrick.



275 Irish mansions were burned down during the Irish Civil War from 1919-1923.



Patrick is the Patron Saint of Nigeria.



The submarine was invented in Ireland by John Philip Holland.



The Irish wolfhound is the tallest dog breed in the world.

The Dunnes of Brittas: An Irish Family's Saga of Endurance releases on March 17.

DUNNESOFBRITTAS.COM

Upcoming Events

Resident's Council Meeting

Tuesday, March 3, 2026
(Lounge -10:30 am)

Walmart Outing

Tuesday, March 10, 2026
(Departure 10:30am–Arrival 2:30 pm)

My Voice Meeting w/ Michelle

Thursday, March 12, 2026
(Dining Area – 10:30 am)

Resident's Choice of Outing

Tuesday, March 10, 2026
(Departure 10:30am–Arrival 2:30 pm)

Life Enrichment Committee Meeting

Wednesday, March 18, 2026
(Dining Area – 10:30 am)

CT Holy Mass by Fr. Joseph

Thursday, March 19, 2026
(Lounge, 10:30 am)

Walmart Outing

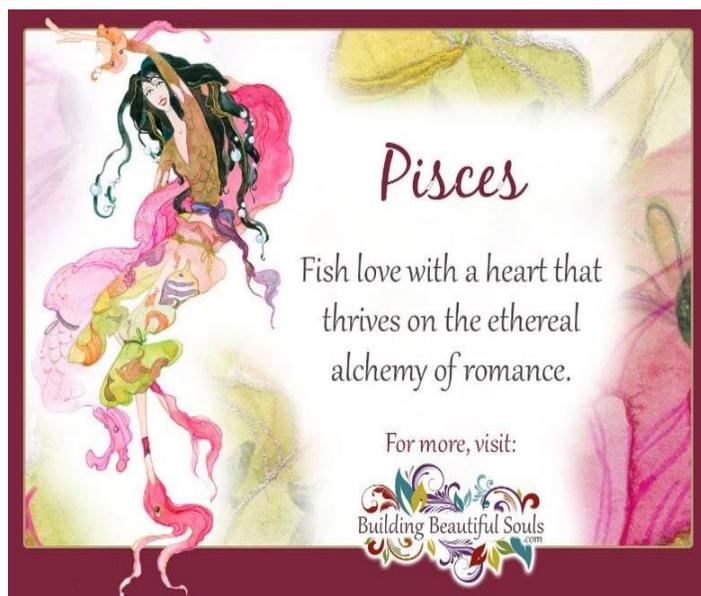
Tuesday, March 24, 2026
(Departure 10:30am- Arrival 2:30 pm)

Monthly Birthday Celebration

Thursday, March 26, 2026
(Lounge – 2:00 pm)

CT Dining Committee Meeting

Friday, March 27, 2026
(Dining Area – 10:30 am)



Courtyard Business Corner

Request: Let's start to keep ourselves busy and enjoy the spring/summer 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:



Mar



MJ



Stela



Josephine



Irma



Kelly



Simran



Samir



Ariana



Michelle



Poonam



Roxanne



Aman



Jessica



KC



Maribel



Caitlin



Tessa



Jack



Lorie



Yemisi



Cherry



Suki



Sim



Nicole



Elaine



Zyhra



Lesya



Shelby



Cathy

STAFF ANNIVERSARIES

HAPPY Work Anniversary



2 years



3 years



Happy Birthday



Zyhra-25th



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

Welcome back Aman who returned from a much need vacation. We missed you!



Welcome Ariana who has joined us as a cook.



MARCH BIRTHSTONE
AND BIRTHFLOWER

March Birthstone



AQUAMARINE



Symbolizes **tranquility** and **courage**. It brings **clarity** and **calm**, representing **harmony** and **peace**. This serene gem also **protects travelers** and **promotes clear communication**.



March

DAFFODIL

Happiness
New Beginnings
Rebirth
Rejuvenation
Respect

BIRTHDAYS
THIS MONTH

MARCH 2026



Karen - 11th



Shea - 14th



RESIDENTS CORNER

CT Library

It is the Spring Equinox. *"During the vernal, or spring equinox, the amount of daylight and darkness is nearly the same in length. (The word equinox comes from the Latin 'aequus' meaning equal, and 'nox' meaning night.)"*- history.com

This year the first day of spring lands on March 20th. Spring is traditionally known for that time of year in which we do our "spring cleaning." We have many books in our *Inspiration* section of the Library that offer methodical ways to reorganized our lives.

Spring is always a good time for you to go through your books. If you find any that need to be returned to the Library, now is the time.

This month's favourite book or author choice comes from Sue. She enjoyed going through all of the John Grishman books in our Library. When asked which one was her favourite she said, "oh I can't pick!" What is your favourite book in the Library?

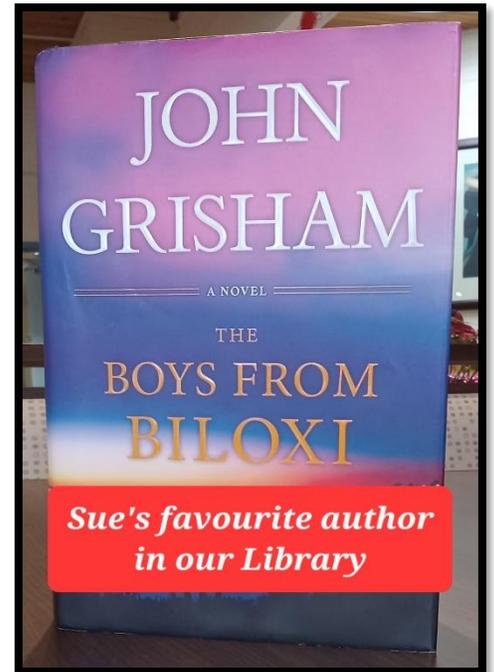
Garden Club

One of my daughter's favourite books as a child was about the music of Spring as it awakens. Every morning now I hear the Robins singing while they look for a place to build their nests. I hear the caw of the Crow and harsh shack-shack and chook-chook of the Stellar's Jay. The Chickadee's chatter is so small, almost lost in the loud noises of the big birds.

There is so much going on in our gardens, even the worms are waking up-dozy and slow perhaps. Almost every plant has a green leaf bud, and some, because it was a mild winter, just remained green-leafed all winter, like the Maidenhair Vine, the Lithodora, and the Malaysian Bluegrass.

We are trying to label every plant in both Courtyards and out in front of the building, so that when you walk through our gardens, you will know what you are looking at. You may notice the nice silver-looking name plates already. We are about half way through the job.

We collected so many flower seeds 2025/26: Echinacea, Black-eyed, Bee Balm, Marigold, Calla Lily, Liatris, Garlic, Snap Dragon and more. If anyone is interested in purchasing any of the seeds for your garden, you can contact reception, Cathy, or Shea. All we ask is a small cash donation to the Garden Club.



INFECTION PREVENTION AND CONTROL

Audit Findings

The following audits were completed in February 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
- Donning and Doffing audit

We failed the Environmental Marker Audit. As a result, we made changes to the cleaning procedures in the dining room and in residents suite. We will continue to perform environmental markers until we are achieving 100% consistently.

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

We have order two new dryers for our downstairs laundry room.

Policy Updates

Accreditation is from June 15, 2026 – June 19, 2026.

We do not have the date that our surveyor will be on site.

We do expect the surveyor to be onsite all day speaking with staff, resident and observing.

The information posted in the hallways is a snapshot of what a surveyor is looking for and questions they might ask.

If you have any questions regarding anything that is posted in the hallways, please speak with Michelle or any of the LPNs.



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. Just scan the QR code with your phone.



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 is 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