

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>9:30 Church Service 1F 3 10:30 Church service 2F and 3 F 2:30 Hand Massage 3:30 Room Visit</p>	<p>9:30 Ball Exercise 1F 4 10:30 Communion 2F 10:30 Hand Therapy w/ Laura 3F 2:30 Bingo Club 3F 3:30 Trivia 3F</p>	<p>9:30 Chair Exercise 1F 5 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 Decoration for Mother's Day 2:30 World Hand Hygiene Day <small>Cinco de Mayo</small></p>	<p>9:30 Chair Exercise 1F 6 10:30 Church Service 2F 11:00 Chair Exercise 3F 2:30 Word Games 2 F 4:00 Garden Visits 2 F</p>	<p>9:30 Chair Exercise 1F 7 10:30 Catholic Mass 2F 11:00 Chair Exercise 3F 2:30 May Birthday & Welcoming and Cinco de Mayo celebration 2F W/ Jared 3:30 Arts & Crafts 1 F</p>	<p>11:00 Chair Exercise 3F 1 2:30 Table Games 2F 6:00 Sneozelen 1F <small>May Day</small></p>	<p>11:00 Chair Exercise 1F 2 2:00 Arts and Crafts 2F 3:30 Word Game 2F 6:00 Room Visit 3F</p>
<p>9:30 Church Service 1F 10 10:30 Church service 2F and 3 F 2:30 Manicure 2F 3:30 Snoezelen 1 F <small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>9:30 Ball Exercise 1F 11 10:30 Communion 2F 10:30 Hand Therapy w/ Laura 3F 2:30 Mother's Day Celebration w/ Precious 2F 3:30 Brain Games 3F</p>	<p>9:30 Chair Exercise 1F 12 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Waffle Day 2F 6:00 Walk and Talk 1F</p>	<p>9:30 Chair Exercise 1F 13 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Snoezelen 2F 3:30 Remove Mother's Day decoration 4:00 One-on-One Visits</p>	<p>9:30 Chair Exercise 1F 14 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Ladies Club 1F 4:00 Gardening 3 F 6:00 Movie 3F</p>	<p>11:00 Chair Exercise 3F 15 2:30 Table Games 1F 6:00 Reminiscing 2F</p>	<p>11:00 Chair Exercise 1F 16 2:00 Arts and Craft 3F 3:30 Word Game 3F 6:00 Room Visit 2F <small>Armed Forces Day</small></p>
<p>9:30 Church Service 1F 17 10:30 Church service 2F and 3 F 2:30 Movie Matinee 3F 3:30 One-on-one 2F</p>	<p>9:30 Ball Exercise 1F 18 10:30 Communion 2F 10:30 Hand Therapy w/ Laura 3F 2:30 Bingo Club 3F 3:30 Trivia 3F <small>Victoria Day (Canada)</small></p>	<p>9:30 Chair Exercise 1F 19 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Cookie baking 2F 4:00 Garding 3 F 6:00 Walk and talk 1F</p>	<p>9:30 Chair Exercise 1F 20 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Victoria Day, Nursing, Volunteer Day Celebration 4:00 One on One (Room Visit) 3F Snoezelen</p>	<p>9:30 Chair Exercise 1F 21 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 Bus Outing 6:00 Visit the patio <small>Shavuot Begins</small></p>	<p>11:00 Chair Exercise 1F 22 2:30 Gardening (Helping Hands) 6:00 Reminiscing 3F</p>	<p>11:00 Chair Exercise 3F 23 2:00 Music with Volunteer 2F 3:30 Visit the Garden 6:00 Room Visit 2F</p>
<p>9:30 Church Service 1F 24 10:30 Church service 2F and 3 F 2:30 Movie Matinee 3F 3:30 One-on-one 2F</p>	<p>9:30 Ball Exercise 1F 25 10:30 Communion 2F 10:30 Hand Therapy w/ Laura 3F 2:30 Bingo Club 3F 3:30 Brain Games 3 <small>Memorial Day</small></p>	<p>9:30 Chair Exercise 1F 26 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Men's Club 3F 4:00 Garding 3 F 6:00 Walk and Talk 3F</p>	<p>9:30 Chair Exercise 1F 27 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Joyful Singers 2 F 4:00 Gardening 3 F</p>	<p>9:30 Chair Exercise 1F 28 12:00 Lunch Club 2F 2:30 Family Council Meeting 3F 3:30 Room Visits</p>	<p>11:00 Chair Exercise 3F 29 2:30 Gardening (Helping Hands) 6:00 Room Visit 1F</p>	<p>11:00 Chair Exercise 1F 30 2:00 Afternoon Movie 3F 3:30 Visit the Garden 6:00 Garden Visit</p>
<p>9:30 Church Service 1F 31 10:30 Church service 2F and 3 F 2:30 Karaoke 2 F 3:30 One-on-one 3F</p>						

1F = 1st Floor 2F = 2nd Floor 3F = 3rd Floor

PLEASE NOTE: Programs subject to change based on staffing/availability/unforeseen circumstances.

THE NEIGHBOURHOOD

Cartier House Care Centre

May 2026

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



UPCOMING EVENT



May's
Birthday Celebrants

Laslone "kote" S. - 04
Edith G. - 05
Maneet M. - 06
Maxine G. - 11

Have a wonderful birthday full of joy and laughter !!!



Birthday
&
Welcoming Party,
Cinco De Mayo
Celebration

with Jared

May 07, 2026
Thursday
2:30 PM @ 2F



Mother's Day
Celebration
With Precious

May 11, 2026 (Monday)
2:30 PM @ 2F



Waffle Day


MAY 12, 2026 (TUESDAY)

2:30 PM @ 2F




YOU'RE INVITED TO
Ladies Club

14 MAY | 02:30 PM
First Floor Lounge
Cartier House



Cookie
Baking Day

MAY 19, 2026 (TUESDAY)
2:30 PM @ 2F



Victoria Day Nursing Week, Volunteer Day Celebration

May 20, 2026 at 02:30 PM
Lobby Area, Cartier House

Bus Outing


Hope the day goes well for today and beyond. Don't forget to enjoy your outing as best you can



May 21 at 02:00 PM
(Location To Follow)
First Come First Service Basis
by reservation only.
Please connect with Recreation

Happy

MEN'S CLUB



To men who inspire us to be better every day!

May 26 at 02:30 PM
Third Floor Cartier House

Cartier House

RESIDENT- FAMILY COUNCIL MEETING



28 MAY | at 02:30 PM
Third Floor Lounge-
Cartier House

Team's Link: Copy to browser to join
<https://teams.microsoft.com/join/2795652480088167?p=oRk1gRNCT6kkqZISeD>

LUNCH CLUB

A taste of togetherness at noon!

MAY 28 AT 12:00 NOON
Second Floor Lounge- Cartier House




BROCHURES & CODE OF THE MONTH

Resident Family Council

What Is a Resident Family Council?

Resident 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 proactively with the Home's employees to resolve any concerns and advocate for Residents with a view to improve the overall quality of the care and/or service delivery.

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

OUR VISION:
As Park Place Seniors Living we are inspired for our unwavering commitment to enriching the lives of those we serve by providing a voice and a choice with dignity, respect and empathy.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver | parkplaceseniorsliving.com

Resident Family Council

Resident Family Council

Your voice is important, please join us!

PARK PLACE SENIORS LIVING
Enriching Lives of Seniors

➤ This Month, we are highlighting the importance of the Resident Family Council, a valuable way for families and Residents to share their voices, ideas and suggestions to help strengthen our community. We encourage everyone to stay informed, get involved, and work together in creating a positive and supportive environment for all Residents.

Resident Family Council

What Is the Purpose?

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

- Create a communication channel of the collective voice of Residents and 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.
- Bring the ideas, suggestions and requests to the Homes' Leadership team to consider outcomes and report back to the Council
- 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 Family Council Process

- The structure, operation and purpose of the group should be established by the Residents and Families
- Activities of the Resident/Family Council should be independent of employees involvement unless specifically requested by the Residents
- Families and/or Volunteer involvement in Resident/Family Council activities should be encouraged if Residents request or require assistance
- The Resident/Family Council shall have direct access to the Park Place Site Leader or other members of the Home Leadership Team
- Meetings will be held monthly with exception to summer months

Resident Family Partnership

Membership is open to all Residents, 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.

Revised by a group of Park Place Family Representatives

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➤ We also remind everyone and be aware of this month's Code of the month to help maintain safety and preparedness within our community. Thank you to all Residents, families, and staff for your continued support and Participation.

PARK PLACE SENIORS LIVING

EMERGENCY RESPONSE CODE GREEN: EVACUATION

EMERGENCY RESPONSE CODE CODE GREEN – EVACUATION

What does it mean?
Code Green is the phrase used to alert staff to an incident, which is leading to the evacuation of staff and Residents. Events which may lead to a Code Green include, but are not limited to fire, flood, structural damage/collapse, bomb threat, acts of violence, toxic releases from an internal or an external source, or prolonged utility/ power failure.

What do I do?

- Evacuation of Residents and staff may escalate rapidly depending on the danger
- Follow instruction/direction from person in charge
- All unaffected areas standby to assign staff to the evacuating area, if requested

Review it before you need it:

- Locate your Emergency Preparedness Response Code Manual; review the Code Green plan that describes your area's role if a Code Green is declared
- Know where your area will evacuate to for the different levels of Code Green
- Know where you will receive evacuees from other areas

Learn more about Code Green: Evacuation

- Refer to the Park Place Emergency Preparedness & Response Manual (Tab 6)
- Refer to your Home's Emergency Response Plan Code Green – Evacuation

Date Created: June 2023
Current Version Date: January 2026
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EPRM 09-06-01

MONTHLY GAZETTE OF THE MONTH

May 2026

THE MONTHLY GAZETTE

"May, more than any other month of the year, wants us to feel most alive."
— Fennel Hudson



Animal of the Month – White-Tailed Deer

White-tailed deer are very common in North America, preferring to live in open woodland, forests, or farmland, by streams or rivers, feeding on a wide variety of vegetation. Their coats shine reddish-brown in the summer and turn grayish-brown in winter, but their distinctive white tails catch the eye all year long as the deer lift them while scampering through the forest and wave them side to side to signal danger. The maximum life expectancy for white-tailed deer is 20 years, but most don't survive more than 10, with many living only two to three years in the wild. Male



deer have antlers, which are primarily used to fight off other males during the breeding season. The antlers are dropped and regrown each year. White-tailed deer are crepuscular, which means they are most active before and just after dawn and again near dusk. They tend to be relatively inactive or resting during mid-day hours.

Special Days

- May Day
May 1
- Star Wars Day
May 4
- Cinco de Mayo
May 5
- Train Day
May 9
- Mother's Day
May 10
- Pick Strawberries Day
May 20
- Memorial Day
May 25

Flower – Lily of the Valley



Lily of the valley, the flower for the month of May, is native to Europe but now grows across North America and Northern Asia. Legend has it that these delicate, white, bell-shaped flowers, which bloom in May, first grew from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving lilies as a gift sends the message, "I am humbled by my love for you."

Birthstone – Emerald



The emerald is the birthstone for May. This bright green gemstone's name is derived from the Greek word *smaragdus*, which was a general term for green stones. In the Middle Ages, folklore held that the stone contained the power to foretell the future, to cure epilepsy and fever, and to protect the wearer from panic. Aristotle thought emeralds soothed eyesight. They are found all over the world, but Colombia is known to mine the largest and highest-quality emeralds in its Muzo mine.

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➤ Our Monthly Gazette for May 2026 is filled with fun facts, special celebrations, historical highlights, and interesting information to enjoy throughout the month. Residents can explore May special days, Birthdays, Zodiac signs, nature feature, and memorable moments in history while engaging in meaningful conversations and social interaction.



We encourage everyone to take time to read and share the Gazette with fellow Residents, families, and friends as we continue promoting learning, engagement, and community connection in a fun and enjoyable way.

Monthly Gazette
May 2026

May Days in History

May 1, 1930
The planet Pluto, which has now been downgraded to a dwarf planet, was officially named by 11-year-old Venetia Burney. The "dark planet" is named in honor of Pluto, the Roman god of the underworld.

May 3, 1802
Washington, D.C., was incorporated as a city by the U.S. Congress.

May 6, 1527
The army of the Holy Roman Emperor Charles V attacked and plundered Rome.

May 8, 1899
New Zealand-born scientist


May Wedding Days

Ernest Rutherford published his discovery of alpha and beta radiation particles. The physicist and chemist is known as the father of nuclear physics.

May 15, 1863
Salon des Refusés, an art show of works rejected by established exhibition halls, opened to the public, featuring paintings by Cézanne, Pissarro, and Manet.

May 20, 1498
Portuguese explorer Vasco de Gama landed on the shores of Calicut, India. He and his crew became the first to sail from Europe to India in search of the country's gold and spices.

Once upon a time, brides took pains to avoid having their wedding in May, as it was considered bad luck to marry during this month. "Marry in May, you'll rue the day," warned an anonymous poet, who advised waiting until June.



May Zodiacs

Taurus (The Bull)
May 1–20

Gemini (The Twins)
May 21–31

May is the fifth month of the year on the Gregorian calendar and one of seven Gregorian months with 31 days. **May** is a special month for many cultures. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance in tribute to the month's namesake: Maia, goddess of the life cycle. *Maia* means "she who brings increase" in Latin.

Mad for Mercury


In addition to its association with the Greek goddess Maia, May is affiliated with Mercury (known in Greek as Hermes), the Roman god of merchants, trade, thieves, and travelers. Maia was Mercury's mother. Both gods were routinely celebrated during the *Mercuralia*, or Festival of Mercury, held each year on the Ides of May, Mercury's birthday. Honoring him was said to bring good luck and money.

May Birthdays

Kate Smith (singer) – May 1, 1907
David Beckham (soccer star) – May 2, 1975
Adele (singer) – May 5, 1988
Louise Meriwether (author) – May 8, 1923
Irving Berlin (composer) – May 11, 1888
Florence Nightingale (nurse) – May 12, 1820
Kadir Nelson (artist) – May 15, 1974
Janet Jackson (singer) – May 16, 1966
Tina Fey (comedian) – May 18, 1970
George Auld (saxophonist) – May 19, 1919
Cher (singer) – May 20, 1946
Sir Arthur Conan Doyle (novelist) – May 22, 1859
Bill Robinson (tap dancer) – May 25, 1878
Clint Eastwood (actor) – May 31, 1930

What's Lucky in May?

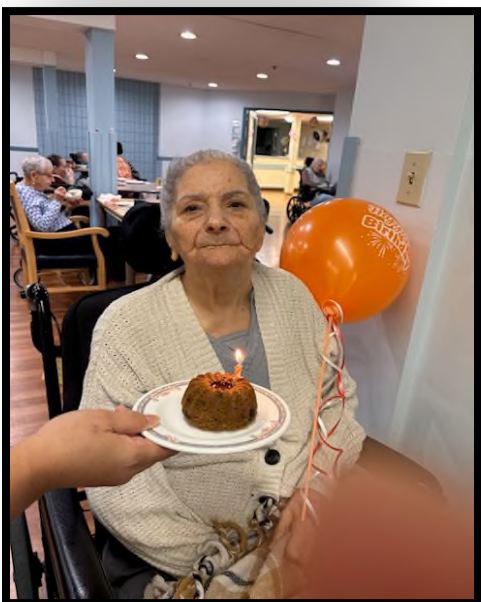
Lucky Color: Turquoise
Lucky Animal: Lion
Lucky Letters: N and W
Lucky Day: Saturday
Lucky Plant: Peony



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BIRTHDAY CELEBRATION



This month, we celebrate the special birthday of our wonderful Residents with cake, balloons, laughter, and joyful moments shared with friends and staff. Seeing the smiles and happiness during the celebration truly made the day memorable for everyone.

Birthdays are a meaningful time to recognize and honour each Resident, creating moments filled with warmth, friendship, and community spirit. Happy Birthday to all our celebrants. We wish you continued happiness, good health, and many more wonderful years ahead.

WELCOMING NEW RESIDENTS

WELCOME TO YOUR NEW HOME!!!



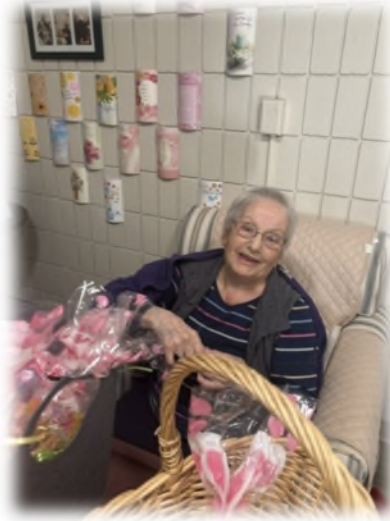
We're so happy to welcome you to our community! We hope you quickly feel at home, meet new friends, and enjoy the programs, activities, and caring environment we offer.

Please don't hesitate to ask if you need anything – we're always here to help.

Welcome to the family.

EASTER EGG SUNDAY





Residents enjoyed a wonderful Easter Egg Monday Celebration filled with smiles, sweet treats, and cheerful moments shared together. The special Easter goodies and visits brought joy and excitement to our Residents, making the celebration extra meaningful and memorable.

Thank you to everyone who helped make this Easter celebration bright and enjoyable for our community. Wishing everyone happiness, peace, and the spirit of togetherness this Easter season!



RESIDENTS WITH THEIR ARTS & CRAFTS



Our talented Residents enjoyed a wonderful time expressing their creativity through arts and crafts activities. From colourful handmade flowers to beautiful decorations, everyone shared smiles, laughter, and artistic talents throughout the program. These meaningful activities encourage creativity, social connection, and joyful moments within our community. We are proud of our Residents for their amazing creations and participation!!



LADIES CLUB



Our Residents enjoyed a relaxing and meaningful Ladies Club gathering combined with a fun arts activity. The afternoon was filled with creativity, social interaction, warm conversation, and refreshments shared among friends in a welcoming atmosphere.

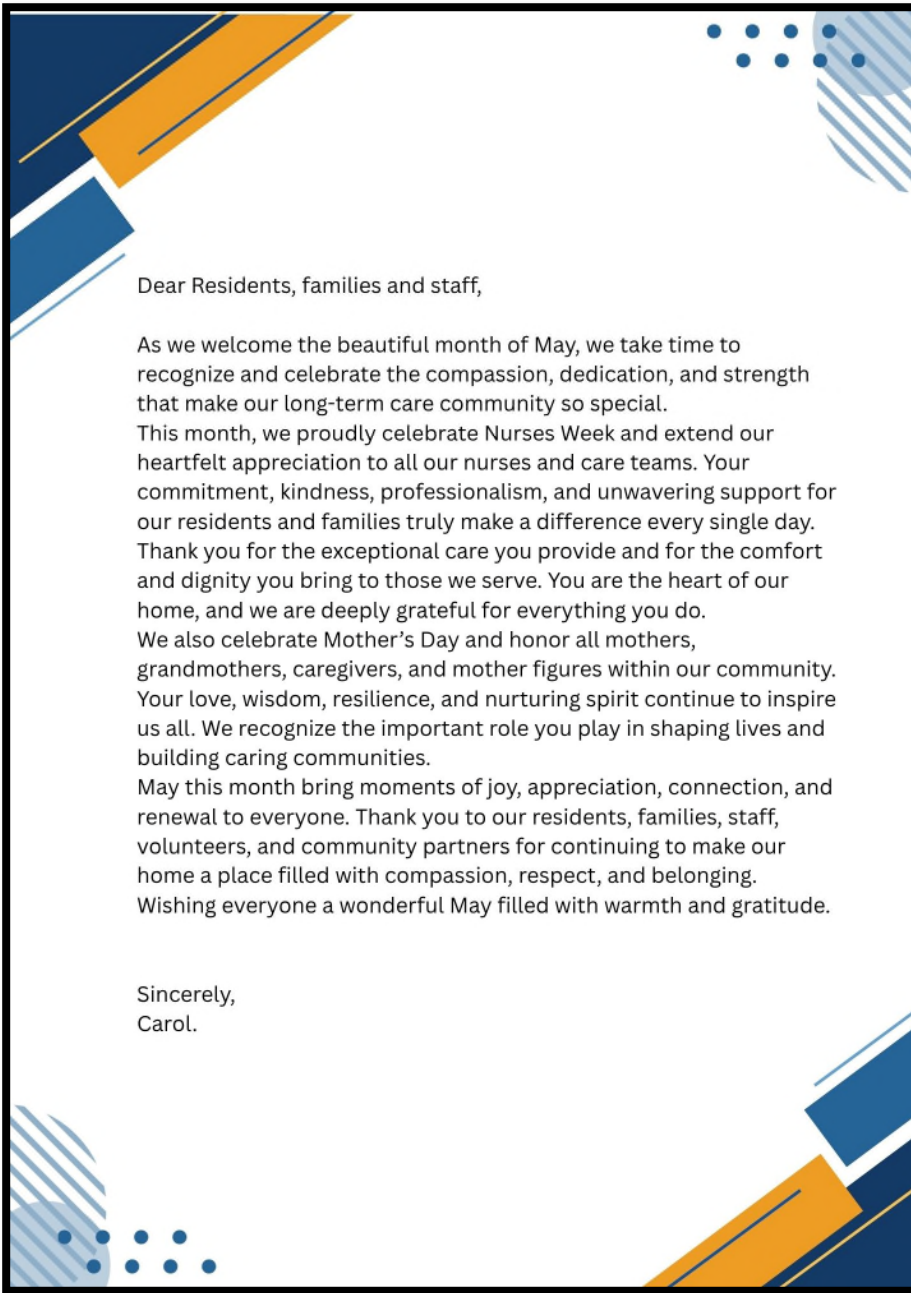
Activities like these encourage self-expression, friendship, and emotional well-being while creating enjoyable moments for everyone involved. Thank you to all the Residents and staff who participated and helped make the event special and memorable.

MEN'S CLUB



Our Men's Club gathering brought Residents together for an enjoyable afternoon filled with conversation, relaxation, and entertainment. Residents enjoyed watching a movie together while sharing laughter and companionship in a warm and welcoming environment. Programs like these help build friendships, encourage social connection, and create meaningful moments for everyone involved.





➤ A heartfelt message from our Site Leader, sharing appreciation and gratitude to all Residents, families and staff, volunteers, and care teams this month of May. Thank you for making our community a place filled with compassion, kindness, and care every single day.

Hand Hygiene Audit Result

2025 - 2026	Audit Result (%)
Q1 (April to June)	
Q2 (July to September)	100%
Q3 (October to December)	100%
Q4 (January to March)	100%

Excellent work by the team!

Our Hand Hygiene Audit Resulte achieved a perfect 100% compliance reate Q2,Q3, and Q4 of 2025-2026.Thank you to everyone for your commitment to safety, cleanliness, and quality care in our community.Together, we continue to promote a healthy and safe enveironment for all Residents and Staff.

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

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

cartier.recreation@ppsl.com

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 or
call **604- 939- 4654 Extension 130** for more information!

Reported By:

Leo Bingcang, Recreation Assistant

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(604) 939 - 4654

