



SUN	MON	TUES	WED	THURS	FRI	SAT
CARTIER HOUSE CARE CENTRE						1 Flex & Stretch 11 AM 1F Word Games 2:30 PM 3F Walk & Talk 3:30 PM 3F Garden Care 6:00 PM
2 Virtual Church 9:30 AM 1F Virtual Church Service 10:30 PM 2/3 F Movie Matinee 2:00 PM 1F Hand Massage 3:30 PM 3F	3 Ball Exercise 9:30 AM 1F Communion 10:30 AM 2F Noodle Exercise 11:00 PM 3F Bingo 2:30 PM 3F Aromatherapy 3:30 PM 3F <i>Civic Holiday/BC Day</i>	4 Noodles Exercise 9:30 AM 1F Ball Exercise 10:30 AM 2F Chair Exercise 11:00 AM 3F Active Game 2:30 PM 2F Snoezelen 3:30 PM 3F Room Visit 6:00 PM	5 Ball Exercise 9:30 AM 1F <i>Church Service 10:30 AM 2F</i> Noodle Exercise 11:00 AM 3F The Coloring Club 3:30 PM 3F Room Visit 6:00 PM	6 Chair Exercise 9:30 1F Mass Lounge 10:30 2F Noodle Exercise 11:00 3F <i>Birthday & Welcoming W/Hal 2:30 2F</i> Aromatherapy 3:30 3F Room Visit 6:00	7 Chair Exercise 11:00AM 1F Art & Craft 2:30PM 3F Helping Hands 3:30PM 2F Patio Visit 6:00PM	8 Chair Exercise 11 AM 1F Board Games 2:30 PM 3F Story Time 3:30 PM 3F Garden Care 6:00 PM
9 Virtual Service 9:30 2/3F Virtual Church Service 10:30 PM Movie Matinee 2:00 PM 1F Sing-Along 3:30 PM 3F	10 Chair Exercise 9:30 AM Communion 10:30 AM 1F Hand Massage By Laura 10:30 AM 3F Bingo 2:30 PM 3F Garden Care 3:30 PM 3F	11 Ball Exercise 9:30 AM 1F Chair Exercise 10:30 AM 2F Noodle Exercise 11:00 AM 3F The Crafty Corner 2:30 PM 3F Memories Thru Music 3:30PM 3F Room Visit 6:00 PM	12 Chair Exercise 9:30 AM 1F Chair Exercise 10:30 AM 2F Noodle Exercise 11:00 AM 3F <i>Celebration of Life 2:30 PM 2F</i> Puzzle Fun 3:30 PM 3F Room Visit 6:00 PM	13 Ball Exercise 9:30AM 1F Chair Exercise 10:30 AM 2F Noodle Exercise 11:00 AM 3F <i>Zumba Dancing 2:30PM</i> Story Circle 3:30 PM 3F Room Visit 6:00 PM	14 Chair Exercise 11:00 PM 3F Coloring Club 2:30 PM 2F Helping Hands 3:30 PM 3F Patio Visit 6:00 PM	15 Flex & Stretch 11 AM 1F Name That Tune 2:30 PM 3F Sensory Experience (1:1) 3:30 PM 3F Garden Care 6:00 PM
16 Virtual Church 9:30 AM 1F Virtual Church Service 10:30 PM 2/3F Movie Matinee 2:00 PM The Glamour 3:30 PM	17 Ball Exercise 9:30 AM 1F Communion 10:30 AM 2F Chair Exercise 11:00 AM 3F Bingo 2:30 PM 3F Word Games 3:30 PM 3F	18 Chair Exercise 9:30AM 1F Noodle Exercise 10:30 AM 2F Chair Exercise 11:00 AM 3F <i>Men's Club 2:30 PM 2F</i> Garden Care 3:30 PM 3F Room Visit 6:00 PM	19 Ball Exercise 9:30 AM 1F Chair Exercise 10:30 AM 2F Noodle Exercise 11:00 AM 3F <i>Joyful Singers 2:30 PM 2F</i> Snoezelen visit 3:30 PM 3F Room Visit 6:00 PM	20 Chair Exercise 9:30 AM 1F Ball Exercise 10:30 AM 2F Chair Exercise 11:00 AM 3F <i>Happy Hour w/ Jared 2:30 PM 2F</i> Garden Visit 3:30 PM 3F Room Visit 6:00 PM	21 Chair Exercise 11:00AM 3F <i>Resident & Family Council Meeting 2:00 PM 3F</i> Table Games 3:30 PM 3F Patio Visit 6:00 PM	22 Chair Exercise 11 AM 1F Finger Painting 2:30 PM 3F Reminisce & Relax 3:30 PM 2F Garden Care 6:00 PM
23 Virtual Church Service 9:30 AM 1F Virtua Church Service 10:30 PM 2/3 F Movie Matinee 2:00 PM Memories & Melodies 3:30 PM	24 Chair Exercise 9:30 AM 1F Communion 10:30 AM 2F Hand Massage By Laura 10:30 AM 3F Bingo 2:30 PM 3F Garden Care 3:30 PM 3F	25 Ball Exercise 9:30 AM 1F Chair Exercise 10:30AM 2F Noodle Exercise 11:00 AM 3F <i>Hawaiian Summer Party w/Barry 2:30 PM 2F</i> Sensory Experience 3:30 PM 3F Room Visit 6:00 PM	26 Chair Exercise 9:30AM 1F <i>Lunch Club 12:00 PM 2F</i> <i>Twin T-Shirt Day 2:30 PM</i> Room Visit 6:00 PM	27 Ball Exercise 9:30 AM 1F Chair Exercise 10:30 AM 2F Noodle Exercise 11:00 AM 3F <i>Bus Outing 1:30 PM</i> Room Visit 6:00 PM	28 Chair Exercise 11:00AM 3F Table Game 2:30 PM 2F Room Visit 3:30 PM 3F Patio Visit 6:00 PM	29 Flex & Stretch 11 AM 1F Table Games 2:30 PM 2F Friendly Visit 3:30 PM 2F Garden Care 6:00 PM
30 Virtual Church 9:30AM 1F Virtual Church Service 10:30 PM 2F Movie Matinee 2:00 PM Summer Trivia 3:30 PM	31 Ball Exercise 9:30 AM 1F Communion 10:30 AM 2F Noodle Exercise 11:00 AM 3F Bingo 2:30 PM 3F Aromatherapy 3:30 PM	<i>August brings warm days, happy hearts, and new opportunities to connect</i> <i>August 13– Zumba Dancing 2:00pm to 3:30 pm</i> <i>August 26 – Twin T-shirt Day (All Day) & cartier got talent and display booth</i> Please Note: Programs Subject to change based on Staffing /Availability and Unforeseen Circumstances.				



AUGUST 2026 NEWSLETTER



THE NEIGHBOURHOOD

Cartier House Care Centre

1419 Cartier Avenue, Coquitlam BC, V3K 2C6

Warmer days are here, and so is another month full of good company, good food, and good times at Cartier House

This month at a glance

Aug 06 Birthday & Welcoming Celebrations

Aug 12 Celebration of Life

Welcome & community updates

"We believe in enriching the lives of seniors by creating a warm, welcoming home where Residents feel valued every day."

Dear Resident, Families, and Friends,

Welcome to another wonderful month at Cartier House! July was filled with many enjoyable activities and opportunities for our Residents to come together. From our recreation programs and special events to music, social gatherings, and outdoor activities. It was wonderful to see Residents participating, smiling, and enjoying each other's company.

A special thank you to our Residents, families, staff, and volunteers for your continued support and participation. Your involvement helps make every activity more meaningful and make Cartier House a warm and vibrant community.

We hope you enjoyed all the wonderful moments July brought, and we look forward to creating many more happy memories together in August.

Warm regards,
Recreation Department

Contact us

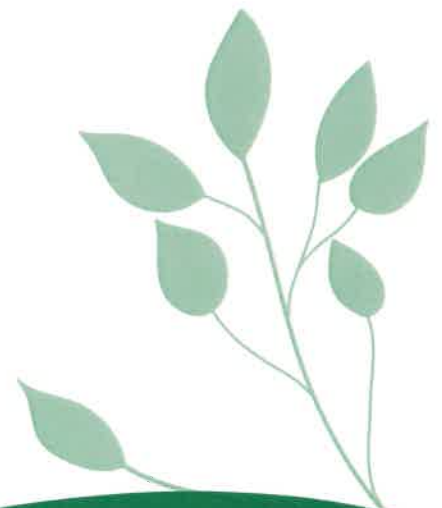
1419 Cartier Avenue, Coquitlam BC

(604) 939 - 4654

www.parkplaceseniorsliving.com

Quick dates to remember

Zumba Dance	Aug 13
Men's Club	Aug 18
Joyful Singers	Aug 19
Happy Hour	Aug 20
Res. & Family Coun. Mtg	Aug 21
Hawaiian Summer Party	Aug 25
Lunch Club	Aug 26
Twin Tshirt Day & Cartier Got Talent	Aug 26
Bus Outing	Aug 27



August 2026

THE MONTHLY GAZETTE

*"The brilliant poppy flaunts her head
Amidst the ripening grain,
And adds her voice to swell the song
That August's here again."*

— Helen M. Winitow

Animal of the Month – African Lion

The regal African lion is a powerful hunter that roams the sub-Saharan savannas. These apex predators are the most social of all the big cats. They live in groups called prides that include up to 40 lions, typically consisting of related females, their offspring, and several adult males. The males serve as territorial guardians of the pride and also fight to protect the females from rival males and maintain their own status in the group. Lionesses do most of the hunting, often working together to secure large prey like zebras or buffalo. These nocturnal animals sleep or rest up to 20 hours a day, and both

male and female lions have a powerful roar that can be heard up to five miles away. Adult males sport majestic manes that protect them from bites in battle and are seen as a sign of strength and good health, a draw for potential mates. Male lions weigh an average of 420 pounds, and females are significantly lighter at around 280.

Special Days

- Sisters Day
August 2
- Purple Heart Day
August 7
- Book Lovers Day
August 9
- Lazy Day
August 10
- Senior Citizen Day
August 21
- Women's Equality Day
August 26
- Beach Day
August 29

Flower – Gladiolus

The gladiolus gets its name from the Latin word for "sword," gladius, and represents strength and integrity. But its flowers are also capable of piercing a heart with their beauty, which explains why the blooms also symbolize infatuation. Gladioli grow from bulbs called corms, which are planted each spring and dug up in the fall. "Glads," as they are commonly called, come in a beguiling range of colors and shapes. The flower blossoms open one by one, from the base on up, making it a long-lasting cut flower.

Birthstone – Peridot

The peridot, August's birthstone, is a stunning green stone that ranges in color from olive to fine green. The birthstone's green color is due to the presence of iron. Stones with a brownish tint have higher levels of iron. Peridot is one of the oldest known gemstones. Ancient Egyptians shaped them into beads, and the Greeks used them to make rings and pendants and believed wearing this jewelry could ward off evil. The largest peridot ever found weighs 310 carats and belongs to the Smithsonian Institution.

Gladiolus

Monthly Gazette

August 2026

Cool Treat for Summer Heat

August is the perfect time to enjoy ice cream. And there are so many delicious flavors—from mint chocolate chip to Oreo to rocky road to lemon pie—that you could easily sample a new one each day of the month.

However, up until the turn of the 20th century, ice cream was a luxury item. Today, the cool, creamy treat is available in nearly every grocery, corner store, restaurant, and home freezer. And while there are literally thousands of flavor options, the most popular of all is simple: vanilla.

It's unclear when ice cream was invented, but it was eaten in ancient China, where rulers enjoyed a frozen concoction made by pecking milk and rice into snow. In ancient Rome, Emperor Nero also had a panache for desserts made with snow and flavored with honey, fruit, and nuts. European kings and queens also served "cream ice" at court.

The first hand-crank freezer was invented in 1846; before that, ice cream was stirred by hand in a bowl nestled over a bucket of salt and ice. In 1851, mass ice cream production began, making it possible for us all to scream for ice cream.

Snow in Summer?

Those in the northern hemisphere may experience August as weeks of sun, sweet corn, fruit cobbler, and splendid warm nights, but in the southern hemisphere, August is akin to February—the apex of winter.

August Zodiacs

- Leo (The Lion)
August 1–22
- Virgo (The Virgin)
August 23–31

August is the eighth month of the year in the Julian and Gregorian calendars. It was named for Roman Emperor Augustus Caesar, the grandnephew and adopted son of Emperor Julius Caesar, who is honored with the previous month, July. Originally, August was the sixth month in the 10-month Roman calendar. Around 700 BC, Numa Pompilius added two new months: January and February. In 45 BC, Julius Caesar added two days to August, changing its length from 29 days to 31.

Left or Right?

Celebrate the lefties in your life on August 13, International Left-handers Day. Around 10–12% of the population favor using their left hands, with males more likely to have this trait. About 1% of people are ambidextrous, meaning they use both hands equally well. Being a lefty comes with challenges in a world designed for righties. Famous lefties include da Vinci, Einstein, Oprah, and Paul McCartney.

August Birthdays

- Maria Mitchell (astronomer) – August 1, 1818
- James Baldwin (author) – August 2, 1924
- Andy Warhol (painter) – August 6, 1928
- Esther Williams (swimmer) – August 8, 1921
- Whitney Houston (singer) – August 9, 1963
- Antonio Banderas (actor) – August 10, 1960
- Don Ho (entertainer) – August 13, 1930
- Halle Berry (actress) – August 14, 1966
- Orville Wright (aviator) – August 19, 1871
- Kenny Rogers (singer) – August 21, 1938
- Barbara Eden (actress) – August 23, 1931
- Katherine Johnson (physicist) – August 26, 1918
- Man Ray (artist) – August 27, 1890
- Mary Shelley (writer) – August 30, 1797

What's Lucky in August?

- Lucky Color: Green
- Lucky Animal: Lion
- Lucky Letters: J and L
- Lucky Day: Sunday
- Lucky Plant: Watermelon

Gladiolus

Our Monthly Gazette For August 2026 is filled with fun facts, special celebrations, and fascinating summer features to enjoy throughout the month. Residents can explore August special days, birthdays, zodiac signs, the African Lion, Gladiolus flower, peridot birthstone, and other seasonal highlights while engaging in meaningful conversations, social interaction, and enjoyable recreational activities.

JULY BIRTHDAY CELEBRATION



What a wonderful time celebrating our July birthday celebrants!



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We joyfully celebrate our Residents birthdays with warmth, laughter, and heartfelt wishes. The gathering was filled with Jared the entertainer, delicious treats, happy moments, and meaningful connections shared among the Residents, families, and staff. We were honored to celebrate each birthday as guest and wished them continued happiness, good health, and many more wonderful birthdays ahead.

JOYFUL SINGERS



Residents gathered for joyful singing activity, creating a warm and cheerful atmosphere filled with music and laughter. Everyone enjoyed singing their favorite songs, sharing memories, and connecting with one another through the joy of music. The room was filled with happy voices, smiles, and a wonderful sense of togetherness. It was a beautiful moment that brought Residents closer and created lasting memories.

INTERNATIONAL FLAG DAY CELEBRATION



INTERNATIONAL FLAG DAY CELEBRATION



Staff and Residents came together to celebrate International Flag Day with a vibrant display of cultural pride and community spirit. Staff proudly wore traditional attire representing their own cultures and visited residents in their rooms to share the celebration with everyone. The event featured live entertainment, with singing and dancing that brought smiles, laughter, and joyful moments for all. Residents and staff joined the festivities, celebrating diversity, friendship, and togetherness.

PROGRAMS THROUGHOUT THE FLOORS



Arts & Craft

Snøezelen



Balloon toss



Active Games



Residents enjoy a variety of engaged programs throughout the floors, including Table games, and interactive activities that encourage participation, fun, and social connection. Many Residents also took pride in helping staff through our Helping Hands program, assisting with simple tasks and contribution to the community. Relaxing sessions in the Snøezelen Session provided a calm, sensory experience that promoted comfort and well - being. Together, these activities created meaningful opportunities for Residents to stay connected, involved, and enjoy each day.

BRING SMILES



Our Residents were delighted to receive a collection of word books filled with crosswords, word searches, and other fun brain games. These engaging activities provide a wonderful way to stay mentally active, enjoy quiet moments, and have fun while exercising the mind. We hope these books bring many hours of enjoyment and satisfaction.

LUNCH CLUB



Residents enjoyed a wonderful Lunch Club where they shared delicious pizza along with a variety of beverages, including coffee, tea, juice, and pop. The gathering provided a relaxed and friendly atmosphere filled with laughter, conversation, and the opportunity to connect with friends while enjoying a satisfying meal together.

EDUCATION CORNER

FALL PREVENTION: SAFETY STARTS FROM ALL OF US

Falls can happen at any time, but many can be prevented. Everyone can help create a safer environment for our Residents.

- Keep hallways and Residents areas free from clutter.
- Make sure Residents wear proper, non-slip footwear.
- Keep frequently used items within easy reach.
- Encourage Residents to use their mobility aids
- Ensure adequate lighting, especially during the evening and nighttime.
- Report any safety concerns or fall hazards to staff immediately.

WELCOME NEW RESIDENTS

**YUET M.
SUK C.**

**LEON B.
RODNEY B.**

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.

VOLUNTEER OPPORTUNITIES

Cartier House welcomes caring and enthusiastic volunteers who would like to make a positive difference in the lives of our Residents. Volunteers can support recreational programs , special events, social activities, games and friendly visits.

If you are interested in volunteering with us, please contact the Recreation Department for more information about available opportunities and volunteer requirements.

Your time, kindness, and companionship can make a meaningful difference!



Director of Care Corner



"Excellence in care begins with kindness. Through teamwork, dedication, and continuous learning, we strive to make a positive difference in the lives of those we serve."

Dear Residents, Families and Staff,

As we welcome the beautiful month of August, let us take a moment to celebrate the warmth of summer and the warmth we share with one another.

August reminds us that some of life's most meaningful moments can be found in the simplest things. A sunny afternoon, a familiar smile, a good conversation, a favorite song, a visit from someone we love, or laughter shared with friends.

To our dear Residents, you are the heart of our home. Your memories, experiences, personalities, and stories enrich our community every day. May this month bring you many moments of joy, companionship, comfort, and peace.

To our families and loved ones, your presence and support mean so much. Every visit, phone call, kind word, and thoughtful gesture helps brighten the lives of those who call our home their home. Thank you for being an important part of our community.

To our wonderful staff, thank you for the compassion and dedication you bring to your work each day. Caring is more than a responsibility. It is an expression of kindness, dignity, and respect. Your efforts help make our home a place where people feel valued, supported, and cared for.

As we journey through August together, may we remember to slow down, appreciate the little things, celebrate each other, and make every day meaningful.

May the month ahead bring sunshine to our days, warmth to our hearts, laughter to our home, and new beautiful memories to cherish.

Wishing all Residents, families, and staff a happy, healthy, and joyful August!

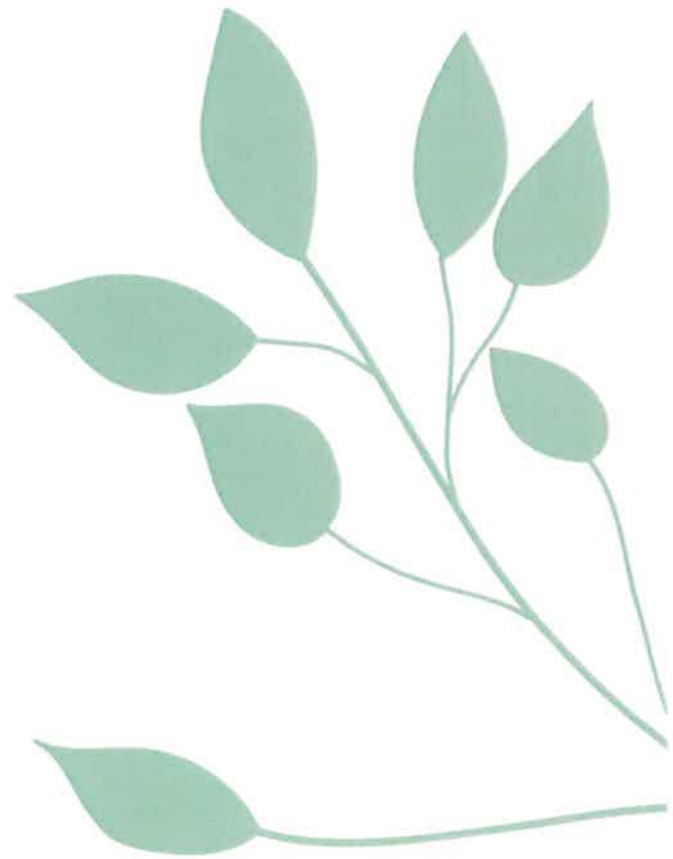
With warmest wishes and gratitude,
Carol.

Thoughtful Donation from Students

We are thankful to the students, teachers, and families of Maillard Middle School for their thoughtful donation to Cartier House Community Centre. The students generously donated brand-new books, handmade bookmarks, blankets, and robes to bring joy and comfort to our residents. Their kindness and creativity created meaningful connections and brought smiles to our community.

We truly appreciate their generosity and the positive impact of their thoughtful gifts.

A heartfelt thank you to all the children, teachers, and families who helped make this donation possible. Your kindness is truly appreciated and warmly received by our community.



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 don't
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, Assistant Coordinator

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



Thank you for being part of our community

Family is at the heart of what we do - thank you for sharing this month with us. We'll see you back here in August!



AUGUST 2026