

September



SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Daily Horoscope - 9:15 Musical Exercise - 9:30 Residents Council Meeting - 10:30 Painting Nails - 2:00 1	2 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 2	3 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games- 10:30 Arts & Craft - 2:00 3	4 Daily Horoscope - 9:15 Musical Exercise - 9:30 Municipal Registration Election Day- 10:30-11:30 Bingo - 2:00 4	5 CT Book Club - 10:.30 Board Games - All day 5
6 FREE DAY 6	7 LABOUR DAY No Activity Today 7	8 Daily Horoscope - 9:15 Pre for outing- 9:30 Walmart Outing - 10:30 Arts & Craft - 2:00 8	9 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Happy Hour Bingo - 2:00 9	10 Daily Horoscope - 9:15 Musical Exercise - 9:30 My Voice Meeting- 10:30 Karaoke Day - 2:00 1	11 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 2	12 CT Book Club - 10:.30 Board Games - All day 3
13 Hymn Sing with Grace 6:30 4	14 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 5	15 Daily Horoscope - 9:15 Prep for outing - 9:30 Residents Choice Outing - 10:30 Arts & Craft - 2:00 6	16 Daily Horoscope - 9:15 Musica Exercise- 10:30 Life Enrichment Meeting - 10:30 Trivia - 11:00 Bingo - 2:00 7	17 Daily Horoscope - 9:15 Musical Exercise - 9:30 CT Holy Mass By Fr. Joseph- 10:30 Movie Popcorn -1:30 8	18 Daily Horoscope - 9:15 Musical Exercise - 9:30 Author Reading Series - 10:00 Trivia - 11:00 Bingo - 2:00 9	19 CT Book Club - 10:.30 Board Games - All day 1
20 FREE DAY 2	21 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 3	22 Daily Horoscope - 9:15 Prep for outing - 9:30 Walmart Outing - 10:30 Arts & Craft - 2:00 4	23 Daily Horoscope - 9:15 Musical Exercise -9:30 Ears to you Mobile Clinic - 10:30 Trivia - 11:00 Happy Hour Bingo - 2:00 5	24 Daily Horoscope - 9:15 Musical Exercise - 9:30 Prep for party - 10:30 Monthly bday Celebration - 2:00 6	25 Daily Horoscope - 9:15 Musical Exercise - 9:30 Dining Committee Meeting- 10:30 Bingo - 2:00 7	26 CT Book Club - 10:.30 Board Games - All day 8
27 Hymn Sing With Grace 6:30 9	28 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 1	29 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Arts & Craft - 2:00 2	30 National Day for Truth and Reconciliation No Activity Today 3			

SEPTEMBER 2026



Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

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

Dear Resident, Family and Staff,

On Thursday, September 4th we are having the dining room floors refinished. This will mean a disruption to how meals are served. We will deliver both lunch and dinner to the residents in their suite. Please note, meal service may take longer.

In this Newsletter

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

NEW & NOTEWORTHY

The LPNs now have their own dedicated office. Located beside Michelle's office. Feel free to stop in and have a chat with them.



IMPORTANT DATES

DATE – September 07, 2026

Labour Day

DATE – September 10, 2026

My Voice Meeting

DATE – September 24, 2026

Monthly Birthday Celebration

DATE – September 30, 2026

National Day for Truth & Reconciliation

Our Mission What We Do

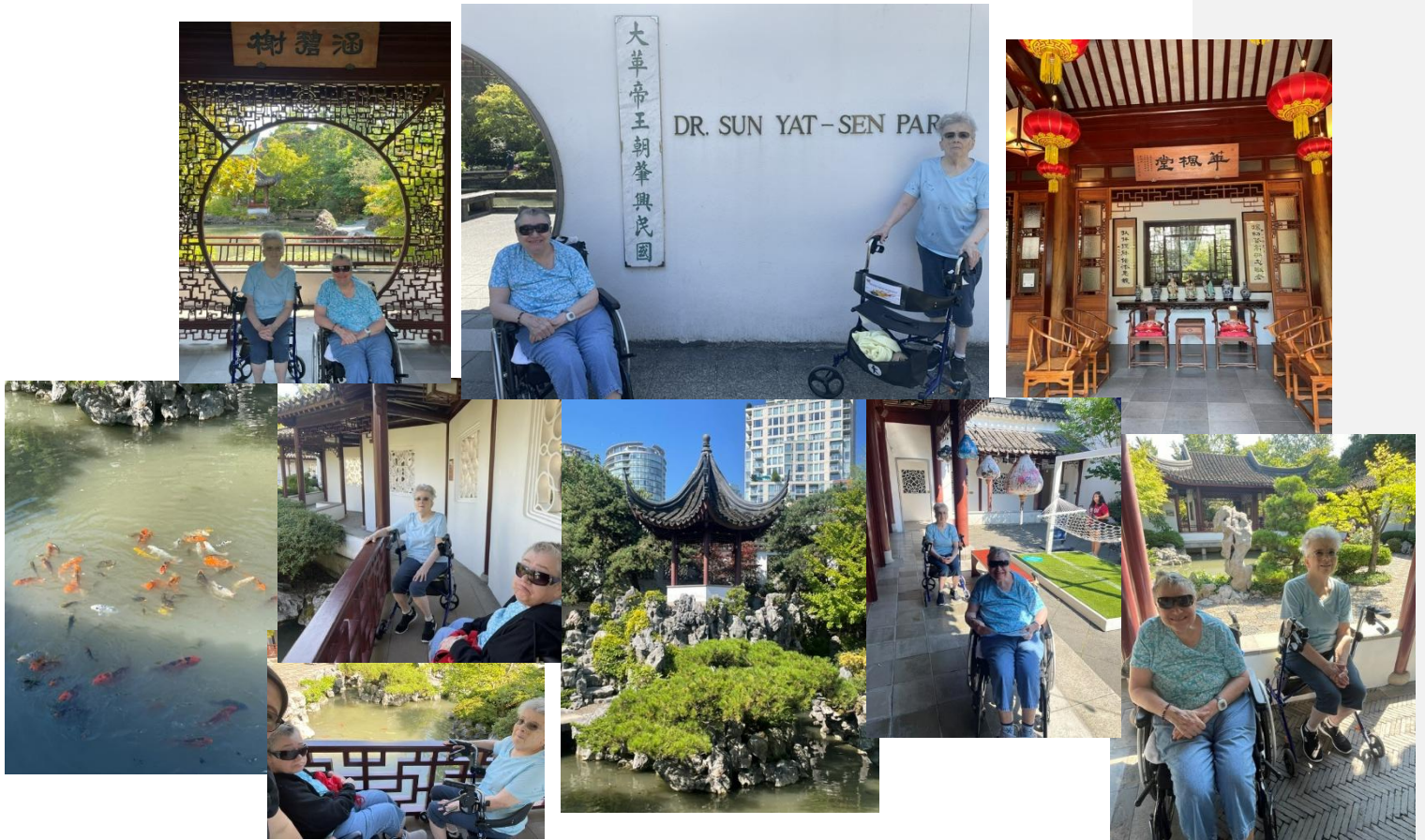
Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

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

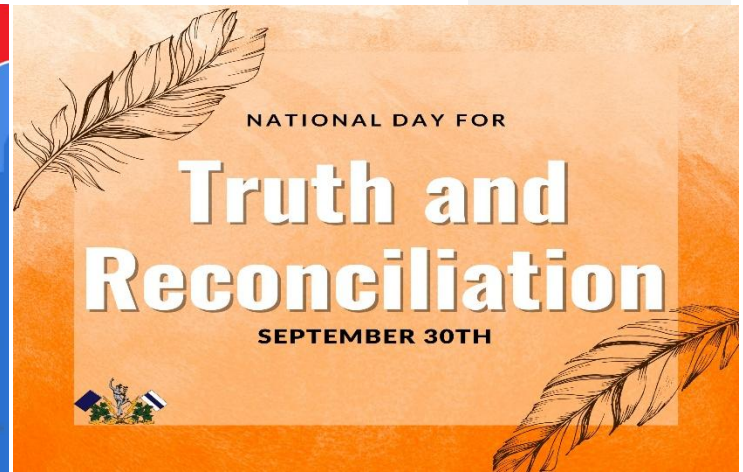
Chinese Garden Outing



CT Holy Mass

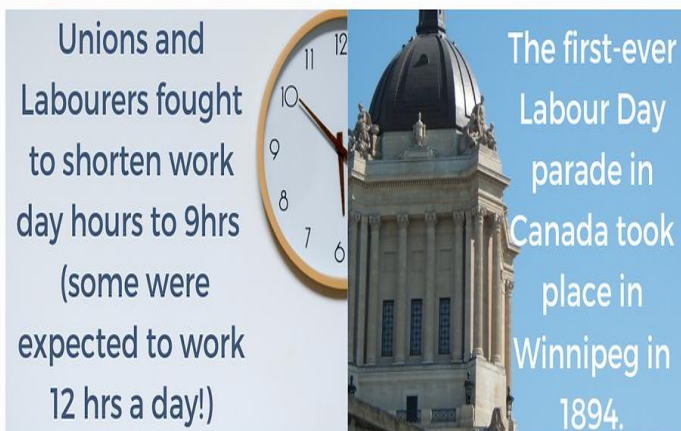


DID YOU KNOW...



IDEAL CAREGIVERS 4U

FUN FACTS: LABOUR DAY!



National Day for Truth and Reconciliation

WHAT IS THE PURPOSE OF THIS DAY?

Every year on September 30th, we reflect on the history and legacy of the residential school system. We honour the resilience of Indigenous survivors while remembering the children who did not make it home.



WHY IS THIS DAY IMPORTANT?

The negative impacts of the residential school system are intergenerational and still being faced by Indigenous Peoples in Canada and elsewhere today.

JOIN A COMMUNITY EVENT

- **Orange Shirt Day Walk with Elders and their Families**
Friday, Sept 30th 9AM-2PM, meet at 1719 Franklin Street, walk to Grandview Park
- **Orange Shirt Day Gathering with Nisga'a Ts'amiks Vancouver Society**
Friday, Sept 30th 1PM-3PM, meet South Side of John Hendry Park
- **UBC Intergenerational March**
Friday, Sept 30th 11AM-2:30PM
Meet across from the Indian Residential School History and Dialogue Centre, 1985 Learners' Walk



Upcoming Events

Labor Day

Monday, September 7, 2026
(Enjoy your day 😊)

Walmart Outing

Tuesday, September 8, 2026
(Departure 10:30am–Arrival 2:30 pm)

My Voice Meeting w/ Michelle

Thursday, September 9, 2026
(Dining Area – 10:30 am)

Residents Choice of Outing

Tuesday, September 15, 2026
(Departure 10:30am- Arrival 2:30 pm)

Life Enrichment Committee Meeting

Wednesday, September 16, 2026
(Dining Area – 10:30 am)

CT Holy Mass by Fr. Joseph

Thursday, September 17, 2026
(Lounge, 10:30 am)

Walmart Outing

Tuesday, September 22, 2026
(Departure 10:30am- Arrival 2:30 pm)

Monthly Birthday Celebration

Thursday, September 24, 2026
(Lounge – 2:00 pm)

CT Dining Committee Meeting

Friday, September 25, 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



Coming Soon



Jessica



KC



Maribel



Coming Soon



Tessa



Aneesa



Lorie



Yemisi



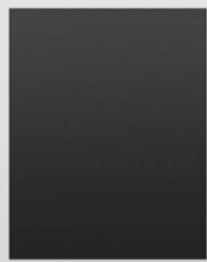
Cherry



Suki



Sim



Coming Soon



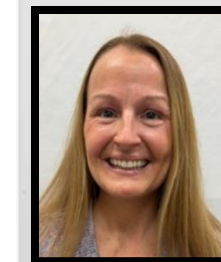
Elaine



Zyhra



Lesya



Shelby



Cathy

STAFF ANNIVERSARIES



3 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

A big thank you to the team at
Courtyard Terrace!

August has been filled with
unexpected absences, staff
vacations and last minute
changes.

Thank you to all the staff for their
flexibility, their dedication and
their willingness to work in other
departments.

The sense of family and team work
is what truly makes Courtyard
Terrace special.

Thank you!

STAFF BIRTHDAY



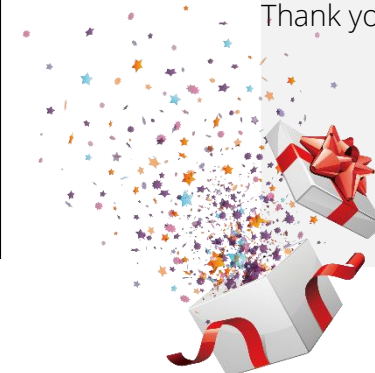
HAPPY
BIRTHDAY



16th



13th



SEPTEMBER BIRTHSTONE & BIRTHFLOWER

September Birthstone

• Blue Sapphire •



In ancient Greece, royals were convinced that **blue sapphires** protected their owners from envy and harm. During the Middle Ages, people thought the gem attracted heavenly blessings.

Others instilled sapphires with the power to guard chastity, make peace between enemies, influence spirits, and reveal the secrets of oracles.

September

BIRTH FLOWER

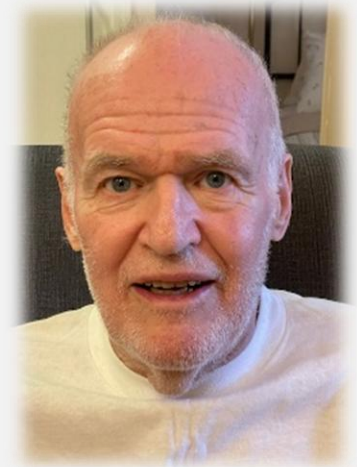
wisdom
valor
faith
royalty
purity
innocence



ASTER

BIRTHDAYS THIS MONTH

SEPTEMBER 2026



Brian – 26th



RESIDENTS CORNER

CT Library

Two announcements from the library!

On September 18th we will be hosting a reading, the *Biography of a Friendship* by BC author Marie-Claude Arnott who wrote a memoir of her journey with her friend through a terminal illness.

"With the flow of a novel, this candid story tells what it's like to accompany a friend to the end of her life, while transporting the reader to France and Switzerland. As they navigate the illness, often from a distance, the author supports her friend through thought-provoking perspectives on life and death while experiencing that being in 'her conversation' is the only honest way to help."

The Book Club has moved again! We will now be listening to *The Mother Tongue* by Bill Bryson in the old hairdresser's room. We meet every Saturday at 10:30 am. Come and join us !

Thanks to Meadow Sorrell for the donation of a bag of books that will soon be gracing the shelves of Courtyard Library. Come check them out!

Happy Reading!



INFECTION PREVENTION AND CONTROL

Audit Findings

We completed our first round of Pro Vita audits.

We worked closely with the Pro Vita team to provide additional education and training to our staff that clean suites and clean the building. I am confident we will pass the next audit with flying colours.



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 are in the process of gathering quotes for repairing the back pathway to the garbage bins. There may be a temporary disruption to accessing the garbage bins while the repairs are completed. More to come.

Policy Updates

Accreditation is now rescheduled to November 1-6, 2026.

The Accreditation Auditors will want to speak with residents about their experiences. If you would like to volunteer, please speak with Michelle.

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

4. Enhanced Communication

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

We have completed our Home Goals for 2026- 2027.

1. Implementaaiotn of approved PPSL policies and procedures.
2. Ensure audits and actions plans are completed.
3. Participate in education sessions for all staff
4. Increase resident satisfaction survey response rates
5. Quality board will be kept up to date.

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