

OCTOBER 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
■ Thanksgiving Day 10/12 ■ Indigenous peoples Day ■ Food Service Week ■ Health Care Aide Day ■ Pharmacy Week ■ Occupational Therapy Month				9:30 Fitness Exercise 1F 10:30 Catholic Mass 2 F 11: 00 Fitness Exercise 3 F 2:30 Mini Bingo 1 F 4:00 Trivia 3 F 6:00 1:1 Visits 2 F	11: 00 Fitness Exercise 3 F 2:30 Active Game 2 F 3:30 Snoezelen 1 F 6:00 1:1 Visits 2 F	11: 00 Fitness Exercise 1 F 2:30 Word Games 3 F 3:30 Arts and Crafts 2 F 6:00 1:1 Visits 2 F
9:30 Virtual Church 1 F 10:45 Virtual Church 2/3 F 2:00 Movie Time 1 F 4:00 1:1 Visits	9:30 Ball Exercise 1 F 10:00 Hand Therapy by Laura 10:30 Communion 2 F 11: 00 Ball Exercise 2 F 2:30 Bingo 3 F 3:30 Trivia 1 F	9:30 Chair Exercise 1F 10:30 Church Service 2 F 11: 00 Ball Exercise 3 F 2:30 Birthday & Welcoming New Residents 2 F/ DAVE 4:00 Trivia 3 F 6:00 1:1 Visits 2 F	9:30 Chair Exercise 1F 10:30 Ball Exercise 2 F 11: 00 Ball Exercise 3 F 2:30 Ladies Club 2 F 4:00 Trivia 3 F 6:00 1:1 Visits 2 F	9:30 Fitness Exercise 1F 10:30 Fitness Exercise 2 F 11: 00 Fitness Exercise 3 F 2:30 Helping hand (Decorating) 4:00 Trivia 3 F 6:00 1:1 Visits 2 F	11: 00 Fitness Exercise 3 F 2:30 Active Game 1 F 3:30 Hand Massage 2 F 6:00 1:1 Visits 3 F	11: 00 Fitness Exercise 1 F 2:30 Word Games 2 F 3:30 Arts and Crafts 3 F 6:00 1:1 Visits 2 F
9:30 Virtual Church 1 F 10:45 Virtual Church 2/3 F 2:00 Movie Time 2 F 4:00 1:1 Visits	9:30 Ball Exercise 1 F 10:00 Hand Therapy by Laura 10:30 Communion 2 F 11: 00 Ball Exercise 2 F 2:30 Bingo 3 F 3:30 Trivia 2 F Thanksgiving Day	9:30 Chair Exercise 1F 10:30 Ball Exercise 2 F 11: 00 Ball Exercise 3 F 2:30 Men's Club 1 F 4:00 Trivia 3 F 6:00 1:1 Visits 2 F	9:30 Chair Exercise 1F 10:30 Ball Exercise 2 F 2:00 Thanksgiving Celebration w/ Peter 2F 4:00 Trivia 3 F 6:00 1:1 Visits 2 F	9:30 Fitness Exercise 1F 1:30 Bus Outing 2:00 Mini Bingo 2 F 4:00 Armchair Trivia 6:00 1:1 Visits 2 F	11: 00 Fitness Exercise 3 F 2:30 Joyful Singers 2 F 3:30 Hand Massage 3 F 6:00 1:1 Visits 2 F	11: 00 Fitness Exercise 1 F 2:30 Word Games 2 F 3:30 Arts and Crafts 1 F 6:00 1:1 Visits 3 F
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CARTIER HOUSE SENIOR COMMUNITY

Please Note: Programs are subject to change without notice due to staffing availability.



OCTOBER 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 our home.

This month at a glance

Oct. 06 Birthday & Welcoming Celebrations

Oct. 07 Ladies Club

Welcome & community updates

Dear Resident, Families, and Friends,

Happy October from everyone at Cartier House!

As the leaves change and the cooler autumn days arrive, we are excited to welcome another month filled with friendship, laughter, and meaningful moments together.

Throughout October, our Recreation Department will continue to offer a variety of enjoyable programs, including exercise, games, music, arts and crafts, social gatherings, one-on-one visits, entertainment, and special seasonal activities. We encourage our Residents to participate, have fun, and enjoy spending time with friends and staff.

This month also gives us an opportunity to celebrate the beauty of fall and enjoy the spirit of Thanksgiving and Halloween. We look forward to creating special memories and bringing plenty of smiles to our Cartier House Community.

Thank you to our residents, families, staff, and volunteers for your continued support and participation. Together, you make Cartier House a warm and welcoming place to call home.

Wishing everyone A Happy, Healthy, and wonderful October!

Warm regards,
Recreation Department

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

Quick dates to remember

Men's Club	Oct. 13
Thanksgiving Celebration	Oct. 14
Bus Outing	Oct. 15
Joyful Singers	Oct. 16
Lunch Club	Oct. 21
Residents & Family Coun. Mtg	Oct. 27
Halloween Costume Party	Oct. 29
Food Service Workier Day	Oct. 29
Health Care DDay	



MONTHLY GAZETTE

October 2026

THE MONTHLY GAZETTE

"October is a symphony of permanence and change."

— Bonaro W. Overstreet

Monthly Gazette

October 2026

Animal of the Month – Bombay Cat

Bombay cats are a popular pet. These spunky, affectionate, friendly felines create exceptionally strong bonds with their human families. They love cuddling and are often found on warm laps. If they can't soak up body heat from a human companion, they seek the next warmest spots in the home, such as by a heater or sunny window. Known as "parlor panthers," these sleek black cats were first bred in the 1950s to look like miniature black leopards, complete with shiny coats, glowing eyes, and a curvy, swaying walk. They are a



cross between a sable Burmese and a black American shorthair. In addition to their deep black fur, most have black whiskers, skin, noses, and paw pads. Bombay cats have compact, muscular bodies that are heavier to pick up than they look. These beautiful creatures are a very loyal and intelligent breed that enjoys a lot of activity and stimulation.

Special Days

International Music Day
October 1

Apple Betty Day
October 5

Hero Day
October 8

Columbus Day /
Indigenous Peoples' Day
(U.S.) & Canadian
Thanksgiving
October 12

Sweetest Day
October 17

Halloween
October 31

Dressing Up: Decade by Decade

Wearing costumes for Halloween or All Hallows' Eve has been popular for centuries. The original purpose of wearing costumes was to ward off evil spirits. Today, it's more about candy and fun. Let's review the most popular outfits through the decades.

1920s: Clowns
The Pierrot clown was all the rage in the 1920s. Simple witch, farmer, and gypsy costumes were also popular.

1930s: Disney
Mass-produced costumes and rubber masks hit the market, with Mickey and Minnie Mouse ruling Halloween in the 1930s.

1940s: Brooms & Black Hats
Witches, spooky ghosts, and black cats bewitched trick-or-treaters in the 1940s.

1950s: Aloha Buckaroo
Hawaiian apparel (grass skirts, leis, and floral shirts) and dressing up like cowboys were popular trends in the 1950s. Davy Crockett and Tarzan were also common.

1960s: Superheroes
Kids and adults channeled their favorite superheroes, such as Superman, Batman, Catwoman, Spiderman, and Batgirl. Dennis the Menace was also a hit.

October-licious

Forget the candy on Halloween—October is a full month for foodies! Not only is it the time of brats and sauerkraut galore, but October is also the official month of pork, pizza, sausage, and popcorn.

October Zodiacs

Libra (The Scales)
October 1–22

Scorpio (The Scorpion)
October 23–31



Flower – Calendula



The calendula is a fall-blooming annual that produces a yellow to deep-orange flower with edible petals. Also known as the "pot marigold," the flower gets its name from the Latin *calendulae*, meaning "first day of the month." Ancient Greeks and Romans wore crowns and garlands of calendula, and they have long been sacred in India, where they are used to decorate statues of Hindu deities. The lovely calendula symbolizes happiness.

Birthstone – Opal



The opal, October's birthstone, gets its name from the Latin word *opalus*, which means "precious stone." Opals are very soft and easily altered by heat and pressure. They are formed in near-surface volcanic rocks and come in a range of colors and gleaming hues. Although the principal source of opals is Australia, they can also be found in Mexico, Brazil, Honduras, Nicaragua, Guatemala, Japan, and Ireland. In the United States, beautiful, prized black opals are often found in Nevada.

October is the tenth month of the year on the Gregorian calendar and one of seven months with 31 days. October's name, containing the Latin word *octo*, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered the height of autumn; the Slavic people call it "yellow month," referring to the fading colors of the leaves.

October's Winter Moon

In the Old English or Anglo-Saxon calendar, the year was split into two seasons rather than four. They simply divided the year between the months with days that were longer than the nights (summer) and those with less daylight (winter). In this tradition, October was designated the first month of winter and was called *Winterfylleth*, or "fulness of winter," as it also had the first winter full moon.

What's Lucky in October?

Lucky Color: Tangerine

Lucky Animal: Fox

Lucky Letters: W and E

Lucky Day: Thursday

Lucky Plant: Pumpkin



October Birthdays

Jimmy Carter (president) – October 1, 1924
Susan Sarandon (actress) – October 4, 1946
Elizabeth Shue (actress) – October 6, 1963
Simon Cowell (TV producer) – October 7, 1959
John Lennon (singer) – October 9, 1940
Marie Osmond (entertainer) – October 13, 1959
Richard Carpenter (musician) – October 15, 1946
Angela Lansbury (actress) – October 16, 1925
Evel Knievel (daredevil) – October 17, 1938
Olive Thomas (silent film star) – October 20, 1894
Deepak Chopra (author) – October 22, 1946
Michael Crichton (author) – October 23, 1942
Sylvia Plath (writer) – October 27, 1932
Jane Pauley (journalist) – October 31, 1950

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Discover what October has in store! This month's Gazette features interesting facts about, special days, October birthdays, seasonal highlights, and fun stories. We hope our Residents and families enjoy reading and celebrating the month with us!



OCTOBER 2026

SEPTEMBER BIRTHDAY CELEBRATION



What a wonderful time celebrating our September birthday celebrants!

SEPTEMBER'S
Birthday
CELEBRANTS

ELLEN W.	Sept. 01
Lut K.	Sept. 14
Khamphanh K.	Sept. 15
Laura H.	Sept. 16
Kurt R.	Sept. 26
Marva J.	Sept. 27
Nu Hen Y.	Sept. 28

Celebrate your special day with an abundance of joy and laughter.

Join us for a delightful birthday gathering on September 2nd at the 1st floor



SEPTEMBER BIRTHDAY CELEBRATION



A joyful September birthday celebration filled with music, laughter, and wonderful moments! Our Residents enjoyed celebrating together, sharing smiles and making special memories with friends. Happy Birthday to all our September celebrants!

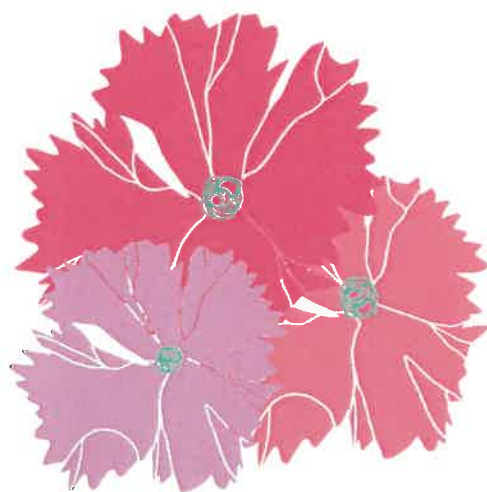


ACTIVE GAMES



Staying Active, Having Fun!!!

Our Residents enjoyed an energetic session of active games. filled with movement, laughter, and friendly participation. A wonderful way to promote Physical activity, coordination, and social interaction while having fun together.



ACTIVE GAMES ACTIVITY



PROGRAMS THROUGHOUT THE FLOORS



Words Challenge



KEEPING OUR MINDS ACTIVE

Residents enjoyed working together on fun word challenge, testing their vocabulary, memory, and problem solving skills. It was a wonderful opportunity to exercise the mind, socialize, and learn together.

PROGRAMS THROUGHOUT THE FLOORS



Arts & Crafts



Creativity in Action

Our Residents enjoyed a fun Arts & Crafts session, creating beautiful fall - inspired decorations together. This activity encouraged creativity, fine motor skills, concentration, and social interaction while celebrating the colors of the season.

PROGRAMS THROUGHOUT THE FLOORS



Table Games



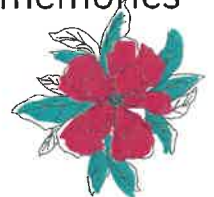
Fun Around the Table!!!

Residents enjoyed a friendly afternoon of table games together. The activity encouraged socialization, conversation, concentration, friendly competition, and lots of smiles while enjoying the beautiful outdoor setting.

PROGRAMS THROUGHOUT THE FLOOR



Music, Dancing & Happy Moments!
Our Residents enjoyed a wonderful live entertainment session filled with music, singing, dancing, and lots of smiles. It was a joyful time for everyone to socialize, move to the music, and create happy memories together.





LUNCH CLUB



LUNCH CLUB



Good Food, Great Company!!!
Our Residents enjoyed another wonderful Lunch Club, sharing a delicious meal while spending quality time together. It was a lovely opportunity to socialize, enjoy good food and create happy memories with friends.

CELEBRATION OF LIFE



CELEBRATION OF LIFE



In loving Memory...

We gathered together to remember and celebrate the lives of our beloved Residents who have passed. Through shared memories, photos, and heartfelt reflections, we honored the joy, friendship, and special memories they brought to our Cartier House family. They will always be remembered and deeply missed.

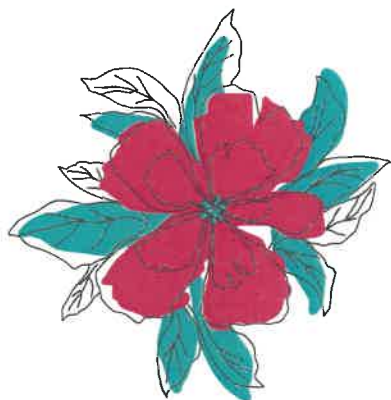
WAFFLE DAY



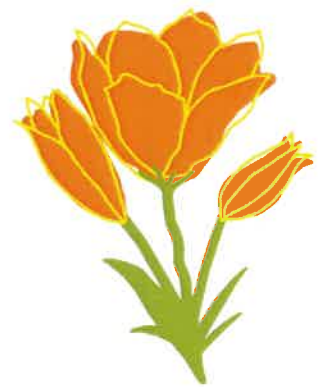
WAFFLE DAY



A Sweet Treat to Enjoy!
Our Residents had a wonderful
time celebrating Waffle Day
with delicious freshly made
waffles. It was a lovely
gathering filled with smiles,
laughter, tasty treats, and great
company!



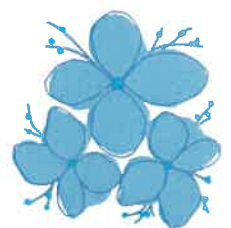
NATIONAL DAY FOR TRUTH & RECONCILIATION (ORANGE T-SHIRT DAY)



EVERY CHILD MATTERS

Our staff proudly wore orange shirts in recognition of the National Day for Truth and Reconciliation. Together, we honor the children, families and communities affected by residential schools and reflect on the importance of truth, remembrance, respect, and reconciliation.

LADIES CLUB



LADIES CLUB



Tea Treats & Togetherness!!

Our Lovely ladies enjoyed a relaxing afternoon together with tea, sweet treats, and wonderful conversation. Ladies Club is a special time to socialize, build friendship, share stories, and enjoy each other's company.



WELCOME NEW RESIDENTS



Fatemeh

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.

EDUCATION CORNER

UNDERSTANDING DEMENTIA: KINDNESS, PATIENCE & CONNECTION.

Dementia can affect a person's memory, communication, thinking, and daily activities. A supportive and understanding approach can make a meaningful difference.

- Speak calmly and clearly, Use simple words and give the Residents enough time to respond.
 - Be patient. Avoid rushing or correcting unnecessarily.
 - Offer reassurance. A friendly voice and familiar routine can help Residents feel safe.
 - Encourage participation. Include Residents in activities based on their interest and abilities.
 - Focus on the person. Remember that every Resident has their own history, preferences, and strengths.
 - Create meaningful connection. Music, photos, conversation, and familiar activities can bring comfort and joy.
- Small moments of kindness can make a big difference!!!

INFECTION PREVENTION AND CONTROL: Everyone Has a Role

As we enter the fall and respiratory illness season, infection prevention and control (IPC) remains a shared responsibility. Respiratory illnesses & gastrointestinal infections can spread quickly in long-term care settings, where residents may be particularly vulnerable to complications. Protecting our Residents requires consistent attention, early recognition of symptoms, & cooperation among Residents, families, visitors, staff, & other partners. Please remember the following important precautions:

1. Stay home when you are ill.

Staff should follow the home's illness reporting and work exclusion policies if they develop symptoms of respiratory or gastrointestinal illness. Families and visitors who are unwell should postpone non-essential visits until they are feeling better and meet the home's current visiting guidance. Residents who develop symptoms should promptly inform a care team member so that appropriate assessment and precautions can be implemented.

2. Practice proper hand hygiene.

Clean your hands frequently with soap and water or an appropriate alcohol-based hand rub, according to the situation and the home's IPC guidance. Wash your hands thoroughly with soap and water after using the washroom, after providing or receiving toileting assistance, and when managing gastrointestinal illness, particularly when norovirus is suspected. Perform hand hygiene before and after resident care and after contact with potentially contaminated surfaces or materials.

3. Follow respiratory etiquette.

Cover coughs and sneezes with a tissue or your elbow. Dispose of used tissues immediately and clean your hands afterward. Wear a well-fitting mask or other required personal protective equipment (PPE) when indicated by the home's policies, a point-of-care risk assessment, or an outbreak directive. Follow current respiratory illness guidance and any additional precautions communicated by the IPC team.

4. Prevent the spread of gastrointestinal illness.

Report symptoms such as vomiting and diarrhea promptly. Follow the home's procedures for cleaning and disinfecting contaminated areas, using the appropriate products and contact times. Use the required PPE when assisting residents with personal care, toileting, or cleaning tasks. Follow established food safety practices and avoid handling food for others when experiencing symptoms, in accordance with applicable policies.

5. Follow additional precautions and vaccination guidance.

Follow posted isolation or additional precaution signage and instructions from the care team. Use PPE correctly and dispose of it safely. Keep up to date with recommended vaccinations, including influenza and COVID-19 vaccines, in accordance with public health guidance and individual clinical advice.

6. Take responsibility for protecting one another.

Infection prevention is not the responsibility of the IPC team alone. Every staff member, resident, family member, and visitor has an important role in reducing the risk of transmission. Please speak up when you identify a concern, report symptoms early, and follow the guidance provided by our clinical & IPC teams.

By taking these precautions consistently, we help protect vulnerable residents, support the well-being of our colleagues, reduce avoidable illness, and maintain our ability to provide safe and continuous care.

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 Resident, families and staff,

As we welcome October, we are reminded of the importance of gratitude, teamwork, compassion, and our shared commitment to providing safe, high-quality care to our Residents. This month brings several meaningful occasions to recognize the contributions of our dedicated team members, celebrate the spirit of Thanksgiving, reinforce our commitment to a respectful workplace, and continue preparing for our upcoming accreditation.

Thanksgiving – October 12th. Thanksgiving is a special time to reflect on the many things we are grateful for. At our long-term care home, we are especially thankful for our Residents, whose life experiences, wisdom, and stories enrich our community; our families, whose trust and partnership mean so much; and our staff, whose dedication and compassion make a difference every day.

May this Thanksgiving season bring everyone moments of joy, connection, and appreciation. Let us continue to create a warm, welcoming environment where every Resident feels valued, respected, and at home.

Recognizing Our Dedicated Professionals

October is also an opportunity to recognize the important contributions of several professional groups and celebrate the essential work they do in supporting resident care and well-being.

- 1. Occupational Therapy (OT) Month:** We recognize our occupational therapy professionals for helping Residents maintain independence, participate in meaningful activities, and achieve their highest possible level of function and quality of life. Their creativity and expertise help make everyday activities more accessible and fulfilling for our residents.
- 2. Health Care Aide (HCA) Day:** We extend our sincere appreciation to our health care aides, who provide essential hands-on care and support with dignity, patience, and compassion. Your work is at the heart of Resident care, and your kindness, attentiveness, and dedication make a meaningful difference in residents' daily lives.
- 3. Food Services Week:** We celebrate our food services team for their important role in providing nutritious, safe, and enjoyable meals. Thank you for accommodating individual dietary needs, respecting cultural preferences, and helping make mealtimes a positive and meaningful part of our Residents' day.
- 4. Pharmacy Week:** We recognize our pharmacy partners and pharmacy professionals for their expertise in medication management, medication safety, and supporting the appropriate use of medications. Your collaboration with our care team helps promote safe, effective, and person-centred care.

Workplace Bullying and Harassment Week: We reaffirm our commitment to maintaining a workplace where everyone feels safe, respected, and supported. Bullying, harassment, intimidation, discrimination, and disrespectful behaviour have no place in our home. We encourage everyone to communicate professionally, treat one another with dignity, address concerns appropriately, and report.

To all the individuals and teams being recognized this month, thank you for the valuable contributions you make to our home and the people we serve.

Moving Forward Together as we continue through October, let us remember that the quality of our home is reflected in the small things we do every day: the kindness we show, the concerns we raise, the precautions we follow, the respect we demonstrate, and the teamwork we bring to our responsibilities. To our Residents and families, thank you for your trust, partnership, and continued support. To our staff, thank you for your dedication, resilience, and commitment to making our home a safe, caring, and welcoming community.

May October be a month of gratitude, recognition, learning, and renewed commitment to excellence. Together, we can protect one another, strengthen our relationships, and continue providing compassionate, person-centred, and safe care to every resident.

Warm regards,

Carol.

On behalf of the Leadership Team

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 November!



OCTOBER 2026