

October



SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games- 10:30 Arts & Craft - 2:00 4	2 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 5	3 CT Book Club - 10:.30  Board Games - All day 6
4 FREE DAY 7	5 Daily Horoscope - 9:15 Voting Day - 9:00-10:00 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 8	6 Daily Horoscope - 9:15 Musical Exercise- 9:30 ResidentsCouncil Meeting - 10:30 Board Games - 2:00 9	7 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 1	8 Daily Horoscope - 9:15 Arts & Craft - 9:30 My Voice Meeting- 10:30  Board Games - 2:00 2	9  Family & Residents Thanksgiving Dinner 3	10 CT Book Club - 10:.30  Board Games - All day 4
11 Hymn Sing with Grace 6:30 5	12 THANKSGIVING DAY No Activity Today 6	13 Daily Horoscope - 9:15 Socializing with Residents - 9:30 Arts&Craft - 10:30 Board Games - 2:00 7	14 Daily Horoscope - 9:15 Socializing with Residents- 9:30 Board Games - 10:30 Trivia - 11:00 Happy Hour  Bingo - 2:00 8	15 Daily Horoscope - 9:15 Socializing with Residents - 9:30 Board Games - 10:30 Arts & Craft-2:00 9	16 Daily Horoscope - 9:15 Socializing with Residents - 9:30 Board Games- 10:30 Trivia - 11:00 Bingo - 2:00 1	17 CT Book Club - 10:.30  Board Games - All day 2
18 FREE DAY 3	19 Daily Horoscope - 9:15 Socializing with Residents - 9:30 Board Games - 10:30. Trivia - 11:00 Bingo - 2:00 4	20 Daily Horoscope - 9:15 Socializing with Residents - 9:30 Arts&Craft - 10:30 Board Games - 2:00 5	21 Daily Horoscope - 9:15 Socializing with Residents-9:30 Life Enrichment Meeting - 10:30  Bingo - 2:00 6	22 Daily Horoscope - 9:15 Socializing with Residents - 9:30 Board Games - 10:30 Movie & Popcorn Day - 2:00  7	23 Daily Horoscope - 9:15 Socializing with Residents - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 8	24 CT Book Club - 10:.30  Board Games - All day 9
25 Hymn Sing With Grace 6:30 1	26 Daily Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Bingo - 2:00 2	27 Daily Horoscope - 9:15 Musical Exercise - 9:30 Arts & Craft - 10:30 Board Games - 2:00 3	28 Dailly Horoscope - 9:15 Musical Exercise - 9:30 Board Games - 10:30 Trivia - 11:00 Happy Hour  Bingo - 2:00 4	29 Daily Horoscope - 9:15 NO Exercise - 9:30 Prep for party - 10:30 Dress-up Hollween Costumes - 2:00  5	30 Daily Horoscope - 9:15 Musical Exercise - 9:30 Dining Committee Meeting- 10:30 Bingo - 2:00  6	31 CT Book Club - 10:.30  Board Games - All day 7

OCTOBER 2026



Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

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

Dear Resident, Family and Staff,

Our Resident and Family Thanksgiving dinner is scheduled for Friday, October 9th, 2026, at 5:00pm. Last day to be added to the guest list is October 4th, 2026. The cost is \$15.00/person. Please contact Cathy if you would like to join your loved one for a fabulous feast hosted by Cathy and Mar.

In this Newsletter

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

NEW & NOTEWORTHY

On Monday, October 5th, 2026, we will be conducting a CODE GREEN drill as part of our emergency preparedness program.

A CODE GREEN is a full evacuation of the building. It is most often activated in response to an escalating emergency or an unsafe situation in the building.

A CODE GREEN drill is designed to test the staff preparedness in the event of an emergency. It is also designed to show any gaps in our emergency preparedness plan. For this reason, the staff will not know what time the drill will be happening.

IMPORTANT DATES

DATE – October 08, 2026

My Voice Meeting

DATE – October 09, 2026

Family and Residents

Thanksgiving Day

DATE – October 12, 2026

Thanksgiving Day

DATE – October 30, 2026

Monthly Birthday 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

Author Reading Series



Monthly Birthday Celebration



DID YOU KNOW...



HALLOWEEN TRIVIA

Q.1. What does the word "Halloween" mean?
Q.2. When did the word "Vampire" first appear in English?
Q.3. What were the first Jack-o-Lanterns made out of?
Q.4. What monster is pictured on the flag of Sicily?
Q.5. What monster is said to terrorize the people of Africa?
Q.6. What is Dr. Frankenstein's first name?
Q.7. What was the name of Dracula's sidekick?
Q.8. How much does the world's biggest Pumpkin weigh?
Q.9. Who is said to haunt the White House Rose Garden?
Q.10. Where does the region of Transylvania situated?
Q.11. In which country did Halloween originate?
Q.12. When do Celts celebrate their New Year?
Q.13. What does group of witches is called?
Q.14. Who is the author of the novel "Dracula"?
Q.15. What is the name of the killer in the Halloween movies?

6). Victor	13). Coven	1). Holy Night	9). Dolley Madison
8). 2,096 Lbs	7). Renfield	10). Romania	14). Bram Stoker
11). Ireland	3). Turnips	12). 1st Nov	2). 1734
5). Nandi Bear	15). Michael Myers	4). Medusa	

Upcoming Events

My Voice Meeting w/ Michelle

Tuesday, October 8, 2026
(Dining Area – 10:30 am)

Family & Residents Thanksgiving Dinner

Friday, October 9, 2026
(Lounge – 5:00 pm)

Thanksgiving Day

Monday, October 12, 2026
(Enjoy Your Day 😊)

Life Enrichment Committee Meeting

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

Dress-up Halloween Costume

Thursday, October 29, 2026
(Lounge – 2:00 pm)

CT Dining Committee Meeting

Friday, October 30, 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 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



Elaine



Michelle



Poonam



Roxanne



Lesya



Jessica



KC



Maribel



Cathy



Tessa



Aneesa



Lorie



Yemisi



Cherry



Suki



Sim



Zyhra



Shelby

STAFF ANNIVERSARIES



KC 7 years



Shelby 1 Year



Cherry 1 Year



Jessica 6 Years

STAFF BIRTHDAY



HAPPY
BIRTHDAY



6th



How to Reach Us

Michelle 604 437 6262 ex 1 or
courtyard@provita.ca

Cathy: 604 437 6262 ex 5 or
courtyard-rec@provita.ca

Jessica 604 437 6262 ex 2 or
courtyard-reception@provita.ca

Marlou: 604 437 6262 ex 3

Shout Outs

A big shout out to Samir!

Our silent unsung hero.

He is often found doing all the dirty work at Courtyard Terrace like unclogging toilets or fixing suites after a resident moves out.

He fixes resident and staff issues alike. Always with a smile and a positive attitude.

Thank you, Samir, for all your hard work!



OCTOBER BIRTHSTONE & BIRTHFLOWER

October Birthstone

Opal • Pink Tourmaline



Because **opal** has the colors of other gems, the Romans thought it was the most precious and powerful of all. The Bedouins believed that opals contained lightning and fell from the sky during thunderstorms. The ancient Greeks believed opals gave their owners the gift of prophecy and guarded them from disease, while Europeans have long considered the gem a symbol of hope, purity, and truth.



Very few gems match **tourmaline's** dazzling range of colors. From rich reds to pastel pinks and peach colors, intense emerald greens to vivid yellows and deep blues, the breadth of this gem's color range is unrivalled. The confusion about the stone's identity is even reflected in its name, which comes from "Toramalli", which means "mixed gems" in Sinhalese (a language of Sri Lanka).

October

FLOWER OF MONTH

passion
creativity
drive to succeed
desire for wealth
beauty and
warmth of the
rising sun



BIRTHDAYS THIS MONTH

OCTOBER 2026



EVERYONE!



RESIDENTS CORNER

CT Library

Author Marie-Claude Arnott visited us on Friday, September 18th and read to us from her book *Biography of a Friendship*.

Everyone was moved by Marie-Claude's memoir of her friendship with a woman who went from being once so vibrant and in-charge woman to a woman confronting her own sickness and ultimate death. The book is poignantly written, and touched us all as we remembered the friends or family we have lost, the questions we have about death and dying, or why certain things happen to some people.

Arnott takes us from Switzerland, to France, to California, and to Vancouver, spanning thirty years of a beautiful relationship full of laughter, love, twists, and turns, until the turn but not the last- with Juliette's diagnosis of pancreatic cancer.

Arnott found that whatever we give while walking the path of compassion, we gain back in kindness and wisdom. "Being a part of Juliette's conversation' was her answer, and her last gift to Juliette is this beautiful story of their friendship."

"With time I stopped doubting whether I was enough of a supportive friend. Overall, I often let her take the lead during our time together, and by not asking probing questions, I never pressured her to delve into painful answers. It was enough that I listened and accepted her for who she was and what she needed at the given moment."

Marie-Claude donated a copy of her book to the Library.

The whiteboard in the Library would like to hold your Autumn thoughts. And, if you would like to take a walk through Courtyard Terrace of the past, check out the photo albums as well.

Happy Reading!



Marie-Claude reading from her book.

INFECTION PREVENTION AND CONTROL

Audit Findings

We completed our second round of Pro Vita housekeeping audits.

I am happy to report there was a significant improvement in this month's audit. Thank you to Roxanne, Suki and Maribel for your hard work.



Copies of the audits will be placed on our Quality Board located in the east hallway by the entrance to the dining room.

DEPARTMENT UPDATES

Shea, our resident gardener has officially retired. We thank her for her many years of dedication and bringing colour and beauty to our world. Her presence in the garden is missed.

We are looking for a new gardener(s) to carry on the beauty that Shea created. Do you love gardening? Do you have a few hours a week/month you can volunteer?. If you are interested, please speak with Cathy.

Policy Updates

Our Accreditation Canada Audit is scheduled for **Wednesday November 4th – Thursday November 5th, 2026.**

Part of our audit this time is a Resident and Family Engagement Focus group.

The focus group meeting is scheduled for Wednesday, November 4th from 10:30 – 11:30am.

We are looking for 4-10 participants.

This will be an opportunity for residents and families to speak directly with the auditor about all things Courtyard Terrace.

There will be no staff members participating in the focus group.

If you would like to participate, please speak with Michelle or your Resident Council Co Chairs.



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 courtyard-rec@provita.ca
5. **Volunteer.** Your help matters and is always truly appreciated!
6. **Submit your ideas and suggestions** The forms are available on the Quality 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.

Life Enrichment Committee meeting is held on the third Wednesday 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.

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 Sylva