

# August

## SUNDAY

## MONDAY

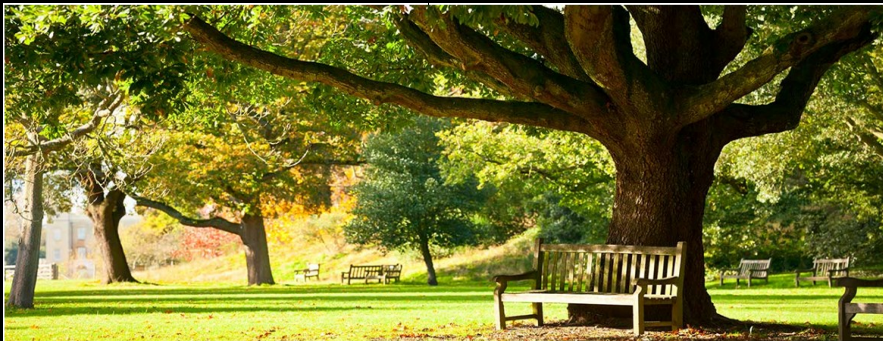
## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY



**1** 9:00am Absolute Hearing  
**Bus Outing**  
 10:30am - 12:00pm  
**Save On Foods**  
 Sign up sheet on Main \$2  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon

**2** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 1:30pm Wii Bowling  
 2:30pm - 4:00pm Pub Social  
**Pink Lemonade Sangria \$4**

**3** Bus Outing  
 10:30am-2:30pm  
**Langley Casino or Willowbrook Mall**  
 Sign up sheet on Main \$5  
 2:00pm Summertime  
**Movie Matinee**  
 Chapel Theatre On Main

**4** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon

**5** Weekend Funnies!  
 10:00am Knitting Circle  
 11:00am Drop In Billiards  
 2:00pm Fireside Chat  
 2:00pm Tea Time

**6** Weekend Funnies!  
**What are the two seasons in Canada?**  
 Winter and July!  
 2:00pm Fireside Chat  
 2:00pm Tea Time  
 2:00pm Men's Coffee Chat

**7** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 11:00am Recreation Meeting  
 1:30pm Drop In Cards  
 2:00pm Sweet Magnolias  
 In Chapel Theatre

**8** 9:00am Absolute Hearing  
**Bus Outing**  
 11:00am - 12:30pm  
**ValleyFair Shuttle**  
 Sign up sheet on Main \$2  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon

**9** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 1:30pm Wii Bowling  
 2:30pm - 4:00pm Pub Social  
**Strawberry Pina Colada \$4**

**10** Bus Outing  
 10:30am-2:30pm  
**Krause Berry Farms & Winery**  
 Sign up sheet on Main \$5  
 2:00pm Summertime  
**Movie Matinee**  
 Chapel Theatre On Main

**11** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon

**12** Weekend Funnies!  
**Why did the doughnut visit the dentist?**  
 He needed a chocolate filling!  
 10:00am Knitting Circle  
 11:00am Drop In Billiards  
 2:00pm Fireside Chat

**13** Weekend Funnies!  
**Dogs can't do MRI scans.**  
 But cats can.  
 2:00pm Fireside Chat  
 2:00pm Tea Time  
 2:00pm Men's Coffee Chat

**14** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Walker Tune Up  
 1:30pm Drop In Cards  
 2:00pm Sweet Magnolias  
 In Chapel Theatre

**15** Bus Outing  
 10:30am - 12:00pm  
**Save On Foods**  
 Sign up sheet on Main \$2  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon

**16** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 1:30pm Wii Bowling  
 6:00pm Music Under The Stars  
**Entertainment by Derek**  
 In Dining Room and Patio

**17** Bus Outing  
 10:30am-2:30pm  
**Spaghetti Factory**  
 Sign up sheet on Main \$2  
 1:00pm - 4:00pm  
**Absolute Hearing**  
 2:00pm Summertime Matinee  
 Chapel Theatre On Main

**18** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon

**19** Weekend Funnies!  
**Two goldfish are in tank.**  
 One asks the other, "do you know how to drive this thing?"  
 10:00am Knitting Circle  
 11:00am Drop In Billiards  
 2:00pm Fireside Chat

**20** Weekend Funnies!  
**Why did the pirate walk the plank?**  
 His dog was back on land!  
 2:00pm Fireside Chat  
 2:00pm Tea Time  
 2:00pm Men's Coffee Chat

**21** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 1:30pm Drop In Cards  
 1:30pm Painting with Emma  
 2:00pm Sweet Magnolias  
 In Chapel Theatre

**22** Bus Outing  
 10:30am - 12:00pm  
**Haney Place Mall**  
 Sign up sheet on Main \$2  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon

**23** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 1:30pm Wii Bowling  
 2:30pm - 4:00pm Pub Social  
**Pink Lady Cocktail \$4**

**24** Bus Outing  
 10:30am-2:30pm  
**Home Restaurant**  
 Sign up sheet on Main \$2  
 2:00pm Summertime  
**Movie Matinee**  
 Chapel Theatre On Main

**25** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon


**26** Weekend Funnies!  
**What did the cow say to her calf?**  
 Its pasture bedtime!  
 10:00am Knitting Circle  
 11:00am Drop In Billiards  
 2:00pm Fireside Chat

**27** Weekend Funnies!  
**Can one bird make a pun?**  
 No, but toucan!  
 2:00pm Fireside Chat  
 2:00pm Tea Time  
 2:00pm Men's Coffee Chat

**28** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 1:30pm Drop In Cards  
 2:00pm Sweet Magnolias  
 In Chapel Theatre

**29**  
 10:00am  
**Walk to Mc Donald's For Breakfast**  
 2:00pm  
**Bingo \$2.50** per card  
 In Grand Salon

**30** Stay Active  
 9:30am Full Body  
 10:00am Mindful Meditation  
 10:30am Sit Fit  
 11:00am Tai Chi  
 1:30pm Wii Bowling  
 1:30pm Flamingo Casino  
**Pink Flamingo Cocktail \$4**

**30**  
 5:00pm  
**Book Club**   
**The Next Chapter**  
**Pizza and Movie Night**  
 Chapel Theatre On Main  
 Sign up sheet on Main \$10

**Absolute Hearing**  
 9:00am - 11:00am  
**Tuesday August 1st**  
 1:00pm-4:00pm  
**Thursday August 17th**  


  
**GREYSTONE MANOR**  
 A PARK PLACE RETIREMENT RESIDENCE  
 Find us on:  
**facebook**

# Have any ideas for upcoming Calendars and Gazettes?

Have some  
great ideas?  
Come visit Michele in  
the Recreation  
Office.



For more information on any of these programs, please  
see Michele in the Recreation & Wellness Office  
(on the Lower Main Level). Tel: 604-467-2808



## Greystone's August Events Schedule 2023

*Many different events & activities to choose from...  
All residents welcome and encouraged to attend!  
Some events require pre-registration.*

### **Our Mission**

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

### **Our Vision**

At Park Place Seniors Living we are committed to ensuring a  
“voice and a choice” for everyone we serve.

# Greystone Manor's NEWSLETTER

August 2023



## A Message from Alison Hackh General Manager

Hi everyone,  
We've got some staff changes coming to Greystone. As you know, our Food and Beverage Manager, Julie Brien, will soon be off on maternity leave for the next 18 months. I'm sure you all join me in wishing her, along with new baby and her family a wonderful time at home. We are in the process of speaking with several chefs to lead the kitchen and dining room and will be announcing our new manager soon. As well, Ian Thomas will be leaving mid August for some holidays, then off to pursue his university degree. We still have almost another month of Ian's great food but as with Julie, I know everyone joins me in wishing all the best to Ian as he pursues his education. Throughout this next month we will also be hiring and training for several other positions on our staff including our housekeeping and dining room departments. As you see our new staff members, please feel free to introduce yourselves and welcome them!

## A Message from Food And Beverage Manager Julie Brien

I have received a large amount of positive notes over the past month! Thank you so much for your feedback. I am happy to see you liked the tuna casserole, coleslaw, wonderful handmade desserts, beef stroganoff, new style cut of bok choy, seeing the Nanaimo bar again with beautiful presentation, excellent pork chops, loving the cheese sauce and loved the cabbage rolls. It is very nice to hear that you feel the food has been getting better. The team and I have been working very hard.

I will be going on maternity leave in September. I would like to thank you all for my time here. It has been a pleasure to be a part of the team and feel like a part of the family. I will have my hands full with two daughters but I will come back to visit.

Please be patient with the new head chef as it is a lot to learn here at Greystone. I am so grateful of all of the knowledge and experience I have gained. I hope they feel as welcomed as I did. I will see you all again. I will miss Greystone.

## A Message from Michele White Director of Recreation

Hello Residents, Families and Friends!  
This month's tree theme is all about the colour PINK! The colour pink represents hope, friendship, harmony and kindness. You can find the colour pink in the curve of a rose bloom, in the petals of a cherry blossom flower and the vibrant colour of a flamingos feathers. All of the above and more will be included in this month's theme. Drop by the Brass Bell Pub on Wednesday afternoons and enjoy one of our special pink themed cocktails and some great conversation with friends.  
On Wednesday August 16th we welcome back Derek Barnett for our Music Under The Stars in the dining room and back patio, Everyone Welcome! Feeling lucky drop by our Flamingo Casino on Wednesday August 30th between 1:30pm-3:30pm in the Grand Salon.  
Back by popular demand our Pizza and Movie Night in the Chapel Theatre on Thursday August 30th. This month's movie is Book Club, The Next Chapter. We will be ordering pizza from Red Swan Pizza you get a personal size pizza and pop for \$10, please sign up on main by Tuesday August 29th.

**Remember to follow us on Facebook!**

## Resident Meetings

All meetings will be resumed in September.

**Resident Meeting**  
Tuesday September 1st  
**Senior Society Meeting**  
Monday September 11th  
**Food Committee Meeting**  
To be announced  
**In The Dining Room**  
**Everyone Welcome!**

## What's New In Recreation?

**Recreation Meeting**  
11:00am Monday August 7th  
In The Dining Room  
Everyone Welcome!  
**Wii Bowling Is Back!**  
1:30pm Wednesdays  
In The Grand Salon  
Everyone Welcome!

## Bus Outings

**Save On Foods \$2**  
10:30am Tuesday Aug. 1st  
**Langley Casino or Willowbrook Mall \$5**  
10:30am Thursday Aug 3rd  
**ValleyFair Shuttle \$2**  
11:00am Tuesday Aug 8th  
**Krause Berry Farm and Winery \$5**  
10:30am Thursday Aug 10th  
**Save On Foods \$2**  
10:30am Tuesday Aug. 15th  
**Spaghetti Factory \$2**  
11:00am Thursday Aug 17th  
**Haney Place Mall \$2**  
10:30am Tuesday Aug 22nd  
**Home Restaurant \$2**  
10:30am Thursday Aug. 24th



**Marilyn Paulson - August 7th**  
**Marni Miller - August 13th**  
**Gwen Vermett - August 24th**

## New Residents

A very warm welcome to:

**Bob Neal**  
**Bob and Doreen Jones**

We hope that you enjoy your new residence!



## Every Wednesday Pub Social

**2:30pm-4:00pm**

In the Brass Bell Pub, where everyone knows your name!  
Weekly featured drinks \$4,  
Mocktails Complimentary  
All wine and beer are \$5.

**Wednesday August 2nd**  
Pink Lemonade Sangria \$4  
**Wednesday August 9th**  
Strawberry Pina Colada \$4  
**Wednesday August 23rd**  
Pink Lady \$4  
**Wednesday August 30th**  
Pink Flamingo \$4

**Everyone Welcome!**

**5:00pm**

**Thursday August 30th**  
**Pizza and Movie Night**  
**Book Club Next Chapter**  
Personal Pizza & Pop \$10  
In The Chapel Theatre



**Music Under The Stars**  
**Performance By**  
**Derek Barnet**  
**6:00pm**  
**Wednesday August 16th**  
In The Dining Room  
and Back Patio

### **A Friendly Reminder From Our Housekeepers**

The housekeeping schedule is organized in a logical sequence and may be changed periodically to reflect changes in occupancy. As a result, we cannot accommodate requests for specific cleaning days and times. Please be prepared on your scheduled day of cleaning as it is difficult for the housekeepers to come back should you not be ready. Also a friendly reminder, there are no set times just within the hours of 9:00am-3:00pm.

### **Garbage Removal**

You should remove all trash and refuse from your apartment on a regular basis to avoid unwanted odors or pests. Garbage containers and recycling containers are located in the basement across from the elevators and are emptied daily. Please ensure that all refuse is placed in sturdy, sealed plastic bags to avoid dripping on hallway carpets. Greystone Manor supports recycling and as such has receptacles in the building available to the residents. Please do not expect the housekeepers to remove your recycling and garbage.

**Thank you!**

### **A Message From your Resident Council President Frank Schartinger**

Stay Well Ol' Friend

This is one of the nicest and most gentle articles I've read in a while: no politics, no religion and no racial issues, just food for thought.

You know the time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

However, here it is the last quarter of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only in the first quarter and that the fourth quarter was so far off that I could not visualize it or imagine fully what it would be like.

Yet, here it is my friends are retired and getting grey. They move slower and I see an older person now. Some are in better and some worse shape than me but I see the great change. They're not like the ones that I remember who were young and vibrant. But like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day and taking a nap is not a treat anymore. It's mandatory because if I don't of my own free will, I fall asleep where I sit.

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did. But at least I know that, though I'm in the last quarter and I'm not sure how long it will last, that when it's over on this earth, it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done; things I should have done but truly there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in the last quarter yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life, do it quickly. Don't put things off too long. Life goes by so quickly. So, do what you can today, as you can never be sure whether you're in the last quarter or not.

You have no promise that you will see all the seasons of life. So, live for today and say all the things that you want your loved ones to remember - and hope that they appreciate and love you for all the things that you have done for them in all the past years.

'Life' is a gift to you. Be Happy! Have a great day! Remember, it is health that is real wealth and not pieces of gold and silver.

You may think:

Going out is good - but coming home is better!

You forget names - but it's okay because some people forgot they even knew you!

You realize you're never going to be really good at anything like golf - but you like the outdoors!

The things you used to care to do, you aren't as interested in anymore - but you really don't care that you aren't as interested.

You sleep better on a lounge chair with the TV on than in bed - you call it 'pre-sleep'!

You miss the days when everything worked with just an 'On' and 'Off' switch!

You tend to use more 4 letter words - 'what' and 'when'

You have lots of clothes in your wardrobe, more than half of which you will never wear - but just in case!

Old is good -

Old is comfortable

Old is safe

Old songs

Old movies

and best of all,

Friends of old!

So, stay well, 'Old friend!' Have a fantastic day!

### **Administrative Assistant**

#### **Office Hours:**

**Monday-Friday  
8:30am to 3:00pm**

Billing and Account Inquiries

#### **Reception Hours:**

**Monday-Friday  
8:30am to 4:00pm  
Saturday and Sunday  
9:30am to 3:00pm**

Greystone Staff available 24 hours  
Tel: 604-467-2808

### **Resident Meetings**

All meetings will be resumed in September.

#### **Resident Meeting**

Tuesday September 5th

#### **Senior Society Meeting**

To be announced

#### **Food Committee Meeting**

To be announced

#### **In The Dining Room**

**Everyone Welcome!**

### **NOTICEBOARD**

#### **Absolute Hearing**

9:00am-11:00am  
Tuesday August 1st  
In Chapel Theatre

1:00pm-4:00pm  
Thursday August 17th  
In Chapel Theatre

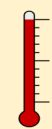
#### **Walker Tune Up TriCity Medical Equipment**

11:00am-12:00pm  
Monday August 14th  
In Fireside Lounge

#### **Thermostats and Open Windows**



When opening windows and patio doors for fresh air your thermostats must be **turned off**. Keeping your blinds closed on days with extreme heat will help reduce your suite temperature.



#### **Summer Temperatures**

On hot summer days remember to drink plenty of water, wear loose clothing. If going outdoors, wear a hat & sun block for protection from the sun. Please stay indoors during extreme heat..