

*CONCORD
RETIREMENT
RESIDENCE*



*MARCH 2020
NEWSLETTER*



CONCORD CHATTER

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.”

Anne Bradstreet



“Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.”

Robert H. Schuller



“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

Charles Dickens



“Spring is the time of year when it is summer in the sun and winter in the shade.”

Charles Dickens





Time Change: It's time to spring ahead
For daylight savings. On **Saturday, March 7th**
set your clocks **one hour ahead** before going to bed!

UPCOMING EVENTS

Stewart Heritage Farm Tour
Friday March 6th at 9:30 a.m.



Lunch Out ~ Sweet Dicken's Tea Shop
Friday, March 13th at 9:30 a.m.



Irish Dancers in the Recreation Room
Tuesday, March 17th at 3:30 p.m.



A Taste of Ireland
Ploughman's Lunch in the Rec Room
Wednesday, March 18th at Noon



Starlight Casino
Friday, March 27th at 9:30 a.m.



Happy Birthday

01 *CHARLES POWELL*
03 *KITTY PENNY*
10 *ILENE FAST*
11 *CELIA COLLINS*

Resident Corner: Wander down to the basement (across from the recreation room) and check out the Resident Corner bulletin board. This is a place for sharing information – please feel free to post items of interest.



Garbage – If the weather is wet, you can drop off your personal garbage in the large can outside the work shop instead of walking down to the dumpster. **PLEASE DO NOT LEAVE GARBAGE IN THE HALLWAY BESIDE THE NEWSPAPER STAND!**

**** If you have your garbage outside your door before 8:00 a.m. we can pick it up for you.**



**DO NOT PUT YOUR
HOUSEHOLD GARBAGE IN THE
LAUNDRY ROOM GARBAGE CAN**



Check out our many books -
3 libraries to browse thru.
More bookcases now in the upper library!

Salon Services: Book your appointment with the office



Glynnis - Wednesday
* Hairdressing (Men & Women)



Adele – Nails -
(See calendar for date)



Social Hour
Tuesday and Thursday at 4:00 p.m.



Fridays at 2:00 p.m.



**Wheel of Fortune
Saturday at 3:00 p.m.**



**Service and Communion at St. Mark's Church
First Wednesday of the Month at 9:30 a.m.
"EVERYONE WELCOME"**

**Shopping Trips: Tuesday & Thursday mornings at 9:30 a.m.
*please be ready to board the bus about 5-10 minutes early**.***

**Remember to sign up for shopping trips and bus outings at the activity binder in the lobby.

*Something New – The last Wednesday of every month an
Afternoon Shopping Trip will be offered.*



Shopping:

Please drop off your Shopping Request in the office and we will fill your order on our next shopping trip. Shopping expenditures will be limited to a \$50.00 maximum per person per shopping trip (unless there is prior approval from the office) as well as a 10% surcharge. The cost of getting a taxi to do your own shopping would far exceed the proposed 10% surcharge, not to mention the frustration and exhaustion!

Making your life easier is our priority. 😊



Walkers on the bus: Please indicate on the sign-up sheet if you will be bringing your walker and to indicate your destination on the shopping trips. It is very helpful for organizing the walkers on the bus.



Walkers in the Dining Room: We offer valet parking for your convenience – in fact, **we insist!** Walkers in the dining room pose a tripping hazard to residents and staff. The staff will gladly return your walker to you when you are ready to leave. Thank you for your co-operation.



Every Wednesday afternoon a **short scenic bus trip** with Jenn.

Bus Etiquette

When we have a large group for our outings, I would appreciate if we disembarked from the bus in the following order...

- Those who don't have a walker please get off the bus first.
- Followed by those with walkers...but please wait till I have your walker out and I call your name.
- Lastly those that require the lift I will unload you last.

I just want to make sure everyone gets on and off safely...

Thank you, Jenn



Keeping your *Brain Power* in motion:

- Words in a Word (new challenge every week on the bulletin board)
- Word Search (pick one up in the Recreation Room)
- Scrabble – **Wednesdays at 4:00** in the Recreation Room
- NEW - What Do You Think?? Every week we will post a question of the week in the Dining Room. We would love to hear from you.



Personal laundry (an extra service)

\$7.00 per load or \$25.00 a month (4 loads a month).



Want to make a suggestion?

Visit our Suggestion Box in the basement hallway



Sing A-long with Sonia - **Mondays** at 10:00 a.m.

Monday, March 9th music by **Martin Adcock** at **5:30 p.m.**

Saturday, March 14th Singing with **Vonda** at 10:00 a.m.

Monday March 23rd music by **Betty Burda** at **5:30 p.m.**



Chair Exercises – Monday, Wednesday & Saturday

Yoga – Thursdays at 2:00 p.m.

Strength & Balance – Tuesdays at 3:00 p.m.

Tai Chi – Every other Wednesday at 10:30 a.m.

Laugh for Your Health – Please check Calendar

Beach Walks – Please check Calendar

**** check your Activity Calendar for exercise times**



**If you would like your mattress flipped...
Please let the office know.**



YOUR HEALTH:

(The following is for interest only and is not intended to be taken as medical advice. Always check with your doctor.)



Benefits of Fresh Air

Vitamin D from the sunlight. Vitamin D helps reduce fractures and other injuries from falls since Vitamin D increases bone strength.

Good news! It only takes about 30 minutes outside to get the daily recommendation.

Opportunity for exercise. Walking outside in the fresh air is great for cardiovascular health. It's important to keep those muscles moving!

A boost in mood. Spending all winter cooped up indoors can make anyone feel discouraged, anxious, or depressed. Time out in the fresh air helps improve your mood.

Faster healing. Breathing fresh air brings more oxygen into the your body which aids the healing process. The fresh air that is breathed in replaces the air that is exhaled and the toxins that go with it.

More energy. All that fresh oxygen in the bloodstream also gives you more energy.

Part of what makes the fresh air so fresh is the natural scents of the blooming plants and trees. Scientific research has shown that the scents in nature are linked to lower stress and higher incidences of relaxation.

A healthy rhythm of awake and asleep. The fresh air and sunlight send clues to the body that it's time for the body and brain to be active. Once the sustained period of wakefulness has occurred, the senior's body will then produce melatonin, giving the senior a deeply restful nighttime sleep.

I'm sure you will all agree that you generally feel happier when the sun is shining and you get to spend more time outside. There are a range of benefits to getting fresh air; it can help you destress and improve your physical and mental wellbeing.

Regardless of the time of year, we should always take more advantage of the outdoors. Here are 6 reasons why you should spend time outdoors in the fresh air to improve your wellbeing:

1) Fresh air is good for your digestive system
Fresh air increases the flow of oxygen helping you digest food more effectively so this will particularly help if you are trying to lose weight.

2) Fresh air helps improve blood pressure and heart rate

Avoid polluted environments particularly if you need to improve your blood pressure. Stay away from the busy traffic as the body will need to work harder to get the amount of oxygen it needs over polluted car fumes.

3) Fresh air makes you happier

The more fresh air you get, the more oxygen you will breathe which will increase the amount of serotonin (the happy hormone) you inhale, consequently making you happier.

4) Fresh air strengthens your immune system

By increasing the amount of fresh air we get, will increase the amount of oxygen which helps our white blood cells function properly by fighting and killing bacteria and germs.

5) Fresh air cleans your lungs

Your lungs dilate more from having an increase of oxygen so fresh air improves the cleansing of your lungs. You release airborne toxins from your body when exhaling through your lungs.

6) Fresh air gives you more energy and a sharper mind.

You may have noticed after spending time outside, you come back indoors feeling brighter and perhaps ready to get back to work. More oxygen results in greater brain functioning, improving your concentration skills and providing you with more energy. In addition, venturing outside will also help you produce vitamin D from the sun (when it does come out), which is essential for many bodily functions including supporting our immune system, strengthening our bones, teeth and much more.



Remember to wash your hands frequently this Winter, sneeze and cough into your sleeve instead of into your hands, eat

well, **drink lots of fluids**, get lots of sleep and stay healthy! Order tray service to reduce the spread of germs.



LET'S LAUGH

Teacher: “Who do you think invented dancing, children?”

Little Johnny: “My guess is a big Irish family with just one bathroom.”



Two men are adrift in a lifeboat for days. While rummaging through the boat's provisions, one of the men stumbles across an old lamp. When he touches it, a genie comes forth. This particular genie, however, states that she can deliver only one wish, not the standard three. Without giving much thought, one man blurts out, “Make the entire ocean into beer!” The genie claps her hands and the entire sea turns into brew.

The other man looks disgustedly at the one who made the wish and says, “Nice going! Now we're going to have to pee in the boat.”



In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside. “Will I die?” she asks.

God says, “No. You have 30 more years to live.”

With 30 years to look forward to, she decides to make the best of it. Since she's in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great! The day she's discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed. Up in heaven, she sees God. “You said I had 30 more years to live,” she complains.

“That’s true,” says God.
“So what happened?” she asks.
God shrugs. “I didn’t recognize you.”



A poodle and a collie are walking together when the poodle suddenly unloads on his friend. “My life is a mess,” he says. “My owner is mean, my girlfriend ran away with a schnauzer, and I’m as jittery as a cat.”
“Why don’t you go see a psychiatrist?” suggests the collie.
“I can’t,” says the poodle. “I’m not allowed on the couch.”



The doctor says, “Larry, everything looks great. How are you doing mentally and emotionally? Are you at peace with God?”
Larry replies, “God and I are tight. He knows I have poor eyesight, so He’s fixed it so when I get up in the middle of the night to go to the bathroom, poof! The light goes on. When I’m done, poof! The light goes off.”
“Wow, that’s incredible,” the doctor says.
A little later in the day, the doctor calls Larry’s wife.
“Bonnie,” he says, “Larry is doing fine! But I had to call you because I’m in awe of his relationship with God. Is it true that he gets up during the night, and poof, the light goes on in the bathroom, and when he’s done, poof, the light goes off?”
“Oh, no,” exclaims Bonnie. “He’s peeing in the refrigerator again!”



There once were twin boys, age six, that had developed extreme personalities. One was a pessimist and the other a total optimist. Concerned, their parents took them to a psychiatrist.
First, the psychiatrist treated the pessimist. Trying to brighten his outlook, the psychiatrist took him to a room filled with toys. But instead of yelping

with delight, the little boy burst into tears. “What’s the matter?” the psychiatrist asked. “Don’t you want to play with any of the toys?” “Yes,” the little boy bawled, “but if I did I’d only break them.” Next, the psychiatrist treated the optimist. Trying to dampen his outlook, the psychiatrist took him to a room piled to the ceiling with horse manure. But instead of wrinkling his nose in disgust, the optimist climbed to the top of the pile, and began gleefully digging out scoop after scoop with his bare hands. “What are you doing?” the baffled psychiatrist asked. The little boy replied, “With all this manure, there must be a pony in here somewhere!”



A stranger enters a store and spots a sign: DANGER! BEWARE OF DOG! Inside, he sees a harmless old hound asleep on the floor. “Is that the dog we’re supposed to be aware of?” he asks the owner. “That’s him,” comes the reply. “He doesn’t look at all dangerous to me. Why would you post that sign?” “Before I posted that sign, people kept tripping over him.”

DON’T MESS WITH SENIORS!!!
We’ve been around the block more than once!

*** Old People Rock!***



*“I have a photographic memory.
Unfortunately, it no longer offers same day service”*

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