

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1	2	3	4	5
		09:30 Room Visits 10:15 Octaband 3:00 Walking Club	10:30 Resident & Family Council Meeting 1:30 Walking Club 2:30 Bowling <small>Rosh Hashanah Begins</small>	10:15 Table Games-N1 10:15 Music w/Jeff-N2 1:30 Room Visits 3:15 Walking Club	10:15 Music w/Jeff-N1 10:15 Chair exercise-N2 1:30 Walking Club 2:30 Kirtan-N1 2:30 Word Games-N2	09:30 Room Visits 10:15 Noodle & Balloon toss-N2 1:30 Walking Club 2:30 Bingo-N1 2:30 Movie-N2
6	7	8	9	10	11	12
09:30 Room visits 10:30 Catholic Communion 1:30 Walking Club 2:30 Movie-N1 2:30 Bingo-N2	10:15 Chair Exercise-N1 10:15 Aromatherapy-N2 1:30 Walking Club 2:30 Kirtan Prayer-N1 2:30 Ladies' club- N2	09:30 Room Visits 10:15 Bowling 10:30 Pet Therapy 1:30 Movie 3:15 Walking Club	09:30 Room Visits 10:15 Helping Hands 1:30 Walking Club 2:30 New Resident Welcome Tea w/Gary-N1	09:30 Provincial General Election 10:15 Music w/Jeff-N2 1:30 Helping Hands Décor. 3:15 Walking Club	10:15 Music w/Jeff-N1 10:15 Chair Exercise-N2 1:30 Walking Club 2:30 Aromatherapy-N1 2:30 Trivia-N2 <small>Yom Kippur Begins</small>	09:30 Room Visits 10:15 Noodle & Balloon toss-N2 1:30 Walking Club 2:30 Bingo-N1 2:30 Movie-N2
13	14	15	16	17	18	19
09:30 Room Visits 10:30 Catholic Communion 1:30 Walking Club 2:30 Movie-N1 2:30 Sing along-N2	10:15 Chair Exercise-N1 10:15 Balloon Toss-N2 1:30 Walking Club 2:30 Thanksgiving Day-N2 w/Brendan <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	10:15 Bowling 10:30 Pet Therapy 1:30 Walking Club 2:30 Helping Hands Décor.	09:30 Room Visits 10:15 Helping hands Décor. 1:30 Walking Club 2:30 Birthday Party w/Shawn -SB <small>Sukkot Begins</small>	09:30 Room Visits 10:15 Table Games-N1 10:15 Music w/Jeff-N2 1:30 Walking Club 2:30 Helping Hands	10:15 Music w/Jeff-N1 10:15 Chair exercise-N2 1:30 Walking Club 2:30 Manicure-N1 2:30 Word Games-N2	09:30 Room Visits 10:15 Noodle & Balloon toss-N2 1:30 Walking Club 2:30 Bingo-N1 2:30 Movie-N2
20	21	22	23	24	25	26
09:30 Room Visits 10:30 Catholic Communion 1:30 Walking Club 2:30 Movie-N1 2:30 Bingo-N2	10:15 Chair Exercise-N1 10:15 Balloon Toss-N2 1:30 Walking Club 2:30 Kirtan Prayer-N1 2:30 Manicure-N2	09:30 Room Visits 10:15 Octaband 10:30 Pet Therapy 1:30 Walking Club 2:30 Painting Pumpkins	09:30 Movie 10:15 Bowling 1:30 Walking club 2:30 Room Visits	10:15 Helping Hands Décor.-N1 10:15 Music w/Jeff-N2 12:00 Lunch Club w/Jared – F 3:00 Walking Club <small>Simchat Torah Begins</small>	10:15 Music w/Jeff-N1 10:15 Balloon toss-N2 1:30 Walking Club 2:30 Men's club-N1 2:30 Movie-N2	09:30 Helping Hands Décor. 10:30 Room Visits 1:30 Walking Club 2:30 Bingo-N1
27	28	29	30	31	<i>Certain programs may be altered or modified at any time and without notice in compliance with provincial policies and standards for infection prevention and control.</i>	
09:30 Room Visits 10:30 Catholic Communion 1:30 Walking Club 2:30 Movie-N1 2:30 Sing along-N2	10:15 Chair Exercise-N1 10:15 Balloon Toss-N2 1:30 Walking Club 2:30 Kirtan Prayer-N1 2:30 Aromatherapy-N2	09:30 Room Visits 10:15 Walking club 10:30 Pet therapy 2:30 Celebration of life-N1	10:30 OLG Mass 1:45 **Dining Room N1** 	09:30 Scenic Drive 10:15 Music w/Jeff-N2 3:00 Walking Club <small>Halloween</small>		

F – Family room basement North building.

N1 – First floor.

N2- Second floor.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 09:30 Sensory Room 10:30 OLCG Mass 11:30 Room Visits 3:00 Walking Club 5:45 Register to vote Election Canada	2 10:30 Resident & Family Council Meeting 11:30 Kirtan Prayer 1:30 Walking Club 2:30 Basketball 5:45 Trivia <small>Rosh Hashanah Begins</small>	3 09:30 Sensory room 10:15 Bingo 11:30 Kirtan Prayer 1:30 Room Visits 3:15 Walking Club 5:45 Word Games	4 09:30 Kirtan Prayer 10:15 Chair Exercise-B 1:30 Walking Club 3:30 Music w/Jeff-s1	5 09:30 Sensory room Visit 10:15 Chair Exercise-s2 1:30 Walking Club 2:30 Bingo
6 09:30 Room Visits 10:30 Catholic Communion 1:30 Walking Club 2:30 Karaoke	7 09:30 Kirtan Prayer 10:30 Bingo 1:30 Walking Club 2:30 Music w/Jeff-s2 3:15 Music w/Jeff-s1	8 09:30 Room Visits 10:15 Chair-exercise-s1 10:30 Pet Therapy 1:30 Movie 3:15 Walking Club 5:45 Table Games	9 09:30 Room Visits 10:15 Helping Hands 1:30 Walking Club 2:30 New Resident Welcome Tea w/Gary-N1 5:45 manicure	10 09:30 Provincial General Election 1:30 Helping hands Décor. 3:15 Walking Club 5:45 Word Games	11 11:30 Room Visits 1:30 Walking Club 3:30 Music w/Jeff-s2 5:45 Trivia <small>Yom Kippur Begins</small>	12 11:30 Room Visits 1:30 Walking Club 2:30 OLCG sing along w/Mary 5:45 Aromatherapy
13 09:30 Sensory room 10:30 Catholic Communion 1:30 Walking Club 2:30 Bingo	14 09:30 Manicure 10:15 Chair Exercise-s1 1:30 Walking Club 3:00 Thanksgiving Day w/Brendan <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	15 09:30 Sensory room 10:15 Armchair Travel 1:30 Walking Club 2:30 Helping hands Décor. 5:45 Table Games	16 09:30 Helping hands Décor. 1:30 Walking Club 2:30 Birthday Party w/Shawn - SB 5:45 Word Games <small>Sukkot Begins</small>	17 09:30 Helping Hands Décor. 10:15 Chair exercise-s2 1:30 Walking Club 2:30 Helping Hands 5:45 Trivia	18 11:30 Room Visits 1:30 Walking Club 3:30 Music w/Jeff-s1 5:45 Men's club	19 11:30 Room Visits 1:30 Walking Club 2:30 Table Games 5:45 Creative Arts
20 09:30 Sensory room 10:30 Catholic Communion 1:30 Walking Club 2:30 karaoke	21 09:30 Aromatherapy 10:30 Bingo 1:30 Walking Club 2:30 Music w/Jeff-s2 3:15 Music w/Jeff-s1	22 09:30 Sensory room 10:30 Noodle & Balloon Toss-s1 1:30 Walking Club 2:30 Painting Pumpkins 5:45 Word Games	23 09:30 Room Visits 10:15 Chair exercise-s1 1:30 Walking club 2:30 Movie 5:45 Ladies' Club	24 09:30 Sensory room 1:30 Walking Club 12:00 Lunchy Club w/Jared-F 3:00 Walking Club <small>Simchat Torah Begins</small>	25 11:30 Room Visits 1:30 Walking Club 3:30 Music w/Jeff-s2 5:45 Manicure	26 11:30 Room Visits 1:30 Walking Club 2:30 Creative Arts 5:45 Table Games
27 09:30 Sensory Room 10:30 Catholic Communion 1:30 Walking Club 2:30 Bingo	28 09:30 Aromatherapy 10:30 Chair Exercise-s2 1:30 Walking Club 2:30 Music w/Jeff-s2 3:15 Music w/Jeff-s1	29 10:15 Walking Club 10:30 Pet Therapy 2:30 Celebration of Life-N1 5:45 Word Games	30 09:30 Helping Hands 1:45 **Dining Room N1** 	31 09:30 Scenic Drive 3:00 Walking Club 5:45 Room Visits <small>Halloween</small>	<i>Certain programs may be altered or modified at any time and without notice in compliance with provincial policies and standards for infection prevention and control.</i> 	

F – Family room basement North building.

N1- first floor north building.

S1-First floor.

S2-Second floor.



Notable Quotable

“The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else.”

~ e.e. cummings (born october 14, 1894)



October Birthdays

Nguyet D.	Oct. 1	Russell G.	Oct. 1
Gulbanu D.	Oct. 2	Brook H.	Oct. 4
Marie R.	Oct. 9	Edward Mc.	Oct. 11
Belinda G.	Oct. 12	Edith W.	Oct. 16
Roderick K.	Oct. 20	Balwinder S.	Oct. 23
Peter V.	Oct. 24	Rajinder M.	Oct. 25
Ernesto V.	Oct. 25	Joanne S.	Oct. 27
Ruth D.	Oct. 29	Norman D.	Oct. 29
Norman H.	Oct. 31		

Programs & Activities



Hilton Villa Care Centre

October 2024

Upcoming Events
October
Resident & Family Council Meeting
Oct. 2nd, 10:30 a.m.

New Resident Welcome tea
Oct. 9th, 2:30 p.m.

Provincial General Election BC. Oct. 10th

Piano Music on Thanksgiving Day
Oct 14th, 2:30 p.m.

Birthday Party
Oct. 16th, 2:30 p.m.

Lunch Club
Oct. 24th, 12 p.m.

Celebration of Life
Oct. 29th, 2:30 p.m.

Halloween Parade & Party
Oct. 30th 1:45 p.m.

Scenic Drive
Oct 31st, 9:30 a.m.

Programs & Activities



Donations

Donations of holiday decorations, such as those for Thanksgiving, Halloween, Christmas, Easter, etc., are greatly appreciated. For our programs, we also require supplies for arts and crafts. The quality of life for your loved ones is greatly enhanced by your donations. We are grateful to everyone who has donated and keeps donating. Kindly reach out to Mong at janevit@excelcarenursingservices.ca, 604-588-3424 ext. 106.



A Message from The Director of Care/Site Leader

I am thrilled to announce that two of our dedicated team members, Russel (RCA) and Linh (LPN), have successfully completed the Infection and Prevention Control (IPC) Champion Program. Please join me in congratulating them on this significant achievement!

As newly certified IPC Champions, they will play a crucial role in leading and guiding our organization to ensure the highest standards of safety and health.

As they join the IPC Champion Team which is led by Rina (Care Lead), they will:

- Lead initiatives to enhance infection prevention and control practices throughout our care community.
- Provide guidance and support to staff and to ensure everyone is equipped with the knowledge and skills needed to maintain a safe environment.
- Share best practices as we prepare for the upcoming flu season.

Their dedication and leadership will be instrumental in our ongoing efforts to protect the health and well-being of our residents and staff. Once again, congratulations to Russel and Linh on this well-deserved accomplishment. I look forward to their contributions as IPC Champions.

I have another announcement to share: Ministry of Health has extended the funding for the Greeter/Screeener position until April 2024. This means that the role of our Greeter/Screeener will continue to assist with resident activities and provide support in other areas as needed. This added help will enhance our daily operations and improve the experiences of both our residents and staff.

We are grateful for this opportunity to continue having this resource in our home and look forward to the many ways they will contribute to our care community.

Joann Paler

Avocados are considered high in fat, but the fat is good for you! These fats act as anti-inflammatories and even fight heart disease. That's something to celebrate. Each year the Avocado Festival smashes 25,000 avocados to create a giant bowl of guacamole to feed the 100,000 visitors in attendance. After the chips and dip, participants join in the Best Dressed Avocado competition, where avocados are displayed like Mr. Potato Heads.



There are more than 80 varieties of avocados.



Infant babbling is also called twaddling.

Chattering Charm

Blatherskites rejoice, for October 21 is Babbling Day, a day to let your mouth chatter on and on about anything and everything. Babbling is an important stage in child development, where infants experiment with language. Glossolalia is a different type of babbling, also known as speaking in tongues. Christians who spontaneously speak in strange syllables are thought to have

been granted a spiritual gift from God or are said to speak the language of angels. Perhaps the word *babble* comes from the story of the Tower of Babel from the Bible's Old Testament, in which God made all the humans speak different languages so that they could not understand each other. We could go on, but perhaps we've babbled on too much already....

Home Updates

Monthly Education

Emergency Response Code: Code Green: Evacuation (Poster located on information Board).

Park Place Seniors Living Brochure:

- Safety First: I have a safety concern#18
- Policy of Least- Restraint#19

Hand Hygiene Audit- 100% (September)

PPE Donning & Doffing -100% (September)

Nosocomial Infection Report – August: RI 1.2%; UTI 1.9%; Total 4.5%

Volunteer Opportunities



Are you passionate about spending time with Seniors and giving back to the community?

Hilton Villa is seeking enthusiastic volunteers to join our team! If you or someone you know would love to make a difference, please reach out to *Mong, Recreation Team Lead*.

janevit@excelcarenursingservices.ca

or call 604-588 3424 extension 106 for more details.