



The Acorn

SPRING/SUMMER 2016 Shannon Oaks - A Seniors Living Community

REFRESH AND RENEW

Spring and summer are by far the most anticipated seasons in Vancouver. We definitely experience some of the mildest winter weather in Canada, but there is nothing like the first sign of sunshine that suggests those cold and rainy days are behind us! The smallest flower buds start to pop up, the days start to get a little bit longer, and the sky seems to be a slightly lighter shade of blue. We did a little research and found out some of the most popular ways to renew and refresh this season.

•Spring Cleaning

Nothing feels better than getting rid of clutter, doing a little dusting, and opening those windows to let the fresh air come pouring in!

•Personal Refreshment

Be adventurous and try out a new hair style, get your nails done, and try wearing different coloured clothing that you wouldn't normally wear!

•Fresh Flowers

Buy some fresh flowers and keep them inside your suite to brighten up the room. They won't be available all year so why not enjoy them while you can!

•Get Outside

Go for a walk, or just sit outside in the shade and listen to the birds chirp while the gentle breeze blows through the grass.

•Fresh Fruits and Vegetables

Delight in the beautiful bright colours of the season's fresh produce, knowing that they are packed with nourishing nutrients!



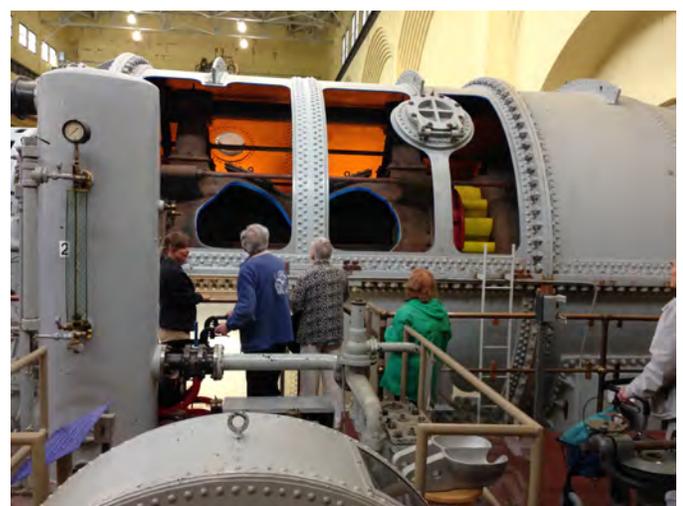
Above: Sheila & Jenifer at the planting party. Make sure you stop by and see their beautiful creations in the corner of the courtyard!



Above: Arie working with one of our volunteers and learning some new computers skills. Computer assistance is available every Saturday at 2:30PM in the library.



Above: You know it's true friendship when you unintentionally find yourselves wearing the same outfit! Gerrie and Helen looking lovely as always!



Above: The Activity Team took a group of Residents out on the bus out to Stave Falls Powerhouse. The Powerhouse is BC Hydro's historic display where guests can go back in time to see how power has developed the province of BC. They had lots of interactive displays to try out, along with a guided tour. What a lovely way to spend the day!

FUN CANADIAN TRIVIA

1. Canada is a bilingual country, but only one province is officially bilingual- which one?

- a) Quebec
- b) Ontario
- c) British Columbia
- d) New Brunswick

2. Whose face is on the Canadian \$100 bill?

- a) John A. MacDonald
- b) Queen Elizabeth II
- c) Robert Borden
- d) Justin Trudeau

3. What is the population of Canada?

- a) 35 million
- b) 50 million
- c) 23 million
- d) 44 million

4. When did 'O, Canada' become our official national anthem?

- a) 1930
- b) 1910
- c) 1980
- d) 2000

5. Canada has two national sports, what are they?

- a) Hockey & Basketball
- b) Hockey & Lacrosse
- c) Hockey & Badminton
- d) Hockey & Snowboarding

1. d (New Brunswick)
In case you thought it was Quebec, Quebec is actually an all French province!

2. c (Robert Borden)

3. a (35 million)

4. c (1980)

5. b (Hockey & Lacrosse)

ODDS AND ENDS

DONATION BIN AT SHANNON OAKS

Are you looking to get rid of a few used clothing items? Shannon Oaks has a donation bin from the Canadian Diabetes Association conveniently located in our East parkade. This donation bin will take clothing items only (no household items). If you are not sure how to access the parkade, take the elevator down to the lower level from outside the Library on the main floor. Once you are on the lower level, turn right and head outside the door to the garage and you will see the big white bin on the right! If you would like some assistance in locating the bin, please see the front desk and we would be happy to show you.



PERSONAL HELP BUTTON REMINDER

Please remember to wear your personal help button while you are in your suite and while you are out and about at Shannon Oaks! Most accidents happen when you least expect them to, so it's a good idea to be prepared. When you press your personal help button it will tell us where you are in the building so it's best to be wearing it at all times. Don't forget that your device is waterproof, so you can rest assured that you are safe while you relax in the shower! If you are finding it difficult to wear your help button, please see our front desk so that one of our team members can assist you.



BC SENIORS WEEK

BC Seniors Week is an annual celebration of seniors in our province. We decided to gather as many Residents as we could and "Walk a Block" together with flags, hats, and cheerful spirits in tow!

Left: "Walk a Block" group photo



ABBOTSFORD TULIP FESTIVAL

The Tulip Festival in Abbotsford is now the sole Tulip event in BC and Shannon Oaks took a bus ride out there once again this year! The farm that hosts this festival was originally purchased in 1974 by Peter Warmerdam and his family. Peter immigrated to Canada from the Netherlands in 1948 and clearly brought his farming skills along with him. The Abbotsford Tulip Festival came to life because of Peter's granddaughter Alexis. What a beautiful display of the Dutch heritage that lives on in our province!

Above: Trying to stay warm at the Abbotsford Tulip Festival!

LETTER FROM THE ADMINISTRATOR

What a Spring! We've enjoyed many summer-like days these past several weeks. Our Shannon Oaks gardens are in partial bloom with many unique flowers beginning to bud. It is a beautiful time of year and an equally beautiful place to call home. We've been busy working on a number of improvements around Shannon Oaks including the installation of a brand new video system in the auditorium, spring cleaning, window washing, and continuous flower planting. The new video system will allow us to enjoy our favourite movies in crystal clear high definition: you have never seen Charlton Heston look so good! I should also mention that the ambience has improved in the dining room with the addition of a new grand piano and the glorious melodies it brings!

We have also welcomed a number of new Residents to Shannon Oaks and I'm looking forward to getting to know each one of them. There's never a dull moment around here and I trust that each new Resident will receive a sincere and warm welcome to their new home. There are many activities, bus trips, chapels, games nights and performers to experience so please make sure you check out as many events as you can.

Shannon Oaks is like home to me and my own little family, who enjoy their almost weekly visits here, although my son's table manners could certainly be improved!

Shawn Wilson
- Administrator



Above: A picture that says a thousand words... Shawn's adorable son Marcus doing his best to behave while dining at Shannon Oaks!

VOLUNTEER APPRECIATION WEEK

We live in a city that has a rich history of dedicated volunteers serving in various capacities. We have a lot of volunteers who come to Shannon Oaks and dedicate their time and talents to various activities and many of those volunteers are Residents of Shannon Oaks! April 10th to April 16th this year was National Volunteer Appreciation Week and this year we hosted a small but intimate gathering to offer thanks to our wonderful volunteers. Whether their efforts are big or small they leave a lasting impression within our community and we appreciate each and every one of them. Here is a small sampling of the volunteer efforts of this past year...

Computer Assistance	Flower Arranging & Gardening
Musical Performances	Calling Bingo
Serving Refreshments at Events	Food Committee
Running the Mobile Library	Administrative Support for Various Events
Pastoral Support	Advertising Assistance

"Alone we can do so little, together we can do so much"
- Helen Keller



Left: A table full of beautiful smiles accompanied by beautiful hearts that have helped and served in so many ways at Shannon Oaks. We wish we could have fit everyone into this small space... to everyone who dedicates their time- we appreciate each of you so dearly!



Above: Jack and Josef receive their certificates for all their hard work! Thanks "a-latte" certificates along with their Starbucks gift cards!

CAMP WEEK 2016

Camp Week is one of the most anticipated annual events at Shannon Oaks! Every summer we choose one week that is centered on a unique theme. The week is filled with one of a kind activities and an energy that is contagious. Last year we featured "Route 66" based on the most famous highway in the United States. Shannon Oaks' "Route 66" took us through many of the US states and their unique traditions including the Oklahoma Fair, a Texas Scavenger Hunt, a New Mexico Pottery Show, and a grand finale in Disney Land! In other years we have done the Amazing Race, a Mediterranean Cruise, and of course the Olympics. This year we are excited to be going "Island Hopping". We will feature the South East Asian Islands, Greenland and Iceland, the Hawaiian and Polynesian Islands, and the Mediterranean Islands. We can't wait to see what fun is in store this year as we travel in and around these beautiful islands! Camp week 2016 will be our 10th Camp Week and it's scheduled from July 12-15.



Above: Last year's Camp Week Finale in our very own Disney Land!



Left & Below: This April temperatures broke global records being named the "hottest April ever recorded". On April 18th the temperature in Vancouver was 25.3 C. The sunny day was the warmest April 18th on record in 120 years says Environment Canada. The Shannon Oaks fitness group didn't hesitate to take advantage of the early warm weather and took a "walking fitness class" outside!



SAVE THE DATE

Wednesday June 15 – 2:30PM

Birthday Tea with Jennifer Lauren

Friday June 17– 8:30AM

Special Mens Breakfast (Father's Day)

Sunday June 19– 4:45PM & 6:00PM

Father's Day Dinner

Sunday June 12 – 3:00PM

Trinity Baptist Children's Choir

Monday June 20 –7:00PM

Russian Orchestra

Camp Week July 12-15

"Island Hopping"

July 12 South East Asian Islands

July 13 Greenland & Iceland

July 14 Hawaiian & Polynesian Islands

July 15 Mediterranean Islands

DO YOU HAVE A FRIEND THAT IS INTERESTED IN SHANNON OAKS?

Please stop by the marketing office inside the library, and we'd be happy to give you more information, or contact:

kallenberg@shannonoaks.com

604.324.6257 ext. 5138



Shannon Oaks

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