



The Acorn

WINTER 2016 Shannon Oaks - A Seniors Living Community

HOME SWEET HOME

We have had a busy season these past few months at Shannon Oaks, and as we reflect on some of our recent activities we are reminded of how fortunate we are to be surrounded with such a wonderful community of people. The presence of laughter and friendship is everywhere at Shannon Oaks and it's contagious!

We are looking forward to the coming months, with lots of vibrant activity on the horizon. We have a plethora of concerts and performers, education seminars, bus trips, birthday teas, movie nights, and fun markets on the calendar. For those of you that are not aware, we have also added a ping pong table to the recreation area in the lower auditorium, and it is proving to be a popular and rather competitive game. We are also delighted to welcome our newest residents to Shannon Oaks and a few new team members as well!

The snow has not quite melted off the mountain tops, and the rain is still falling ... but we have a cozy place to call home with wonderful friends to share the adventures of life. Oh yes, Shannon Oaks you are our home sweet home!

A house is not a home unless it contains food and fire for the mind as well as the body.

- Benjamin Franklin



Above: Perry, Gerrie, and Irene show off their beautiful smiles!



Left: Don't forget to check out the pictures from our New Year's bash on the back page.

FEATURED IN THIS ISSUE

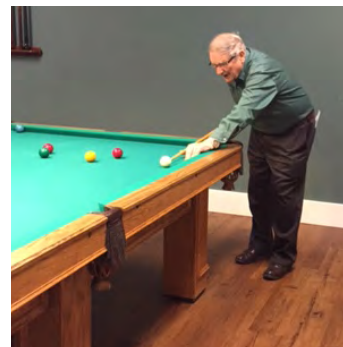
- National Seniors Day Recognition
- The Power of Gratitude
- Fun Trivia
- Reflections and Fun Photos
- Meet the Team
- Save the Date



Left: Perry shaking hands with our former Member of Parliament, Wai Young, on National Seniors Day.



Left: Don & Sheila celebrate Valentine's Day.



Right: Nice shot Chuck, a true professional!



Right: Francis & Helen getting ready for a game of table tennis. Have you tried out the new Ping Pong table yet?

TRIVIA FUN! ?

- 1.) If cats are felines, what are sheep?
- 2.) What year did Christmas become a national holiday in the US?
- 3.) Who Played the characters of Charlie Allnut and Rosie Sayers in the classic 1951 movie "The African Queen"?
- 4.) What is the third major Balearic Island with Majorca and Minorca?
- 5.) In which country did the Mau Mau uprising (1952-60) occur?
- 6.) In knitting, what is meant by the initials 'pssso'?
- 7.) What is an otter's home called?
- 8.) Which is the smallest member of the flute family?
- 9.) 'Mace' is one of the spices obtained from the tree Myristica Fragrans - what is the other?
- 10.) How old is a horse when it changes from a filly to a mare?

Answers....

- 1.) Ovine
- 2.) 1890
- 3.) Humphrey Bogart & Katherine Hepburn
- 4.) Ibiza
- 5.) Kenya
- 6.) Pass Slipped Stich Over
- 7.) Holt
- 8.) A Piccolo
- 9.) Nutmeg
- 10.) 4 years old

ODDS AND ENDS



Left: The ladies baking oat cakes for Robbie Burns Day.

Below: Extra hard at work during an exercise class on "Greek Day". Earning the delicious Greek meal that was served at lunch!



NATIONAL SENIORS DAY

Every year Canada celebrates seniors for their many contributions to our great nation. National Seniors Day is important because it recognizes seniors for a variety of important accomplishments made to our communities, workplaces, families, and our society on a whole. This year we celebrated National Seniors Day at Shannon Oaks and welcomed our former Member of Parliament, Wai Young, to join the fun. We had a special recognition ceremony for someone who has made life a little bit richer for all of us here at Shannon Oaks. The British Columbia Seal of Approval Association recognizes a senior in BC each year for the work they do throughout their community. This year we nominated our very own Olive Fera! Olive is seen here to the left with her certificate.

Left: Hard at work in the fitness studio.



In the Spring issue of The Acorn our Activity Manager, Sharon, reported that exercise attendance is better than ever. Don't forget that the activity team at Shannon Oaks offers a personal fitness assessment to help you get started. Our host of exercise classes are also a great way to meet new friends.

MEET THE TEAM

We love having new additions to our vibrant Team here at Shannon Oaks! Get to know them a bit by reading their biographies below!



Kimberly Rosas
Resident Services Assistant

Before joining the Shannon Oaks team Kimberly spent 8 years working as a Legal Administrative Assistant for various Vancouver law firms. In addition to working at Shannon Oaks Kimberly also volunteers in the children's program at GoodLife Fitness in Burnaby. She has two beautiful daughters, one who is 4 years old and the other just 18 months- they sure keep her on her toes! Kimberly thrives spending her time staying active with her young family, or while engaged in her mom's bible study group. She is excited to be here at Shannon Oaks. "I believe the residents here have a lot of wisdom to share and I look forward to forming strong friendships and to grow my faith."



Lee Barker
Resident Services Assistant

We are pleased to welcome Lee to Shannon Oaks; she is a familiar face for many of us as she has worked next door, at Clarendon Court, for the past 6 months. Lee also worked as a care aide in Chilliwack for 3 and half years, before moving to Vancouver. Lee loves to go to movies with her son, attend church, and she also loves thrift shopping! She thoroughly loves her job here at Shannon Oaks and has made some wonderful connections with many of you already. Lee works overnight shifts, and she claims that the best part of her day is when everyone wakes up, and she gets to see so many smiling faces as the sun rises!



Emmie Rico
Resident Services Assistant

Emmie is joining the Shannon Oaks team after an 11 year career as a Montessori Daycare Teacher. Emmie is an active member of her church, and works as a part of their Ushering Ministry. She is also a volunteer at the Salvation Army in New Westminster, together with her church brethren they serve breakfast and share the good news of the gospel. Emmie spends her time off with her family, they love watching movie marathons together; her husband does the cooking while her and her son do the munching! Emmie also makes time for Zumba Fitness every Thursday night. She is looking forward to getting to know everyone at Shannon Oaks.

THE POWER OF GRATITUDE

Most of us believe that it's good to be thankful, and probably recall the echoing words of our parents to be grateful for what we have. It is an inherent trait of good manners, and one that we insistently pass down to our own children and loved ones. Research is proving that gratitude is much more than just good mannered grace, but a virtue of impressive healing power. Emotional wellbeing is an essential part of good health, and a regular practice of gratitude is proving to be a powerful contributor.

Scientific studies linking gratitude and the improvement of various ailments have been done all over Canada and the United States, and although these studies are in their infancy, the results are remarkable. Some studies point to the positive effects on blood pressure, stress hormones, chronic pain, brain function, and depression. Much of the noted improvements in health are a result of lowering stress levels, and we all know that this is one of the best ways to feel better and improve overall health. Living a life of thankfulness is a great place to start.

Many psychologists report that our brains are wired to see the negative first as a way of protecting ourselves- the ability to see danger and act accordingly. If you haven't yet mastered the art of overcoming this protective instinct, where do you start? This simple practice each day could be just the answer for you: a "Gratitude Diary". Every day write down a few things that you are truly thankful for, and take some time to reflect on what you have written. Most of all.... *"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."* 1 Thessalonians 5: 16-18

CHRISTMAS & NEW YEAR'S ACTIVITIES



Lots of smiles and laughter on our annual Christmas lights tour.



Arthur & Dee Spreading a little Christmas cheer!



The Shannon Oaks Choir putting on a beautiful concert.



Shannon Oaks' famous New Year's Eve Party! New Years Eve is a much anticipated event, and for good reason. What an amazing evening it was!

Featured to the left and below

Friendship is born at that moment when one person says to another: What! You too? I thought I was the only one.
-C.S. Lewis



SAVE THE DATE

Friday Feb 19 – 2:30PM

Singer & Pianist Jennifer Lauren

Tuesday February 23 – 7:00PM

"Two for the Showgirls" - singing the oldies.

Wednesday March 2 – 7:00PM

Salvation Army Band

Sunday March 6 – 3:00PM

Harpist Judy Henry

Friday March 11 – 2:30PM

"Irish & More" with Glen and Brandon (Bass & Baritone)

Friday March 18 – 7:00PM

Travel Show "Boston/Salem" with Malcom and Linda.

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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