

ARBOURSIDE NEWS

A Holiday Special



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HOLLY JOLLY HIGHLIGHTS

A SPECIAL HOLIDAY NEWSLETTER

Dear Friends,

As the holiday season is in full swing, we couldn't let the moment pass without creating something extra special—just for you! This is a Special Holiday Newsletter for some truly special people.

You've filled this season with so much warmth, laughter, and joy, and it's been a delight to see everyone coming together to make the most of this magical time. Whether it's celebrating holiday traditions, sharing stories, or simply enjoying each other's company, your energy and spirit make every moment unforgettable.

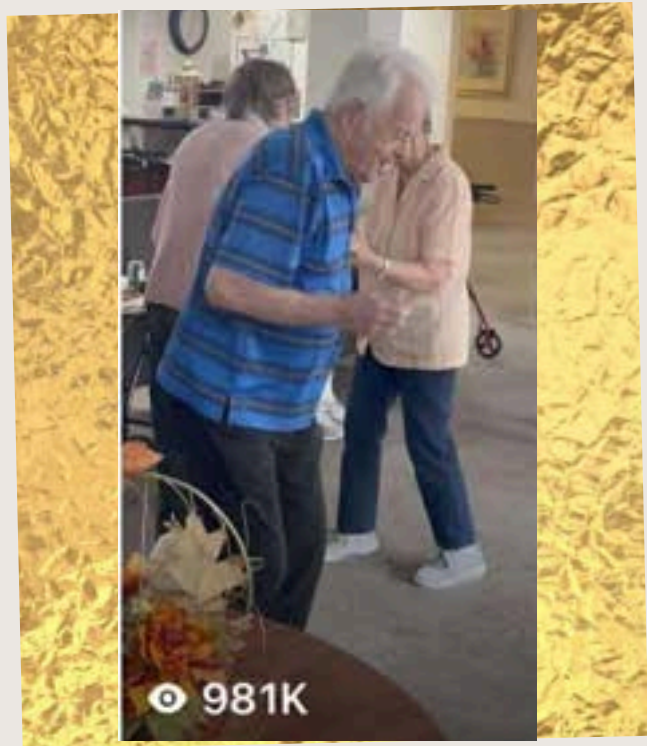
This newsletter is our way of saying how much we appreciate you all. You are the heart of our community, and we are so grateful to share this wonderful season with each and every one of you.

Here's to a holiday season filled with happiness, love, and cherished memories!

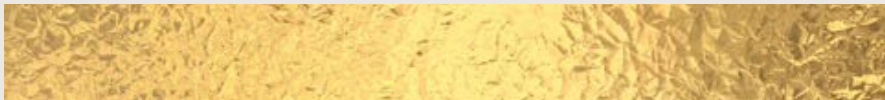
With warm wishes,
The Arbourside Team

A Viral Moment

We recently went viral on Facebook, with one of our videos reaching nearly 1 million views! Thank you for making this community so amazing and for being part of something so special. We're incredibly lucky to share our journey and joy with others!



Let's Party!.



5 Benefits of Massage for Seniors

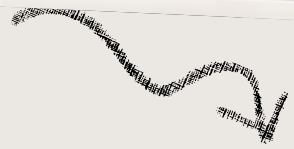
- 1 Strengthening Stability & Mobility to Prevent Falls
- 2 Reduce chronic pain.
- 3 Improve circulation
- 4 Enhancing relaxation and sleep
- 5 Increase enjoyment of daily activities



CDN ElderCare®
Massage & Companionship

CDN ElderCare Massage can help maintain and assist in improving your overall health. We will be in the Arbourside Court once a week on Wednesdays for your convenience. Please sign up at the front desk. We're here to answer any questions you may have about the program that's best suited for you, or to help you book your next appointment. Thank you!

Mikayla 604-552-8282



Barbara brought the sparkle to 5th Avenue Pop-Up.

"Experience the benefits of massage! Contact CDN Eldercare for more information—see the phone number above to book your session."

Festive Transformations

Deck the Halls Delivered!



Hosting special activities is one of the best ways to create joyful memories and strengthen our community spirit. Recently, Farmer Sherry from Hazelmere Farms joined us for a delightful crafting session, and we had such a wonderful time making wreaths together. Her warmth and creativity made the experience truly unforgettable, and we're so grateful for the fun and festive energy she brought to our group!

Farmer Sherry

UPCOMING EVENTS

Meet Faye, one of our cherished residents! Though she's relatively new to Arbourside, she has already made a wonderful impact on our community. When asked about her experience here, Faye says she loves "everything." Her advice for everyone? Spend plenty of time with family and friends because it's so important. We're so lucky to have her with us!

Resident Spotlight



DECEMBER

DEC
17

Fashion showcase featuring Alta Vida's unique designs

DEC
20

Cozy sweater party with Gold Frebel's charm

DEC
31

Rocking NYE celebration with the Sciatikats

MARK YOUR CALENDARS

Reminder about our upcoming events - don't forget Christmas and NYE Dinner!



Music and Merriment

And a Festive Feast!



Our beautiful holiday dinner brought everyone together for a warm and festive evening filled with delicious food and wonderful company.



Adding to the joy, we recently hosted a lively party featuring live music from the Sciatikats—it was so cheerful and fun! With more celebrations to come, the holiday spirit is shining brighter than ever!

More to Come!

