

April

Resident Newsletter



Message from the Interim CEO

I am very pleased to be serving as the Interim CEO at KinVillage while the Search Committee completes the recruitment for a new CEO to fill the position on a permanent basis. As a former resident of Tsawwassen, it is nice to be returning to Tsawwassen for this short period of time to take on this role.

During my first couple of weeks at KinVillage, I have witnessed the strong commitment that everyone has to providing the best possible care and service to our residents, tenants and families. It is an exciting time to be at KinVillage; not only to support the construction of our new independent living and day program building beside the North Court but also to support the various projects underway at KinVillage. We were very pleased to see the recent announcement of the approval of the construction of an additional 144 independent living units at KinVillage. We are pleased to see this additional housing capacity being created in Tsawwassen and that KinVillage is able to partner with BC Housing to make these new projects a reality.

I am very impressed with the variety of services offered by KinVillage to support seniors living in South Delta. It is clear that KinVillage plays a vital role in the community. During my time at KinVillage, I will continue to support the organization as it grows and develops to meet the needs of the community.

I look forward to meeting many of you during my time at KinVillage and I am thrilled to have the opportunity to support the organization as it completes its search for a new CEO.



David Thompson, FCCHL
INTERIM CHIEF EXECUTIVE OFFICER



WEST COURT COMING EVENTS

APRIL

- 1: Egg Hunt & Social @ 2:30 PM
- 5- Sing-A-Long with Vi & Harry @ 2:30 PM
- 8- Baking – Almond Cookies @ 3:00 PM
- 11 Scenic Bus Drive @ 2:00 PM
- 12 Social Hour with “Slava Alexandrov” @ 2:30 PM
- 15- Baking – Green Tea Shortbread @ 3:00 PM
- 18 Teddy Bear Tea @ 2:30 PM
- 19 Sing-A-Long with Vi & Harry @ 2:30 PM
- 20 Movie Matinee- A Sunday Horse @ 2:30 PM
- 24 Resident Council Meeting @ 2:00 PM
- 25 Scenic Bus Drive @ 2:00 PM
- 26 Movie Musical- Maestro @ 1:30 PM





WEST COURT NEWS

"Spring unlocks the flowers to paint the laughing soil."

The longer days are finally here and spring flowers are sprouting in the garden. Residents have enjoyed the warm afternoon sunshine, fresh air and colourful springtime flowers in the courtyard.

Residents enjoyed six days of celebration dedicated to the Irish, in honour of St. Patrick with related programs. Featuring an Irish movie "The Quiet Man". we celebrated with different programs like Daniel O' Donnell – Shades of Green Concert in Belfast, saint Patrick's social with Peter Paulus, Journey Through the Emerald Isle with Irish Tea & Treats and an Irish themed photoshoot with residents.

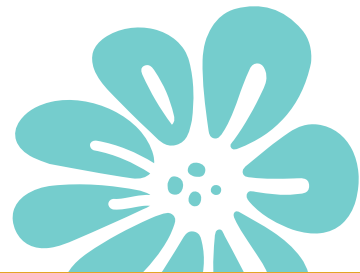
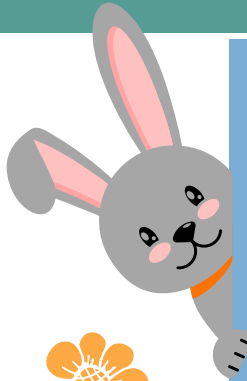
Residents joined in sharing their creativity by participating in a spring craft with the making different art projects with art therapist Julia.

Social Dining – some residents dined together in the family room for lunch getting to know each other with similar interests and backgrounds. Discussing topics which included: Camping Fun and golden days of life.

Along with our regular evening intellectual programs, Bingo, baking , music therapy There was a selection of documentaries and movies of interest which included: Grumpy Old Man, Napoleon & Josephine: France's Tragic Love Story, "Top Gun: Maverick", . Residents were entertained by our volunteers "Vi & Harry" who are regulars with Vi playing the piano and Harry singing songs that everyone relates to and happily sing along.

The month was full with other programs of interest as well as regularly scheduled activities for residents to enjoy and engage in. We look forward to what lies ahead in April as we welcome and celebrate spring and Easter.

WEST COURT PHOTO FUN



COMING IN MAY 2024

ART THERAPY SESSIONS FOR FAMILY CAREGIVERS BY TERESA MASSEL

The purpose of these sessions is not to create a perfect art product. Instead, they are meant to help individuals explore how art relates to themselves and their feelings.

The creative process of making art can help with self-expression, emotional exploration, and stress management and foster personal growth, self-awareness, and self-esteem.

Teresa Massel, a semi-retired art therapist, watercolour artist, and lifelong caregiver, will facilitate these 90-minute group sessions. The sessions are not structured, and art materials can be provided for \$5, or individuals can bring their own materials.

Being in the presence of the creative energy of others can be a revitalizing experience.

There's no charge to attend the program except for materials.
Please sign up at Reception if you are interested.

GARDEN CLEAN UP THANK YOU

We would like to express our sincere gratitude to Eva, Kerstin, Michael, Cori, Sharon, and Janet for their assistance in the Garden Clean-Up on March 23rd despite the rainy weather.

We are scheduling a second Garden Clean-Up for **April 20th**. If you are available to lend a helping hand, please sign up at Reception. We will focus on the garden off the dining area and Parkview. Our aim is to create a beautiful garden that our residents and their families can relish this spring and summer.



Parkview News

In Parkview we have welcomed the warmer weather with daily walks, shooting hoops, garden clean-up and watching nature “Spring” in action.

The constant highlights of the month include: Music with Jerome, Julia & Teresa, Art with Julia, baking treats, and fitness fun.

This month we look forward to celebrating Easter and the anticipation is building for gardening activities. We are excited to plant our vegetable garden as well as watching other plants and flowers prosper and grow.



Heron Hospice Society of Delta invites you to

Understanding Grief

Learn about common signs, myths and facts, ways to take care of yourself, finding support and more.



Presenter:

Tama Recker
Registered Counsellor

When:

Tuesday, April 16, 2024
2:00 pm - 3:30 pm

or

Wednesday, April 24, 2024
6:00 pm - 7:30 pm

Where:

KinVillage Community Centre
5430 10th Ave, Tsawwassen



REGISTER NOW

**by calling the
KinVillage
Community Center
at 604-943-0225**

SOUTH COURT COMING EVENTS

Highlights

- 1: EASTER MONDAY**
- 2: Art Expression @ 1:30 PM**
- 3: Tenant Forum @ 1:00 PM**
- 5: Lunch Outing @ 11:00 AM**
- 7: Mind Joggers @ 1:30 PM**
- 11: Walking with Steve @ 2:30 PM**
- 12: Trivia @ 1:00 PM**
- 16: Concerts in Care @ 2:00 PM**
- 17: Food Meeting @ 10:30 AM**
- 18: Java Club @ 1:00 PM**
- 19: Dining in @ 11:00 AM**
- 21: Mind Games @ 1:30 PM**
- 23: Art Expression @ 1:30 PM**
- 25: Natures World @ 1:00 PM**
- 30: Piano by Christine @ 2:00 PM**

Weekly

Nail Care - 3rd Lounge
Tuesdays, Thursdays &
Saturdays
@ 1:30 PM



Bingo
Mondays & Saturdays
@ 1:30 PM

Chinese Checkers
Wednesdays
@ 6:00 PM



Crib Game
Tuesdays & Thursdays
@ 6:00 PM

Scrabble Game
Mondays & Fridays
@ 6:00 PM



Bus Trips

- 2: Shoppers @ 1:00 PM**
- 12: Walmart @ 11:00 AM**
- 23: Ladner @ 1:00 PM**
- 26: Casino @ 11:00 AM**

Pets & Friends

- 5, 12, 19 & 26 @ 10:30 AM**
- 2 @ 1:00 PM**
- 7 & 21 @ 2:00 PM**





SOUTH COURT NEWS

With Spring in the air, it has been great for us to get out and do some walking. Our exercise class has been getting out and working in the park.

We were very blessed to have the Boy Cubs come and visit us and play games that they had made. Everyone enjoyed themselves and of course the energy in the room was very high from the young gentlemen. We look forward to having them come again to visit with us.

On the 13th of the month, we celebrated by wearing our best green during happy hour. Fun was truly had by all.

Our Art Expression class has returned again and we are looking forward to seeing what the tenants come up with.

Java Club is becoming a very popular program with many more people coming down to participate. The topics that have been brought forward have us all thinking and leaving the program with a better understanding on that topic. The program has also made it possible to meet new people and develop new friendships.

We did our first dining in program, which we haven't in a long time. We ordered Chinese food in and 12 of us enjoyed the food and company of each other in our private dining room.

Another thing new that has been implemented is our game program that is happening Monday to Friday at 6 pm on the third-floor lounge. The folks have been playing crib, scrabble and Chinese checkers. Of course, some are very new to playing these games but again it is a chance to meet friends and do something after supper.

CANADA CUB SCOUTS VISIT



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It Takes *A Village*

INFORMATION NIGHT



Join us!

 April 10, 2024
5:30 PM - 7:30 PM

 KinVillage Community
Centre 5430 10 Ave.
Tsawwassen

Learn About

- The benefits of the enhanced Day Program for Older Adults.
- It Takes A Village Campaign and how it affects your future.
- How your involvement will improve the quality of life for older adults and their caregivers.

**DONATE FOR
YOUR FUTURE**



**RSVP by April 8th at fundraising@kinvillage.org
Refreshments will be served.**

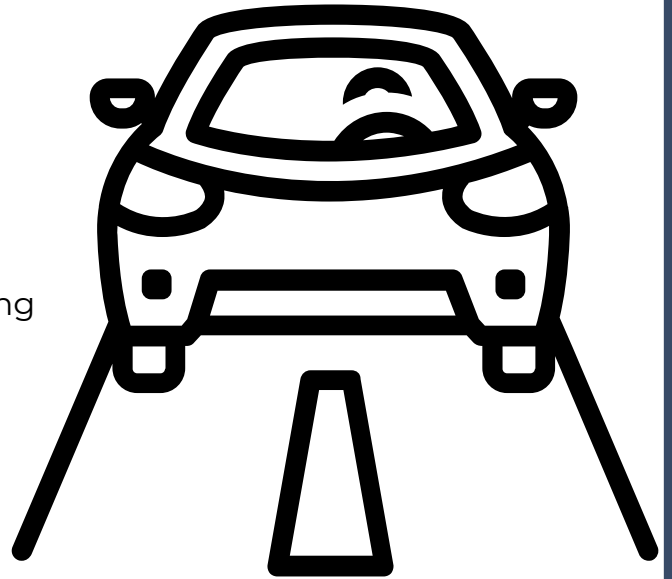
COMMUNITY CENTRE APRIL HIGHLIGHTS

ICBC Enhanced Road Assessment WORKSHOP

Tuesday April 16th at 11AM
Multi-Purpose Room

Come and Discuss:

- Tips to stay fit and healthy to drive safely as long as possible
- Resources to assist you in driving safely
- What happens if you're required to attend a driver licencing office to be assessed on your driving skills
- How to prepare for a road test



**LAST
CHANCE!**



NEED HELP WITH YOUR INCOME TAX RETURN?

Income tax returns to be prepared **FREE OF CHARGE** through Carla Qualtrough's office for those who have a modest income and a simple tax situation. Up to \$35,000 income per annum for a single person and up to \$45,000 per couple.

COMMUNITY CENTRE APRIL 5 Between 1:30 PM and 4:00 PM

Book APPOINTMENT with Suki NOW at Reception or by calling 604-943-0225

The Seniors Community Connector (SCC)

Tuesdays 9:30 AM - 1:00 PM: April 16th, May 14th & June 11th.

Available to older adults (60+) in South Delta. Come connect with the SCC in regards to your wellness needs such as physical activities, nutritional needs, social engagements, wellness plans, and resource navigation. Namrata will be available to meet with Seniors at the Community Centre.

You can drop in or make an appointment at 236-880-4120 or email: community.connector@kinvillage.org



COMMUNITY CENTRE APRIL HIGHLIGHTS



Fit & Functional

60-minute fitness class for people of all fitness levels, including those with mobility issues. This class is designed to help you train your body for real-life movements and activities. We work on strengthening the muscles and joints, mobility, and improving balance and coordination. The music is upbeat to make things fun!

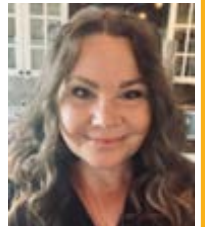
Time: Wednesdays at 1 PM Starting April 3

Location: Multipurpose Room

Instructor: Robin



**Foot Care
by Nurse Sonia
Friday, Feb. 9**



Book a 30 minute appointment at Reception.
Pay \$50 directly to Sonia at your appointment
to receive your tax receipt.

DELTA CONCERT BAND APRIL 27 / 2:30 PM - 3:45 PM



BINGO NIGHT



KinVillage Bingo Night

2nd Monday of the month

April 8th

6:30 PM - 9:00 PM

Over \$500 in prizes

CASH ONLY



5430 10 AVE. TSAWWASSEN

FRIDAY OPEN MIC NIGHTS

6PM - 8PM

Upcoming Dates:

April 19th

May 17th

FREE

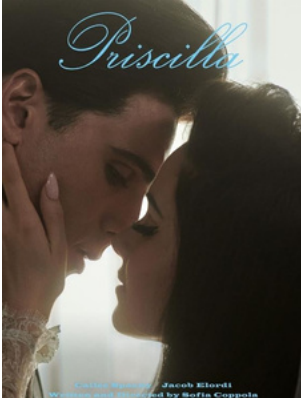
PERFORMERS CAN
SIGN UP ON THE
SPOT. NO ADVANCE
SIGN-UP REQUIRED

Showcase Your
Musical Talent at
KVCC!

COME ENJOY LOCAL
MUSIC, GOOD VIBES,
REFRESHMENTS &
FOOD

COMMUNITY CENTRE APRIL HIGHLIGHTS

TUESDAY MOVIE MATINEES



Priscilla

1h 53m
April 9 @1:30 PM

When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.

Free

Bank of Dave

1h 47min
April 23 @1:30 PM



Based on the true-life experiences of Dave Fishwick; 'Bank of Dave' tells the story of how a working class Burnley man and self-made millionaire fought to set up a community bank.

Community Centre Volunteer Positions OPEN!

VOLUNTEERS NEEDED

1. FOODMESH

Food security program in independent apts. Wednesdays 11:30 AM-1:30 PM.
Duties: unload food boxes from cars, sort and distribute food.
Somewhat physical and on your feet.

2. CAFÉ

Dishwashing in the kitchen. Shift: 11 AM - 2 PM once per week. Chef Adrian offers free coffee/tea, a light breakfast and lunch on shift.

3. DECORATORS

Help with the décor for luncheons & special events.

4. UNIQUE BOUTIQUE

Sales & helping at the cash register.

5. FLIER DISTRIBUTION

Distributing fliers around Tsawwassen about upcoming events.

6. ASSISTING RECREATION STAFF

Care home or Assisted Living: games, socials, special events and friendly visits.

If Interested in Volunteering please contact Jen Kormendy by emailing:

jkormendy@kinvillage.org

VOLUNTEER NEEDED

Bus Trip Coordinator

The apartment bus trip program requires a BUS TRIP COORDINATOR before bus trips can resume. We are looking for an Independent Apartment resident to apply to become an official KinVillage Volunteer and fill this role.

To apply for this position, please call Jen, Manager, Community Centre and Volunteer Engagement (604-943-0155 ext. 262), to make an appointment for an interview, necessary paperwork and a Police Information Check.

