

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

Winter 2011

WELCOME

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The Mulberry Leaf.

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Profile

Ila Barnes

Ila was born in Australia in 1928 and came to Canada by ship in 1947 with her parents.

There were many things that Ila had to adjust to in her new country, such as driving on the right-side of the road and a new currency. This was all complicated by the Aussie slang which Ila says all Australians are guilty of using.

She can recall her first winter in Canada. One morning, Ila was walking along the sidewalk and noticed something on the ground that she had never seen before. Being curious, she tapped her toe on top of it - it was merely a small puddle of water that had frozen over night. Having lived in a hot climate all her life, this really fascinated her and she continues to enjoy cracking the ice with the tip of her toe.

Ila lived in Vancouver until 1977 and then relocated to South Burnaby. She lived in the same house until she moved into The Mulberry in 2010. "It was a real delight not having to worry about all the problems of house maintenance such as the plumbing, the roof and the garden".

Ila has two daughters who live close by. Both girls are very happy that she came to The Mulberry for her "golden years".

"I am so happy here! I woke up one day to see all the snow covering the streets and sidewalks and this is the first time in my life where I didn't have to worry about who was going to shovel my driveway or how am I going to get my groceries. Everything I need is here. I go downstairs to see Ralph shoveling The Mulberry's sidewalk as I walk into the dining room for my lunch. I just love it here - this is a wonderful place. I now have a different outlook. I have always been independent but find that The Mulberry has added a bonus to me now at my age."



Quote of the Day:

"Most people are about as happy as they make up their minds to be." ~ Abraham Lincoln

Events

Mulberry Anniversary

Time flies when you're having fun! The Mulberry celebrated its 5th Anniversary on the 1st of November!



Margaret with General Manager, Earl.



Residents enjoyed a lovely, Chef-prepared dinner of beef tenderloin with grilled prawns, and a delicious béarnaise sauce.

Congratulations Tom!

Pacific Arbour's President, Peter Gaskill, and The Mulberry's Marketing Manager, Monica Smouter, congratulate our resident, Tom Mark in receiving SFU's 2010 Senior Leadership Award for Service to Seniors. Well done, Tom!



Peter, Tom, and Monica.

Upcoming Events

- Jan 12 Chocolate Flower Making
- Jan 13 Poker
- Jan 13 Vancouver Symphony's Tea & Trumpets
- Jan 14 Cribbage Tournament
- Jan 15 Scenic Bus Ride to Stanley Park
- Jan 16 All Saints Anglican Church Service at The Mulberry
- Jan 19 Team Trivia
- Jan 20 Knitting for a Cause
- Jan 22 Bus to Kefi's Greek Kouzina for Dinner
- Jan 28 Carpet Bowling

Christmas Brunch

Residents enjoyed another great Christmas brunch with their friends and families.



Kay and her great-grandchild with Santa.

Santa even stopped by for some photos and visited with families, including a number of great-grandchildren.

"Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best." ~ Theodore Isaac Rubin

Monte Carlo Night

Our annual Night in Monte Carlo Fundraiser was a record-breaking success this year!

Families and friends joined our residents for a night of blackjack, poker, and roulette. Everyone was able to purchase raffle



Enid having fun at the roulette table.



Showing off their black and whites.

tickets for Canucks jerseys, baseball jerseys, 50/50 and much more!

Christmas Hampers

The Night in Monte Carlo Fundraiser hit an all-time high this year, as our residents were able to make 50 Christmas hampers for seniors in need in our community.

Thank you to everyone who donated towards this wonderful cause.



Barb assembling a basket.

InStride™

Being fit means staying physically active. Several Mulberry residents take advantage of our InStride™ fitness program.

This program gives you options to move at your own pace. You can choose an activity regimen that suits your needs and recognizes your abilities - whether it's a seated chair exercise class, a body stretching session, or a strength-training routine.



Stephen keeping fit in our Rumble Room fitness centre.

“I was having difficulty getting around - by participating in this InStride™ fitness programs, my balance is better and I’m steadier on my feet.”

By participating in our InStride™ program you may discover greater mobility and increased stamina.

You can also go a step further and enroll in our InStride Plus™ program, which

offers a personal exercise program conducted by our qualified kinesiologist.



Hank working with our kinesiologist.

“If it weren’t for the fact that the TV set and the refrigerator are so far apart, some of us wouldn’t get any exercise at all.” ~Joey Adams

Greetings From Management

Burnaby Business Excellence Award

"I want to congratulate the Mulberry Team for their continued outstanding work in the Burnaby community and for the recognition bestowed on them by the Burnaby Board of Trade when they received the Community Spirit of the Year Award. They beat out several other very worthy candidates for this award at a gala presentation attended by Burnaby's movers and shakers."

~ Pacific Arbour President, Peter Gaskill



General Manager, Earl Bergen, with Councillor, Paul McDonell.

Good Works

Mulberry Sponsors Local Events

There's no doubt The Mulberry team is part of the Burnaby community and what better way is there to show it than to be an active participant and sponsor of local events around the area?

January	Vancouver Symphony Orchestra Tea & Trumpets
	Burnaby Seniors' Interagency Society Luncheon
February	Burnaby Fall Prevention Society meeting

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Did you Know?

Tours of The Mulberry are offered daily from 10 am - 6 pm. Please call to arrange your personal tour.