

Resident Newsletter

Thanks to all of you, Brightside has made leaps and bounds in these past few months! Your ongoing support is what makes our initiatives at Brightside wonderful. Our Health & Wellness Fair was a major success and has set the stage for a spring and summer full of community events! As patio season sets in, we've cleaned up your balconies, fixed cracked sidewalks, undertaken extensive powerwashing to name a few; we hope you get a chance to get out and enjoy the first of many improvements to come this summer!



Save the Date!

World Elderly Abuse Awareness Day

June 15th
10:30 am to 2:30 pm

Britannia
Community Centre
1661 Napier St,
Vancouver

Spring Community BBQ

August 14th
11:30 am – 1:30 pm

King's Daughters
1401 E 11th Ave,
Vancouver

Social Connectedness Surveys

June & July
8:30 am – 4:30 pm
At your building!

Ongoing Community Initiatives

World Elderly Abuse Awareness Day: Thirsty for knowledge and hungry for great food? Come join us as we rock out in purple and spread awareness! All you need to bring is yourself!

Social Connectedness Survey: We want to hear your voice! We've been coming around to the buildings to gather your feedback to shape future community development initiatives. Stay tuned!

Community Gardens: Spring is in full swing, and the gardeners are out in full force making your gardens beautiful! Get out and enjoy the fresh air! We have big plans to make the community garden at your building better than ever. Contact Aidan at aidan@brightsidehomes.ca or 604-219-5841 to get involved!

Health & Wellness Fair

Exercising Mind & Body

More than 60 Brightside residents enjoyed Chair Yoga hosted by the Collingwood Neighbourhood House, a Chinese Line Dance performance by five community members, and enlightening information shared with us by local organizations!

The event was a great chance for many residents to connect with each other, and resources in their area. We extend our appreciation to everyone that came out and made the event a big win!

We're looking forward to seeing you at our next events!



COSCO with some great information as always, sharing with us some wonderful tips about how to cope with stress!

Some tips include:

- ✓ ***A good night's sleep***
- ✓ ***Taking a walk***
- ✓ ***Meditation***

Accomplishments

- Mount Pleasant 'Neighbourly Together Outreach' in several locations
- BC Poverty Reduction Small Group Discussion involving residents from some of your buildings! Feel free to contact us to receive a copy of the findings
- Amenity room upgrades

Keep in mind...

- To book your newly upgraded amenity room, please contact Jemima at 604-684-3515
- For all other community events you would like to see, please contact Aidan at aidan@brightsidehomes.ca or 604-219-5841
- Emergency line outside of office hours: 1-888-622-6250