

HELLO GEORGE

JUNE . 2026

JUNE

SPECIAL EVENTS

**COUNTRY OF
THE MONTH:
PHILIPPINES**

**SHINE CAR
SHOW**

**& FATHER'S DAY
SHOW**



Welcome to June



JUNE

As the days grow longer and the gardens come into bloom, June brings a warmth and brightness to our community that is truly special. This month, residents can look forward to enjoying more time outdoors on the grounds, with our courtyard spaces in full colour and the summer sun inviting us all to slow down, breathe in the fresh air, and soak in the season. Our activities team has put together a wonderful lineup for June, including the Shine Car Show, Canada Day pub and more, all designed to celebrate the beauty and energy that summer brings to our community here in Burnaby.

June is also a time to honour those who have given so much to this country. Father's Day gives us a wonderful opportunity to celebrate the veterans, fathers, and grandfathers who call George Derby Centre home. We encourage families to join us for our special Father's Day gathering, where we will share stories, enjoy good food, and take a moment to reflect on the remarkable lives and service of the men in our community. Whether you are near or far, your visits, cards, and phone calls mean the world to our residents, and as always, our dedicated staff are here every day to ensure each person feels cared for, respected, and celebrated throughout this joyful month.





Special Events



June 11th

**COM: Philippines:
Town Hall: 2 PM**

June 23rd

**Father's Day Show
and Shine Car Show
(back parking lot)**

June 26th

**Pub with Peter
Williams**



**JUNE
15**



WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day is an important opportunity to recognize the rights, dignity, and well-being of older adults in our community. At George Derby Centre, we believe every senior deserves to feel safe, respected, valued, and supported in all aspects of life. This day encourages all of us to raise awareness about elder abuse in its many forms, including physical, emotional, financial, and social neglect, while promoting kindness, inclusion, and understanding for older adults.

We are proud to foster a caring and compassionate environment where residents are treated with dignity and respect every day. By working together as staff, families, volunteers, and community members, we can help create a culture where older adults feel empowered, connected, and protected.

On this day, we reaffirm our commitment to advocating for the health, safety, and quality of life of all seniors and encourage meaningful conversations that help build stronger, more supportive communities for older adults everywhere.



SPECIAL PROGRAMS

JUNE 8TH

VETERANS GROUP:
MAIN STREET: 1:30 PM

JUNE 16TH

CHINESE SOCIAL:
ART STUDIO: 1:30 PM

JUNE 25TH

RESIDENT COUNCIL MEETING: TOWN HALL: 1:30 PM



ENTERTAINMENT

JUNE 5TH

FRIDAY PUB WITH
SALVE & FRIENDS:
TOWN HALL: 2 PM

JUNE 12TH

FRIDAY PUB WITH MARK
WOLFE: TOWN HALL: 2 PM

JUNE 17TH

JUNE BIRTHDAY PARTY WITH
MIKE & MARIE CRONIN:
TOWN HALL: 2 PM

JUNE 19TH

FRIDAY PUB WITH GORD
OLIVER: TOWN HALL: 2 PM

JUNE 26TH

CPUB WITH PETER WILLIAMS: TOWN
HALL: 2 PM



HYDRATE — FOR — SENIORS

Stay refreshed. Stay healthy. Stay strong.

As we age, our bodies don't always feel thirsty like they used to.

Drinking enough fluids every day is one of the easiest ways to feel your best—every day.

**WATER
SUPPORTS
YOUR
EVERY DAY.**



WHY HYDRATION MATTERS



SUPPORTS YOUR BODY

Helps regulate body temperature, supports digestion, and keeps your organs working their best.



SHARPENS YOUR MIND

Even mild dehydration can affect memory, focus and mood. Water helps you think clearly and feel alert.



KEEPS YOU MOVING

Water helps lubricate joints and muscles, supporting comfort and mobility.



SUPPORTS IMMUNITY

Fluids help your body flush out toxins and support a strong immune system.



KIDNEY HEALTH

Staying hydrated helps your kidneys filter waste and reduces the risk of kidney stones.



TIPS FOR STAYING HYDRATED

- Sip fluids throughout the day—don't wait to feel thirsty.
- Keep a water bottle or glass within easy reach.
- Enjoy a variety of fluids: water, herbal tea, milk, broth, and water-rich foods (like fruit and veggies).
- Limit sugary drinks and too much caffeine or alcohol.
- Set reminders or use a favorite mug as a cue!

HOW MUCH IS ENOUGH?



A good goal is 6–8 cups (about 1.5 – 2 liters) of fluids each day, unless your doctor advises otherwise.

Every sip counts!



Take care of yourself. **YOU MATTER.**
A well-hydrated you is a healthier, happier you.





WEEKLY CLUBS



MAHJONG

WEDNESDAY (10:30 AM,
2 PM ALTERNATING)
(MAIN STREET), FRIDAYS
10:30 AM (MAIN STREET)

CRIBBAGE

FRIDAYS: TOWN
HALL: 3:30 PM





If George Derby Centre has made a difference for you or your loved one, we would love to hear about it!

★ Leave us a Google review and help other Burnaby families find the care and community they deserve.

👉 Simply search George Derby Centre on Google and click "Write a Review."

It only takes a minute, and it means everything to our team.

Thank you for being part of our family.



2026 June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 	16	17	18	19	20
21 Father's Day	22	23	24	25	26	27
28	29	30				

HONOURING THE GENTLE STRENGTH OF FATHERHOOD

Father's Day is a special opportunity to recognize and celebrate the fathers and father figures in our community at George Derby. We are grateful for the wisdom, strength, and kindness they bring to everyday life, as well as the memories and stories they continue to share with those around them. This day is a chance to show appreciation for their contributions and to spend meaningful time together, whether through visits from family, shared meals, or simple moments of connection. We wish all fathers a very happy Father's Day filled with warmth, joy, and appreciation.



GEORGE
DERBY
CENTRE