

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



SEPTEMBER 2024



Be Vibrant

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. This month, we're exploring the theme of "Be Vibrant".

JOIN US ON A VAN TRIP IN SEPTEMBER!

PLEASE SIGN UP AT RECEPTION

- * T&T Supermarket in Richmond
- * Spanish Banks, Ocean View & Beach Walk
- * Van to Walk Around Shannon Park (W. 61st & Adera)
- * Van to Walk the Track @ West Point Grey High School
- * Shoppers Drug Mart - 20% Off Seniors' Day
- * Wednesday Mornings - Kerrisdale Public Library
- * Thursday Mornings - Local Kerrisdale Shuttle

UPCOMING DATES

- September 01 - World Alzheimer's Day
- September 08 - Grandparent's Day
- September 21 - Open House (1pm-4pm)
- September 22 - Gender Equality Week
- September 30 - Orange Shirt Day



GRANVILLE GARDENS



ARTFUL ENRICHMENT

1. Wine Bottle Lanterns (Acrylics & Fairy Lights)
2. Painting Class with Dawn Mattson (Artist)
3. Preschool Children On-Site to Sing for Us
4. Hand Sewing Class (Felt/Embroidery Thread)
5. Tony's Travel Show: FRANCE
6. First Nation-Inspired Nature Weaving
7. Meet Me at the MoMA - Painting
8. Sketching and Drawing Classes
9. 'No Bake' Food Demo
10. Show & Tell (Bring and Item to Show the Group and Tell us About it)
11. CABI Clothing Sales On-Site Sept. 4



Get Healthy, Stay Fit!

Fitness Programs This Month:

- *Seated Gentle Fitness Classes
- *Tappercise - Seated Tap Dance to Music
- *15-Minute Power Fit Classes to Music
- *Drum Fit Class to Music
- *DVD Yoga Classes & Air Boxing Cardio Class
- *Group Walks around Shannon Park (61st & Adera) and Walk the Track at West Point Grey High School
- *Walk at Spanish Banks Beach
- *Guided Meditation - Relaxation Circle
- *Hymn Sing with Pastor Lee



OPEN HOUSE - SEPTEMBER 21 (1pm to 3pm)

Our annual Open House will be held on Saturday, September 21 in the afternoon. Live music by the talented Charles Johnson will take place in the lounge from 1:30pm to 2:30pm followed by a painting session in the Art Room. Outside guests will be toured throughout our property during this timeframe.

NATIONAL DAY FOR TRUTH AND RECONCILIATION - SEPTEMBER 30

Each year, September 30 marks the National Day for Truth and Reconciliation.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30. Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters".



SEPTEMBER BIRTHDAYS

LET US WISH THE FOLLOWING RESIDENTS A VERY HAPPY SEPTEMBER BIRTHDAY!

Winnie L. - Sept 3
Margaret M. - Sept 9
Helen L. - Sept 11
Carol - Sept 14
Jacquie - Sept 17
Ursula - Sept 29



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

09/03 Foot Care Nurse On-Site (Sign Up)
09/04 CABI Clothing Sales by Carla, On-Site
09/18 Resident Book Club Meets
09/19 Resident Meeting with Management
09/19 Monthly Chef Chat with Pavle
09/26 Wellness Clinic with our Nurse, Ayne
09/27 Tony's Travel Show: France
09/28 Painting Class with Artist, Dawn Mattson
*Cornhole Bean Bag Game each Monday
*Bridge Group each Wednesday
*Hymn Sing with Pastor Lee each Friday

*Chess with Krish on Fridays
*Bingo & Java Music Sing-a-Long
*Brain Games "Fit Minds", Trivia & Word Games
*Mahjong
*Cards, Scrabble and Jenga
*Group Discussions
*Live Music at Weekly Thursday Happy Hours
*Weekly Flower Arranging
*Podcast Club
*Puzzles in the Games Room
*Watercolour Painting



LIVE MUSIC & HAPPY HOUR THURSDAYS

Sept. 05 - John Dean (Piano) 3pm
Sept. 08 - Youth Musician & Artist Assoc. (Classical Music) 2:30pm
Sept. 12 - Music Variations Band (Guitar/Keyboard/Vocals) 3pm
Sept. 15 - Music Angels Youth Classical Music 3pm
Sept. 19 - Kurt von Hahn (Piano) 3pm
Sept. 21 - Charles Johnson @ our Open House (Guitar/Vocals) 1:30pm
Sept. 26 - Dale & The Tune Makers Trio 3pm