

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



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 FEBRUARY VAN TRIP!

PLEASE SIGN UP AT RECEPTION

- * Van to Lunch at Bufala Pizzeria (Kerrisdale)
- * Shoppers Drug Mart - 20% Off Seniors' Day
- * Thursday Kerrisdale Shuttle - Starbucks, Public Library & London Drugs
- * Walk the West Side Greenway Path (W. 52 to W. 57)

UPCOMING DATES

- February 01 - Black History Month
- February 14 - Valentine's Day
- February 17 - Family Day
- February 21 - National Caregiver's Day
- February 28 - Ramadan Begins



GRANVILLE
GARDENS



ARTFULL ENRICHMENT

1. Indigenous Australian Dot Art
2. Giant Crossword with Tony (Great Room)
3. Tony's Travel Show Postponed from January
4. Hand Sewing Class w/ Jennifer
5. Tony's Travel Show: Canada's 3 Territories (Yukon, Northwest Territories & Nunavut)
6. Meet Me at the MoMA - Sketching/Painting
7. Chef Food Demo with Cindy Low
8. Travel Show to Italy with Alison and Sandra
9. Pink Shirt Day & Winter Fox Acrylic Painting
10. Craft: Make a Jewelry Dish (Air Dry Clay)
11. Make a Koi Fish Bookmark



Stay Healthy, Get Fit!

- *Tai Chi Class with Eric
- *Let's Get Movin' Fitness with Michel
- *Functional Fitness & Cardio Boxing with Brenda
- *Tappercise - Seated Tap Dance to Music
- *15-Minute Power Fit Classes to Music
- *Wellness Clinic with our Nurse, Ayne
- *Drum Fit Fitness Class to Music
- *DVD Yoga Classes
- *Nurse Ayne's Educational Health Talk
- *Hymn Sing with Pastor Lee
- *Outdoor Walking Group
- *Indoor Carpet Bocce (*NEW*)



NURSE'S EDUCATIONAL TALK - FEB. 6 @ 11am

Our nurse, Ayne, will be discussing and explaining Personal Directives & Goals of Care. Medical Orders for Scope of Treatment (MOST) is a medical order that indicates a designation that identifies your specific level of care.

It lets health care providers know that you, your family and your doctor have discussed and determined your health care wishes. Please attend this session on Feb 6 at 11am to learn more.



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

02/03 Giant Crossword w/ Tony (3rd & 5th)
 02/06 Nurse's Educational Talk TOPIC: Personal Directives & Goals of Care (MOST)
 02/07 Hand Sewing Classes (7th & 14th)
 02/10 Travel Show with Alison & Sandra: Italy
 02/10 Display Your Wedding Photo (10-14 Lounge)
 02/11 Tony's Travel Show from January
 02/12 Chef Food Demo with Cindy Low
 02/14 Foot Care Nurse Here - Book @ Reception
 02/19 Rosemary Bread Making (Bread Machine)
 02/20 Resident Meeting & Monthly Chef Chat

02/27 Wellness Clinic with our Nurse, Ayne
 02/28 Tony's Travel Show & Educational Talk: TOPIC: Canada's 3 Northern Territories
 *Bean Bag Toss Game - Cornhole Game
 *Hymn Sing with Pastor Lee each Friday
 *Bingo & Java Music Sing-a-Long
 *Brain Games "Fit Minds", Trivia and Puzzles
 *Mahjong, Cards, Bridge Group & Jenga
 *Weekly Flower Arranging & Working with Clay
 *Winter A&W Root Beer Floats Served



HYMN SING WITH PASTOR LEE

Each Friday at 1:30pm please join us for Hymn Sing and Faith Exploration in the Lounge. Pastor Lee has been coming here with his volunteers each week for over 4 years now and we're thankful for his dedication. He brings joy, song, piano music and gratitude with him.

Everyone is welcome to this one-hour program.

LIVE WEEKEND MUSIC AND HAPPY HOUR THURSDAY PERFORMANCES

Feb. 02 - Music Bridge Foundation Classical @ 3pm
Feb. 06 - Randy & Jeff Country Harmonies @ 3pm
Feb. 07 - Hymn Sing with Pastor Lee @ 1:30pm
Feb. 09 - Youth Musician & Artist Assoc. @ 2:30pm
Feb. 13 - Michael Duff @ 3pm
Feb. 14 - Hymn Sing with Pastor Lee
Feb. 15 - Norman Li & Renee @ 6:00pm After Dinner
Feb. 16 - VanStrings Classical Youth Music @ 3pm
Feb. 20 - Liz and Steve Alexander @ 3pm
Feb. 21 - Hymn Sing with Pastor Lee
Feb. 22 - OneKey Classical Youth Music @ 3pm
Feb. 27 - Kurt von Hahn @ 3pm
Feb. 28 - Hymn Sing with Pastor Lee @ 1:30pm



Join us for Live Music in the Lounge!



THE MANAGEMENT TEAM

Michael Tablit - General Manager

Carol Zheng - Community Relations Manager

Brenda Hodson - Life Enrichment Manager

Pavle Kontou - Dining Services Manager/Chef

Ayne Cammayo - Health & Wellness Manager/Nurse

Edward Cruz - Building Services Manager

Sara leong - Office Manager