

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Limitless

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 Proud".

JOIN US ON A VAN TRIP IN MARCH!

****PLEASE SIGN UP AT RECEPTION****

- *Shoppers Drug Mart - 20% Off Senior's Day
- *Thursday Kerrisdale Shuttle (Starbucks, London Drugs, Public Library)
- *Walks Along the Arbutus West Side Greenway
- *Walks Around the West Point Grey Track
- *Lunch out at White Spot (Kerrisdale)

UPCOMING DATES

- March 04 - Shrove Tuesday
- March 08 - International Women's Day
- March 20 - 27 - Cruise Week
- March 21 - Elimination of Racial Discrimination Day



GRANVILLE
GARDENS



MARCH ART PROGRAMS

Our March Art Sessions Include:

1. Meet Me at the MoMA - Louise Bourgeois & Faith Ringgold
2. CRAFT - Make a Felt 4 Leaf Clover Lapel Pin
3. Watercolour Painting Class - Mediterranean Coastline
4. Group Sunflower Poster Art Project
5. Painting Class with Artist, Dawn Mattson
6. Chef Food Demo & Cocktail Drink Demo
7. Travel Shows
8. CRAFT - Weave a Paper Easter Basket
9. Gardening Club Meets to Discuss 2025 Plans (Planting a Vertical Patio Herb Garden)



Get Healthy, Stay Fit!

Fitness Classes This Month include:

- *Tai Chi with Eric Lui
- *Seated Yoga with Sarah de Lucca
- *Power Fit to Music with Brenda
- *Let's Get Movin' Fitness with Michel
- *Gentle Fitness with Sarah Groberman
- *Drum Fit to Music with Brenda
- *Tappercise with Beryl, Seated Tap Dance
- *Qigong with Anita Wong
- *Wellness Clinic with Ayne (BP & Weight)
- *Group Walks Around the West Point Grey Track
- *Group Walks Along the Arbutus Greenway



NEW HORIZONS FEDERAL GRANT RECEIVED

The New Horizons for Seniors Program (NHSP) is a federal grant that was awarded to Granville Gardens starting March 1, 2025. This program funds projects and instructors that empower seniors in their communities and contribute to improving their health and well-being.

Please note the increase in fitness instructors, guest speakers, painting instruction, cooking demonstrations, art talks & sewing classes!



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

03/01 Painting Class with Dawn Mattson (Sign Up)
 03/06 Nurse's Educational Talk on Diabetes
 03/17 Baileys Irish Cream Served
 03/20 Resident Meeting with Management
 03/20 Gala Dinner to Start Cruise Week
 03/24 Captain's Lunch - Cruise Week
 03/27 Wellness Clinic with our Nurse, Ayne
 03/29 Technology Assistance with Owen Choi
 *Fitness Classes 7 Days a Week
 *Weekly Cornhole & Bingo with Prizes
 *Meet Me at the MoMA Painting Classes

*Weekly Hymn Sing with Pastor Lee
 *Bridge Group, Card Games
 *Crafting Sessions
 *Youth Classical Piano Recitals
 *Pet Therapy Dog Visits
 *Giant Crossword
 *Trivia, Word Games & 'Fit Minds'
 *Chef Food Demonstration with Cindy Low
 *Indoor Carpet Bocce
 *Weekly Java Music Sing-a-long
 *Weekly Flower Arranging



LIVE MUSIC & HAPPY HOUR THURSDAYS

March 02 - Red Tomato Music Studio - Student Piano Recital
 March 06 - John Parsons (Vocals, Guitar)
 March 09 - Youth Music & Artist Association - Classical Music
 March 13 - Matthew Ma (Classical Piano)
 March 20 - Music Variations Duo (Vocals, Keyboard, Guitar)
 March 24 - Piano Recital (Preparing for Advanced Level 9 Exams)
 March 27 - Roberto Risman (Vocals, Guitar)
 March 30 - Jonathan Weng and Students Perform (Classical Music)

CRUISE WEEK - MARCH 20th to 27th

This month we're hosting Cruise Week with ports of call to:

Monaco
Morocco
France
Egypt
Greece
Slovenia
Italy

Watch for food tastings, Chef demos, cocktail drink demos, travel shows, art programs and games geared towards Mediterrean Cruise Week!

On Thursday, March 20th we're hosting our Cruise Week Gala Dinner and Photo Booth from 4:30pm to 6:00pm.



HELPING HEARTS CLUB FROM WEST POINT GREY HIGH SCHOOL "HERBS OF HOPE" GARDENING PROGRAM

We will be creating our own community herb garden here at Granville Gardens, out on our two patios, with the assistance of high school volunteers from the 'Herbs of Hope' Gardening Program.

In addition to helping organize, plan and plant this herb garden with our residents, they will run gardening workshops here about the importance of pollinators, nourishing the body with fresh food, positive gardening practices, and soil health etc.

If you are interested in participating in this gardening program, please see Brenda to sign up.