

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Heard

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".

WELCOME TO MAY AT GRANVILLE GARDENS!

PLEASE SIGN UP AT RECEPTION FOR WEEKLY VAN TRIPS

- Shoppers Drug Mart - 20% Off Seniors' Day
- Shopping at Stong's Market (Dunbar Street)
- Thursday Shuttle (Starbucks, London Drugs, Library)
- Van to Walk Around Shannon Park (W. 61st & Adera)

UPCOMING DATES

- May 05 - Cinco de Mayo
- May 11 - Mother's Day
- May 19 - Victoria Day
- May 28 - Red Shirt Day (Canadians Living with Disabilities)



GRANVILLE
GARDENS



ARTFUL ENRICHMENT

1. Abstract Painting Class w/ Barbara McPhail
2. Drawing - Hilma Klint (1862-1944)
3. Painting Class with Artist, Dawn Mattson
4. Nurse's Health Talk with Natasha from Proof of Care, Topic: Your Mental Health
5. Painting - Monet's Water Lilies
6. Chef Food Demo with Cindy Low
7. Art History Lecture, Beauty in Motion: Edgar Degas's Ballet Dancers
8. Art Therapy Classes with Rebecca Kwan
9. Plastic Bag Flowers (Acrylics on Canvas)
10. Tony's Travel Show: The United Kingdom



Get Healthy, Stay Fit!

- *Nurses' Talk, Topic: Arthritis - May 15
- *Wellness Clinic (BP & Weight) - May 22
- *Tai Chi with Eric Lui
- *Drum Fit to Music with Brenda
- *Let's Get Movin' Fitness Class with Michel
- *Gentle Fitness with Sarah Groberman
- *Zumba Gold Fitness with Julia Chilcott
- *Tappercise - Seated Tap Dance Class w/ Beryl
- *15-Minute Power Fit Classes with Brenda
- *Seated Chair Yoga with Sarah de Lucca
- *Qigong with Anita Wong (Sunday Mornings)
- *May 23 - Group "Walk for Alzheimer's"
- *Walk Around Shannon Park



MAY 16 AT 2:30PM - ART HISTORY LECTURE

Beauty in Motion: Edgar Degas's Ballet Dancers

In this on-site masterclass lecture, Art Historian Anik Waldeck will pull back the curtain to reveal the world of ballet in 19th-century France, the manner in which Degas depicted its complexities and how he produced these beloved works of art. Join us in the Great Room on Friday, May 16 at 2:30pm for this presentation and exciting Art History lecture. For more information, visit www.academyofarthistory.com.



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

05/03 Painting Class with Artist, Dawn Mattson
05/07 & 28 Seated Yoga with Sarah de Lucca 3pm
05/08 "Your Mental Health" Educational Talk with Natasha from Proof of Care
05/11 Mother's Day Brunch (11:30am to 1:00pm)
05/15 Nurses' Educational Talk w/ Ayne: Arthritis
05/15 Resident Meeting with Management
05/15 Chef Chat with Pavle
05/13 Food Demo with Cindy Low (Sign Up)
05/16 Art History Lecture in the Great Room
05/18 & 25 Hand Sewing Classes with Danielle

05/22 Wellness Clinic with Nurse, Ayne
05/26 Abstract Painting with Barbara McPhail
05/30 Tony's Travel Show: United Kingdom
05/30 Foot Care Nurse On-Site Today
CDN Eldercare Seated Massages (May 1, 15, 29)
*Cornhole Game - Mondays & Bingo
*Carpet Bocce with Stella & Layla - Tuesdays
*Hymn Sing with Pastor Lee each Friday
*Fit Minds, Word Games, Trivia & Brain Games
*Mahjong, Bridge and Card Games



LIVE MUSIC & HAPPY HOUR THURSDAYS

May 01 - John Parsons (Guitar/Vocals)
May 04 - Music Bridge Fnd. Youth Classical Music Performance
May 08 - Kurt Von Hahn (Piano)
May 11 - YMAA Classical Youth Music Performance for Mother's Day
May 15 - Mike Kinal (Guitar/Vocals)
May 22 - Liz and Steve Alexander (Guitar/Vocals)
May 24 - Honglou Theatre Society (Youth Classical Music)
May 29 - Randy & Steve Duo - Country Harmonies & Country Blues



ART HISTORY LECTURE, WELLNESS CLINIC AND DOCUMENTARIES

ART HISTORY LECTURE BY ANIK WALDECK (Ph.D. Cambridge) on Friday, May 16 at 2:30pm

Beauty in Motion: Edgar Degas's Ballet Dancers

Let's go backstage with one of the most celebrated artists of the 19th century!

Edgar Degas's beautiful ballet dancers have captured the hearts of art enthusiasts the world over and become synonymous with the Impressionist movement. One might expect Degas's seemingly countless images of this theme to focus primarily on the lovely tutus and graceful arabesques of pretty ballerinas as they flit across the stage. Closer observation, however, reveals that his primary interest lay elsewhere. Instead of repeatedly depicting the glitz and glamour of a full-dress performance, the artist became fascinated with what happened behind the scenes.

In this Masterclass, Art Historian Anik Waldeck will pull back the curtain to reveal the world of ballet in 19th-century France, the manner in which Degas depicted its complexities and how he produced these beloved works of art.

ABOUT THE GUEST SPEAKER ON MAY 16

Dr. Anik Waldeck, who is originally from Vancouver, is an Art Historian with a Ph.D. from the University of Cambridge and over 20 years experience in the field. She is also the founder of Academy of Art History, a platform that guides art enthusiasts through the beautiful and fascinating world of art with expertly led online Masterclasses and Courses.

HEALTH AND WELLNESS CLINIC WITH OUR NURSE, AYNE

Our Nurse and Health & Wellness Manager, Ayne, will be running a Blood Pressure and Weight Clinic on May 22 from 1pm – 3pm. Please sign up at reception.

NATIONAL GEOGRAPHIC DOCUMENTARIES

May 10 - Expedition Amelia (Dr. Ballard Plans an Expedition to Solve the Mystery of Amelia Earhart's Disappearance)

May 17 - Wild Yellowstone (Nature & Animals)

May 24 - Jane (An Intimate Portrait of Jane Goodall's Groundbreaking Chimpanzee Research)

May 31 - Women of Impact: Changing the World (Hear Stories of the Amazing Women Changing Our World) (45 mins.)