

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 JUNE AT GRANVILLE GARDENS!

PLEASE SIGN UP AT RECEPTION FOR WEEKLY VAN TRIPS

- Shoppers Drug Mart - 20% Off Seniors' Day
- Thursday Shuttle (Starbucks, London Drugs, Library)

UPCOMING DATES

- June 01 - Pride Month
- June 01 - Senior's Month
- June 15 - Father's Day
- June 21 - Canada's Nat'l Indigenous Peoples Day



GRANVILLE
GARDENS



LIVE MUSICAL PERFORMANCES

June 05 - Ken Hackwell (Tenor Sax)
June 07 - One Key Classical Youth Music 3pm
June 08 - YMAA Classical Youth Music
June 12 - Cherelle Jardine (Guitar/Vocals)
June 13 - Arbutus Holiday Performs
June 15 - Dr. Bians Cello Studio Performance
June 16 - Richard Li Performs at 3:30pm
June 19 - Kurt von Hahn (Piano/Vocals)
June 26 - Matthew Ma (Classical Piano)
June 28 - Infinitus Youth Classical Music



Get Healthy, Stay Fit!

- *Nurses' Talk, Topic: Stroke
- *Wellness Clinic (BP & Weight)
- *Tai Chi with Eric Lui
- *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
- *Seated Chair Yoga with Sarah de Lucca
- *Qigong with Anita Wong (Sunday Mornings)



CHEF FOOD DEMO WITH CINDY LOW

Join us in the Great Room on Tuesday, June 3rd at 2:30pm for another amazing Food Demo by Cindy.

Small Bites, Big Flavours!

Sign up at reception please so Cindy knows how many residents will be attending. Thank you.



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

06/03 Chef Food Demo with Cindy Low (Sign Up)
06/03 Pet Therapy Dog Visit with Olga & Sasha
06/07 Painting Class with Artist, Dawn Mattson
06/11 & 25 Seated Yoga with Sarah de Lucca 3pm
06/12 & 26 Eldercare Seated Massages (Sign Up)
06/15 Father's Day BBQ Lunch
06/19 Resident Meeting with Management
06/22 & 29 Hand Sewing Classes with Danielle
06/24 Nurse's Educational Talk, Topic: Stroke
06/25 Foot Care Nurse On-Site (Sign Up)
06/26 Wellness Clinic with Nurse, Ayne

06/27 Tony's Travel Show (Wales, Ireland and Scotland)
*Bingo with Prizes!
*Indoor Carpet Bocce (Italian Bowling Game)
*Hymn Sing & Faith Exploration w/ Pastor Lee
*Mahjong & Bridge Group
*Jigsaw Puzzles & Card Games
*Bean Bag Toss Game (Cornhole)
*Java Music Group Sing-a-long



PAINTING CLASS WITH ARTIST, DAWN MATTSON - SATURDAY, JUNE 7TH @ 1:30PM

Please join us in the Art Room on Saturday, June 7th at 2:30pm for a wonderful afternoon of painting with Dawn. She has been coming here for the past 5 years to teach a monthly painting class using acrylic paints on canvas. She guides everyone to success through step-by-step instruction. Come and join the fun! Sign up at reception please.

WELCOME SHAUN COTTER - OUR NEW BUILDING SERVICES MANAGER

Sean hails from the Kitsilano area and has been working in the building services industry for the past 12 years. Most recently Shaun held a management position at Tsawwassen Mills Mall in South Delta.

In Shaun's spare time he is involved in his sons' basketball, driving to and from practices and games throughout the lower mainland. Shaun lived in Ecuador for 2 years and he enjoys cooking Latin American cuisine, specifically Ecuadorian food!

He is committed to streamlining our processes here in the housekeeping department and in the building services department. He also looks forward to creating meaningful relationships with both our employees and our residents.



Shaun Cotter



Tiffany Strayhorn

WELCOME TIFFANY STRAYHORN - OUR NEW COMMUNITY RELATIONS MANAGER

Tiffany is a seasoned sales professional with over 27 years of experience in the senior living, beverage, and beauty industries. Most recently, they served as Area Sales Manager with Amica Senior Living, supporting multiple residences and sales teams. Known for building strong relationships, Tiffany is passionate about working with seniors and values the life stories they share.

Outside of work, Tiffany enjoys travel, golf, pickleball, and spending time with family, friends, and their French Bulldog, Bruce. A recent life-changing trip to Kenya inspired future travel plans to Uganda in 2026 for a Gorilla and Chimpanzee trek.