

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Colourful

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 being colourful.

A Season of Gratitude, Joy & Togetherness.

A message from The Heritage Retirement Residence:

As the year winds down, we're reminded of the joy that comes from gathering together. This season at The Heritage, we have so many opportunities to share laughter, music, and holiday cheer. Whether you're already part of our community or exploring retirement living for yourself or a loved one, we warmly welcome you to join us.

UPCOMING DATES

October 17th: Pink Ribbon Social

November 16th: Grey Cup Tailgate

November 18th: Harvest to Holiday Market

December 5th: West Kelowna Light Up

December 19th: Christmas Gala Dinner

THE HERITAGE
RETIREMENT RESIDENCE

Silver Song Group – Sing, Smile, and Connect!

Formerly known as Sing for Your Life, our cherished Silver Song Group returns to bring music, joy, and community to our residents. Join us every second Wednesday of the month at 10 AM for a lively morning of singing along to familiar tunes, sharing laughter, and making new friends. Afterward, stay awhile and enjoy a selection of tasty goodies and refreshing beverages as we catch up and celebrate the joy of music together. Everyone is welcome to join in—no experience necessary!



Artful Enrichment Tuesdays – Create, Connect, Celebrate!

Unleash your creativity every Tuesday afternoon in the Country Kitchen! Our Artful Enrichment sessions invite residents to paint, craft, and create seasonal projects while enjoying great conversation and camaraderie. Whether you're a seasoned artist or just looking to try something new, these afternoons are all about fun, self-expression, and sharing in the joy of making something beautiful together.

Embrace Fall Comforts: Keep Moving and Stay Cozy

As the crisp autumn air settles in, it's natural to want to slow down and spend more time indoors. However, staying active is essential for maintaining strength, balance, and overall well-being—especially for seniors. At The Heritage, we offer a variety of gentle exercise options to keep residents moving safely, including chair yoga, seated fitness classes, and our popular walking groups. These activities not only help maintain flexibility and mobility but also provide a wonderful opportunity to socialize and connect with fellow residents.

Keeping warm is just as important as staying active. Layering clothing, wearing cozy socks and slippers, and keeping living spaces comfortably heated helps prevent chills and protects against the discomfort of cooler weather. Our community

areas are designed for comfort, offering inviting spaces to read, engage in hobbies, or simply enjoy a chat over a warm cup of tea. By combining movement, warmth, and social engagement, residents can maintain both physical and mental wellness, making it easier to embrace the joys of fall—from colorful walks through our gardens to seasonal activities and festive events.

Cold Weather, Warm Hearts: Tips for a Healthy Winter

Boost Your Immunity for Winter!

Winter brings cozy evenings, sparkling lights, and holiday traditions—but it also signals cold and flu season. Supporting your immune system is more important than ever, and The Heritage provides many resources to help residents stay healthy, comfortable, and engaged. Nutritious, freshly-prepared meals packed with fruits, vegetables, and whole grains, along with proper hydration and rest, support overall wellness, while our attentive staff are always available to offer guidance and care.

Social connection is equally important for

immunity and mental well-being. Activities like Artful Enrichment Tuesdays, Silver Song Group, and seasonal gatherings give residents opportunities to enjoy music, crafts, and conversation, lifting spirits and reducing stress. Coupled with recommended vaccinations, hand hygiene, and dressing warmly for outdoor excursions, these healthy habits in a supportive environment help residents stay active, comfortable, and full of joy throughout the winter season.



October: Pumpkin Loaf with Cream Cheese Swirl

Ingredients:

1 $\frac{3}{4}$ cups all-purpose flour
 1 tsp baking soda
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp salt
 1 tsp cinnamon
 $\frac{1}{2}$ tsp nutmeg
 $\frac{1}{2}$ tsp ground ginger
 1 cup pumpkin puree
 $\frac{1}{2}$ cup vegetable oil
 1 cup sugar
 2 large eggs
 Cream Cheese Swirl: 4 oz cream cheese,
 $\frac{1}{4}$ cup sugar, 1 egg

Instructions:

Preheat oven to 350°F (175°C). Grease a 9x5-inch loaf pan.
 In a bowl, mix flour, baking soda, baking powder, salt, and spices.
 In another bowl, beat pumpkin, oil, sugar, and eggs until smooth.
 Combine wet and dry ingredients until just mixed.
 For cream cheese swirl, beat cream cheese, sugar, and egg until smooth.
 Drop spoonfuls on top of batter and swirl with a knife.
 Bake 55–60 minutes, or until a toothpick comes out clean. Cool before slicing.



November: Harvest Vegetable Soup

Ingredients:

2 tbsp olive oil
1 onion, chopped
2 cloves garlic, minced
3 carrots, sliced
2 celery stalks, sliced
1 sweet potato, cubed
1 zucchini, chopped
4 cups vegetable or chicken broth
1 can diced tomatoes (14 oz)
1 tsp thyme

Instructions:

In a large pot, heat olive oil over medium heat. Sauté onion and garlic until softened. Add carrots, celery, sweet potato, and zucchini; cook 5–7 minutes. Stir in broth, tomatoes, thyme, salt, and pepper. Bring to a boil, then reduce to a simmer 20–25 minutes. Serve warm with crusty bread.



December: Mulled Apple Cider

Nothing says winter like the sweet, warming aroma of spiced apple cider. Here's a simple way to bring that cozy feeling home:

Combine a gallon of apple cider with cinnamon sticks, whole cloves, allspice berries, and slices of fresh orange in a large pot. Heat gently until steaming, then simmer for 20–30 minutes so the flavors meld beautifully. Serve in mugs and enjoy with friends and family while sharing stories or admiring holiday lights.

Pink Ribbon Social

This October, our community will come together for our annual Pink Ribbon Social in support of Breast Cancer Awareness. Residents, families, and guests are invited to join us for an afternoon of live entertainment, light refreshments, and pink-themed treats as we honour survivors, remember loved ones, and stand alongside those currently facing the journey.

Guests are encouraged to wear pink to show their support, and the event provides a wonderful opportunity to connect, reflect, and raise awareness in a meaningful way. With music, conversation, and community spirit at the heart of the afternoon, the Pink Ribbon Social is one of our most meaningful seasonal gatherings.



Date: Friday, October 17th at 2:30pm
Location: The Heritage Bistro



Friendsgiving Tea- A Celebration of Gratitude and Friendship

This season, we're bringing residents and guests together for a heartwarming Friendsgiving Tea. It's an afternoon to slow down, sip something warm, and enjoy delicious seasonal treats in the company of friends old and new.

We'll gather in a cozy setting to share stories, laughter, and the spirit of gratitude that makes this time of year so special. Friendsgiving is all about connection, companionship, and celebrating the people who brighten our days—and this event is the perfect way to do just that.

Date: Saturday, October 11th at 1:30pm
Location: The Heritage Theatre



Grey Cup Tailgate Party–Sunday, November 16th

Get ready for football, food, and fun! Join us on Sunday, November 16th for our Grey Cup Tailgate Party as we cheer on the big game together. Residents and guests can enjoy classic game-day snacks, good company, and plenty of team spirit. Whether you're a lifelong fan or just in it for the atmosphere, it's the perfect way to spend a Sunday with friends and neighbours.



Harvest to Holiday Farmers & Crafters Market – Tuesday, November 18th

Celebrate the season at our Harvest to Holiday Market on Tuesday, November 18th! Browse a wonderful selection of local produce, handmade crafts, and seasonal treats—perfect for holiday gifts or a festive snack. Residents and guests are invited to enjoy this vibrant community event, connect with local artisans, and soak in the sights, sounds, and flavors of the season.



Honouring Our Veterans – November 11th

On November 11th, we pause to remember and honour the brave men and women who have served our country. Residents and guests are invited to join us for a thoughtful ceremony, reflecting on the sacrifices made and the freedoms we enjoy today. It's a meaningful moment to come together as a community in gratitude, respect, and remembrance.



West Kelowna Light Up Event – Friday, December 5th

Join us for a magical evening on Friday, December 5th as the City of West Kelowna lights up Brown Road to kick off the holiday season! Residents, families, and guests are invited to celebrate with a festive lineup of activities for all ages. Enjoy live entertainment and browse an array of unique offerings from both resident vendors and local street vendors.

Make memories with photos with Santa, savor delicious snacks and warm beverages, and soak

in the twinkling lights that bring the community together. It's a perfect opportunity to connect with neighbours, celebrate the spirit of the season, and enjoy an evening full of joy, laughter, and holiday cheer. Come celebrate with us and be part of this special community tradition!



Resident & Family Gala Dinner – Friday, December 19th

Our annual Resident and Family Gala Dinner is a highlight of the holiday season, bringing together residents and their loved ones for an elegant evening of delicious food, live entertainment, and festive celebration. It's a special way to honour our community and share the joy of the season with those closest to our residents.

5 Signs It May Be Time to Explore Retirement Living

Deciding when to make the move to a retirement community can feel overwhelming, but there are some key signs that it might be time to start exploring your options:

Daily Tasks Are Becoming Challenging – Struggling with cooking, cleaning, or home maintenance can signal it's time for extra support.

Feeling Isolated – Limited social interaction can impact mental and emotional well-being.

Safety Concerns – Frequent falls, difficulty navigating stairs, or other safety issues are important to address.

Health Care Needs Are Increasing – Managing medications, appointments, or personal care may require more support than at-home care can provide.

Desire for Community and Engagement – If you're looking for companionship, activities, and opportunities to stay active, retirement living can provide a fulfilling lifestyle.

Recognizing these signs doesn't mean you're ready to move tomorrow—it's about planning for the future and finding a living environment that supports your independence, safety, and happiness. At The Heritage, we offer personalized options, engaging programs, and a warm community designed to meet each resident's needs.

Exploring Your Options for Retirement Living

If you've noticed some of the signs that it might be time to consider a change—like daily tasks becoming more challenging, wanting more social connection, or seeking extra support—you're not alone. Exploring retirement living is about taking control of your future and finding a lifestyle that supports your independence, comfort, and well-being.

At The Heritage, we offer a welcoming, vibrant community designed to help you thrive. From engaging activities like Artful Enrichment and Silver Song Group, to nutritious meals, wellness

programs, and safe, supportive living spaces, everything is designed with your needs and preferences in mind. Visiting the community, attending events, or even trying a short stay can help you envision daily life here and see how retirement living can enhance both your independence and your peace of mind.

Making the decision doesn't have to be rushed—it's about exploring your options, asking questions, and discovering a place where you can continue to live life fully, comfortably, and surrounded by people who care.

Edwin Proudly Shows Off His Handcrafted Cradle Made with Love for His First Great-Grandchild!



Meet Edwin: Master Carpenter & Community Artisan

When Edwin and his wife, Regina, moved into our residence last fall, they brought more than just their belongings—they brought a lifetime of skill, creativity, and passion for woodworking. Edwin, a professional carpenter by trade, spent decades shaping wood into beautiful, functional pieces, filling their West Kelowna home with custom-built furniture that reflected his dedication and artistry. From hand-crafted tables to intricately designed chairs, every piece told a story of care, precision, and love.

Even in retirement, Edwin's passion for woodworking has remained as strong as ever. You can find him in the woodworking room most days, fully immersed in a project, surrounded by sawdust, tools, and the satisfying smell of freshly cut wood. Whether he's building something new or tinkering with an idea, Edwin is always creating, and the community has been delighted to watch his talent in action.

One of Edwin's proudest recent projects is a cradle he handcrafted for his very first great-grandchild. Made with care and attention to detail, it is a symbol of his love for family and a testament to his lifelong dedication to his craft. Seeing Edwin's eyes light up as he talks

about this cradle reminds everyone how meaningful it is to continue doing what you love, even after moving into a new chapter of life.

But Edwin's creativity doesn't stop there. Currently, he is building custom bookshelves for our community library, ensuring that his skills not only continue to flourish but also contribute to shared spaces that everyone can enjoy. Residents and staff alike often stop by to watch him work, ask questions, or simply admire his craftsmanship. It's clear that Edwin's projects bring more than just finished pieces—they bring inspiration, conversation, and a sense of joy to those around him.

For Edwin, woodworking is more than a hobby; it is a way of life. It keeps him active, engaged, and connected to the world around him. His dedication to his craft, combined with his willingness to share his knowledge and passion, makes him a cherished member of our community. Whether it's the daily tinkering in the woodshop, the proud display of a finished cradle, or the thoughtful creation of library bookshelves, Edwin embodies the spirit of creativity, perseverance, and heart.

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