

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 kindness.

Welcome to November at Granville Gardens

UPCOMING DATES

Nov. 01 Movember Men's Health

Nov. 01 Diabetes Awareness

Nov. 11 Remembrance Day
(Service Here with Pastor Lee)



GRANVILLE
GARDENS



Nov. Musical Performances

Nov. 01 - Firefly Youth Network Performs
 Nov. 03 - BC Chinese Chamber Ensemble
 Nov. 06 - Music Variations (Piano/Guitar)
 Nov. 08 - Honglou Theatre Society
 Nov. 09 - YMMA Youth Classical Music
 Nov. 13 - Ranj Singh (Guitar/Vocals)
 Nov. 16 - Red Tomato Piano Studio
 Nov. 20 - Mike Kinal (Guitar/Vocals)
 Nov. 23 - Modern Music Society of Canada
 Nov. 27 - Matthew Ma (Classical Piano)
 Nov. 29 - Anita Du & Friends
 Nov. 30 - Youth Music Angels Perform



Health and Wellness

*Nov 6 & Dec. 4 Seated Chair Massages
 *Nov 27 Wellness Clinic with Nurse, Ayne
 *Nov 5, 12, 18 & 25th Hair Salon Open
 *Foot Care Nurse On-Site (Sign Up)
 *Tai Chi Class with Eric Lui
 *Tappercise with Beryl Moved to Tuesdays
 *Drum Fit Fitness to Music with Brenda
 *Let's Get Movin' Fitness Class with Michel
 *Gentle Fitness with Sarah Groberman
 *Zumba Gold Fitness with Julia Chilcott
 *Qigong with Anita Wong
 *Power Fit to Music with Brenda



CRAFT SALE ON-SITE - FRIDAY, NOVEMBER 7

Nazreen will be here on Friday, November 7th from 12:00pm to 1:30pm selling her handmade craft items. This is a great opportunity to purchase unique Christmas gifts for your loved ones. Items for sale will be: Thank You Cards, Birthday Cards & Christmas Cards, Lavender in Linen & Silk Sachets, Decoupage Prints & Designer Hand-Made Fabric Cushions!



Programs, Events & Activities - See Calendar for All Programs

Nov. 04 Food/Chef Demo With Cindy Low
Nov. 07 Craft Sale by Nazreen (on-site)
Nov. 16 Felt Hand Sewing Class with Danielle
Nov. 18 & 25 Pet Therapy Dog Visits
Nov. 18 Van to Shopping @ Dollarama
Nov. 24 Tony's Travel Show
Nov. 27 Wellness Clinic with Nurse, Ayne
Nov. 28 Christmas Tree Decorating
** Weekly Thursday Kerrisdale Van Shuttle
** Nightly Movies at 6:00pm in the Lounge

** Hymn Sing & Faith Exploration-Pastor Lee
** Card Games & Weekly Bingo
** Java Music Sing-Along & Jigsaw Puzzles
** Fit Minds, Brain Games & Word Games
** Happy Hour w/ Live Music Every Thursday
** Daily Morning Exercise Classes
** Bean Bag Toss Game & Indoor Bocce
** Painting Classes & Craft Sessions
** Sewing Class "Felt Gingerbread Houses"
** Flower Arranging & Dice Games



REMEMBRANCE DAY - November 11

We would like to express our deepest gratitude to our veterans for their service. Please know that your efforts are appreciated more than words can say. We appreciate the bravery you carried into service for our freedom. Thank you for standing tall so we can live in peace.

Please attend our Remembrance Day Service here in the lounge with Pastor Lee on November 11th at 11:00am.

IN FLANDERS FIELDS

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



*By Canadian Physician Lieutenant-Colonel,
John McCrae (Written in 1915)*



*Health Literacy Presentation by 1st Year UBC
Medical Students*

Our health literacy presentation this month will focus on high-impact health conditions such as hypertension and diabetes, where awareness and lifestyle changes can make a big difference. Potential complications will be discussed as well. They will discuss possible lifestyle and clinical modifications (e.g. regularly monitoring blood pressure), followed by a demonstration on how to use common home monitoring kits.

Their goal is to make this session educational, interactive, and ultimately inspiring participants to adopt healthier, more proactive lifestyles.

Boaz Li and Megan Yim will present in both Chinese and English. They are 1st year UBC Medical Students running this outreach educational session for seniors in Vancouver.

COMFORCARE Guest Speaker Nov. 7

Join us on Friday, November 7th at 2:30pm for an educational talk about in-home care assistance for seniors.

Whether it's helping with chores, providing medication reminders, supporting a recent return home from the hospital, bathing, transportation to medical appointments, shopping assistance, running errands, or companionship, ComForCare is there for you.

Whether you have health concerns due to illness, injury, or aging, their personalized senior in-home care packages will support you through flexible scheduling and customized support services, ensuring you can maintain a sense of freedom, dignity, and connection to your friends and family.

Come and meet the owner and ask questions.



Comforcare Guest Speaker Nov. 7th



Tis The Season!

CHRISTMAS TREE DECORATING NOVEMBER 28TH AT 2:30PM

We'll be serving treats and rum and eggnog in the lounge on November 28 while we decorate our two Christmas trees! One will be set up in the dining room and one will be set up in the lounge.

Christmas music will be played and we'll wrap-up with a sing-a-long of some of your favourite winter songs.

Come and join in the festivities and get in the spirit!

CALENDAR NOTE: OUR RESIDENT AND FAMILY CHRISTMAS DINNER IS SET FOR FRIDAY, DECEMBER 19 FROM 4:30PM TO 6:00PM. THE COST PER GUEST IS \$40. PLEASE RSVP TO RECEPTION. THANK YOU.