

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Welcomed

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 Welcomed".

JOIN US ON A JANUARY 2026 VAN TRIP

PLEASE SIGN UP AT RECEPTION

- Dollarama Shopping Trip
- Starbucks Coffee Shop
- London Drugs (Kerrisdale Location)
- Shoppers Drug Mart (Dunbar Location)

UPCOMING DATES

Jan. 01 - New Year's Day

Jan. 20 - Martin Luther King Jr.
Day

Jan. 25 - Robbie Burns Day



GRANVILLE
GARDENS



January Musical Performances

Jan 01 - Kurt von Hahn (Piano/Vocals)
 Jan 08 - Cherelle Jardin (Guitar/Vocals)
 Jan 11 - YMMA Youth Classical Music
 Jan 15 - Bob Collins (Guitar/Vocals)
 Jan 18 - OneKey Youth Classical Music
 Jan 22 - Ken & Judy Hackwell Perform
 Jan 24 - Anita Du & Friends Perform
 Jan 29 - Mike Kinal Performs for NYE, Early
 Countdown and Champagne Served



Health and Wellness

*Jan 08 - Seated Chair Massages
 *Jan 27 - Vision Health Presentation
 *Jan 29 - Wellness Clinic with Nurse, Ayne
 *Jan 30 - Nurse's Talk: Dementia
 *Foot Care Nurse On-Site (Sign Up)
 *Tai Chi Class with Eric Lui
 *Tappercise with Beryl
 *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



VISION HEALTH FOR SENIORS - EDUCATIONAL PRESENTATION BY JOHN GARLAND

John will be hosting an educational session on Vision Health for Seniors on Tuesday, January 27th at 2:30pm in the Great Room.

Do not miss this important presentation!



Programs, Events & Activities - See Calendar for All Programs

Jan. 07 TED TALK: What Is Artificial Intelligence?
 Jan. 07 "No Bake" Food Demo with Brenda
 Jan. 06 & 20 Pet Therapy Dog Visit with Sasha
 Jan. 20 Tony's Travel Show - British Columbia
 Jan. 28 Chef Food Demo with Chef Gary
 Jan. 29 Wellness Clinic with Nurse, Ayne
 ** Weekly Thursday Kerrisdale Van Shuttle
 ** Thursday Morning Embroidery Classes
 ** Nightly Movies at 6:00pm in the Lounge
 ** Hymn Sing & Faith Exploration-Pastor Lee

** Card Games & 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
 ** ART: Cuban Dancing Ladies
 ** ART: Create an Elvis Presley Collage
 ** Flower Arranging & Farkle Dice Game



EDUCATIONAL NURSES TALK - DEMENTIA

Join us on January 30th for this educational and informative Nurse's Talk on Dementia. Some strategies will be discussed at this session such as: speak slowly and clearly, maintain eye contact and positive body language, ask only one question at a time, use hand gestures, be patient, and never say "don't you remember?".

****JANUARY 30TH AT 1:00PM IN THE GREAT ROOM****

ELVIS PRESLEY'S BIRTHDAY JAN. 8

Elvis Aaron Presley (January 8, 1935 – August 16, 1977) was an American singer and actor. Referred to as the "King of Rock and Roll", he is widely regarded as one of the most culturally significant figures of the 20th century. Presley's energetic and provocative performance style, combined with a mix of influences across color lines during a transformative era in race relations, brought both great success and initial controversy.

Presley was born in Tupelo, Mississippi; his family moved to Memphis, Tennessee, when he was 13. He began his music career in 1954 at Sun Records with producer Sam Phillips, who wanted to bring the sound of African-American music to a wider audience.

Join us as we make an Elvis Presley Art Collage on January 7th to display on January 8th in the lounge.



(Jan. 8, 1935 - Aug. 16, 1977)



*POPCORN TASTING EVENT ON NATIONAL
POPCORN DAY - JANUARY 19*

Come and try different flavours of popcorn on January 19th in the Private Dining Room. It's National Popcorn Day! We'll be serving caramel popcorn, white cheddar popcorn and Lawrie's Seasoned Salt popcorn.

Popcorn is one of the oldest snacks, with evidence of popcorn dating back thousands of years in the Americas. It is commonly eaten salted, buttered, or sweetened.

A popcorn kernel's strong hull contains the seed's hard, starchy shell endosperm with 14–20% moisture, which turns to steam as the kernel is heated. Pressure from the steam continues to build until the hull ruptures, allowing the kernel to forcefully expand, to 20 to 50 times its original size, and then cool.