

# the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Happy  
Canada  
Day!

Be *Among*  
Friends

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 JULY 2026 VAN TRIP

### **PLEASE SIGN UP AT RECEPTION**

- Lunch at Shota Sushi & Grill
- Dollarama Shopping Trip
- London Drugs & Starbucks
- Walk the Arbutus Greenway & Choices Market
- Kerrisdale Library
- Shoppers Drug Mart Senior's Day (Dunbar)

### UPCOMING DATES

July 01 - Canada Day & BBQ

July 09 - Nat'l Pina Colada Day

July 28 - Nat'l Wine & Cheese Day



GRANVILLE  
GARDENS



## LIVE MUSIC & ART PROGRAMS

- July 02 Matthew Ma (Classical Piano)
- July 09 Charles Johnson (Guitar/Vocals)
- July 16 Cherelle Jardine (Guitar/Vocals)
- July 22 Piano Concert by Sunny Zheng
- July 23 Luke Sandford (Piano/Vocals)
- July 30 Mike Kinal (Guitar/Vocals)
- \*ART: Rainbow Valley (Watercolour)
- \*MOMA PAINTING: Emily Carr (Canadian)
- \*Tony's Travel Show-San Miguel de Allende
- \*ACRYLIC PAINTING: Summer Sunflowers
- \*DRAWING/SKETCHING: Koi Fish
- \*Brenda's Travel Show-Hornby Island, BC



## HEALTH AND WELLNESS

- \*July 13 Nurse's Talk TOPIC: Dehydration
- \*July 14 & 28 Pet Therapy Dog Visits
- \*July 15 Foot Care Nurse On-Site (Sign Up)
- \*July 20 Wellness Clinic (Sign Up)
- \*July 23 Seated Chair Massages (Sign Up)
- \*Sunday Walking Group w/ Volunteers
- \*Seated Tai Chi with Linda Soo (July 13 & 27)
- \*Tappercise with Beryl
- \*Power Fit & Drum Fit with Brenda
- \*Let's Get Movin' Fitness Class with Michel
- \*Seated Functional Fitness & Cardio Boxing
- \*Hymn Sing with Pastor Lee every Friday



## CANADA DAY BBQ LUNCH - July 1

Join us on Wednesday, July 1st for our Canada Day Salmon BBQ Lunch out front from 11:30am to 1:00pm! We'll be hosting Canadian Trivia and Word Games in the morning at 10:30am, then we're having our monthly Life Enrichment Meeting at 2pm followed by Maple Iced Coffees & Cookies out on the patio, with music by Anne Murray. For the BBQ Lunch, please RSVP to reception. Cost per guest is \$35.00.



## Programs, Events & Activities - See Calendar for All Programs

July 01 Canada Day BBQ Salmon Lunch  
July 07 Chocolate Dipped Strawberries  
July 09 Drink Demo: Pina Colodas  
July 13 Nurse's Talk "Heat & Dehydration"  
July 18 Monthly Chef Chat with Chef Gary  
July 18 Monthly Resident Meeting  
July 20 Wellness Clinic (BP & Weight) (Sign Up)  
July 23 Seated Massages All Day (Sign Up)  
\*\* Summer Lunch BBQ's July 1, 16 & 30th  
\*\* Sunday Walks with Deborah & Joanna

\*\* Felt Fabric & Embroidery Classes  
\*\* Ice Cream Sandwiches & Popsicles Served  
\*\* Flower Arranging & Farkle Dice Games  
\*\* Hymn Sing & Faith Exploration-Pastor Lee  
\*\* Card Games, Bridge & Bingo  
\*\* Java Music Sing-Along & Jigsaw Puzzles  
\*\* Fit Minds, Trivia & Word Games  
\*\* Happy Hour w/ Live Music Every Thursday  
\*\* Exercise Classes & Painting Classes  
\*\* Bean Bag Toss Game & Indoor Bocce



## SEATED CHAIR MASSAGES - JULY 23

Jennifer returns to host seated chair massages on-site on July 23 from 9:30am to 4:30pm. Please see our receptionist to sign up for a time slot (20 mins, 30 mins, 40 mins or 60 mins).

Chair massage offers effective relief for muscle tension, stress, and circulation issues, while the client remains fully clothed.

## WELCOME TO OUR HEALTH AND WELLNESS MANAGER, MAUREEN KRISHNA!

We are excited to introduce you to Maureen, our new Nurse and Health and Wellness Manager! Maureen joins us with a strong background in nursing, care management, and team leadership. She has a genuine passion for supporting residents, families, and staff, and she's thrilled to be part of the Granville Gardens community. Maureen looks forward to building meaningful connections with each of you.

When she's not at work, Maureen is a proud mom of three who loves spending time outdoors, experimenting with new recipes in the kitchen, and savoring a great cup of coffee. Her happy place is her hobby farm, where she enjoys the company of her animals and the simple joys of country living.

Be sure to stop by and introduce yourself.



*Welcome Maureen!*



*Cabi Clothing Sale, July 6th*

## CABI CLOTHING SALE ON-SITE - JULY 6 FROM 12:30PM TO 2:30PM

The Cabi Clothing Sale is coming to our main floor lounge on Monday, July 6th. Come and shop after lunch between 12:30pm and 2:30pm.

This is their end-of-season sale with 50% to 70% taken off of the original ticket prices.

Cabi Clothing brings senior women's fashion to senior communities throughout the lower mainland. It's nice to be able to shop without having to face the crowds at the mall.

Items for sale include blouses, shirts, slacks, jackets, skirts and some accessories.