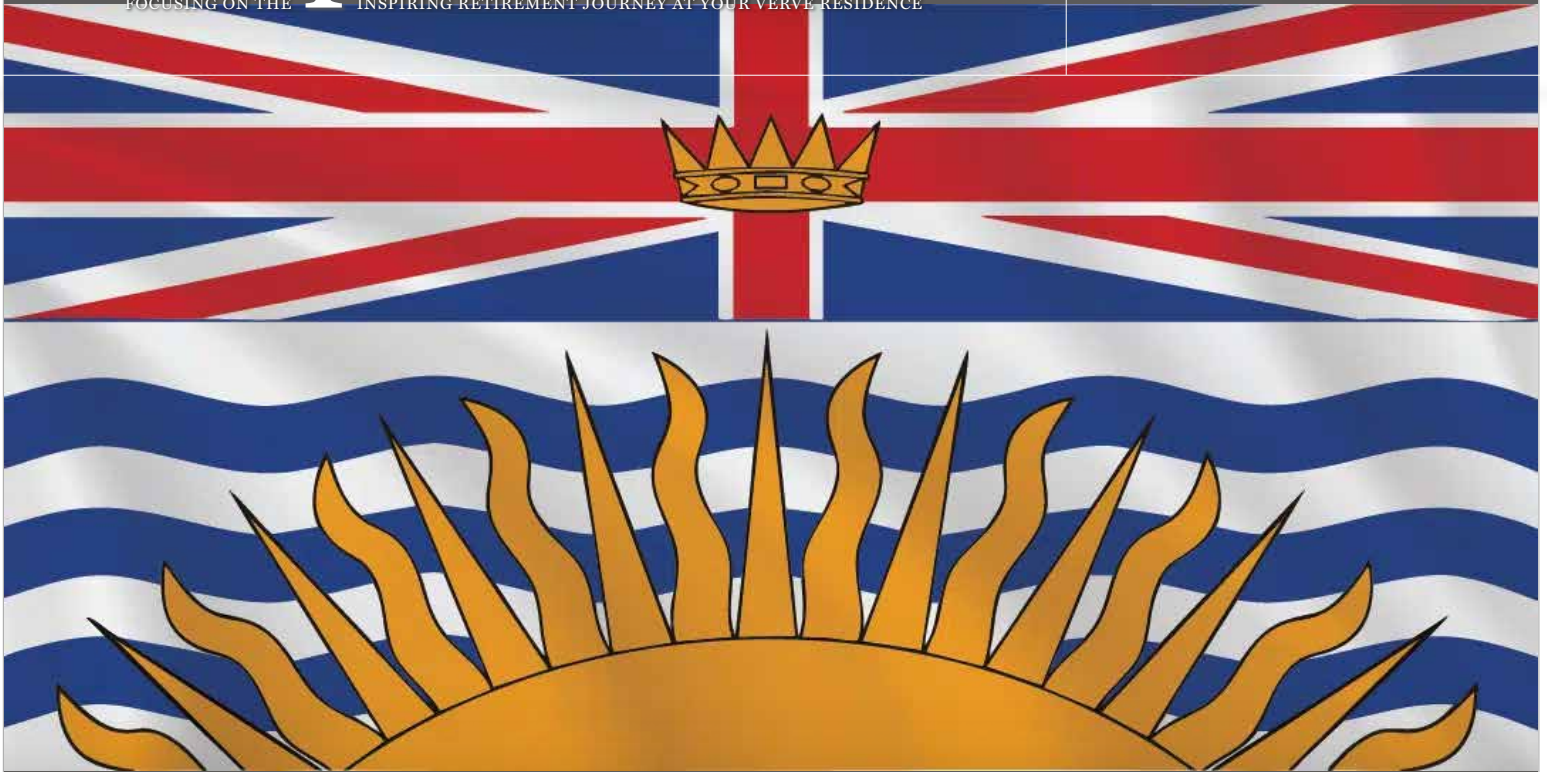


the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Supported

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 AN AUGUST 2026 VAN TRIP

PLEASE SIGN UP AT RECEPTION

- Lunch at Bufala Pizzeria
- Save-On-Foods & Dollarama Shopping Trip
- London Drugs & Starbucks
- Walk the High School Track
- Spanish Banks Beach Walk
- Shoppers Drug Mart Senior's Day (Dunbar)

UPCOMING DATES

Aug 03 - BC Day - Civic Holiday

Aug 13 & 27 - BBQ Lunch Days

Aug 26 - Barnyard Snuggle
Therapy Petting Zoo



GRANVILLE
GARDENS



LIVE MUSIC & ART PROGRAMS

Aug 04 Colton Yee (Classical Piano)
 Aug 06 Kurt Von Hahn (Vocals/Piano)
 Aug 13 Greg Alcock (Classical Piano)
 Aug 20 Charles Johnson (Guitar/Vocals)
 Aug 23 Granville Youth Music Angels
 Aug 26 Barnyard Snuggle Therapy
 Aug 27 Liz & Steve Alexander
 *Tony's Travel Show-Iceland & S. America
 *Trivia on the Big Screen
 *ACRYLIC PAINTING: Lemon Tree
 *DRAWING: Still Life - A Single Pear
 *WATERCOLOUR: Avacado Painting



HEALTH AND WELLNESS

*Aug 11 & 25 Pet Therapy Dog Visits
 *Aug 12 Foot Care Nurse On-Site (Sign Up)
 *Aug 17 Nurse's Talk TOPIC: Arthritis
 *Aug 24 Wellness Clinic (Sign Up)
 *Aug 27 Seated Chair Massages (Sign Up)
 *Sunday Walking Group w/ Volunteers
 *Seated Tai Chi with Linda Soo (Aug 10 & 24)
 *Tappercise with Beryl
 *Power Fit & Drum Fit with Brenda
 *Let's Get Movin' Fitness with Michel
 *Seated Functional Fitness & Cardio Boxing
 *Zumba Gold with Julia Chilcott (Aug 7 & 21)



SUMMER BBQ LUNCHES - August 13th & 27th

Our summer BBQ lunches continue on both August 13 and on August 27th from 11:30am to 1:00pm out front undercover.

We'll be serving burgers, chicken skewers, vegetable skewers, assorted salads and assorted summer desserts.

Everyone is welcome! Guests, please RSVP to reception.



Programs, Events & Activities - See Calendar for All Programs

Aug 05 Root Beer Floats Served
Aug 13 & 27 BBQ Lunch Served
Aug 17 Nurse's Talk - Arthritis & Movement
Aug 20 Monthly Chef Chat with Chef Gary
Aug 20 Monthly Resident Meeting
Aug 24 Wellness Clinic (BP & Weight) (Sign Up)
Aug 26 Barnyard Snuggle Therapy Petting Zoo
Aug 27 Seated Massages All Day (Sign Up)
Aug 31 Banana Splits Served
** Sunday Walks with Deborah & Joanna

** Felt Fabric & Embroidery Classes
** 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
** Trivia on the Big Screen



SEATED CHAIR MASSAGES - AUG 27

Jennifer returns to host seated chair massages on-site on Thursday, August 27th 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.

BARNYARD SNUGGLE THERAPY PETTING ZOO HERE - AUGUST 26

Please join us in the Great Room on Wednesday, August 26th from 2:30pm to 3:30pm to visit and snuggle with baby chicks, bunnies, a sheep and goats!

Barnyard Snuggle Therapy takes their show on the road, to seniors' homes, birthday parties, as emotional supports, for playdates, to classrooms and to team building events.

A recent client review stated "It is always a delight to see the love, joy and positive energy brought out when animals are offering you love and cuddles."

Don't miss this fun and adorable petting zoo in our very own Great Room.



Barnyard Snuggle Therapy - August 26



Manicures & Pedicures (Salon Services) Now Offered On-Site

MOBILE MANICURE & PEDICURE SALON SERVICES NOW OFFERED ON-SITE

Mary from Serene Mobile Nails will now be coming on-site twice per month.

Nail Salon Services for Women & Men:

Manicure \$45
Pedicure \$60
Nail Trimming \$35
Nail Polish Only \$5
French Polish \$10
Thick Nail Care \$10
Parrafin \$15

*****SANITIZED TOOLS & PATIENT, GENTLE CARE*****

Note: Mary is not a Foot Care Nurse, she is a Registered Esthetician. Please sign up at reception.