

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Celebrated

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 Celebrated".

JOIN US ON AN OCTOBER 2026 VAN TRIP

PLEASE SIGN UP AT RECEPTION

- Save-On-Foods & Dollarama
- London Drugs & Starbucks
- Walk the Arbutus Greenway (52nd to 57th)
- Shoppers Drug Mart Senior's Day (Dunbar)

UPCOMING DATES

- Oct 06 - Oktoberfest
- Oct 12 - Thanksgiving Day
- Oct 29 - Costume Contest
- Oct 31 - Halloween



GRANVILLE
GARDENS



LIVE MUSIC & ART PROGRAMS

Oct 01 - Greg Alcock (Classical Piano)
Oct 08 - John Parsons (Guitar/Vocals)
Oct 11 - Youth Musician and Artist Assoc.
Oct 15 - Luke Sandford (Piano/Vocals)
Oct 22 - Cherelle Jardine (Guitar/Vocals)
Oct 29 - Music Variations (Guitar/Vocals)
Oct 29 - Resident/Staff Costume Contest
*ART APPRECIATION: N. Bott & Roland Lee
*NEW - Fall Harvest Picture Bingo
*PAINTING & Decorating Pumpkins
*WATERCOLOUR: Ghost in the Garden
*OIL PASTELS ART: Wassily Kandinsky



HEALTH AND WELLNESS

*Oct 13 & 27 Pet Therapy Dog Visits
*Oct 15 Seated Chair Massages (Sign Up)
*Oct 16 & 30 Manicures & Pedicures
*Oct 19 Nurse's Talk TOPIC: Mental Health
*Oct 21 Foot Care Nurse On-Site (Sign Up)
*Oct 22 Wellness Clinic (Sign Up)
*Indoor Bocce & Bean Bag Toss Game
*Tappercise with Beryl
*Power Fit and Drum Fit with Brenda
*Let's Get Movin' Fitness with Michel
*Seated Functional Fitness & Cardio Boxing
*Zumba Gold Fitness with Julia Chilcott



SPECIAL VOTING FOR MUNICIPAL ELECTION ON-SITE OCTOBER 2 (9:30am to 11:30am) - LOUNGE

You will vote for:
1 Mayor and 10 City Councillors
7 Park Board Commissioners
9 Vancouver School Board Trustees
3 Capital Plan Questions
2 Plebiscite Questions



Programs, Events & Activities - See Calendar for All Programs

Oct 02 On-Site Municipal Voting Station
 Oct 08 Door Decorating Contest Begins
 Oct 13 & 27 Pet Therapy Dog Visits
 Oct 16 & 30 Manicures & Pedicures w/ Mary
 Oct 19 Nurses Talk: Mental Health Awareness
 Oct 14 Birthday Cake Served Oct. Birthdays
 Oct 15 Foot Care Nurse, Evelyn, On-site
 Oct 15 Resident Meeting with Managers
 Oct 15 Monthly Chef Chat with Chef Gary
 Oct 22 Wellness Clinic (BP & Weight)

Oct 29 Halloween Costume Contest
 ** Friday and Saturday Indoor Bocce
 ** Sunday Bean Bag Toss Game
 ** Tuesday 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
 ** Exercise Classes & Painting Classes



HALLOWEEN COSTUME CONTEST

Our annual staff, managers and resident Costume Contest is set for October 29th, just prior to Happy Hour that Thursday. Join us at 2:30pm.

This is a fun event and we hope you choose to dress up, wear a hat or a fun wig and join the voting. Even if you choose not to dress up please do come down for the festivities and the music!

THANKSGIVING DINNER October 12 from 4:30pm to 6:00pm

Our Chef and dining room team are serving a traditional Thanksgiving Turkey Dinner on Monday, October 12. Guests are \$38 per person, please RSVP to reception.

Practical Ways to Express Thanksgiving

1. Prayer and Reflection: Begin or end the day with a moment of thanks for blessings received.
2. Sharing Gratitude: Express appreciation to family, friends, or colleagues.
3. Journaling: Record daily blessings to cultivate mindfulness and joy.
4. Acts of Kindness: Give back to the community as a tangible expression of thankfulness.



OCTOBER 12, 2026



*AROMA-TOUCH HAND MASSAGES AND
MANICURES & PEDICURES SALON SERVICES*

AROMA-TOUCH HAND MASSAGES & MOBILE MANICURE & PEDICURE SALON SERVICES OFFERED ON-SITE

Welcome to Roxsy! Roxsy is a Certified Nutritional Consultant, an Aromatherapy Practitioner and a Wellness Educator. She will be on-site to run a Nutrition and Healthy Aging Talk and to give complimentary 5-minute gentle "AromaTouch" hand massages on October 27 at 1:30pm.

Also, welcome to Mary! Mary is a Licensed Esthetician from Serene Mobile Nails and she will be here October 16 and October 30 to do manicures, pedicures and polish changes etc. Please see reception for pricing and to sign up.