

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



NATIONAL DAY OF TRUTH AND RECONCILIATION

SEPTEMBER 30TH

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 Welcomed".

JOIN US ON A SEPTEMBER 2026 VAN TRIP

PLEASE SIGN UP AT RECEPTION

- Red Tuna Japanese Restaurant for Lunch
- Save-On-Foods / Dollarama / Library
- London Drugs & Starbucks
- Walk the Arbutus Greenway (52nd to 57th)
- Shoppers Drug Mart Senior's Day (Dunbar)

UPCOMING DATES

- Sept. 07 - Labour Day
- Sept. 13 - Grandparents Day
- Sept. 30 - Nat'l Day of Truth and Reconciliation



GRANVILLE
GARDENS



LIVE MUSIC & ART PROGRAMS

Sept 03 Peter Williams (Vocals/Piano)
 Sept 10 The Fabulous Fera Brothers
 Sept 12 Kurt Von Hahn (Open House)
 Sept 13 Youth Musician and Artist Assoc.
 Sept 17 Bob Collins (Guitar/Vocals)
 Sept 24 Matthew Ma (Classical Piano)
 *Tony's Travel Show - Norway (Cap Nord)
 *ART APPRECIATION: Norval Morrisseau
 *PAINTING: Roland Lee "Cottages"
 *CRAFT WITH DEB PRICE: Fall Planter
 *PAINTING: Van Gogh's Wheatfield
 *WATERCOLOUR: Monarch Butterfly



HEALTH AND WELLNESS

*Sept 01 Pet Therapy Dog Visits
 *Sept 14 & 18 Manicures / Pedicures
 *Sept 14 Nurse's Talk TOPIC: Immunizations
 *Sept 16 Foot Care Nurse On-Site (Sign Up)
 *Sept 17 Seated Chair Massages (Sign Up)
 *Sept 24 Wellness Clinic (Sign Up)
 *Friday & Saturday Indoor Bocce
 *Seated Tai Chi with Linda Soo (14th & 28th)
 *Tappercise with Beryl
 *Power Fit & Drum Fit with Brenda
 *Let's Get Movin' Fitness with Michel
 *Seated Functional Fitness & Cardio Boxing



ANNUAL OPEN HOUSE Saturday, September 12

Our "Great Canadian" Annual Open House is scheduled from 1:00pm to 3:00pm on Saturday, September 12th.

We're inviting the community (by RSVP) for tours and live music that afternoon. Please join us for piano music and a sing-along from 1:30pm to 2:30pm with Kurt Von Hanh in the lounge. A painting class will follow at 2:30pm in the Great Room.



Programs, Events & Activities - See Calendar for All Programs

Sept 01 Pet Therapy Dog Visit (Sasha & Olga)
Sept 12 Our "Great Canadian" Open House
Sept 14 Nurses Talk: Immunizations
Sept 14 & 18 Manicures & Pedicures w/ Mary
Sept 16 Birthday Cake Served for September
Sept 16 Foot Care Nurse, Evelyn, On-site
Sept 17 Resident Meeting with Managers
Sept 17 Monthly Chef Chat with Chef Gary
Sept 18 Tony's Travel Show (Norway)
Sept 24 Wellness Clinic (BP & Weight)

Sept 30 Orange Shirt Day
** Friday and Saturday Indoor Bocce
** 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
** Sunday Bean Bag Toss Game



SEATED CHAIR MASSAGES - SEPT 17

Jennifer returns to host seated chair massages on-site on Thursday, Sept. 17 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.

NATIONAL DAY OF TRUTH AND RECONCILIATION - SEPT. 30TH

Significance of the Day

The National Day for Truth and Reconciliation was established to acknowledge the painful history and ongoing impacts of the residential school system on Indigenous communities in Canada. This day serves as a reminder of the need for reconciliation and healing, and it coincides with Orange Shirt Day, which symbolizes the loss of culture and identity experienced by Indigenous children who attended these schools.

Please wear orange on September 30, 2026.



SEPTEMBER 30, 2026



*Manicures & Pedicures (Salon Services)
September 14 & 18*

MOBILE MANICURE & PEDICURE SALON SERVICES NOW OFFERED ON- SITE

Mary from Serene Mobile Nails will be here Sept. 14 (Mon) & Sept. 18 (Fri).

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 & GENTLE CARE

Note: Mary is a Registered Esthetician
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