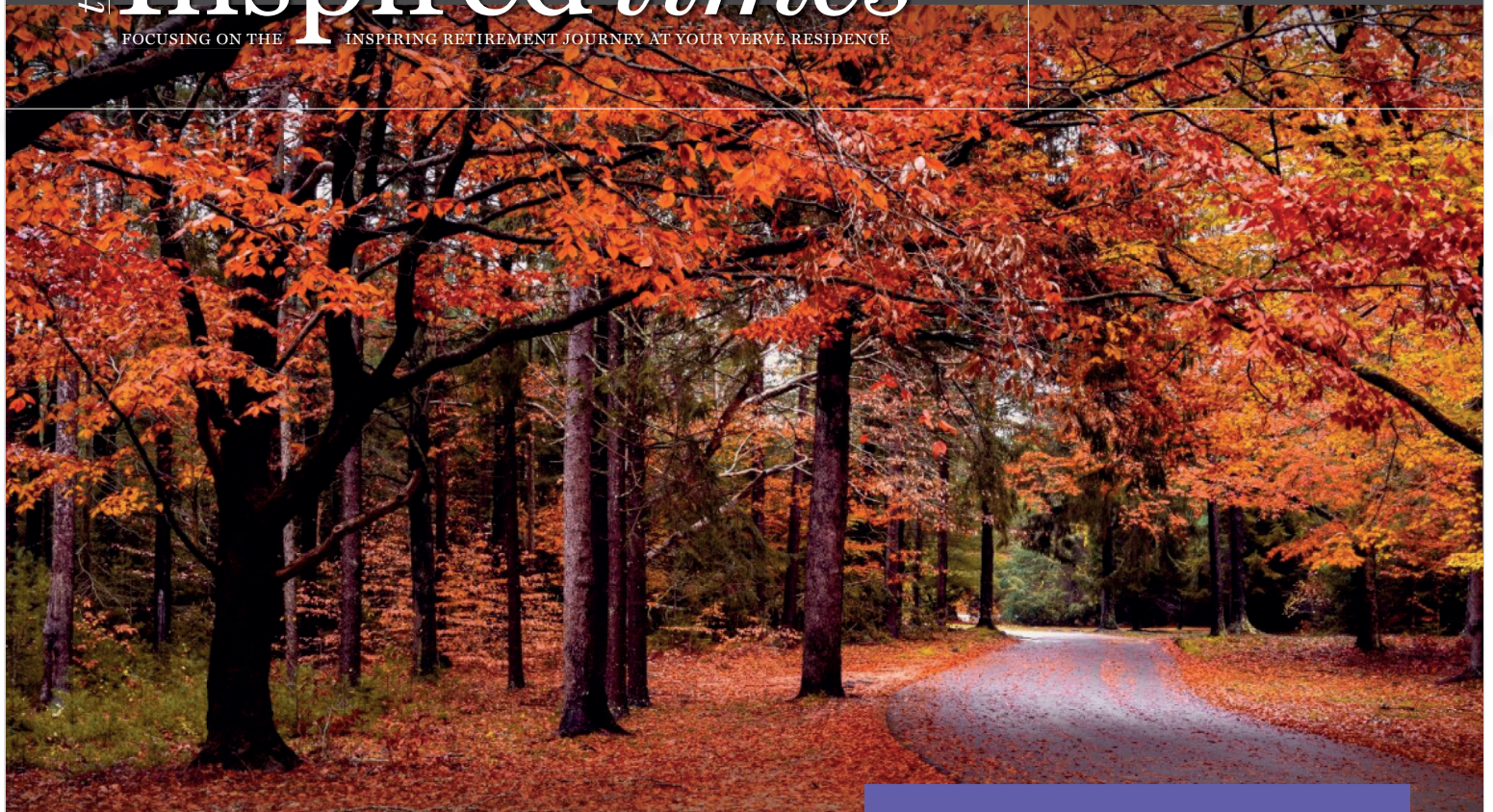


the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



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 kindness.

Welcome September

As the sun sets a little earlier and the evening air turns crisp, September welcomes us with open arms and the promise of a fresh season. It is a month of beautiful transitions, where summer's lingering warmth gently gives way to golden autumn leaves and cozy routines. Whether you are settling into a new school year, embracing the harvest season, or simply enjoying the cooler breeze, September invites us all to hit the reset button and appreciate the beauty of change.

UPCOMING DATES

September 16th - Resident and Foor Forum

September 22nd - Celebration of life for our community

Septemmber 28-th - Silver Fox Terry Fox Walk/Run





A word from our GM - Helen

August was another active month as we welcomed new residents and supported several residents returning home from hospital. We also enjoyed seeing residents make good use of the Bistro and gather with neighbours. We look forward to a busy September and the start of the fall season.



A word from our Life Enrichment Manager - Megan

As summer comes to an end and its time to start getting ready for shorter and cooler days. I am already planning lots of great activities for the coming months. It is important to make sure all the residents here at Courtyard feel busy and fulfilled as we switch into the fall months. I am looking forward to sharing laughs and making memories with our community.



Living Loving Local - Corn

Good food is made even better when it's locally sourced, expertly prepared, and enjoyed with family and friends, all in a setting that promotes comfort and conversation. Verve's Living Loving Local program brings local food to life through delicious meals, inspiring events and lifelong learning.

You're Invited ---

PUB NIGHT



Terry Fox Fundraiser Pub Night with live music by the ShoeShakers

September 29th at 6:00pm in the DR

Burger and Beer for \$10

Please sign up with reception

Family and Friends Welcome!

All proceeds go to the Terry Fox Foundation



Upcoming Events in September

Sept 01 - Trip to the SunFlower festival at Richmond Country Farms - \$12 entry. Sign up with reception

Sept 04th - 2pm in the Lounge
Performance by hands over heart

Sept 08th - 2pm in the CRM- Let's go on an "EggVenture" The Journey begins to hatch chicken eggs.

Sept 10th - Bingo Marathon (All proceeds go towards Terry Fox Foundation) - Bring 10 quarters. Prizes will be handed out.
2:00pm in Dr - First Session
6:45pm in DR -Second Session

Sept 11th at 2pm in the Lounge
Performance by Sincerly Yours Entertainment

Sept 12th - National Verve Open House
2:00pm in the lounge - Performance by Jennifer Lauren

Sept 15th at 11am - Sign up with reception
Lunch outing to LA Grille

Sept 16th at 10:30am in the Courtyard
Walker/WheelChair Wash (\$5 donation)
Proceeds go to Terry Fox Foundation

Sept 16th at 2pm in the DR
Resident + Food Forum

Sept 17th - 2pm in the Courtyard
Smores Making

Sept 21st at 2pm in the DR
Monthly Birthday Party and Welcome tea

Sept 22nd at 2pm in the DR
Celebration of Life for our community members

Sept 25th at 11am in the FL
Fifth Avenue Jewelery Sale

Sept 25th at 2pm in the FL
Performance by Roberto Risman

Sept 28th at 2pm - Meet in Lobby
Silver Fox Terry Fox Walk

Sept 29th at 2pm in the DR
Visit from the Richmond Library

Sept 29th at 6pm in the DR Pub Night with Live Music by The ShoeShakers (\$10 Burger+Drink) Proceeds to Terry Fox

Sept 30th at 2pm in the DR
Truth and Reconciliation Talk with guest speaker David Darling



A new Library Area for our Gardenside Residents

On August 19, Courtyard Gardens celebrated the grand opening of The Sunflower Nook, a cozy new space created in response to residents' requests for a quiet area to relax, browse books and magazines, listen to audiobooks, or simply enjoy a peaceful moment. Residents and families often share that Gardenside is "looking more like home every day," while many have commented on the importance of having inviting spaces and "something pretty to look at." The Sunflower Nook was designed with this feedback in mind, transforming an underutilized area into a bright and welcoming addition to the community.

The project came to life through the collaboration of many team members. Special thanks to Megan, Life Enrichment Manager, and Eric, Environmental Services Manager, whose teamwork helped bring The Sunflower Nook from idea to reality. Adding a beautiful finishing touch, the sunflower mural painted by our General Manager's daughter, Sara, has quickly become a favourite feature, bringing warmth and colour to the space.

The Sunflower Nook also celebrated Janet Clark's Golden Moment. Janet's love of books, literacy, and lifelong learning inspired many throughout the community. Through the support of the Friends of the Library, guests gathered to share stories about Janet's passion for reading and her dedication to promoting literacy. Four of Janet's longtime friends, along with Susan Walters, Chief Librarian of Richmond Public Library, reflected on Janet's contributions and the important role she played in supporting literacy initiatives in Richmond as she was an instrumental part in. Since opening, residents have embraced the space, stopping by to browse reading materials, enjoy a quiet read, connect with friends, or simply relax. The nook has quickly become a popular destination and a meaningful addition to daily life at Courtyard Gardens.

The Sunflower Nook is more than just a reading corner. It reflects the voices of residents and families, celebrates community partnerships, and creates opportunities for learning, connection, and enjoyment for all who visit.

Looking to Volunteer ??



Gardenside Buddy Program +Tour

If you are interested in volunteering downstairs
with our Gardenside residents or having a tour -
please sign up with reception.

Thank you!!



What's Playing at Courtyard at this month- Movies

Please see below for a breif description of what we are showing this month!

Sept 02nd - Don't Say Good Luck

Sophie Birenbaum is ready for the spotlight as the lead in her high school musical — until suddenly she's living with even more drama at home than on the stage. (Produced and Directed by Adam Sandler)

Sept 04th- Gorilla's in the mist

The story of Dian Fossey, a scientist who came to Africa to study the vanishing mountain gorillas, and later fought to protect them. (Starring Sigourney Weaver)

Sept 09th- The Green Book

A working-class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South. (Starring Viggo Mortenson)

Sept 11th - Happiness for Beginners

romantic comedy starring Ellie Kemper and Luke Grimes, directed by Vicky Wight and based on Katherine Center's 2015 novel. It follows Helen, a divorcée who joins an Appalachian Trail survival course and unexpectedly reconnects with Jake, her brother's best friend.

Sept 16th - A Beautiful Mind

A mathematical genius, John Nash made an astonishing discovery early in his career and stood on the brink of international acclaim. But Nash soon found himself on a harrowing journey of self-discovery.(Starring Russell Crowe)

Sept 18th - Harry Potter and the Philosopher's Stone

An orphaned boy enrolls in a school of wizardry, where he learns the truth about himself, his family and the terrible evil that haunts the magical world.

Sept 23rd - Dolly Parton - A Musical Tribute

In a star-studded evening of music and memories, a community of iconic performers honor Dolly Parton as the MusiCares Person of the Year.

Sept 24th - How to Marry a Millionaire

Three women set out to find eligible millionaires to marry, but find true love in the process.(Starring Marilyn Monroe)

Sept 30th - A Million Miles Away

A biopic about Jose Hernandez and his path from a farm worker to becoming an engineer and an astronaut. A tale of perseverance, community and sacrifice to accomplish a seemingly impossible dream

See Megan for the answers and a treat if you complete



1. AMUTUN _____
2. ANIRY _____
3. GANREO _____
4. EAKR _____
5. RESAOWCRC _____
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8. YWNID _____
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10. RCAON _____
11. GOENLD _____
12. CRNO _____

13. KTYAACSH _____
14. PAELP _____
15. AEFL _____
16. UNPIPMK _____
17. STHAERV _____
18. PERAS _____
19. UCENSHTST _____
20. PEALM _____
21. FBONIRE _____
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