

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Changing of Seasons

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 being Supported.

Welcome September

A message from Thornebridge Gardens

A new month brings a fresh opportunity to embrace the beauty around us, appreciate the memories we've created, and look forward to what lies ahead. September reminds us that change can be beautiful as the days become a little shorter and the leaves may begin to change, but there is still so much to enjoy! Let's welcome this month with grateful hearts, positive thoughts, and willingness to make each day meaningful. May September bring you moments of laughter, friendship, new adventures and many reasons to smile. Here's to a wonderful month ahead!

UPCOMING DATES

September 7th Western Day

September 12th Great Canadian Open House

September 13th Grandparent's Day

September 30th Truth and Reconciliation





Our First Golden Moment

It had been 3 years since Piera had seen her nephew Cos Natola who is an award winning Canadian pianist, vocalist, composer, arranger, actor, playwright and (more recently) a novelist from Vancouver, British Columbia. With the help of her sister Grace we had secretly arranged to bring Cos in to perform an evening piano concert. It was a month in the making and was a huge surprise when she saw him sitting at the piano! She was so overwhelmed with emotion and couldn't believe that we'd held this so quiet for over a month. She was also so happy to have had the opportunity to share this wonderful experience with

her fellow residents. We honored her with this September Golden Moment, one she will never forget!

Piera and Grace are part of our **Sisters Gathering** group that has just started meeting on a Sunday afternoon along with 5 other pairs of sister residents at Thornebridge Gardens. These sisters share stories of growing up with adventures and experiences to where they are today! How wonderful it is to have a sister!



Thornebridge Gardens New Bus

At Thornebridge Gardens we are so happy to have our new bus! We've been to many places so far such as the Reifel Bird Migratory Sanctuary in Ladner, Fish and Chips in Richmond, Tsawwassen Mills, Scenic Drive to White Rock with a stop for Ice cream and many other destinations with shopping. The residents love their comfy new ride!



Message from Samantha Wright our General Manager

Welcome to Thornebridge Gardens' relaunched newsletter!

It seemed fitting to make the first release in September when traditionally life resets after summer break.

Along with goings on and newsworthy items, the newsletter will feature employee highlights and photos from notable events.

We are excited to get this kicked off and will look to expand on the amount of content in the following months.



Van Anh Pham Building Services Manager

Hi everyone, my name is Van, and I'm very happy to be joining the community. My focuses are on ensuring our building is safe, comfortable, and well cared for, so residents and staff can focus on doing what they do best and the environment they are living in. I enjoy working behind the scenes to keep things running smoothly, whether that's maintaining shared spaces, responding to day-to-day needs or supporting the overall environment of the community. Outside of work, I'm also passionate about gardening and landscape photography.



September Highlights

"Western Day" on Monday, September 7th and Entertainment with Mike Kinal at 2PM.

Wear your Western gear! Enjoy a corn dog while you enjoy the music. Yee haw!

"Great Canadian Open House" on Saturday, September 12th from 1PM - 3PM. Experience our great food, piano entertainment with Patrick Ray and dabble in a craft.

"Grandparent's Day" on Sunday, September 13th from 1:30PM - 3PM will bring face painting, a balloon artist, popcorn and decorating cookies! There will be entertainment as well with Debbie Blount!

"Presentation with Tom Locke" on Songs from Movies in the 50's and 60's on Monday, September 14th at 1:30PM. Experience a room full of energy and love for music!

"Wellness Session Presentation" : Stress Management on Thursday, September 17th at 1:30PM. Learn new techniques on how to manage your daily stress.

Entertainment with "Hand over Heart" will be here on Wednesday, September 23rd at 2PM. These two gifted performers bring lots of energy and beautiful songs that we all know!

Get ready to line dance on Monday September 28th at 2PM with "John Parsons" music style. The Life Enrichment Team will be leading the charge and encourage any who want to participate!

We will be acknowledging National Day for Truth and Reconciliation on September 30th. Wearing your orange shirt symbolizes the loss of identity, culture, and dignity inflicted upon Indigenous children in the residential school system. At 2PM that day, we will have a special Power Point Indigenous art program focusing on artist Norval Morrisseau.

Bus Outings

Along with shopping trips, we'll be having lunch out at White Spot and a lovely Scenic Drive to Stanley Park.