the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

NOVEMBER 2026



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 A NOVEMBER 2026 VAN TRIP

PLEASE SIGN UP AT RECEPTION

- Dim Sum at Golden Ocean Restaurant
- Save-On-Foods & Dollarama (Kerrisdale)
- London Drugs (Kerrisdale)
- T & T Supermarket (Richmond)
- Shoppers Drug Mart Senior's Day (Dunbar)

UPCOMING DATES

Nov 06 - Early Remembrance Day Service with Pastor Lee

Nov 08 - Diwali

Nov 11 - Remembrance Day

GRANVILLE GARDENS



LIVE MUSIC & ART PROGRAMS

Nov 05 Roberto Risman (Guitar/Vocals)
Nov 08 Youth Musician and Artist Assoc.
Nov 12 Randy & Jeff Country Duo
Nov 19 Liz & Steve Alexander
Nov 22 Music by Speaks w/ Art Foundation
Nov 26 Matthew Ma (Classical Piano)
*TONY'S TRAVEL SHOW: Australia (Nov 27)
*CRAFT: Make a Felt Poppy Button
*WATERCOLOUR: Floppy Poppies
*PAINTING: Cool Mountains
*OIL PASTELS: Leaf Design Multi-Coloured
*CRAFT: Make a Sock Snowman



HEALTH AND WELLNESS

Nov 09 & 23 Tai Chi with Linda Soo
Nov 10 & 24 Pet Therapy Dog Visits
Nov 16 Nurse's Talk TOPIC: Safe Mobility
Nov 17 Vendors Market, Seniors Services
Nov 18 Foot Care Nurse On-Site (Sign Up)
Nov 19 Seated Chair Massages (Sign Up)
Nov 26 Wellness Clinic - BP & Weight
*Manicures & Pedicures Salon Services
*Indoor Bocce & Bean Bag Toss Game
*Tappercise with Beryl & Yoga with Sarah
*Power Fit and Drum Fit with Brenda
*Let's Get Movin' Fitness with Michel



WINTER VENDORS MARKET - November 17

We're hosting a Winter Vendors Market in our Great Room from 1:00pm to 3:00pm on Tuesday, November 17th. We'll also have a 'Jamaican meat patties' food demo and gift basket raffles! Please come down to the main floor to meet people and organizations dedicated to your wellness and learn about valuable resources for seniors in our communiity.

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Programs, Events & Activites - See Calendar for All Programs

Nov 03 Fire Captain Here-Public Education
Nov 06 Early Remembrance Day Service
Nov 10 & 24 Pet Therapy Dog Visits
Nov 16 Nurses Talk: Safe Mobility Awareness
Nov 17 Winter Vendor Market On-Site
Nov 18 Birthday Cake Served Nov. Birthdays
Nov 18 Foot Care Nurse, Evelyn, On-site
Nov 19 Resident Meeting with Managers
Nov 19 Monthly Chef Chat with Chef Gary
Nov 26 Wellness Clinic (BP & Weight)

** Manicures & Pedicures with Mary
** 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



DIWALI - NOVEMBER 8TH

Diwali is a five-day Hindu, Jain, and Sikh festival symbolizing the victory of light over darkness and derived from the Sanskrit word dīpāvalī meaning “row of lights.” It features lighting diyas, Lakshmi Puja, rangoli, feasts, and fireworks, and is observed by over a billion people worldwide. Join in the 10 minute Banghra Dance Workshop & craft on the 6th, with a special South Asian Dinner will be served on the 8th.

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QUAIL HATCHING PROGRAM - Nov 3

"eggUcation" brings their magic of hatching quails to schools, homes and senior centres! From their farm to our seniors community we'll have the opportunity to learn about their life cycle – watch a fertile egg develop, hatch, grow and change, right through the first few days or weeks.

The 3 egg incubators will come with an attachable scope which allows you to look inside the eggs as the embryos develop. Fully automated, these quiet incubators turn the eggs and maintain humidity levels.

EggUcation will provide a clear brooder, light, food & waterer so that you can watch and enjoy the Quail chicks when they hatch.



BABY QUAIL HATCHING PROGRAM - Approximately 14 Days to Hatch!



COMPANION SERVICES - COMING SOON!
Information & Pricing Is Forthcoming

1-TO-1 COMPANION SERVICES. COMING SOON!

We are excited to soon be offering paid companion one-to-one service for our residents with a qualified and certified Granville Gardens Health Care Aide.

Whether it's accompanying a resident safely on a van trip or doctors' appointment, attending the various programs being offered, taking a leisurely walk outside, or engaging in friendly conversation – we have you covered! These personalized visits offer an opportunity for friendship, laughter, mental stimulation, and gentle physical activity, while helping residents feel safe, supported, engaged, and less alone. Stay tuned for more details coming soon.

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