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!

As We Welcome November

November invites us to pause, reflect, and discover the beauty in each new day.

As the season changes around us, our residence remains a place of warmth, friendship, laughter, and connection. This month, let us look forward with optimism, cherish the memories we have created, and embrace the many moments still to come. May November inspire us to try something new, share a kind word, celebrate one another, and find joy in the simple pleasures that make each day special.

UPCOMING DATES

November 11th Remembrance Day Service

November 19th Metropolitan Vancouver Mandolin Orchestra

November 21st Christmas Craft Fair and Bake Sale

THORNEBRIDGE gardens

Virmela Carino - Dining Services



Virmela was born in Urdaneta City, in the Philippines. She enjoyed living there as she found it to be a very friendly and tight knit community. Virmela's favourite food is Adobo Chicken with white rice which is savory and slightly sweet indigenous to her hometown.
What is Virmela's inspiration to come to work each day? Well, it's just knowing that her daily work positively impacts the residents lives. She finds fulfillment in making connectons with our residents, bringing joy and laughter while engaging in light conversation. Virmela's hidden talent is quite unique! She can anticipate how the residents are feeling and be very comforting and this helps reduce anxiety and build better bonds.
Outside of work, Virmela enjoys cycling, walking, playing board games, photography and meditation for relaxation.



A Message from our GM Samantha

As we settle into the month of November, we are reminded of the importance of taking time to reflect, remember, and give thanks. Remembrance Day provides us wtih an opportunity to honour the courage, sacrifice, and dedication of those who served and continue to serve our country, ensuring that we never forget the freedoms and peace we enjoy today.
As we look ahead to the holiday season, may this month bring opportunities to connect with one another, cherish special moments with family and friends, and embrace the warmth kindness and sense of community that make Thornebridge Gardens such a special place to call home. Wishing all our residents, families and friends a peaceful and meaningful November.



National Chocolate Day presents our Chocolate Lover's Challenge

Who doesn't love chocolate? Our National Chocolate Day celebration was filled with fun, laughter, and a little chocolate inspired nostalgia! Residents put their taste buds and membories to the test during our Chocolate Lovers Challenge with 15 plates of diffferent chocolate bar pieces on each table to sample and identify. Armed with special hame sheets to record their answers, everyone enjoyed a little brain-tickling fun as they tried to recall the names of familiar chocolate favourites. there were plenty of smiles, lively converstaions, and perhaps a few sweet memories stirred up along the way. To make the afternoon even sweeter, three gigantic chocolate bars were awarded to our lucky winners. It was a delicious afternoon of friendly competition, shared laughter, and the simple joy of enjoying a favourite treat together!



Calling All Bakers!!!

We are inviting all Thornebridge Gardens family members, volunteers, and staff members to do some baking for our Bake Sale on Saturday,November 21st from 11-4PM alongside the Annual Craft Fair and Raffle. If you are able to bake some items to donate, please wrap and price them before you donate.We ask that all donated items be brought to the Life Enrichment office by Friday,November 20th so we can organise and have them ready for the sale on Saturday. Thank you for your donation as all proceeds will go to the Vancouver Food Bank.

Join us for our annual Craft Sale and Raffle. There will be a Bake Sale as well. Come and do some early















Thornebridge Gardens Retirement Residence 649 8th Ave., New Westminster, BC V3M 2R2
T: (604) 524-6100 E: info@thornebridgegardensretirement.com ThornebridgeGardensRetirement.com

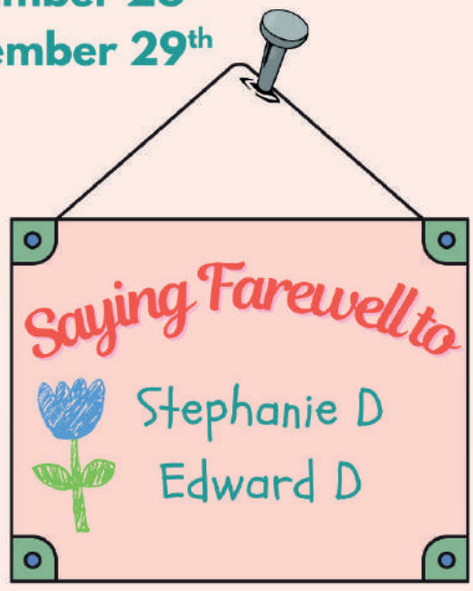






Gerry S - November 4th
Don B - November 8th
Sandy H - November 11th
Bob M - November 14th
Greg K - November 16th
Jackie B - November 21st
Vera C - November 26th
Anna P - November 29th





Thornebridge Gardens Retirement Residence 649 8th Ave., New Westminster, BC V3M 2R2
T: (604) 524-6100 E: info@thornebridgegardensretirement.com ThornebridgeGardensRetirement.com

THORNEBRIDGE gardens