

NEWSLETTER

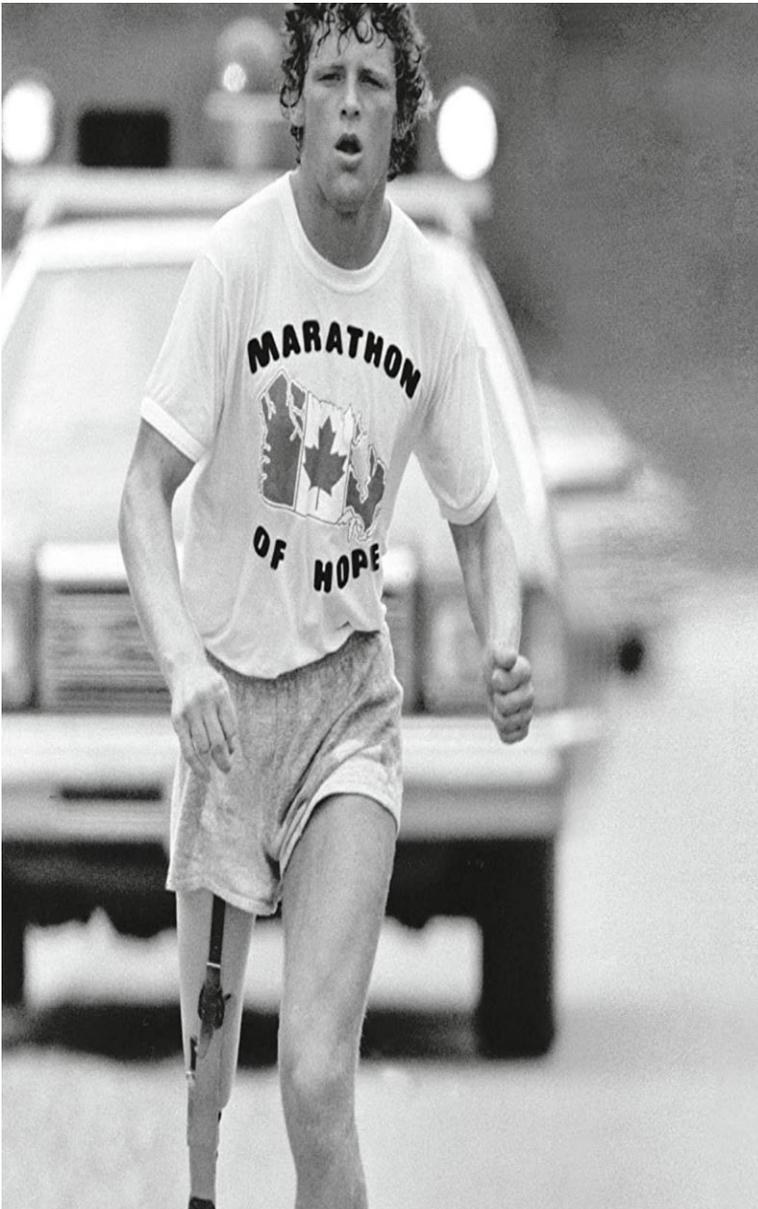
SEPTEMBER 2022



GRANVILLE
GARDENS

INSPIRED SENIOR LIVING WITH 

Granville Gardens
Suite 100 – 1550 West 49th Avenue
Vancouver, BC V6M 0B3



September Tidbits

Zodiac Signs:

Virgo (Aug. 23 to Sept. 22) &
Libra (Sept. 23 to Oct. 22)

Birthstones: Virgo's birthstone is the Sapphire. This birthstone is a relative of July's birthstone, the ruby. Both are forms of the mineral corundum, a crystalline form of aluminum oxide. Libra's birthstone is the Opal, which is a hydrated amorphous form of silica.

Birth Flowers: Aster & Morning Glory

*September is known as the month of apples, as apple-picking becomes a common weekend pastime.

*September is associated with "Back to School" which takes place right after Labour Day.

*The name "September" comes from an old Roman word, "Septum", which means 7. September was the seventh month of the year on the Roman calendar, it did not become the ninth month until the advent of the Gregorian calendar.

* September Songs – September Morn (Neil Diamond), September When It Comes (Johnny & June Cash), September Song (Frank Sinatra), Maybe September (Tony Bennett), September (Earth, Wind and Fire) & September When I First Met You (Barry White).

CORN ROAST & WESTERN BBQ LUNCH

Friday, September. 16

We're husking the corn, lassoing the cows, baking the beans and donning our cowboy hats for the Corn Roast and Western BBQ coming up.

Please join us for this fun & delicious lunch from 11:30am – 1:30pm. YeeHaaww!



Skamonkas, the Corn Moon

Maize is of great importance in First Nation cultures. The following is a Wabanakis legend about corn.

Among the thirteen moons of the Wabanakis nation's calendar, Skamonkas, the September moon, is that of the corn. Wabanakis worshipped this plant as a precious gift from their First Mother. As legend has it, she gave her life to keep her children from succumbing to starvation, when hunting no longer sufficed to feed a growing population. First Mother died and her body was reborn in the shape of corn and tobacco plants. She taught them to keep the grains of corn to sow them again, ensuring they would never run out of food again. As for tobacco, it was used to support prayer as its smoke rose to the heavens.

PET THERAPY DOG VISITS COMING SOON!



St. John Ambulance

Therapy Dogs 

MOON FESTIVAL – Friday, Sept. 9 @ 2:30PM

Mid-Autumn Festival, Zhongqiu Jie (中秋节) in Chinese, also known as the Mooncake Festival or Moon Festival, is one of China's biggest holidays. The festival is a joyous celebration with family reunions, mooncakes, parades, and lanterns. This year the Mid-Autumn Festival falls on Sept. 10 but we will be serving tea and delicious moon cakes the day prior, on Friday, Sept. 9 at 2:30pm, just before Happy Hour in the lounge.



NATIONAL VERVE OPEN HOUSE & TOURS **Saturday, September 17, 1:00pm – 3:00pm**

Granville Gardens, and all Verve seniors' communities across Canada, will be hosting an Open House and Tours on September 17. Guests visiting here will follow all Covid procedures including wearing a mask, having their temperature taken and having their vaccination status checked. Schedule Below:

- 1:00pm** - Guests arrive, tours, food & drink stations, live music from 1pm – 2pm
- 2:00pm** - Drum Fit Class to Music – 30 Minute Class
- 2:30pm** - CRAFT: Painting Glass Jars for Fall and Adding Jute Cord, Ribbon & Burlap
- 3:00pm** - Guests depart and tours end

WEEKLY AFTERNOON “TEA & TREATS CART”

The tea and treats cart, which was popular during the height of Covid, is back by popular demand starting September 7, 2022.

Join us each Wednesday in the Bistro for tea and treats at 3:00pm.



Upcoming Events

Live Musical Performances & Happy Hours

September 2 – John Dean (3:00pm)
September 9 – Liz & Steve Alexander (3:00pm)
September 11 – Youth Musician Association (2:30pm)
September 16 – Peter Williams (3:00pm)
September 17 – Mike Kinal (1:00pm)
September 18 – Youth Philharmonic Orchestra (3:00pm)
September 23 – Kurt von Hahn (3:00pm)
September 30 – Ranj Singh (3:00pm)

Special Days in September

5 - Labour Day
10 - Full Moon – Moon Festival
18 - Terry Fox Run
22 - Fall Begins
30 - National Day of Truth and

Art Programs, Activities, Travel Shows & Games

Mid-Autumn Festival/Moon Festival – Tea & Moon Cakes Served Sept 9 at 2:30pm
National Day of Truth and Reconciliation - Orange Shirt Day
Morning Seated Yoga Class with instructor, Sarah De Lucca - Sept 24
Corn Roast & Western BBQ Lunch
Apple Variety Tasting Event – Taste Test Different Types of Apples
Wellness Clinic with Biant (Blood Pressure & Weight)
Verve's Annual Open House for Guests & Tours
Travel Show with Udo: Australia
Chef Chat and Drink Demo Featuring *Bloody Mary* Specialty Drinks
CRAFT: Painting Glass Jars & Adding Raffia, Jute Cord & Burlap Strips - Fall Theme
CRAFT: Pinecone Creatures Using Felt Fabric and Glue Guns
CRAFT: Make Paper Lanterns for the Moon Festival
CRAFT: Make Dream Catchers Using Leather Cord, Feathers and Beads
CRAFT: Paint Beautiful Designs on Large Paper Bags (with handles for shopping)

Van Drives This Month (Please Sign Up @ Reception):

- * Visit the Museum of Anthropology at UBC with Brenda and Debbie
- * Walk at Spanish Banks to Visit the Beach and Ocean
- * Lunch at White Spot Restaurant on West Broadway in Kitsilano
- * Complimentary Weekly Wednesday Morning Van Shuttle Service (10am – 11:30am)

We Offer Fitness Classes 5 Days a Week

- *Tai Chi with Eric Liu each Monday @ 10:00am
- *Go 4 Life Walking Group each Monday @ 3:30pm
- *Seated Functional Fitness Class each Tuesday @ 10:30am (note later start time)
- *Let's Get Movin' Fitness Class with Michel each Wednesday @ 10:00am
- *Gentle Movement for Mind & Body each Thursday @ 10:00am
- *Drum Fit Class to Music with Brenda each Friday @ 10:00am
- *Happy Hours with live musical performances are each Friday from 3pm – 4pm
- *Hymn Sing, with piano music, with Pastor Lee is each Tuesday & Friday @ 1:30pm.

In September, we celebrate birthdays with:

- Margaret – September 9
- Winnie – September 9
- Kay – September 21



HAPPY BIRTHDAY TO YOU!

If you were born in September, your zodiac sign is either a Virgo or a Libra. Virgos are known to be exceptionally loyal, detail-oriented and have a methodical approach to life. They also may be shy. Libras are known to be social, humble, industrious and practical.

VAN TRIP TO THE MUSEUM OF ANTHROPOLOGY *Tuesday, September 27 @ 1:00pm*

The Museum of Anthropology at the University of British Columbia campus is renowned for its displays of world arts and cultures, in particular works by First Nations of the Pacific Northwest. The Museum of Anthropology includes a number of large sculptures, totem poles, and cultural artifacts. Although MOA's focus is on the First Nations of the Northwest Coast, the collection of close to 50,000 ethnological objects includes objects from all continents.

The Museum of Anthropology was established in 1949 as a department within the Faculty of Arts at the University of British Columbia. In 1976, it moved to its current home, an award-winning concrete and glass structure designed by Canadian architect Arthur Erickson.



NOTE - This van trip involves walking and standing to view art in a public venue. Duration of the entire outing will be approx. 2 ½ to 3 hours.



National Day for Truth and Reconciliation

September 30, 2022

Courtesy of the BC Government Website

In recent years, Sept. 30 has been known as Orange Shirt Day. Founded by Phyllis Webstad, Orange Shirt Day is a grassroots campaign that grew out of her own experiences and the experiences of other residential school survivors who attended St. Joseph's Mission near Williams Lake. It is a day to honour and hold up the healing journeys of residential school survivors and their families, to engage in meaningful discussions about the history and legacy of the residential school system. Orange Shirt Day has become an important opportunity to open up dialogue on anti-racism and anti-bullying.

In June 2021, the Government of Canada passed Bill C-5 to designate Sept. 30 as a federal statutory day to be observed as the National Day for Truth and Reconciliation. This was done in direct response to the Truth and Reconciliation Commission's Call to Action #80, which calls upon the federal government, in collaboration with Indigenous Peoples, "to establish, as a statutory holiday, a National Day for Truth and Reconciliation to honour survivors, their families, and communities, and ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process." For more information visit:

<https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>



ORANGE SHIRT DAY SEPTEMBER 30

Noticeboard

APPLE VARIETY TASTING

We're hosting an apple tasting event so everyone can try a variety of apples and vote on your favourite! This takes place in our lounge on September 20th at 2:30pm.

Honeycrisp, Fuji, Ambrosia, Pink Lady, Golden Delicious, McIntosh, Granny Smith, Spartan & Gala

WEDNESDAY MORNING VAN SHUTTLE SERVICE

We offer a complimentary van shuttle service each Wednesday morning between 10:00am – 11:30am. If you want to be dropped off to do your banking or shopping @ Purdy's Chocolates or Shoppers Drug Mart or just to walk W. 41st Avenue, please sign up with our receptionist.

LIVE CLASSICAL MUSIC PERFORMANCES

The Youth Musician & Artist Association (YMAA) will be performing live classical concerts here on the second Sunday of each month, starting **Sept. 11**. *The BC Youth Philharmonic Orchestra* will also be performing here monthly.

Keep your eye on the Life Enrichment calendar for upcoming dates and times.

ALL GUESTS PLEASE ENTER THROUGH MAIN DOORS ONLY

In order to follow proper Covid procedures, we ask that all guests please **only enter through our main front door**, not through our dining room doors and not through our lounge doors. Check in at reception first, have your temperature taken and then proceed to your visit. Thank you.

LIFE ENRICHMENT MEETING SEPTEMBER 1 @ 2:00PM

Please join us as we go over the new programs, activities, art projects, live performances, church hymn sing dates and van trip outings we have planned for September.

We're looking at adding a van trip to the Silvercity Movie Theatre in Richmond to see a matinee movie in October too.

GOSPEL REPERTOIRE ON SUNDAY, SEPT. 25

Musician Variations is hosting a Sunday Gospel Repertoire in our lounge on September 25 from 2:30pm – 3:30pm. This afternoon performance will lift your spirits and bring joy into your heart! They will showcase a Gospel rendition of inspirational sing-a-long soulful praise and songs of worship.

BE AWARE OF SCAMS AND STAY SAFE!

Join us in September with a Community Police Officer who will be giving an educational talk about identity theft, telephone scams and email scams against seniors. Come and learn how to not become a victim. Date TBA.

HAIRDRESSER & FOOTCARE

If you would like to book an appointment with either of the above, please speak with our receptionist and she'll write your name down in the appointment book. Our hairdresser and footcare nurse are usually on-site on Tuesdays.

6:00PM MOVIE NIGHT

Each evening after dinner at 6:00pm we show a movie in the main lounge. We show comedies, dramas, mysteries, family, suspense, adventure, fantasy, science fiction and action movies.

SAVE THE DATE!

Roast turkey, with all the fixings, and pumpkin pie for dessert will be served for our **Thanksgiving Dinner on Monday, October 10**. Guests, please RSVP to reception / Guests \$30

GRANDPARENTS DAY

SUNDAY, SEPTEMBER 11

On Sunday, September 11 from 2:30pm – 3:30pm we're hosting the Youth Musician & Artist Association. They will be performing live classical music, for **Grandparents Day**, in our lounge. Please join us for a beautiful afternoon of classical music.

ENJOY A RUM HOT TODDY

SEPTEMBER 29 @ 3:00PM

Snuggle up near the fireplace with a Rum Hot Toddy and test your knowledge at our 3pm General Knowledge Trivia Game!

Rum Hot Toddy Ingredients:

- 3 tablespoons of rum
- 1 tablespoon maple syrup or honey
- ½ cup steaming hot water
- 1 lemon wedge
- 1 cinnamon stick

DINING ROOM SEATING

A quick reminder that we don't have reserved seating in our dining room. You can sit wherever you want, with whomever you want, at any table you choose. Be open to mixing with others and please do welcome our new residents by sharing a meal with them.

We have no set seating in our dining room, it is 'open seating' for all 3 meals.

Spotlight – Michel Tablit

(Dining Services Manager)



I was born in the Philippines and moved to Canada when I was 10 years old. For the last 26 years, I have worked in the Hospitality Industry and Senior Living Industry. Cooking and anything food related is my passion as it has always been a part of my life while growing up in the Philippines. Food has always been a guiding principle in our family. One of my trademarks is my constant smile and my positive outlook on life. I love to travel and play golf in my spare time.

CHEF MICHAEL'S UPDATE – Farm to Table Dinner

The theme this month for the Living Loving Local (“LLL”) Farm to Table dinner highlights tomatoes and apples. Our LLL meal will be featured monthly on the last Tuesday of each month. Please join Michael for his Chef Chat “Food 4 Thought” on September 22 at 3:00pm where the September menu will be discussed. He’s also hosting a Drink Demo serving **Bloody Mary’s** to our residents in attendance.



EMPLOYEE APPRECIATION

The cornerstone of every great company is their staff and here at Granville Gardens we are fortunate to have exceptional team members.

Not a single day goes by where we're not thankful for the people that we work with. Regardless if they have been with Granville Gardens for five years or if they just started last week, each of our team members goes above and beyond to help our residents and make their day a little bit better.

We celebrate from time to time and will share these moments with all of you.



THESE DEDICATED EMPLOYEES HAVE WORKED HERE SINCE 2017:

- *Tanisha
- *Jane
- *Tayana
- *Jovita



WELCOME TO LEIGH CARRIERE

(Community Relations Manager)



Hello, I'm Leigh Carriere and I'm pleased to be welcomed so warmly into the Granville Gardens family.

Winnipeg has been my home for most of my life and where my husband and I raised our three daughters. The people are friendly but the weather can be frigid.

When our youngest daughter set out to attend film school here in Vancouver, we visited and naturally fell in love with the climate, beauty and wonderful culture. We have recently moved here and reside in Kitsilano where fortunately we overlook English Bay.

I have enjoyed two careers in my life, the first was in the hair styling business where I owned and operated my own salon and enjoyed the industry for 20 years and loved every moment of it.

Act two has been in Senior Housing where I have had the good fortune to know many folks who are enjoying their retirement years. It's my absolute pleasure to be of service and in relationship with people who can teach me so much.

My parents taught me early that nothing in life is more important than people and that lesson has been a gift.

I look forward to our conversations and observing how to have fun and do "retirement right" with the residents of this beautiful community you call home. I am so pleased to be here.

FALL CRAFTS AT GRANVILLE GARDENS



Please see our September Life Enrichment calendar, we have pretty and unique crafts that we'll be creating including: painting glass jars and pinecones, making paper lanterns, painting paper shopping bags and assembling dream catchers. Come and get creative with us. No experience necessary!



We're happy to report that we now have a group of dedicated volunteers here at Granville Gardens. Welcome to:

Millie / Sarah / Emma / Deborah / Charles

Please say hello when you see our volunteers here, including our dedicated volunteers from Trinity Baptist Church. They are helping with hymn sing-a-longs, watering our plants and garden, running craft sessions and Bingo, assisting with our library and helping to create posters and special décor items.



Our Referral Program at Granville Gardens

Do you know someone who is considering a move to a retirement community? You can earn \$1,000 by simply referring a friend.

Make sure your friend mentions your name

**When your friend moves in as a permanent resident, you will receive \$1,000 as a special thank you.*

**Some Conditions Apply*



Just For Chuckles

