

NEWSLETTER

July 2023

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



JULY TIDBITS

Birthstone: Ruby
Flower: Larkspur or Water Lily
Zodiac Signs: Cancer and Leo

History of July:

July was originally the month of Quintilis in the Roman calendar. It was the fifth month of the year until January and February were added in 450 BC. It got its original name from the Latin word for fifth. Later the name was changed to Julius in honour of Julius Caesar who was born on July 12.

Facts about July:

- July is the warmest month in the Northern Hemisphere, on average.
- Long hot days of July are sometimes referred to “dog days of summer”.
- It is sometimes called the Hay month because the grass dries out due to lack of rain and can be made into hay.



CYCLING WITHOUT AGE CANADA

Monday, July 24, 2023

The **Cycling Without Age** (CWA) program uses specialized electric pedal-assisted trishaws (one driver & 2 seated passengers) with each bicycle taking residents on an adventure previously unimagined. Local volunteers called 'pilots' drive and peddle the trishaw with seniors seated comfortably and safely in the front area, see photo below. Being outdoors and reconnecting in the community nurtures emotional well-being. Rides are 60 minutes in duration and cost \$10 per person. These rides are slow so you can take in the view, going at approximately 8km/hr. These bike rides make passengers smile as it brings back fond memories of riding a bike and allows you to be part of the summer hustle outside in the fresh air. It all starts with a bike ride!

Our van will leave here at 9:40am on Monday, July 24. The bike ride will be 60 minutes in duration from 10:30am to 11:30am. Dress warm, bring a sun hat & a water bottle. Participants will have to sign a Waiver Form and a Media Release Form so photos can be taken. Please sign up at reception.



Check out their website at <https://cyclingwithoutage.ca/>

SAVE THE DATE – AUGUST 19

On August 19th we're hosting a Summer Resident, Staff and Guest 'Hawaiian Themed' party and BBQ. Gail & Doug Hawksworth will perform music from the 50s and 60s, followed by an Elvis Tribute with a professional Elvis Impersonator! The BBQ will be out front from 11:30am to 1:00pm and the live music and Elvis Tribute show will run from 1:30pm – 2:30pm in our lounge. Do not miss this summer Hawaiian event. Aloha!

CANADA DAY BBQ – FRIDAY, JULY 1

We're hosting a Canada Day BBQ on Saturday, July 1 here at Granville Gardens from 11:30am to 1:00pm. We hope you'll join us! Guests are \$35 per person, please RSVP to our receptionist. A local jazz duo, Mark and Doe Bender, will be performing live. **Please wear red or white on Saturday, July 1st.**



LIVING, LOVING, LOCAL – JULY FEATURES CHERRIES!

BC produces 16.6 million kilograms of sweet cherries and 0.5 million kilograms of sour cherries annually. This is more than 70% of the Canadian cherry crop. The main varieties grown in BC are Bing, Lambert, Van, Lapins and Sweetheart. Our Living, Loving, Local dinner will be served in our dining lounge on July 25, featuring cherries on the menu.

NO-BAKE “ENERGY POWER BALLS”

On July 4 @ 2:30pm Brenda will be showing us how to make delicious No-Bake “Energy Power Balls”. These are healthy bites loaded with goodness, they're also dairy-free and gluten-free. Families are making these and putting them in an air-tight container in the fridge so kids, teens and adults alike can grab a quick healthy snack on-the-go. Energy Power Balls are loaded with goodness and contain rolled oats, cinnamon, chia seeds, vegan chocolate chips, peanut butter, dried cranberries, raisins, sesame seeds, pumpkin seeds, shredded coconut and honey.



Upcoming Events & Live Music

July 1 - Jazz Duo for our Canada Day Lunch BBQ (Mark and Doe Bender) (11:45am)
July 6 - Salmon BBQ - Live Performance
July 13 – Mike Kinal (3:00pm) - Guitar & Vocals
July 20 – Peter Williams (3:00pm) – Piano & Vocals
July 27 – Ranj Singh (3:00pm) – Guitar & Vocals

Art Programs, On-Site Events and Activities

No-Bake Energy Power Balls, Healthy Snack Food Demo with Brenda – July 4 @ 2:30pm
****NEW**** Beginner Hand Sewing Classes with Danielle Morrison - July 4 & July 13 @ 1:30pm
****NEW**** Zumba GOLD Fitness Classes with Julia Chilcott – July 8, 15, 22, 29 @ 10:00am
Communion Offered by Pastor Lee at Hymn Sing – July 7 @ 1:30pm
Sunday Bingo - July 9 (Brenda), July 16 (Heidi), July 23 (Michael), July 30 (Neil)
Guest Speaker, Christopher Hebb July 10 at 3:00pm – “World Affairs, Ukraine & Russia”
Chef Food Demo with Cindy Low – July 14 at 3:00pm in the Great Room
Painting Class with Artist, Dawn Mattson – July 15 and August 19 @ 2:30pm
Qigong Exercise Classes with Anita Wong – Sundays at 10:30am
Seated Chair Yoga Class with Instructor Sarah de Lucca – Thursday Mornings at 10:00am
Travel Show with Tony! (Ireland & Scotland) – July 18 @ 2:30pm
Monthly Resident Book Club Meeting – July 19 @ 3:30pm
St. John Ambulance Pet Therapy Dog Visit (Olga & Sasha) – July Dates TBA
Reading Out Loud by Ashvin, our Grade 12 Student Volunteer – Saturdays @ 2:30pm
Evelyn, our Foot Care Nurse – July 21 (Sign Up Required)
Hair Salon open each Wednesday – Please sign up at reception
Monthly Resident Meeting with the Management Team – July 20 at 2:00pm
Wellness Clinic with Heidi (Blood Pressure & Weight) - July 20 (1pm – 3pm Please Sign Up)
Happy Hours with live musical performances each Thursday from 3pm – 4pm (with Bar Service, Alcoholic Drinks are \$4.50 each)
Hymn Sing, Faith Exploration & piano music with Pastor Lee Tuesdays & Fridays @ 1:30pm

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

- * Weekly Wednesday Morning Local Van Shuttle (We leave @ 10:00am) (Drop Off & Pick Up)
- * The Dunbar Theatre to see the movie Indiana Jones and the Dial of Destiny
- * Lunch at Romer’s Restaurant on Kerr Street
- * Shoppers Drug Mart “20% Senior’s Day” – Dunbar & West 27th Avenue Location



Granville Gardens Retirement Residence

Fitness Classes & Art Programs

Art Programs

ART: "Summer Cocktail" Painting Class with Artist, Dawn Mattson

ART: Fireworks, Artful Enrichment Painting Tutorial

CRAFT: Making Beaded Bracelets & Necklaces

ART: Meet Me at the MOMA Painting Classes

ART: Hazy Hills, Painting Workshop

****NEW**** Beginner Hand Sewing Class with Danielle Morrison – July 4 & 13

Fitness Classes - We Offer Fitness Classes 7 Days a Week

*Tai Chi each Monday @ 10:00am

*Go 4 Life Walking Group each Monday afternoon

*Seated "Tappercise" Tap Dance Class to Music each Tuesday @ 10:00am

*Let's Get Movin' Fitness Class each Wednesday @ 10:00am

*Seated Chair Yoga with our Certified Yoga Instructor Thursdays at 10:00am

*Drum Fit Class to Music each Friday @ 10:00am

*Seated DVD Functional Fitness Class at 10:15am each Saturday in July

*Qigong Classes – Sundays at 10:30am with Anita Wong

*Regular 20-Minute Power Fit Classes to Music, Undercover, Outside in the Fresh Air (rain or shine)



HAPPY JULY BIRTHDAYS TO:

BERNY (JULY 8)

BARBARA Q. (JULY 8)

VIOLET'S 100TH BIRTHDAY (JULY 13)

KAREN (JULY 14)

GIGI (JULY 20)

KWOK (JULY 23)

WILLIAM (JULY 24)

MOBILE DENTAL HYGIENIST – SHE WILL COME TO YOU ON-SITE

We'd like to offer the services of an Onsite Preventive Dental Hygiene program here provided by *Strictly Prevention Inc.* This program includes specifically trained & qualified geriatric care registered dental hygienists. Regular preventive dental hygiene care is fundamental for comfort, social interaction, oral function, overall health & quality of life. We need 4 residents per visit to make this a "go". We have 2 interested to date, is anyone else interested? Please see Heidi for more details and for a Consent Form.

What's New?

***NEW* HAND SEWING CLASS WITH DANIELLE MORRISON**

Danielle is an Industrial Design graduate from Emily Carr University and we're thrilled to have her here in July.

She'll be teaching hand sewing techniques while assisting you to create beautiful, simple projects. Please sign up at reception.

OUR GAMES ROOM NOW HAS A GUITAR

Our Games Room is loaded with games to play at your leisure. We have Cards, Scrabble, Dominoes, Pictionary, Mahjong, Jenga, Checkers + a Guitar!

VANCOUVER PUBLIC LIBRARY OUTREACH BOOK DELIVERY PROGRAM

Take a look in our library nook, in our lounge area, as the Fraser Valley Regional Library delivers new books, CD audiobooks and DVD movies to us monthly. These deliveries include large print books, regular novels, biographies, memoirs, romance, western, fiction and non-fiction, Chinese novels and biographies.



***NEW* SEATED ZUMBA GOLD WITH JULIA CHILCOTT**

Julia will be running her seated Zumba Gold fitness class each Saturday morning at 10:00am for the month of July. Please come to the Great Room to enjoy this wonderful Zumba fitness program.

PAINTING CLASS

Artist, Dawn Mattson, will be here to teach a painting class on Saturday, July 15 & Aug 19 @ 2:30pm in the Great Room. Please sign up for this July class so she knows how many canvases to bring.

JULY 5TH RECREATION MEETING (LIFE ENRICHMENT)

Please join us on July 5 at 2:30pm on the patio! We'll discuss the upcoming fitness classes, social events, van trips, programs, activities, games and arts & crafts offered here this month.

LUNCH AT ROMER'S RESTAURANT ON KERR ST.

We're taking the van and going out for lunch to Romer's Burger Bar on Monday, July 17, leaving here at 11:00am. You can view their menu at:

<https://romersburgerbar.com/menus/>

Movie at The Dunbar Theatre

INDIANA JONES AND THE DIAL OF DESTINY



- *Monday, July 3rd, 2023
- *At The Dunbar Theatre
- *Van leaves here at 11:45am
(The kitchen will make us bag lunches 'To-Go')
- *Movie Starts at 12:30pm
- *Bring money for admission and treats at the concession stand
- *The movie is 2½ hours in duration
- *Seniors' Admission \$10.00

GRANVILLE GARDENS HAIR SALON – COST CHART

<u>SERVICE</u>	<u>PRICE</u>	<u>GST</u>
FOR LADIES:		
CUT ONLY	\$ 32.00	\$ 33.60
SHAMPOO - SET/BLOW DRY/CURLING IRON	\$ 33.00	\$ 34.60
SHAMPOO - CUT & SET/BLOW DRY/ CURLING IRON	\$ 52.00	\$ 54.60
BODY WAVE PERMANENT (INCLUDES CUT AND SET)	\$ 120.00	\$ 126.00
COLOUR	\$ 90.00	\$ 94.50
HAIR WASH	\$ 10.00	\$ 10.50
FOR MEN:		
CUT ONLY	\$ 25.00	\$ 26.25
BEARD/MOUSTACHE/EYEBROWS	\$ 5.00 & UP	
NAILS: NAIL TRIM	\$22.00	\$23.10
NAILS: MANICURE	\$35.00	\$36.75

July 10 at 3:00pm

Guest Speaker, Christopher Hebb, will be hosting an Educational Presentation and Discussion on Current World Events (Ukraine and Russia)

Christopher Hebb holds a degree in history and law and he is the current President of The Winston Churchill Society in Vancouver. Please joins us for this important 30-minute presentation followed by a question-and-answer period. This educational presentation is sponsored by Shylo Home Healthcare.



Join Artist, Dawn Mattson, on July 15 at 2:30pm for a Painting Class & Tutorial (“Summer Cocktail”)

