

NEWSLETTER

SEPTEMBER 2023



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 the ninth month of the year and has 30 days. It marks the beginning of autumn in the Northern Hemisphere and spring in the Southern Hemisphere. Notably, it's named after the "Septem", the Latin term for seven, as it was originally the seventh month in the Roman calendar.

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

September is the start of the harvest season. Some wonderful fruits and vegetables such as apples, beets, bok choy, cabbage, corn, cranberries, eggplant, kale, parsnips, pears, plums, pumpkins, radishes, turnips and zucchini are at their peak this month.

MOON FESTIVAL – Friday, Sept. 29 @ 2:30PM

Mid-Autumn Festival, also known as the Mooncake Festival or Moon Festival, is one of China's biggest holidays. The festival is a celebration with family reunions, mooncakes, parades, and lanterns. This year the Mid-Autumn Festival falls on Sept. 29 and we will be serving tea and delicious moon cakes at 2:30pm in our lounge. Please join us.



NATIONAL VERVE OPEN HOUSE & TOURS **Saturday, September 16, 1:00pm – 4:00pm**

Granville Gardens, and all Verve seniors' communities across Canada, will be hosting an Open House and Tours on September 16. Schedule Below:

- 1:00pm** - Guests arrive, building and suite tours, food & drink stations
- 1:30pm** – Live Music in the Lounge with Mike Kinal (1:30pm – 2:30pm)
- 2:30pm** – “Tapperercise” Seated Tap Dance Class to Music with Beryl in the Great Room
- 4:00pm** - Guests depart

WEEKLY WEDNESDAY AFTERNOON TEA & COOKIES

Tea, coffee, hot chocolate, juice and cookies are served each Wednesday in the Bistro. Please join us at 2:30pm.



Upcoming Events

Live Musical Performances & Happy Hours

September 7 – Charles Johnson (3pm)
September 10 – Youth Musician Association (2:30pm)
September 14 – Mike Kinal (3pm)
September 16 – OPEN HOUSE LIVE MUSIC (1:30pm)
September 19 – The Preschool Children Sing for Us (11:00am)
September 21 – Liz and Steve Alexander (3pm)
September 28 – Ranj Singh (3pm)
September 30 – One Key Youth Orchestra (2pm)

Art Programs, Activities, Travel Shows & Games

Monthly Chef Chat & Drink Demo – September 14 at 2:00pm
Moon Cakes & Tea Served for the Moon Festival – September 29 @ 2:30pm
Hand Sewing Class with Danielle – September 12 & 26 at 2:30pm
National Day of Truth and Reconciliation - Orange Shirt Day September 30
Apple Variety Tasting Event – Taste-Test Different Types of Apples
Wellness Clinic with Heidi (Blood Pressure & Weight) – September 14 (1pm – 3pm)
Verve's Annual Open House for Guests & Tours – September 16 (1:30pm – 3:30pm)
Travel Show with Tony: Greece and Corfu
Book Club Meeting – September 20 @ 3:30pm
ART: Painting Class with Artist, Dawn Mattson – Sept. 23 at 1:00pm in the Art Room
Chef Food Demo with Cindy Low – September 23 at 3:00pm in the Great Room
CRAFT: Make Nature Craft Pencil Holders
CRAFT: Make Pinecone Creatures Using Felt Fabric & Glue Guns
CRAFT: Make Toadstools/Mushrooms Using Air Dry Clay & Paint Them

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

- * NEW - Swimming at the Indoor Pool at the Kerrisdale Community Centre
- * Dim Sum Lunch at Golden Ocean Restaurant on West 41st Avenue
- * Visit Spanish Banks to View the Beach and Ocean
- * Van to Walk the Oval Outdoor Track at West Point Grey High School
- * Walk the West Side Greenway Path (Starting at West 49th Ave, we'll walk south)
- * Shoppers Drug Mart (Dunbar Location) for Senior's Day 20% Off

We Offer Fitness Classes 7 Days a Week

- *Tai Chi each Monday with Eric Liu
- *Go 4 Life Walking Group each Monday
- *Tappercise Seated Tap Dance Class each Tuesday with Beryl (Also Sat. Sept. 16)
- *Let's Get Movin' Fitness Class with Michel each Wednesday
- *Drum Fit to Music each Thursday with Brenda
- *Gentle Fitness and Movement Class each Friday with Sarah Groberman
- *Seated Chair Yoga Class each Saturday with Sarah de Lucca
- *Qigong Class each Sunday with Anita Wong
- *20-Minute Power Fit Class Weekly in the Afternoon with Brenda

TERRY FOX

Born: July 28, 1958, Winnipeg

Died: June 28, 1981, Royal Columbian Hospital, New Westminster

Terrance Stanley Fox was a Canadian athlete, humanitarian, and cancer research activist. In 1980, with one leg having been amputated due to cancer at the age of 18, he embarked on an east-to-west cross-Canada run to raise money and awareness for cancer research. Terry underwent 16 months of treatment and found he could not ignore the suffering he witnessed in the cancer wards.



Grants from the Terry Fox Foundation, which organizes the runs, have helped Canadian scientists make numerous advances in cancer research. The Terry Fox Run is the world's largest one-day fundraiser for cancer research, and over \$850 million has been raised in his name as of May 2022.

This September 17th is the 2023 Terry Fox Run.

In September, we celebrate birthdays with:

- Winnie – September 3
- Margaret – September 9
- Carol – September 14
- Kay – September 21
- Beverley – September 25



HAPPY BIRTHDAY TO YOU!

PLEASE CONSERVE WATER

B.C. is experiencing severe drought levels and unprecedented conditions around the province. Drought is a recurring feature of climate change. It is a shortage of water caused by reduced precipitation and rain.

VAN TRIP TO DIM SUM LUNCH AT GOLDEN OCEAN SEAFOOD RESTAURANT

Van Trip on Tuesday, September 19, Leaving Here @ 11:15am

Please sign up at reception if you would like to join the group for dim sum at Golden Ocean Seafood Restaurant on September 19. The van will leave here at 11:15am, please be in the lobby at least 5 minutes before departure time.



National Day for Truth and Reconciliation

Saturday, September 30, 2023

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 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."

MOBILE DENTAL HYGIENIST ON-SITE

Please see our Health and Wellness Manager, Heidi, if you would like to make an appointment with the mobile dental hygienist. They will come to you, you do not have to go out to the dental office.



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 25th at 2:00pm. **Hot apple cider will also be served.**

****Honeycrisp, Fuji, Ambrosia, Pink Lady, Golden Delicious****

WEDNESDAY MORNING VAN SHUTTLE SERVICE

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

LIVE CLASSICAL MUSIC PERFORMANCE FOR GRANPARENTS DAY

The Youth Musician & Artist Association (YMAA) will be performing live classical concerts here on the second Sunday of each month, starting **Sept. 10 at 2:30pm.**



SWIMMING AT THE KERRISDALE COMMUNITY CENTRE

We'll be taking the van to go swimming on September 5, 15 and 25, leaving here at 10:00am. Please sign up at reception.

LIFE ENRICHMENT MEETING SEPTEMBER 5

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

“TAPPERCISE” SEATED TAP DANCE CLASS

Join this fun seated tap dance class to music on September 12, 16, 19 and 26th.

This is a much-loved seated dance program so please come and join the fun. All abilities welcome and no experience is necessary.

3 benefits of seated tap dance class:

1. improves cognitive function through tap routines
2. social benefits as tap dance is a fun gender-neutral genre and most everyone enjoys movement to music
3. a good cardio-workout exercise involving your legs, ankles, feet and arms

BE AWARE OF SCAMS AND STAY SAFE!

A reminder to **never** give out your personal details, banking information or credit card number to anyone. Be aware of unsolicited phone calls or emails asking for personal data such as your birthdate or your full name.

HAIRDRESSER & FOOTCARE NURSE

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.

ART THERAPY STUDENT

Beverley Chan will be doing her practicum here for her Art Therapy studies at The Vancouver Art Therapy Institute. Keep your eye out for signage with regard to class times in September.

FALL PREVENTION PRESENTATION AND GROUP DISCUSSION

Join us on September 18 at 3:00pm for a Fall Prevention & Balance Presentation by Easy Allied Health. This is an important workshop, please make note of it. Thank you.

SAVE THE DATE!

Thanksgiving Dinner will be served here on Monday, October 9. Guests, please RSVP to reception. Cost per guest is \$35.

ONE KEY YOUTH PERFORMANCE

We're hosting the One Key Youth Orchestra here on Saturday, September 30 from 2pm – 3pm in the lounge. The youth performers consist of violinists and pianists. Don't miss this talented group.

TECHNOLOGY ASSISTANCE

Do you need assistance with your iPhone, iPad or laptop? Harry Shi, a Grade 10 student, will be coming here to Granville Gardens to assist you with your technology questions. Harry speaks English and Mandarin. September dates TBD, most likely weekends as Harry will be back to school in September.

DINING ROOM SEATING

A gentle reminder that we do not 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 other residents and please welcome our new residents by sharing a meal with them.

CHEF'S UPDATE – Farm to Table Dinner

The theme this month for the Living Loving Local (“LLL”) Farm to Table dinner highlights **corn**. Our LLL meal will be featured monthly on the last Tuesday of each month. Please join the Chef Chat “Food 4 Thought” on September 14 at 2:00pm where the fall menu will be discussed. We’ll also be hosting a Drink Demo serving Caesar’s to our residents in attendance.



FALL CRAFTS AT GRANVILLE GARDENS

This September we’ll be creating and painting mushroom toadstools using air-dry clay, making pinecone creatures, making a pencil holder from natural fibers and making orange shirt day bunting. We offer painting classes weekly as well. Come and get creative with us.



SEPTEMBER POTLUCK TRIVIA QUESTIONS

1. What bird lays the largest eggs?
2. Which actor and actress starred in the 1948 movie Easter Parade?
3. A famous Russian jeweler created a famous egg known as?
4. What cat started as a comic strip, then went on to spawn 3 TV series and two films.
5. What is the smallest prime number?
6. How many rings are in the Olympic emblem?
7. What is the deepest recorded point on the ocean floor at a depth of nearly 36,000 feet called?
8. This classic rhyming children's book was written using only 50 words. What was the book called?
9. What is the hottest planet in our solar system?
10. What is the largest ocean on earth?
11. What is the name of the comet that was first observed via a spacecraft in 1986?
12. Charles Dickens wrote this famous Christmas story.
13. Who starred as Archie Bunker in the 1971 sitcom, All in the Family?
14. Who was the first President in US history to have resigned from office?
15. Who won the first Super Bowl in 1967?
16. Who was Lucille Ball married to in 1940?
17. This artist painted the fresco ceiling of the Sistine Chapel.
18. What is the title of this 1959 American religious film, starring Charlton Heston, which won 11 Oscars, including Best Picture?
19. What 2 colours do you mix together to get green?
20. What do the words Auld Lang Syne mean?

The Answers Are With Our
Receptionist 😊

SONG SUNG BLUE – LYRICS

"Song Sung Blue" is a 1972 hit song written and recorded by Neil Diamond, inspired by the second movement of Mozart's Piano Concerto #21. It was released on Diamond's album Moods, and later appeared on many of Diamond's live and compilation albums.

Song sung blue
Everybody knows one
Song sung blue
Every garden grows one
Me and you are subject to the blues now and then
But when you take the blues and make a song
You sing them out again
Sing them out again
Song sung blue
Weeping like a willow
Song sung blue
Sleeping on my pillow
Funny thing, but you can sing it with a cry in your voice
And before you know, it started feeling good
You simply got no choice
Me and you are subject to the blues now and then
But when you take the blues and make a song
You sing them out again
Song sung blue
Weeping like a willow
Song sung blue
Sleeping on my pillow
Funny thing, but you can sing it with a cry in your voice
And before you know, it started feeling good
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Song sung blue
Song sung blue
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PHOTOS FROM BEADING CLASS, LUNCH OUT, NATURE YARN CRAFT SESSION, OUR GROUP WALK, MAKING ELVIS POSTERS & FLOWER ARRANGING

