

NEWSLETTER

DECEMBER 2023



GRANVILLE
GARDENS

INSPIRED SENIOR LIVING WITH 

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



December Tidbits

Zodiac Signs:

Sagittarius (Nov 22 – Dec 21)

Capricorn (Dec 22 – Jan 19)

Birthstones:

Sagittarius – Turquoise

Optimistic, honest, intellectual, fair-minded and lovers of freedom, usually the best conversationalists.

Capricorn – Garnet

Capricorns are ambitious, determined, materialistic and strong. Belonging to the element Earth (as do Taurus & Virgo), Capricorns are very grounded.

Birth Flowers: Holly & Narcissus

About December

December is the twelfth and final month of the year in the Julian and Gregorian calendars and is also the last of seven months to have a length of 31 days. December got its name from the Latin word decem (meaning ten) because it was originally the tenth month of the year in the calendar of Romulus c.

DECEMBER 1 – TREE DECORATING HOT CHOCOLATE AND CHRISTMAS MUSIC

During the afternoon of December 1st from 2:30pm – 4:00pm please join us as we decorate the lounge, the Christmas trees and the dining room. Let's gather together to get in the festive mood with friends and listen to holiday music. Hot chocolate and apple cinnamon herbal tea will be served.

DECEMBER 7 – MAGEE HIGH SCHOOL

Magee Secondary School is hosting a Senior's Tea & Concert on Dec 7th @ 1:30pm. Performances will be in their school theatre and will include the Magee Chamber Choir, Strings Ensemble and their Jazz Band. **The van leaves here at 1:00pm.**

ART THERAPY CLASSES WITH BEVERLY CHAN

Each Monday Beverly (Art Therapy Practicum Student) will be running one-on-one art therapy sessions at 1:00pm, at 2:00pm and at 3:00pm. Please sign up at reception.

About Art Therapy

Traditionally, art therapy was confined in mental health settings, but it has now expanded to various community settings, such as schools and workplaces. Art therapy is a combination of "Creative process" and "Talk therapy" and differs from creative arts. It focuses on the therapeutic aspect of the creative process, using art materials as tools to express thoughts and feelings beyond words. There is no right or wrong in art; no good or bad either. Art therapy sessions incorporate grounding activities for connection and mindfulness and may include other artistic and creative expressions like dance, poetry, music and writing.

In an open studio art therapy setting, it offers a safe and creative space for individuals to express and explore their own emotions.

During activities, individuals have the freedom to choose to participate in an activity and create artwork at their own pace within a timeframe. This approach changes the way we view art therapy, suggesting it can benefit everyday life. There are different forms of therapy work for different people, and we hope that individuals can discover art as a means of self-healing, building connections, and personal growth, ultimately enjoying the creative process together.

December Calendar of Events

Please review the December calendar of events and programs we offer here at Granville Gardens. This month we have 11 van trip outings, and we have 12 live musical performances scheduled in our lounge. We also offer fitness classes, art & educational content, games and programs that cover the 6 *Dimensions of Wellness* being: intellectual, physical, social, spiritual, emotional and purposeful.

**We offer 7 programs per day,
7 days per week.**

RESIDENT PHOTOS SLIDESHOW

On December 28 at 1:30pm we'll be showing photos from 2023 including: photos of our residents, photos of the van trips & lunches out, various BBQs, events on-site and our residents' paintings and crafts they've created over the past 12 months.



December 31, 2023 - 3:00PM – 4:00PM
CLASSICAL PIANO PERFORMANCE BY MATTHEW MA

New Years Eve

The ultra talented Matthew Ma will be performing on New Years Eve before dinner, in our main lounge and complimentary champagne will be served for our early countdown. Following his performance, Chef Pavle and his team will be serving a formal New Year's Eve Dinner from 4:30pm – 6:00pm. Dinner Guests are \$45 per person (includes a glass of bubbly). All guests, please RSVP to reception.



FILL IN THE BLANKS – NAME THAT TUNE

1. Elvis Presley sang “_____ Hotel”	9. Julie Andrews sang “My _____ Things”
2. Chuck Berry sang “Roll Over _____”	10. Jerry Lee Lewis sang “Great _____ of _____”
3. Dick Van Dyke in Bye Bye Birdie sang “Put On A _____ _____”	11. Gene Kelly sang “_____ in the _____”
4. The Flamingos sang “I Only Have _____ for _____”	12. Elvis Presley sang “_____ _____ Shoes”
5. The Platters sang “The Great _____”	13. The Beach Boys sang “I Get _____”
6. Buddy Holly and the Crickets sang “_____ _____ the Day”	14. Johnny Cash sang “I Walk _____ _____”
7. Bob Dylan sang “_____ in the Wind”	15. Tony Bennett sang “I Left _____ Heart _____ _____”
8. The Everly Brothers sang “Wake Up _____ _____”	16. John Denver sang “_____ Song”

****The answers are on the last page of this newsletter****

Upcoming Events

Live Musical Performances & Happy Hours

- Dec 2 - Metro Seniors Swing Band Performs (8-piece band in the Great Room @ 2:30pm)
- Dec 7 - John Dean (3:00pm)
- Dec 9 - Canada YC Youth Chinese Orchestra Performs (3:00pm)
- Dec 10 - Youth Musician & Artist Association (YMMA) (2:30pm)
- Dec 14 - Charles Johnson (3:00pm)
- Dec 15 - St. Andrew's School Choir - Christmas Caroling (@ 1:00pm for 30 minutes)
- Dec 21 - Greg Alcock (3:00pm) *Rum & Eggnog Served
- Dec 22 - Piano Music During Gala Christmas Dinner 'by Nancy' (5:00pm to 6:00pm)
- Dec 28 - Bob Collins (3:00pm)
- Dec 29 - Music with Connie Chan and Guests (1:30pm)
- Dec 30 - The Ukulele Ladies Perform (3:00pm)
- Dec 31 - Matthew Ma (Classical Piano) & Complimentary Champagne Served (3:00pm)

Programs, On-Site Events and Activities

- Christmas Tree Decorating - Christmas Music & Hot Chocolate Served - Dec 1
- Decorate Your Suite Door Contest Begins Dec 4 (Residents Decorate Their Suite Door)
- Christmas Cookie Decorating - December 4
- Digital and/or Written Life Story Workshop/Creative Writing Workshop with University Lecturer, Poet and Published Author, Aislinn Hunter - Dec 8
- Fall Prevention Presentation/Workshop in the Great Room - December 14
- Jill's Travel Show: Her African Safari Photos - December 16
- "Yankee Swap" Gift Game - December 18
- Evening Painting Class with Artist, Dawn Mattson - Dec. 19 at 6:00pm (Great Room)
- Fresh, Cold Blueberry & Strawberry Smoothies Served - Dec. 20
- Wear Your "Ugly Christmas Sweater" Happy Hour - Dec 21 at 3:00pm (Rum & Eggnog Served)
- Wellness Clinic with Heidi - (1pm - 3pm) December 21 (Weight and Blood Pressure)
- Monthly Resident Meeting with the Managers - December 21 at 2:00pm
- Resident Gala Christmas Dinner - December 22 (4:30pm - 6:00pm)
- St. John Ambulance Pet Therapy Dog Visit (Olga & Sasha) - Dec. 5 & 26
- Living, Loving, Local - Farm to Table Dinner Served - Dec 26
- Resident Slideshow Covering 2023 @ Granville Gardens - December 28
- Chef Chat and Rum Balls Food Demo with Chef Pavle - December 28
- CRAFT: Make Orange & Clove Pomanders & Build a Winter Kit Kat Christmas Log Cabin
- CRAFT: Cut Out and Make Large Paper Snowflakes
- ART: Paint a Snow Globe (acrylic on paper) and Paint a "Taped Snowflake" (acrylic on canvas)
- HAND SEWING CLASS: Make a Sewn Felt 'Star' Christmas Tree Ornament & Felt Baubles
- Happy Hours with live musical performances each Thursday from 3pm - 4pm
- Hymn Sing, with piano music, with Pastor Lee each Tuesday & Friday @ 1:30pm

We Offer Fitness Classes 7 Days a Week

- *Tai Chi with Eric Liu each Monday @ 10:00am
- *Go 4 Life Walking Group each Monday afternoon
- *Tappercise Class (Seated Tap Dance Class) with Beryl each Tuesday @ 10:00am
- *Let's Get Movin' Fitness Class with Michel each Wednesday @ 10:00am
- *Drum Fit Class to Music with Brenda each Thursday @ 10:00am
- *Gentle Fitness Class with Sarah Groberman each Friday @ 10:30am (note later start time)
- *Seated Yoga Class with Sarah de Lucca each Saturday at 10:00am
- *Zumba Gold Seated Fitness Class with Julia Chilcott on Sundays @ 10:00am

Noticeboard

VAN TRIPS THIS MONTH

- *Magee Secondary School Christmas Tea & Concert Band
- *Shoppers Drug Mart 20% Off Seniors' Day
- *Complimentary Weekly Morning Van Shuttle (Dec. 6, 14, 20 & 27)
- *Weekly Van to Swimming and the Library @ Kerrisdale Community Centre

MAGEE SCHOOL BAND & CHOIR

Magee Secondary School is hosting a Senior's Tea & Concert on Dec 7th @ 1:30pm. Performances will be in their school theatre and will include the Magee Chamber Choir, Strings Ensemble and Jazz Band! Sign up at reception.

LIVE CLASSICAL MUSIC

Saturday, December 2 – Metro Seniors Swing Band Performs @ **2:30pm**

Saturday, December 9 – Vancouver Chinese Orchestra performs @ **3:00pm**

Sunday, December 10 – Youth Musician and Artist Association @ **2:30pm**

Sunday, December 31 – Matthew Ma (Classical Piano) @ **3:00pm**

METRO SENIORS SWING BAND

This fantastic 8-piece senior's swing band will be performing here on Sat. Dec. 2 in the Great Room. See you there!

DIGITAL LIFE WRITING & CREATIVE WRITING WORKSHOP

Bringing Your Words To Life: In this one-hour session award-winning author Aislinn Hunter will give participants easy-to-use tips and techniques for evocative storytelling. She'll also suggest two ways to create short 'time capsules' of memories from your life (either written or recorded) to give as holiday gifts to loved ones and family.

Aislinn Hunter is a novelist and poet and the author of eight books. Her mom is a resident at Granville Gardens.

Join us on Friday, Dec 8 at 2:30pm for this exciting Creative Writing and Storytelling Workshop.

CARD GAMES, SCRABBLE AND BOARD GAMES

In our Games Room, we have the following games for your use:

*Chinese Checkers

*Scrabble

*Cards

*UNO

*Jigsaw Puzzles

*Jenga

*A Guitar (to borrow)

*Dominoes

*Cribbage

*Yahtzee

*Pictionary

WEEKEND TRAVEL SHOWS WITH RICK STEVES

Armchair travel destinations on *YouTube* with Rick Steves this month are to:

- * Istanbul
- * Romania
- * The Best of the Alps, and
- * Cruising the Mediterranean

Join us in the lounge Sundays @ 1:30pm. Please refer to the December calendar of events.

HAIRDRESSER & FOOTCARE

If you would like to book an appointment with either of the above, please speak with our receptionist. Our hairdresser is here on Wednesdays and the footcare nurse is here on December 22. Please book your spot with our receptionist.

SATURDAY DOCUMENTARIES

- Dec. 2 – Harry & Meghan
- Dec. 9 – Our Universe
- Dec. 16 – Predators (Nature)
- Dec. 23 – The Mystery of Marilyn Munro: The Unheard Tapes
- Dec. 30 – The Elephant Whisperers

WEDNESDAY MORNING VAN SHUTTLE SERVICE

We offer a complimentary van shuttle service each Wednesday morning leaving at 10:00am. This is a local drop off and pick-up service provided for free for our residents. NOTE: Dec. 13 has been moved to Dec. 14 (Thursday).

FALL PREVENTION PRESENTATION & WORKSHOP

As part of our educational presentations at Granville Gardens, we're happy to welcome back Natasha, a nurse at Proof of Care. She'll be running an important presentation and workshop on **Fall Prevention**. This will take place in our Great Room on **December 14th at 1:30pm**. This is an important topic for seniors, please do attend.

WEDNESDAY NIGHT TURNER CLASSIC BLACK & WHITE MOVIES

- Dec. 6 – Road to Bali (1952)
- Dec. 13 – Penny Serenade (1941)
- Dec. 20 – Elephant Walk (1954)
- Dec. 27 – That Hamilton Woman (1941)

Join us nightly in the lounge at 6pm for movie night.

DECEMBER TRAVEL SHOW WITH JILL KEMP – DEC. 16

Jill will be showing us her photos from her recent African Safari, on December 16 at 3:00pm in the Great Room. Everyone welcome!

CARDS GAMES

We have a great group of resident card players here. See the Dec. calendar and come join in with the others at the table in the lounge. The more the merrier!

CHEF PAVLE'S

Farm to Table Dinner

The theme this month for the Living Loving Local (“LLL”) Farm to Table dinner will highlight **cranberries**. Please join Pavle for his monthly Chef Chat and Rum Balls Sweets Demo on December 28 at 2:00pm.



CHRISTMAS CRAFTS IN DECEMBER

This December we'll be cutting out large intricate paper snowflakes, building Kit Kat log cabins, making orange & clove pomanders and sewing felt 'Star' Christmas tree decorations. Beginners are encouraged to attend these fun classes. Please see your monthly calendar.



Wishing You a Very Happy Birthday!

Sara – Dec 5
Barbara – Dec 7
Bill – Dec 11

DECEMBER 7th WE'RE MAKING ORANGE AND CLOVE POMANDERS



How to Make Orange and Clove Pomander Balls

Take firm oranges and stud them with whole cloves. Tie a pretty ribbon around your pomander for a festive look.

You can be creative and arrange the cloves in diamonds, circles, or other patterns. As the orange dries, it will release a beautifully delicate, spicy fragrance.

Once dried, you can hang pomanders in your closet or add them to your drawers like a sachet.

Pomander balls began not as Christmas decorations but as personal perfumes back in Medieval times. Pomanders were first mentioned in literature in the mid-thirteenth century and they were used in the late Middle Ages through the 17th century.

Making orange pomanders is a favourite holiday pastime. The scent of orange, clove and cinnamon has become the signature scent of the Winter Holidays.

ANSWERS TO 'FILL IN THE BLANKS'

1. Heartbreak Hotel
2. Roll Over Beethoven
3. Put On A Happy Face
4. I Only Have Eyes For You
5. The Great Pretenders
6. That'll Be The Day
7. Blowin' In The Wind
8. Wake Up Little Susie
9. My Favorite Things
10. Great Balls Of Fire
11. Singin' In The Rain
12. Blue Suede shoes
13. I Get Around
14. I Walk The Line
15. I Left My Heart In San Francisco
16. Annie's Song

EVENING PAINTING CLASS WITH ARTIST, DAWN MATTSON (After Dinner on December 19)

Please join Dawn in the Great Room on
Tuesday, December 19 at 6:00pm for a
"Winter Rabbit" Painting Tutorial.

Please sign up at reception.



GET TO KNOW YOUR NEIGHBOURS

*Sit with someone here and ask each other
20 questions. These are excellent
conversation starters, and they help to get
to know each other better.*

1. Have you ever met anyone famous? If so, who?
2. If you could live anywhere, where would it be?
3. Where have you lived previously (which countries, towns and cities)?
4. What is your favorite vacation memory? Where did you go?
5. What would you change about yourself if you could?
6. What makes you the happiest?
7. What was your favorite thing about your career?
8. What is your proudest accomplishment?
9. What was your favorite book you read?
10. Who was or is your favourite actor and actress?
11. What did you want to be when you were young?
12. If you could choose to do anything for just one day, what would it be?
13. What is your favorite game or sport to watch?
14. What song would you choose to sing at a Karaoke night?
15. Who is your favorite author?
16. What is your favourite dinner/meal?
17. Who is your favourite singer?
18. What is your favourite movie?
19. Did you have a favourite family tradition?
20. What advice would you give a person who turns 18 years old today?