

# NEWSLETTER

# JANUARY 2024



GRANVILLE  
GARDENS

INSPIRED SENIOR LIVING WITH 

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



### January Tidbits

January was named after the Roman god Janus. Janus had two faces which allowed him to look forward into the coming year and backward into the past year.

### Zodiac Signs:

Capricorn (Dec 22 - Jan 19)

Aquarius (Jan 20 - Feb 18)

January Birthstone – Garnet

January Birth Flower – Carnation and Snowdrop - meaning admiration, hope, love and rebirth

### Famous January Birthdays

Jan 4 – Isaac Newton

Jan 8 – Elvis Presley & Steven Hawking

Jan 15 – Martin Luther King Jr.

Jan 17 – Betty White

Jan 17 – Muhammad Ali

## **A MESSAGE FROM OUR GENERAL MANAGER, MICHAEL TABLIT**

Dear Residents,

I want to take a moment to express my deepest gratitude and appreciation to each and every one of you. It has been a year filled with joy, growth, and treasured moments, and I am truly thankful for the incredible community we have built together.

First and foremost, I would like to extend my heartfelt thanks to our dedicated team, from our department managers to our staff members. Their dedication, professionalism, and unwavering commitment to our residents are truly commendable. Together, our team has created a remarkable community where residents can thrive, connect, and enjoy a fulfilling lifestyle. Their collective efforts have made Granville Gardens a place that feels like home, and I am truly proud to work alongside such a talented and dedicated group of individuals.

To our residents, thank you for your continued support, trust, and active participation in our community. Your presence and engagement makes Granville Gardens a vibrant and thriving place to live. We are truly grateful to have you as part of our family.

As we look forward to the coming year, I am filled with excitement and anticipation for all that lies ahead. We will continue to strive for excellence, seeking new ways to enhance the lives of our residents and create meaningful experiences. Your contributions and commitment to our shared vision are invaluable, and I am grateful for each and every one of you.

May 2024 bring you happiness, good health, and many more cherished memories.

With deepest appreciation and warmest regards,

Michael Tablit  
General Manager  
Granville Gardens

## **“FIT MINDS” STAY SHARP**

Fit Minds programs are evidence-based Cognitive Stimulation Therapy Programs based on Language and Music, Visual/Spatial Orientation, Working & Long-Term Memory, Critical Thinking and Computation skills. Fit Minds group cognitive stimulation programs are designed to be delivered weekly here at Granville Gardens with fresh programming each week.

We meet in the private dining room, worksheets and pencils are passed around, quotes are read and discussed then we work as a group through the various brain games.

Please join us Mondays at 11:00am for Fit Minds.



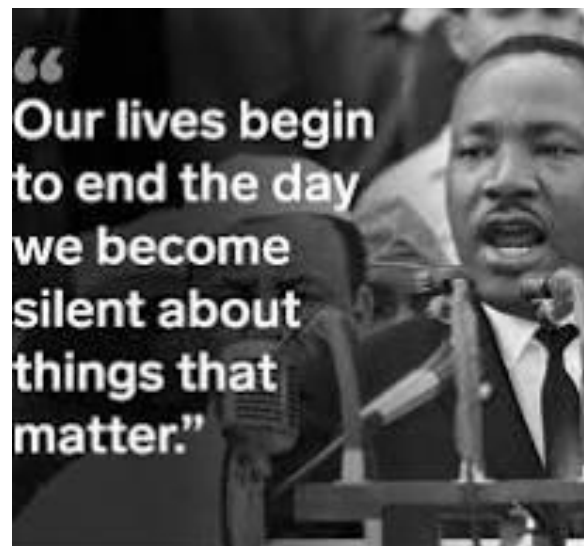
## **New This Month!**

**Learn to Crochet, Learn to Play the Piano, Hedbanz, Jenga & Spool Knitting**



## **MARTIN LUTHER KING JR. DAY – JANUARY 15**

Martin Luther King Jr. (January 15, 1929 – April 4, 1968) was an American Baptist minister and activist, one of the most prominent leaders in the civil rights movement from 1955 until his assassination in 1968. An African American church leader and the son of early civil rights activist and minister Martin Luther King Sr., King advanced civil rights for people of colour in the United States through nonviolence and civil disobedience.



## ROBBI BURNS DAY – JANUARY 25

On January 25 at 3:00pm, we'll be serving shortbread cookies, tea, and a wee dram of whisky. If you have items from Scotland, please bring them to the lounge to share with the group. That evening, dinner will be a Robbie Burns, Scottish inspired menu.

### Who was Robert Burns?

Robert Burns is considered the national poet of Scotland, also known as the “Bard of Ayrshire”. He was known as a lyricist and songwriter. He was born on January 25, 1759 in the village of Alloway, the eldest of seven children. He penned his first verses at the age of 15 and he wrote more than 400 songs, one of which became world famous ‘Auld Lang Syne’. Robbie Burns died at the age of 37 of heart disease and he was buried with great honour with more than 10,000 people attending his funeral. Today, in many countries around the world, a tribute is paid to Robbie each year on his birthday with a special supper, whisky and poetry reading.



### WINTER MATH QUIZ

1. What number does a century represent?
2. Which is bigger 100 or ten squared?
3. What is the square root of 36?
4. How many sides does a hexagon have?
5. The cost of buying a building is one hundred and twenty one million dollars. Write this number in standard form.
6. What comes next in this series: million, billion, trillion, \_\_\_\_\_
7. A fortnight is a unit of time equal to how many days?
8. A single walrus can eat 5,000 clams a day. How many clams does a walrus eat in three weeks?
9. If a hen lays 250 eggs per year, in how many years will she lay 1,000?
10. The date is the 15<sup>th</sup> of August. What was the date 2 weeks ago?
11. What is the highest common factor of the numbers 30 and 132?
12. What is the year 1982 in Roman Numerals?

**MARK IT ON YOUR CALENDAR!**   
**TONY'S TRAVEL SHOW TO ITALY WILL BE  
ON FRIDAY, JANUARY 19 AT 3:00PM IN THE  
GREAT ROOM**

### **Live Musical Performances & Happy Hours**

Jan 4 – Peter Williams (Piano/Vocals) (3:00pm)  
Jan 11 - “Two For You” Duo (Saxophone and Big Band Tunes) (3:00pm)  
Jan 14 – Youth Music Association – Classical Music Performance (2:30pm)  
Jan 18 – Matthew Ma (Classical Piano) (3:00pm)  
Jan 23 – Music with Connie Chan and Guests (1:30pm)  
Jan 25 – Mike Kinal (Guitar/Vocals) (3:00pm)

### **Art Programs, On-Site Events and Activities**

Show & Tell – Bring an Item to Share with the Group & Tell Us About it - Jan 29 @ 2:00pm  
Art Therapy Sessions with Practicum Student Beverly Chan each Monday (Sign Up Required)  
Order in Pizza for Lunch from *Burrata Pizzeria* (Authentic Italian Pizza) - The bill will be split equally between those that sign up to attend this lunch. (Sign Up at Reception Please)  
Art Talk Presentation on *The Group of Seven* by Van Smith – Jan 9 @ 2:30pm  
St. John Ambulance Pet Therapy Dog Visit (Olga & Sasha) – Jan 16 & Jan 30  
Painting Class with Artist Dawn Mattson – Saturday, January 13 @ 2:00pm  
Hand Sewing Class – Make Felt Cardinals Using Felt & Embroidery Thread – Jan 16  
Monthly Resident Book Club Meeting – Jan 17 @ 3:30pm  
Monthly Resident Meeting with the Management Team – Jan 18 @ 2:00pm  
Wellness Clinic with Heidi (Blood Pressure & Weight) – Jan 19 (1pm – 3pm)  
Tony’s Travel Show: ITALY (Jan 19 at 3:00pm)  
Make (and eat) Crock Pot Apple Sauce – Jan 22 (9:30am)  
Monthly Chef Chat with Chef Pavle – Jan 25 @ 2:00pm  
Living, Loving, Local - Farm to Table Dinner Served – Jan 30 (4:30pm – 6:00pm)  
CRAFTS: Make Personal Vision Boards & Hand Sew Felt Cardinals  
ART: Paint Rocks/Rock Art Penguins & Meet Me at the MoMA – Weekly Painting Classes  
ART: Painting Elvis Presley Silhouettes (His birthday was Jan 8)

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

\* Vancouver Maritime Museum – Senior’s Admission \$11 + GST (January 23)  
\* Shoppers Drug Mart 20% Off Seniors’ Day (January 25 @ 10:30am)  
\* Complimentary Weekly Wednesday Morning Van Shuttle Drop Off/Pick Up (10:00am)  
(Various Banks on 41<sup>st</sup> Ave., Shoppers, Purdy’s, Fruit/Veg Stands, Save-On-Foods, Starbucks)  
\* Friday Mornings to the Kerrisdale Indoor Pool & Library (10:00am)

### **We Offer Fitness Classes 7 Days a Week**

\*Tai Chi with Eric Liu each Monday @ 10:00am  
\*Go 4 Life Walking Group each Monday  
\*Tappercise – Seated Tap Dance Class to Music with Beryl, each Tuesday @ 10:00am  
\*Let’s Get Movin’ Fitness Class with Michel each Wednesday @ 10:00am  
\*Drum Fit to Music with Brenda each Thursday at 10:00am  
\*Gentle Fitness Class with Sarah Groberman each Friday @ 10:30am  
\*Seated Yoga Class with Sarah de Lucca each Saturday at 10:00am  
\*Qigong with Anita Wong each Sunday at 10:30am  
\*Happy Hours with live musical performances each Thursday from 3pm – 4pm  
\*Hymn Sing, with piano music, with Pastor Lee each Tuesday & Friday @ 1:30pm

# Noticeboard

## SHARED RESIDENT COMPUTER

We have a computer in the Great Room that you can use any time you choose. Please see reception to get the mouse and keyboard, just be sure to return them after you are finished. The instructions to log on and the password are tacked to the board to the right of the computer monitor.

## ART TALK PRESENTATION ON THE 'GROUP OF SEVEN'

Vancouver abstract painter Van Smith will present a 45-minute Art Talk on the *Group of Seven* on January 9 at 2:30pm. The Group of Seven were the first Canadian art movement and started painting the wild Canadian landscape and nature around 1910 until 1933 in Ontario. The talk will begin with a great historical documentary on the painters creating their modern art at the turn of the Twentieth Century in early Canada, and then focus on Lawren Harris and Tom Thomson, who painted master works comparable to European Masters of the time. Van Smith will discuss the Group of Seven paintings from an artist's view, exploring painting techniques, styles, image, colour, composition, texture, while looking at the art world and culture in Canada, a country discovering its identity and nationhood in beautiful expressive visionary intimate landscape paintings.  
**Please join us January 9 at 2:30pm.**

## CROCK POT APPLE SAUCE

**On January 22 at 9:30am please come help us peel apples for our Crock Pot Apple Sauce. It takes 5 hours to cook on high, then we'll enjoy it together around 3:30pm.**

### Ingredients

- 6 pounds apples, peeled, cored and sliced (about 12 medium Gala apples)
- 1 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1 cup water

### Instructions

\*Place the peeled, sliced apples into the bowl of the crockpot. Sprinkle the sugar and cinnamon over the apples and mix well. Pour the water into the crockpot and place the lid on top. Cook over high heat for five and ½ hours.

\*Use a wire whisk, stirring until smooth after the 5 1/2 hours. Serve warm.

## 15-MINUTE POWER FIT CLASS OUTSIDE, UNDER COVER

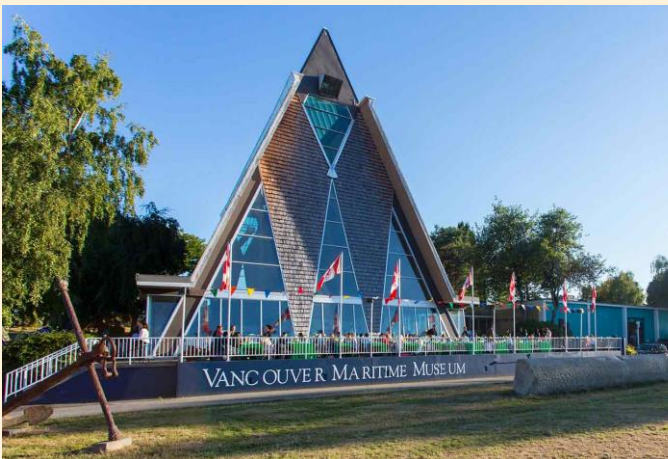
We enjoy getting fresh air into our lungs at this weekly seated fitness class out front of our building, under cover. Dress warm and enjoy the music!

The benefits of fresh air are increased energy, improved digestion, it bolsters your immune system and it can help to relieve stress.

## VANCOUVER MARITIME MUSEUM VAN TRIP

For over 60 years, the Vancouver Maritime Museum has been sharing stories about the Pacific Northwest and the Arctic and creating experiences that build bridges between the past and the future.

Please join us on **Tuesday, January 23** for this fun outing with Brenda & Heidi (weather permitting). Please sign up at reception. The van leaves at 1:00pm right after lunch.



## NEW VOLUNTEER SARAH LUI

Sarah will be volunteering here starting January 10th. She'll be teaching Crochet for Beginners and Piano for Beginners. Sarah is a Grade 10 student and she speaks English and Mandarin.

Please sign up at reception for these classes on Jan 10, 20, 27 & 31st.

## ARE YOU CRAVING AUTHENTIC ITALIAN PIZZA FOR LUNCH?

We will be **ordering in** pizza for lunch from *Burrata Pizzeria* on January 9<sup>th</sup> for delivery between 11:30am and 12:00pm in the Great Room.

The bill will be split evenly between those residents that sign up to attend this special lunch, for delivery.



## SATURDAY AFTERNOON DOCUMENTARY SERIES

Jan 13 - ARNOLD (Part 1: Athlete)

Jan 20 - ARNOLD (Part 2: Actor)

Jan 27 - ARNOLD (Part 3: American)



# **CHEF PAVLE'S UPDATE**

## **\*Farm to Table Dinner\***

The theme this month for the Living Loving Local (“LLL”) Farm to Table dinner will highlight **beans and lentils**. Please join Pavle for his monthly Chef Chat on January 25 at 2:00pm.



## **CRAFTS IN JANUARY**

Please join us for our winter crafting sessions! We'll be:

1. Making Personal Vision Boards
2. Rock Art – Painting Penguins
3. Sewing Felt Cardinals (Felt & Embroidery Thread)
4. Painting on Paper and on Canvas – Meet Me at the MoMA, using acrylic paints.



**Examples of Personal Vision Boards**

## **Welcome to our New Residents!**

A very warm welcome to our new residents:

- Helen J.
- Pat T.
- Eugen & Ursula
- Winnie C.
- Helen L.

## **Happy January Birthdays to Our Residents!**

- Clyde - Jan 5
- Sandra - Jan 6
- Anne Marie - Jan 18
- Pat - Jan 25



## **Follow Us on Facebook**

(Granville Gardens Retirement Residence)

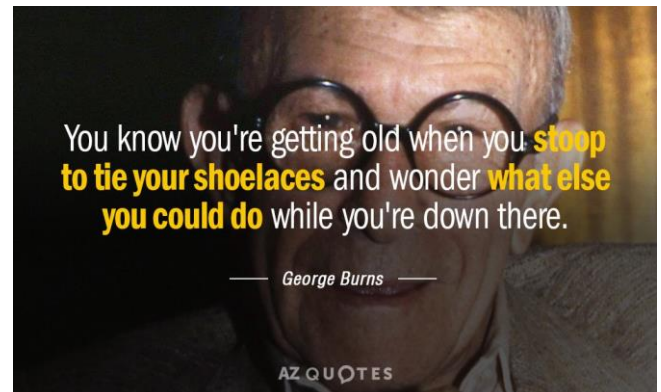
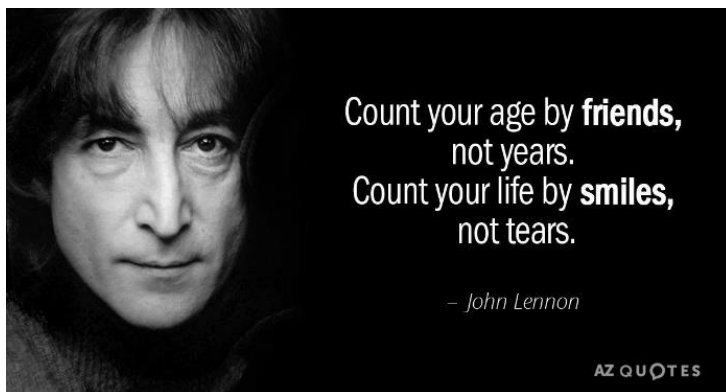


**Rock Art-Painting Penguins & Sewing Felt Cardinals**



## 30 GENERAL KNOWLEDGE TRIVIA QUESTIONS

1. Who invented the telephone?	16. Where does the British Prime Minister live?
2. What temperature does water boil at?	17. What is the name of the famous big clock in London?
3. Who discovered penicillin?	18. What is the capital of Morocco?
4. What did the crocodile swallow in the story Peter Pan?	19. How many squares are there on a chess board?
5. What German city is famous for the perfume it produces?	20. Which fictional city is the home of Batman?
6. What year did the Spanish Civil War end?	21. Haggis is made from the offal of which animal?
7. When did the First World War start?	22. Which 1964 Disney Film starred Julie Andrews and Dick Van Dyke?
8. Where is the smallest bone in the body located?	23. Steve McQueen played Vin in which 1960 film?
9. Which is the only mammal that can't jump?	24. How many letters are in the English alphabet?
10. What does the roman numeral C represent?	25. How many sides does an octagon have?
11. Who lived at 221B, Baker Street in London?	26. Which composer's works include Messiah and Water music?
12. Who painted the Sistine Chapel?	27. What is the surname of the 19 <sup>th</sup> -century literary sisters Charlotte, Emily and Anne?
13. Who painted Mona Lisa?	28. What species of bird can fly backwards?
14. How many dots are there in total, on two dice?	29. What female fashion trend from the 1950s was very popular?
15. What horoscope sign has a crab?	30. What is a group of giraffes called?



## Answers to the 30 Trivia Questions

1. Bell
2. 100C
3. Fleming
4. Alarm Clock
5. Cologne
6. 1939
7. 1914
8. Ear
9. Elephant
10. 100
11. Sherlock Holmes
12. Michelangelo
13. Da Vinci
14. 42 Dots
15. Cancer
16. 10, Downing Street
17. Big Ben
18. Rabat
19. 64 Equal Squares
20. Gotham City
21. Sheep
22. Mary Poppins
23. The Magnificent Seven
24. 26
25. 8
26. George Frideric Handel
27. Bronte
28. Hummingbird
29. Poodle Skirts
30. A 'Tower' of Giraffes

## Answers to the Math Questions

1. 100
2. Both are the same
3. 6
4. 6
5. \$121,000,000
6. Quadrillion
7. 14
8. 105,000
9. 4 years
10. 1<sup>st</sup> of August
11. 6
12. MCMLXXXII

## **A Red, Red Rose**

By Robert Burns

O my Luve is like a red, red rose  
That's newly sprung in June;  
O my Luve is like the melody  
That's sweetly played in tune.

So fair art thou, my bonnie lass,  
So deep in luve am I;  
And I will luve thee still, my dear,  
Till a' the seas gang dry.

Till a' the seas gang dry, my dear,  
And the rocks melt wi' the sun;  
I will love thee still, my dear,  
While the sands o' life shall run.

And fare thee weel, my only luve!  
And fare thee weel awhile!  
And I will come again, my luve,  
Though it were ten thousand mile.

