

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. This month, we're exploring the theme of kindness.

Welcome July at Granville Gardens

UPCOMING DATES

July 01- Canada Day and BBQ

July- Culinary Arts Month



GRANVILLE
GARDENS



Live Musical Performances in July

July 03rd - John Dean (Piano)
July 10th - Luke Sanford (Piano/Vocals)
July 13th- Live Classical Music
July 17th - Roberto Risman (Vocals/Guitar)
July 24th- Ranj Singh (Guitar and Vocals)
July 31st- Peter Williams (Vocals and Piano)



Get Healthy, Stay Fit!

- *Nurses Talk, Topic: Heat Stroke
- *Tai Chi Class with Eric Lui
- *Let's Get Movin' Fitness Class with Michel
- *Seated Yoga with Sarah De Lucca
- *Gentle Fitness with Sarah Groberman
- *Zumba Gold Fitness with Julia Chilcott
- *Tappercise- Seated Tap Dance Class w/ Beryl
- *Qigong with Anita Wong (Sunday mornings)



Chef Food Demo with Cindy Low

Join us in the great room on Tuesday July 15th at 2:30pm for another amazing food demo by Cindy.

Sign up at reception please so Cindy knows how many residents will be attending. Thank you!



Programs, Events & Activities - See Calendar for All Programs

- 07/01 - Canada BBQ Lunch
- 07/03- van Shuttle to Kerrisdale
- **Nightly Movies at 6:00pm in the lounge
- **Bingo with Prizes
- **Hymn Sing&Faith exploration w/Pastor Lee
- ** Mahjong and Bridge Group
- **Java Music Sing-Along
- ** Residents socials and walks
- ** Happy Hour every Thursday
- ** Daily Exercise Classes

- ** Bean Bag Toss Game
- ** Flower arranging



PAINTING CLASS WITH DAWN MATTSON- SATURDAY JULY 13TH AT 3:30PM.

Please join us in the Art room on Saturday July 06 and 13th at 2:30pm for a wonderful afternoon of painting with Dawn. She has been coming here for the past 5 years to teach monthly painting classes using acrylic paints on canvas.