

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Colourful

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 to October at Granville Gardens

UPCOMING DATES

October 13 - Thanksgiving

October 20 - Diwali

October 31 - Halloween



GRANVILLE
GARDENS



Live Musical Performances in October

Oct. 02 Roberto Risman (Guitar/Vocals)
 Oct. 09 Randy & Jeff (Country Harmonies)
 Oct. 12 Live Classical Music by The Youth Musician and Artist Association (YMMA)
 Oct. 16 John Parsons (Guitar/Vocals)
 Oct. 23 Luke Sandford (Piano/Vocals)
 Oct. 25 - Anita Du & Friends (30 mins.)
 Oct. 26 Amanda Andrishak & Her Students (Piano & Violins)
 Oct. 30 Peter Williams (Piano/Vocals)



Get Healthy, Stay Fit!

- *Mini-Meetings with Ayne (Profile Updates)
- *Hearing Clinic On-Site Oct. 1 (Sign Up)
- *Seated Chair Massages Oct. 9 (Sign Up)
- *Foot Care Nurse On-Site (Sign Up)
- *Tai Chi Class with Eric Lui
- *Drum Fit Fitness to Music with Brenda
- *Let's Get Movin' Fitness Class with Michel
- *Gentle Fitness with Sarah G.
- *Zumba Gold Fitness with Julia C.
- *Tappercise with Beryl
- *Qigong with Anita W.
- *Power Fit with Brenda



Halloween Costume Contest for Residents & Staff - Thursday, October 30 at Happy Hour!

Our annual Costume Contest will take place prior to Happy Hour on Thursday, October 30th at 2:30pm in the lounge. Start thinking about your costume as great prizes will be awarded at this event. We also have a van trip to Dollarama planned for October 14 at 10:00am if you want to come and look for costume ideas. Drinks and treats will be served October 30 at 3:00pm at Happy Hour!



Programs, Events & Activities - See Calendar for All Programs

Oct. 10 - Billy's Travel Show "Peru"
Oct. 13 - Thanksgiving Dinner Served
Oct. 14 - Van to Dollarama - Shopping Trip
Oct. 24 - Tony's Travel Show "Alaska"
Oct. 27 - Van to Lunch at Bufala Pizzeria
*Indoor Carpet Bocce (Tuesdays & Fridays)
*Pet Therapy Dog Visits by Olga & Sasha
*Weekly Thursday Kerrisdale Van Shuttle
*Nightly Movies at 6:00pm in the Lounge
*Hymn Sing/Faith Exploration - Pastor Lee

*Bridge Group & Bingo
*Java Music Sing-Along & Jigsaw Puzzles
*Fit Minds, Brain Games & Word Games
*Happy Hour w/ Live Music Every Thursday
*Daily Exercise Classes & Walks
*Bean Bag Toss Game Every Saturday
*Painting Classes & Craft Sessions
*Flower Arranging
*Make Rosemary Bread (Bread Machine)



GUEST SPEAKER THIS MONTH!

On October 20th @ 1:30pm FLO Tru Balance will be demonstrating their new hearing device. This model is senior-friendly, and non-intrusive, featuring a smart noise-reduction chip, dual volume controls, and three listening modes. Using bone-conduction technology, it delivers clear, natural sound for seniors—improving social connection, and quality of life without the cost of traditional hearing aids. Come and try one on!

WELCOME TO JOHN GARLAND!

John is a Certified Leadership Coach with over 20 years of experience in sales, business development, and operational management across the eyecare and audiology industries. He has held senior roles including Divisional Sales Director at Hearing Life Canada and Regional Sales Manager at Salient Medical Solutions, where he consistently exceeded growth targets through strategic leadership, talent development, and client acquisition. Previously, he supported independent optometrists as a Business Coach with Eye Recommend and began his career at LASIK MD building referral programs. John is originally from Scotland and is married to Alicia. They have 4 children, two grandchildren and Aiyla (the world's friendliest Yorkie). He loves all sports, especially soccer where he has been a lifelong fan of Glasgow Celtic. He enjoys cooking and being on the water catching fish!



John Garland, Community Relations Manager



Verve Active Week!

VERVE ACTIVE WEEK! OCT. 6 - 12

We have a number of fun, creative and informational programs this month. Please see the list below of some new and interesting programs for you to attend on-site:

1. TED Talk: "7 Foods That Supercharge Your Memory & Brain Health"
2. Chef Chat & Fruit Kabobs Served (with Chef, Sushant)
3. Food Demo with Michael: Homemade Healthy Granola with Greek Yogurt & Maple Syrup
4. Food Demo with Cindy: Small Bites, Big Flavours! Popcorn Shrimp Tacos (Sign Up)
5. Halloween Costume Contest & Live Music - Oct. 30
6. Presentation: FLO True Balance (Open-Ear Bone Hearing Conduction Headphones with Amplification Demonstration) Try one on!