

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Bold

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 September at Granville Gardens

UPCOMING DATES

September 01 - Labour Day

September 13 - Open House

September 30 - National Day of
Truth and Reconciliation



GRANVILLE
GARDENS



Live Musical Performances in September

Sept. 04 Greg Alcock (Classical Piano)
 Sept. 11 Bob Collins (Guitar/Vocals)
 Sept. 13 Hand Over Heart (Open House)
 Sept. 13 Norman & Renee (Classical Piano)
 Sept. 14 Live Classical Music by The Youth Musician and Artist Association (YMMA)
 Sept. 18 Liz & Steve (Guitar/Vocals)
 Sept. 20 Anita Du & Friends (30 mins.)
 Sept. 25 Matthew Ma (Classical Piano)



Get Healthy, Stay Fit!

- *Seated Chair Massages Sept. 11 (Sign Up)
- *Wellness Clinic with Ayne Sept. 12
- *Foot Care Nurse On-Site Sept. 24 (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 w/ Brenda (15-Minutes to Music)



Educational Guest Speakers This Month

Join us for the following Guest Speakers:

Sept. 05 - Christopher Hebb @ 3pm - TOPIC: Canada With Mark Carney, Prime Minister of Canada
 Sept. 16 - Nurse Talk "Respiratory Health"
 Sept. 27 - Charles Kim @ 3pm - TOPIC: Financial Fraud Prevention and Education with Demonstrations of What to Watch For!
 Sept. 30 - Tony's Travel Show @ 2:30pm



Programs, Events & Activities - See Calendar for All Programs

Sept. 06 - Painting Class with Dawn Mattson
 Sept. 08 - Art Therapy with Rebecca Kwan
 Sept. 10 - Western BBQ Lunch & Corn Roast
 Sept. 13 - Evening Piano Recital @ 6:00pm
 Sept. 16 - Van to Dollarama (Kerrisdale)
 Sept. 16 - Nurses' Talk - "Respiratory Health"
 Sept. 26 - Van to Dim Sum for Lunch
 Sept. 30 - Tony's Travel Show @ 2:30pm
 ** Weekly Thursday Kerrisdale Van Shuttle
 ** Nightly Movies at 6:00pm in the Lounge

** Hymn Sing/Faith Exploration - Pastor Lee
 ** Bridge Group & Bingo with Prizes
 ** Java Music Sing-Along & Jigsaw Puzzles
 ** Fit Minds, Brain Games & Word Games
 ** Happy Hour w/ Live Music Every Thursday
 ** Daily Exercise Classes
 ** Bean Bag Toss Game & Indoor Bocce
 ** Painting Classes & Craft Sessions
 ** Patio Socials and Tea & Cookies Served
 ** Hand Sewing Class & Flower Arranging



BRING, BRAG, SHOW & TELL - SEPT. 23

This will be our third "Bring, Brag, Show & Tell" where we ask you to bring an interesting item or photo, and tell us about it! In the past residents have shared their medals for sport and military service, artwork from their travels overseas, an authentic spear from an African tribe and even an old vintage brass miners lantern used to detect carbon monoxide. Come and enjoy the stories!

Welcome to Sushant Luthra!

With over a decade of experience in the culinary and hospitality industry, Sushant brings passion, precision, and people-first service to his role as Dining Services Manager. He began his career in 2013 after earning his degree in Culinary Arts and has since led kitchens in some of the most respected hotels and restaurants in Canada and India, including Hotel Rosewood Georgia, Fairmont, and JW Marriott.

Today, he takes pride in creating meaningful dining experiences for seniors, combining nutritious, high-quality meals with a warm, personalized approach that respects every resident's preferences and dignity. His goal is to make every meal a moment of comfort, connection, and care.

Outside of work, he enjoys playing golf, recreational shooting, and, most importantly, spending quality time with his 16-month-old daughter, who keeps life joyful.



Sushant Luthra, Professional Chef & Dining Services Manager



*OPEN HOUSE, SATURDAY, SEPTEMBER 13
(1:00pm to 3:00pm)*

GREAT CANADIAN OPEN HOUSE!

On Saturday, September 13 we will be opening our residence to tours from the public, by RSVP.

- Tours Begin at 1:00pm

- Live Music by "Hand Over Heart" (Cherelle & Marc Jardine) in our Main Floor Lounge @ 1:30pm (60 mins.)

- 2:30pm Craft in the Art Room - Make Your Own Jar of Canadian Maple Sugar Scrub (30 mins.)

WEAR RED OR WHITE OR YOUR CANADIAN SHIRT!