

# *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 "Be Vibrant".

## JOIN US ON A DECEMBER VAN TRIP!

*\*PLEASE SIGN UP AT RECEPTION\**

- \* Van to Dim Sum for Lunch - Golden Ocean
- \* Van to London Drugs and Starbucks (Weekly)
- \* Van to Magee Seniors' Christmas Tea - Dec 11

### UPCOMING DATES

- December 19 - Resident Christmas Dinner
- December 24 - Christmas Eve
- December 25 - Christmas Day
- December 26 - Boxing Day
- December 31 - New Years Eve Gala Dinner



GRANVILLE  
GARDENS



## ARTFUL ENRICHMENT

1. Allison Berry's Sing-a-long (Dec. 1)
2. Food Demo with Cindy (Dec. 2 & 30)
3. Brockhouse Handbell Ringers Perform
4. Drawing/Sketching Using Pastels & Pencils
5. Meet Me at the MoMA - Painting/Acrylics
6. Tony's Travel Show - Dec. 23
7. Pet Therapy Dog Visit - Dec. 16
8. Craft: Make Your Own Christmas Gift Tags
9. Craft: Paint a 'Santa' Wooden Spoon Craft
10. Craft: Make Mini Toque Hats Using Yarn
11. Craft: Decoupage a Tree Ornament
12. "No Bake" Food Demo with Brenda
13. Embroidery Class & Fabric Painting "NEW"



## Stay Healthy, Get Fit!

- \*Wellness Clinic with Ayne (BP & Weight) Dec. 16
- \*Tai Chi Classes with Eric - Monday Mornings
- \*Tappercise - Seated Tap Dance to Music
- \*Let's Get Movingw/ Michel (Dec 3, 10, 17)
- \*Gentle Fitness with Sarah Groberman
- \*Seated Zumba Gold with Julia
- \*Qigong with Anita Wong (Dec 7)
- \*Bingo with Prizes
- \*Foot Care Nurse On-Site Dec. 23 (Sign Up)
- \*Drum Fit Classes to Music with Brenda
- \*Group Neighbourhood Walks
- \*Hymn Sing with Pastor Lee
- \*Indoor Bocce and Bean Bag Toss Game



## RESIDENT CHRISTMAS DINNER AND NEW YEARS EVE DINNER

Our Resident Christmas Dinner is scheduled for Friday, December 19th and our New Years Eve Gala Dinner is December 31st. If you are bringing guests, please RSVP to reception. Guests are \$40 per person.

Our resident New Years Eve Social & Early Countdown with live music by Mike Kinal and champagne starts at 3:00pm, with dinner served 4:30pm to





## PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

12/01 Allison Berry's Sing-a-long  
 12/02 & 30 Chef Food Demo with Cindy  
 12/06 Technology Assistance with Lilly  
 12/06 Chair Massages (Sign Up)  
 12/12 Paint a Wooden "Santa" Spoon Craft  
 12/16 Wellness Clinic with Nurse, Ayne  
 12/19 Resident Christmas Dinner (430pm to 6pm)  
 12/23 Tony's Travel Show - Dec. 23  
 12/31 New Years Eve Dinner, Early Countdown &  
 Live Music with Champagne Served  
 \*Watercolour Painting

\*Bean Bag Toss Game & Bingo with Prizes  
 \*Card Games & Jigsaw Puzzles  
 \*Hymn Sing with Pastor Lee  
 \*Java Music Sing-a-Long  
 \*Brain Games "Fit Minds", Trivia and Puzzles  
 \*Mahjong, Scrabble and Jenga  
 \*Pet Therapy Dog Visits with Sasha & Olga  
 \*Flower Arranging  
 \*Giant Crossword  
 \*Bingo with Prizes  
 \*Thursday Happy Hour with Live Music



### TECHNOLOGY ASSISTANCE WITH LILLY - December 6 (2pm to 3:30pm)

Please sign up at reception for your 20-minute time slot, if you need technology assistance with your iPhone, iPad or laptop computer. Lilly is a software engineer with strong computer and technology skills, especially in software and digital tools.

Lilly speaks both English and Mandarin.

## LIVE MUSIC AND HAPPY HOUR THURSDAY PERFORMANCES

Dec. 01 - Allison Berry's Sing-a-long  
Dec. 04 - Greg Alcock (Classical Piano)  
Dec. 08 - Brockhouse Handbell Ringers Perform  
Dec. 11 - Luke Sandford (Piano & Vocals)  
Dec. 13 - Music in Care - Wallace & Sean  
Dec. 14 - Youth Musician & Artist Association Classical Music Performance  
Dec. 18 - Peter Williams (Piano & Vocals)  
Dec. 20 - Infinitus Youth Performance  
Dec. 21 - VanStrings Youth Classical Music  
Dec. 26 - Peter Taylor - Boxing Day Live Piano Music!  
Dec. 31 - NYE Live Music by Mike Kinal (Champagne Served and Early Countdown 3pm to 4pm)  
Dec. 31 - Gala NYE Dinner Served 4:30pm to 6:00pm



*Join us for Live Music in the Lounge!*



*Neck, Shoulders, Foot and Leg Massages*

## ELDERCARE SEATED MASSAGE

CDN ElderCare Massage is offering seated chair massage on-site here on December 4th from 9:30am to 4:30pm. Please sign up at reception for your time slot on December 4th. It is a seated, relaxing, private, massage in our Games Room on the main floor.

The Benefits of ElderCare Massage are:

- Eases Headaches and Chronic Pain
- Enhances Flexibility and Mobility
- Boosts Your Immune System
- Stress Relief & Promotes Circulation

Please see reception for their price list. Sessions can be 20 mins., 30 mins. 40 mins. or 60 mins. in duration.