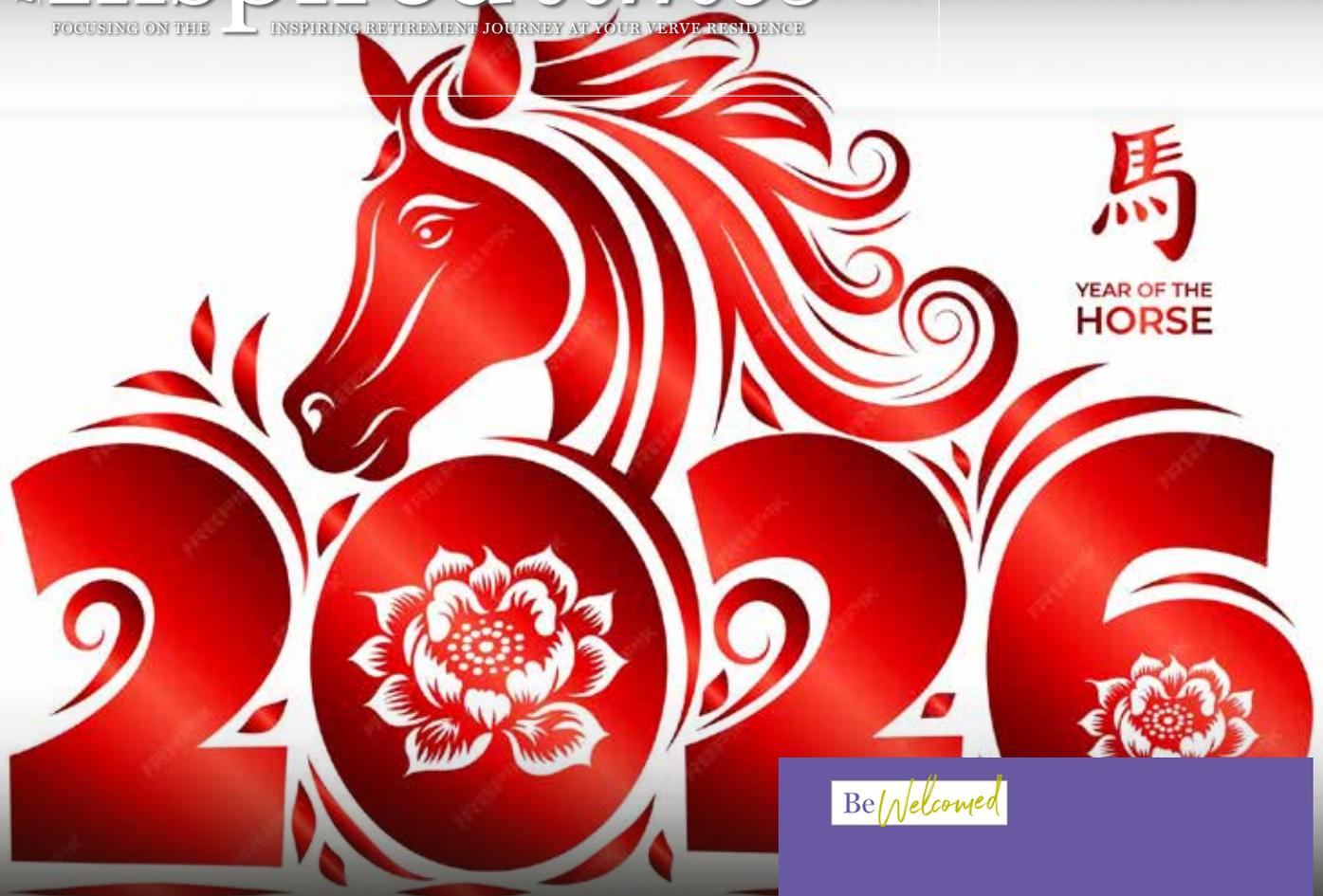


# the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



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YEAR OF THE HORSE

## Be Welcomed

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 Welcomed".

## JOIN US ON A FEBRUARY 2026 VAN TRIP

### **PLEASE SIGN UP AT RECEPTION**

- Lunch at Bufala Pizzeria in Kerrisdale
- Dollarama Shopping Trip
- Starbucks Coffee Shop
- London Drugs (Kerrisdale Location)
- Shoppers Drug Mart (Dunbar Location)

### UPCOMING DATES

- Feb. 6-22 Winter Olympics (Italy)
- Feb. 14 Valentine's Day
- Feb. 17 Lunar New Year
- Feb. 25 Pink Shirt Day



GRANVILLE  
GARDENS



## FEBRUARY LIVE MUSIC

Feb 01 - VanStrings Youth Classical Music  
Feb 05 - Liz & Steve Alexander Perform  
Feb 07 - West Point Grey Academy Music  
Feb 08 - YMMA Youth Classical Music  
Feb 12 - Roberto Risman (Guitar/Vocals)  
Feb 15 - Norman & Renee Li (Piano Duets)  
Feb 19 - Matthew Ma (Classical Piano)  
Feb 21 - Anita Du & Friends Perform  
Feb 22 - Modern Musician & Artist Assoc.  
Feb 26 - Kurt von Hahn (Piano/Vocals)



## HEALTH AND WELLNESS

- \*Feb 3 & 24 Pet Therapy Dog Visits
- \*Feb 12 Seated Chair Massages (Sign Up)
- \*Feb 26 Wellness Clinic with Nurse, Ayne
- \*Feb 27 Educational Nurses Talk with Ayne  
Topic: Levels of Care (Independent Living, Assisted Living, Memory Care & LTC)
- \*No Foot Care Nurse in February
- \*Tai Chi Class with Eric Lui
- \*Tappercise with Beryl
- \*Drum Fit Fitness to Music with Brenda
- \*Let's Get Movin' Fitness Class with Michel
- \*Seated Functional Fitness w/ Brenda



## COMING SOON! OAKRIDGE ROOFTOP PARK!

Oakridge mall, the rooftop public park, and the community centre are now just months away from opening this spring. The Time Out Market Food Hall will also open this spring too. We will begin our weekly van trips soon to start our "Indoor Mall Walking Program" with a water break afterwards at the Rooftop Park! Stay tuned.



## Programs, Events & Activities - See Calendar for All Programs

Feb 03 & 24 Pet Therapy Dog Visits  
 Feb 19 Monthly Chef Chat with Chef Gary  
 Feb 20 Armchair Travel w/ Brenda - Thailand  
 Feb 23 "No Bake" Demo with Brenda: Power Protein Balls (Oats Seeds Nuts Peanut Butter)  
 Feb 24 Margarita Drink Demo with Michael  
 Feb 26 Wellness Clinic with Nurse, Ayne  
 Feb 27 Tony's Travel Show - Antarctica  
 \*\* Weekly Thursday Kerrisdale Van Shuttle  
 \*\* Fabric Painting & Embroidery Classes

\*\* Nightly Movies at 6:00pm in the Lounge  
 \*\* Hymn Sing & Faith Exploration-Pastor Lee  
 \*\* Card Games & Bingo  
 \*\* Java Music Sing-Along & Jigsaw Puzzles  
 \*\* Fit Minds, Brain Games & Word Games  
 \*\* Happy Hour w/ Live Music Every Thursday  
 \*\* Daily Morning Exercise Classes  
 \*\* Bean Bag Toss Game & Indoor Bocce  
 \*\* Painting Classes & Craft Sessions  
 \*\* Flower Arranging & Farkle Dice Game



## LUNAR NEW YEAR - YEAR OF THE HORSE

The Lunar New Year 2026, also known as Chinese New Year, begins February 17. This joyous occasion marks the beginning of a new lunar calendar cycle and is celebrated by millions worldwide with vibrant traditions, family gatherings, and symbolic rituals. For 2026, the year will be ruled by the Horse, an animal symbolizing strength, vitality, and independence.

OUR RESIDENT DINNER IS FEBRUARY 16, 2026 (4:30PM - 6:00PM)

## WINTER OLYMPICS FEBRUARY 6 - 22

The 2026 Winter Olympics, officially known as the XXV Olympic Winter Games, will take place from February 6 to 22, 2026, in Milan and Cortina d'Ampezzo, Italy. The Paralympic Winter Games follow from March 6 to 15, 2026.

This event will be co-hosted by Milan and Cortina d'Ampezzo, marking the first time the Winter Olympics will be officially hosted by multiple cities. Milan will primarily host ice events, while Cortina will host various alpine events.

More than 3,500 athletes from 93 countries are expected to compete across 16 Olympic disciplines, with a total of 116 medal events, setting a new record for the most events in a single Winter Olympics.

Stay tuned for viewing dates here at Granville Gardens.



*February 6 to February 22, 2026*



*WEDDING PHOTOS DISPLAY FOR  
VALENTINE'S DAY*

## VALENTINE'S DAY PHOTO DISPLAY

We'll be setting up a photo display on February 12th showcasing our resident wedding photos or a photo from your youth.

Please bring down a photo of yourself when you were younger or your wedding photo to be a part of this fun and nostalgic display.

All photos will be returned on Monday, February 16th.

A special Valentines Day Dinner will be served on February 14th in the dining lounge from 4:30pm to 6:00pm.