

# the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Happy Easter

## 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 AN APRIL 2026 VAN TRIP

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

- Dim Sum at Golden Ocean Restaurant
- Dollarama Shopping Trip
- Starbucks Coffee Shop
- London Drugs (Kerrisdale Location)
- Shoppers Drug Mart (Dunbar Location)
- Walk the Arbutus Greenway

### UPCOMING DATES

- April 3 - Good Friday
- April 5 - Easter Sunday Brunch
- April 6 - Easter Monday
- April 17-22 - Cruise Week



GRANVILLE  
GARDENS



## LIVE MUSIC & ART PROGRAMS

Apr 02 Randy & Jeff (Country Harmonies)  
Apr 09 Cherelle Jardine (Guitar/Vocals)  
Apr 12 YMMA Youth Classical Music  
Apr 16 Michael Turner (Piano/Vocals)  
Apr 18 Bob Collins - Open House  
Apr 19 BC Chinese Chamber Ensemble  
Apr 23 Matthew Ma (Classical Piano)  
Apr 25 Canada Chinese Youth Orchestra  
Apr 30 Mike Kinal (Guitar/Vocals)  
\*Elton John Creative Art-Feathers/Sequins  
\*Qian Songyan, Painter, Cherry Blossoms  
\*Chickadees-Watercolour Painting



## HEALTH AND WELLNESS

\*April 06 Nurse's Talk: Levels of Care  
\*April 07 & 14 Pet Therapy Dog Visits  
\*April 15 Foot Care Nurse On-Site (Sign Up)  
\*April 16 Seated Chair Massages (Sign Up)  
\*April 29 Wellness Clinic with Nurse, Ayne  
\*Tai Chi Class with Eric Lui  
\*Tappercise with Beryl  
\*Power Fit 15-Minutes to Music Out Front  
\*Drum Fit Fitness to Music with Brenda  
\*Let's Get Movin' Fitness Class with Michel  
\*Hand Weights, Cardio Boxing & Grip Strengthening w/ Brenda



## EASTER SUNDAY BRUNCH - April 5

Join us on Sunday, April 5 from 11:30am to 1:00pm for our Semi-Buffer Easter Brunch!

Guests are welcome, please RSVP to reception. Cost per guest is \$38.00. A non alcoholic sparkling drink will be served with brunch.



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

Apr 07 & 14 Pet Therapy Dog Visits  
Apr 06 Educational Nurse's Talk  
Apr 16 Monthly Chef Chat with Chef Gary  
Apr 16 Monthly Resident Meeting  
Apr 17-22 Cruise Week!  
Apr 18 Open House with Live Music  
Apr 24 Resident/Staff Rummage Sale  
Apr 26 Cub Scouts Visit-Skills Demonstration  
Apr 29 Wellness Clinic with Nurse, Ayne  
\*\* Felt Fabric & Embroidery Classes

\*\* Nightly Movies at 6:00pm in the Lounge  
\*\* Hymn Sing & Faith Exploration-Pastor Lee  
\*\* Card Games, Bridge & 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  
\*\* Watercolour Painting Classes & Crafts  
\*\* Flower Arranging & Farkle Dice Game



## RESIDENT/STAFF RUMMAGE SALE April 24

It's that time again for our Annual Resident & Staff Rummage Sale in our Great Room. This is one-hour of thrifting from 2:30pm to 3:30pm, so bring your cash! All proceeds go to Pastor Lee's church for their Friday Evening Youth Dinner Program. Donations for sale, from residents, will be accepted up until the morning of April 24th. See you there!

## CRUISE WEEK - April 17 to April 22

We'll be celebrating Cruise Week in April with different Ports of Call each day!

Apr 16 Bocce Competition-Residents vs. Managers  
Apr 17 Mexico  
Apr 18 Jamaica (Open House, Live Music, Sip & Paint)  
Apr 19 Aruba  
Apr 20 Belize  
Apr 21 Dominican Republic  
Apr 22 Bahamas

Please see the April calendar for featured lunches and dinners, drink demos, patio socials, live music, crafts, artful enrichment classes (painting using watercolours & acrylic paints), games, outdoor group walks and van trips.

Happy Cruising!



*Join the Fun with Cruise Week!*



*SEATED MASSAGES - April 16, 2026*

## CDN SEATED MASSAGE ON-SITE

Jennifer, from CDN Massage, will be here on April 16 to give seated massages for our residents from 9:30am to 4:30pm. Please reserve at reception.

You do not have to lay down on a massage table or remove any clothing, the seated massages are perfect for seniors of all mobility types.

The Benefits of Massage are:

- 1.Helps to reduce muscle tension and stiffness, and increases flexibility;
- 2.Reduces chronic pain;
- 3.Strengthens stability and mobility to help prevent falls;
- 4.Reduces stress and anxiety, facilitating better sleep.

Please see reception for pricing.