the Inspired times
FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

Be Among Friends

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 JUNE 2026 VAN TRIP

PLEASE SIGN UP AT RECEPTION

- Oakridge Mall Phase 1 "Time Out Food Court"
- Dollarama Shopping Trip
- London Drugs & Starbucks - Drop Off/Pick Up
- Walk the Arbutus Greenway & Coffee at Bean Around the World Cafe on West 57th Avenue

UPCOMING DATES

June 02 - Italian Day

June 21 - Canada's Nat'l Indigenous Peoples Day

June 21 - Father's Day

GRANVILLE GARDENS

LIVE MUSIC & ART PROGRAMS

June 04 Kurt Von Hahn Performs
June 11 Animal Rescue Society Pet Show
June 14 Youth Musician & Artist Assoc.
June 18 Doe and Mark Jazz Duo
June 21 Music Bridge Youth Foundation
June 25 Peter Williams Performs
June 28 Speak With Arts Foundation
*ART: Pretty Peony (Watercolour)
*MOMA PAINTING: Kent Monkman (Cree)
*CRAFT: Tie Dye Shirt Making
*Minute-To-Win-It Games with Managers
*OIL PASTELS: Pet Portraits

HEALTH AND WELLNESS

*June 10 Foot Care Nurse On-Site (Sign Up)
*June 18 Seated Chair Massages (Sign Up)
*June 26 Wellness Clinic (Sign Up)
*June 30 Nurse's Talk TOPIC: Shingles
*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
*Seated "Zumba Gold" Fitness with Julia
*Seated Functional Fitness & Cardio Boxing
*Hair Salon Open On Wednesdays

FATHER'S DAY BBQ LUNCH - June 21

Join us on June 21 for our first BBQ of the summer to celebrate Father's Day! We'll be serving chicken skewers, beef burgers, boiled corn on the cob, salads and assorted desserts. The Music Bridge Youth Foundation performs at 3:00pm in the lounge that afternoon. Guests are welcome, please RSVP to reception. Cost per guest is $35.

Granville Gardens Retirement Residence 100 1550 West 49th Ave., Vancouver, BC V6M 0B3
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Programs, Events & Activites - See Calendar for All Programs

June 2 Minute-To-Win-It Games w/ Managers
June 2 Sardine Tasting Demo
June 11 Rescue Animal Pet Show
June 18 Seated Massages All Day (Sign Up)
June 21 Father's Day Lunch BBQ
June 23 Tie Dye Shirt Craft
June 25 Monthly Chef Chat with Chef Gary
June 25 Monthly Resident Meeting
June 26 Wellness Clinic (Sign Up)
**** Sunday Walks with Deborah & Joanna**

** Felt Fabric & Embroidery Classes
** Flower Arranging & Farkle Dice Games
** Hymn Sing & Faith Exploration-Pastor Lee
** Card Games, Bridge & Bingo
** Java Music Sing-Along & Jigsaw Puzzles
** Fit Minds, Trivia & Word Games
** Happy Hour w/ Live Music Every Thursday
** Exercise Classes & Painting Classes
** Bean Bag Toss Game & Indoor Bocce
** TED Talks, Tapping, Guided Meditation

'SUMMER VIBES' TIE DYE SHIRT CRAFT

Brenda will be running a crafting session where we will make wearable summer Tie Dye Shirts. Join us in the Art Room on Tuesday, June 23 at 1:30pm. White cotton shirts and all supplies will be ready to go, please sign up at reception beforehand so we know how many and which sizes of shirts to get.

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CANADA'S NATIONAL INDIGENOUS PEOPLES DAY - June 21, 2026

National Indigenous Peoples Day is celebrated on June 21 each year, coinciding with the summer solstice, to honour and recognize the cultures, contributions, and histories of First Nations, Inuit, and Métis peoples across Canada.

Significance of the Day
National Indigenous Peoples Day is a time to celebrate the rich traditions and contributions of Indigenous communities. The date was chosen for its cultural significance, as the summer solstice is a time of renewal and growth for many Indigenous peoples. It serves as an opportunity for all Canadians to learn about and engage with Indigenous cultures and histories.

June 21, 2026

Educational Animal Show - June 11

URBAN SAFARI RESCUE SOCIETY - EDUCATIONAL ANIMAL SHOW

The Urban Safari Rescue Society is a registered non-profit society dedicated to the rescue and care of exotic animals and to educating the public about animals, their environments and the natural world.

Urban Safari Rescue Society was conceived from Cinemazoo in 2007 by Gary Oliver as an effort to make a difference in the lives of people and animals alike. Gary has dedicated his life to learning about, working with, and rescuing animals.

They will be bringing a Ferret, Rabbits, a Ball Python, a Corn Snake, a Bearded Dragon, a Crested Gecko & Tortoises! Come and learn about these unique animals in our lounge on June 11 at 3:00pm.