

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



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 MAY 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

- May 01 - Vaccine Clinic On-Site
- May 10 - Mother's Day
- May 12 - Nurse's Talk (COPD)
- May 29 - Walk for Alzheimer's



GRANVILLE
GARDENS



LIVE MUSIC & ART PROGRAMS

- May 07 Bob Collins (Guitar/Vocals)
- May 10 YMAA Classical Youth Performance
- May 11 The Ukelele Ladies Perform
- May 14 John Parsons (Guitar/Vocals)
- May 21 Music Variations Duo Perform
- May 28 Patrick Ray (Piano/Vocals)
- May 31 Youth Piano School Recital
- *ABSTRACT ART: Picasso-Inspired Art Class
- *MOMA PAINTING: Featuring Amy Sherald
- *CRAFT: Paper Mache Mexican Bowls
- *PAINTING: "Migration at Dawn"
- *SKETCHING: Learn to Draw an Owl



HEALTH AND WELLNESS

- *May 01 Vaccine Clinic / Covid Boosters Only
- *May 05 & 19 Pet Therapy Dog Visits
- *May 12 Nurse's Talk: COPD
- *May 13 Foot Care Nurse On-Site (Sign Up)
- *May 21 Seated Chair Massages (Sign Up)
- *May 28 Wellness Clinic with Nurse, Ayne
- *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 Yoga with Sarah de Lucca



MOTHER'S DAY BRUNCH - Sunday, May 10

Join us on Sunday, May 10 from 11:30am to 1:00pm for our Semi-Buffer Mother's Day Brunch!

Guests are welcome, please RSVP to reception. Cost per guest is \$38.00.



Programs, Events & Activities - See Calendar for All Programs

May 01 Vaccine Clinic (Sign Up)
May 05 & 19 Pet Therapy Dog Visits
May 10 Mother's Day Brunch
May 12 Educational Nurse's Talk: COPD
May 21 Monthly Chef Chat with Chef Gary
May 21 Monthly Resident Meeting
May 27 Root Beer Floats Served
May 28 Wellness Clinic with Nurse, Ayne
** Felt Fabric & Embroidery Classes
** Flower Arranging & Farkle Dice Games

** 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, Trivia & Word Games
** Happy Hour w/ Live Music Every Thursday
** Daily Morning Exercise Classes
** Bean Bag Toss Game (Cornhole)
** Indoor Carpet Bocce
** Watercolour Painting Classes



CDN SEATED MESSAGES - MAY 21

Jennifer, from CDN Massage, will be here to run seated massages on-site from 9:30am to 4:30pm on Thursday, May 21.

Please sign up at reception for your time slot of 20 mins., 30 mins., 40 mins. or 60 mins. Payment is made directly to Jennifer and she will give you a receipt on-the-spot.

VACCINE CLINIC ON-SITE (COVID BOOSTERS ONLY) - May 1, 2026

The pharmacy will be here on-site in our Private Dining Room (9:00am until done) for our annual spring Covid Vaccine Clinic.

Consent forms have been handed out for this clinic.

If you have specific questions, please see our nurse, Ayne.

This Vaccine Clinic is not mandatory but it is highly recommended for seniors 65+.

Vaccination is one of the most effective ways to protect your health.



May 1, 2026 (9:00am until Finished)



WALK FOR ALZHEIMER'S - May 29, 2026

WALK FOR ALZHEIMER'S

Join us on May 29 for a Neighbourhood Walk to help raise funds and awareness for Alzheimer's Research. May 29th at 2:30pm we will leave from our parking lot here, head down the laneway and wind our way through the neighbourhood together as a group.

Over 150 communities across Canada take part in this annual walk in order to raise funds for local programs and services supporting people living with dementia and their caregivers, while honoring loved ones.

In addition to May 29th, on May 26th from 1:00pm to 2:00pm the managers will be hosting a "Wash Your Walkers & Canes" for donations to The Alzheimer's Society. Come and join the fun out front of the building after your lunch!