

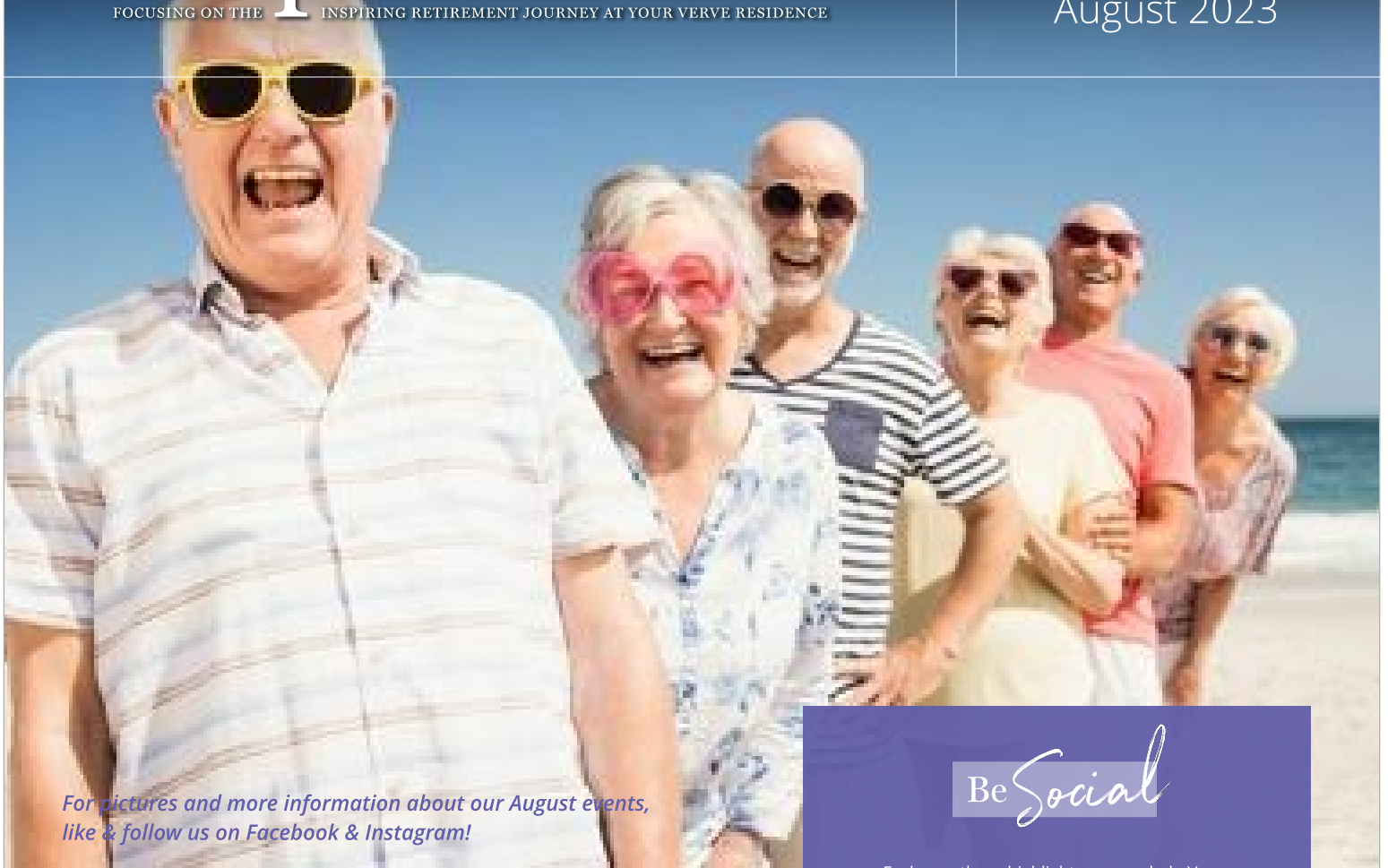
# the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



August 2023



For pictures and more information about our August events, like & follow us on Facebook & Instagram!

## Be Social

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 being social.

## Sizzlin' Summer: Stay Cool at The Heritage!

*A message from The Heritage Retirement Residence*

August has arrived, gracing our beloved retirement community with warmth, joy, and a multitude of exciting events and happenings. So grab a cup of your favorite beverage, find a cozy spot, and allow us to take you on a delightful journey through the exciting updates and activities awaiting you this month!

RSVP to the following events and you will be entered in our draw for a beautiful summer gift basket! (1 RSVP = 1 Entry)

### UPCOMING DATES

- Friday, August 11** | LLL Celebration Dinner
- Friday, August 18** | Happy Hour (Vic & Carol)
- Friday, August 25** | National Banana Split Day
- Monday, August 28** | National Red Wine Day
- Wednesday, August 30** | Health Talk

THE HERITAGE  
RETIREMENT RESIDENCE



## Living.Loving.Local Dinner

Our feature ingredients for August's Living.Loving.Local Celebration Dinner are peaches and blueberries! Chef Jeremy and his culinary team will be showcasing these two ingredients in all three courses. Mark this Celebration Dinner in your calendar for Friday, August 11th. There will be two seatings offered at 4:30 p.m. and 5:30 p.m. Dinner is \$25/person and seats are limited, so RSVP now!



## Blueberry Ice Cream Social

Join us for a delightful Blueberry Ice Cream Social in our Bistro on Sunday, August 6th at 6:30 p.m.! Enjoy a variety of blueberry-flavored treats, engage in friendly conversations, and participate in fun activities. It's a sweet and memorable event for all residents and community members to savor and create lasting connections!



## Pontoon Boat Rides & Lunch on the Lake!

Pontoon boat rides and lunch on the lake provide a relaxing and scenic experience. Glide across the water, enjoy the tranquility of nature, and indulge in a delicious meal while surrounded by breathtaking views. It's a perfect way to unwind and create lasting memories. Join us on Thursday, August 17th and 31st at 11:00 a.m. Call to RSVP today!



THE INSPIRED TIMES *for*  
THE HERITAGE RETIREMENT RESIDENCE



## Wednesday Night Cabaret

At The Heritage, we provide engaging and uplifting musical entertainment for our residents. With a variety of genres and talented performers, we create a welcoming and interactive atmosphere that fosters joy, connection, and cherished memories. Join us on Wednesday nights at 6:30 p.m. for an enchanting experience filled with delightful melodies and the power of music to uplift spirits.



## Friday Afternoon Happy Hours

Join us at The Heritage's Happy Hour, where residents and their families gather for delightful refreshments, live entertainment, engaging conversations, and a warm sense of community. Enjoy a selection of beverages while connecting with fellow residents and creating cherished memories. It's a joyful celebration of life and friendship that transcends age! Every Friday at 2:30 p.m. RSVP today!



## Saturday Cribbage Club

The Cribbage Club at The Heritage is a welcoming and engaging community for cribbage enthusiasts. We offer regular Saturday meetings, friendly competition, and a supportive environment for players of all skill levels. Join us for fun, friendship, and the love of the game! Every Saturday at 1:00 p.m. Call to register today!



## National Banana Split Day

Celebrate National Banana Split Day at The Heritage on Friday, August 25th at 2:00 p.m. Join us for a fun-filled event featuring delicious banana splits with a variety of toppings. Residents will customize their own creations while enjoying live entertainment and creating lasting memories with loved ones! RSVP today to reserve a table!



## National Red Wine Day

Celebrate National Red Wine Day at The Heritage! Join us for a cozy wine lounge experience featuring a curated selection of red wines, music, and food pairings. Cheers to a delightful afternoon of camaraderie and enjoyment! Call to RSVP and inquire about pricing.



## Health Talks with Amanda

Our Heritage Health Talks provide valuable information and resources to support the well-being of our residents and community members. Led by our Health & Wellness Manager, Amanda, LPN, these interactive sessions cover various health topics, promote active participation, and foster a sense of community. We aim to empower seniors to make informed decisions about their health and enhance their quality of life. Held on the last Wednesday of every month.