



Gardenside Gazette

September 2022



A few words from Camilia:

September is a beautiful month where nature starts to show its life cycle with beautiful colors and tones. It is also the month of the hummingbird; these birds always fascinate me as I cannot fathom how they move so fast and never tire.

With Autumn just around the corner, I have learnt to appreciate not to grieve the summer as much, considering how hot our past few summers have been. Autumn brings us hearty foods, cozy weather, and pumpkin flavors that exude wonderful memories.

On another note, our wonderful team is working around the clock to make your stay at Courtyard Gardens second to none.

I hope you enjoy your days and if you spot any hummingbirds in our community, let me know! Take care everyone!



A few words from Ana:

I would like to introduce the following people that have joined our already wonderful team: Gelli, Jennifer, Mary Jane, Justin, Jim, Ace, Christina, and welcome back Arisa!

Our care conferences continue, and it is great to see families coming in to meet with us and be involved in their loved one's care. We had a couple of families joining us via facetime and it worked out well!

I encourage you to attend in person or we can facilitate facetime. It is great to have families' input.

Thank you and stay safe!



Please see below for a link to our weekly menu & activities:

<https://www.verveseniorliving.com/courtyard-gardens/>



If you have any questions or concerns regarding your loved one, please contact Ana, Health Care Coordinator at 604-273-1225 or hcc.cyg@verveseniorliving.com

Families are welcome to bring your loved ones to the Gardenside Garden or Courtyard in upstairs 1st floor

All visitors are allowed at long-term care and seniors' assisted living facilities if they meet the visitation requirements



FEATURED LIFE ENRICHMENT EVENTS IN SEPTEMBER

- ♥ Piano Performance by Volunteer Mabon - **Every Saturday at 10:00am**
- ♥ Drum Fit Program - **Tuesday, September 6th at 10:00am**
- ♥ Music Therapy Session w/ Lorri - **Wednesday, September 7th at 9:45am**
- ♥ Mooncake Festival Celebration - **Friday, September 9th at 10:30am**
- ♥ International Chocolate Day - **Tuesday, September 13th**
- ♥ All About Purdys Chocolate - **Tuesday, September 13th at 3:30pm**
- ♥ Live Music w/ Robert Risman - **Friday, September 16th at 2:00pm**
- ♥ Armchair Travel in Photos, Wendy's trip to Iceland! - **Saturday, September 17th at 2:30pm**
- ♥ Young Musicians and Artist Performance - **Sunday, September 18th at 3:30pm**
- ♥ Sunflower Birthday and Welcome Tea - **Monday, September 19th at 2:30pm**
- ♥ First Day of Autumn! - **Thursday, September 22nd**
- ♥ Gardenside Scenic Drive - **Friday, September 23rd at 2:00pm**
- ♥ Artfull Enrichment - **Monday, September 26th at 2:00pm**

