



GRANVILLE
GARDENS

Connecting You With What You Care About Most

New Adventures | Celebrate | Learn | Join Us Soon | Family & Friends Welcome

WEEKLY TAI CHI CLASS!

In a typical Tai Chi Class at Granville Gardens residents will receive training in a variety of breathing and stretching exercises (Qigong based arts), and on various Tai Chi postures and exercises that are extremely effective in promoting the health and well-being of seniors. All of these exercises can be performed from either a standing or seated position. Classes will be tailored to accommodate a one's physical capabilities or personal challenges. Participants will find these classes to be informative, manageable, and fun!

Join us on Tuesday afternoons beginning August 1st to participate in a wonderful form of armchair exercise- Tai Chi! Wayne Clouston, Tai Chi instructor has been leading individuals in this beneficial exercise and meditation class for over 25 years. **Classes will begin at 2:45pm** sharp in the Great Room. *No fee for Granville Residents.* 12 spots available for outside guests. Register at 604-563-3540

\$10.00
Per Session



CLASSES
STARTING AUG 1ST



EXCITING NEW ADDITIONS!

Granville Bus/Van

Did you know that the white van parked out front is our new excursion bus? Within the next couple of weeks, our logo and business advertising will be completed. However, in the meantime we will continue to go on weekly shopping trips and various other exciting outings. The sign-up sheet is located in the main lobby near reception. Stop by and the administration staff will be happy to show you.



EXERCISE BICYCLES

At residents request, we are pleased to announce that during the first week of August, TWO Recumbent stationary bicycles will be delivered and available for Resident personal use! Join Mirandah on **Sunday, August 13th** in the Great Room for demonstration and instructions for safe use.



LIVING LOVING LOCAL AUGUST IS CORN MONTH!

From Farm to Table, explore local food at its best! Each month we will be featuring local, provincial or Canadian fare. August is corn month!

We invite you for a delicious corn themed dinner



VERVE IS CELEBRATING 40 YEARS OF EXCELLENCE

SAVE THE DATE: SATURDAY | SEPTEMBER 16TH

Special event information to come....