

# What's Happening At Granville Gardens



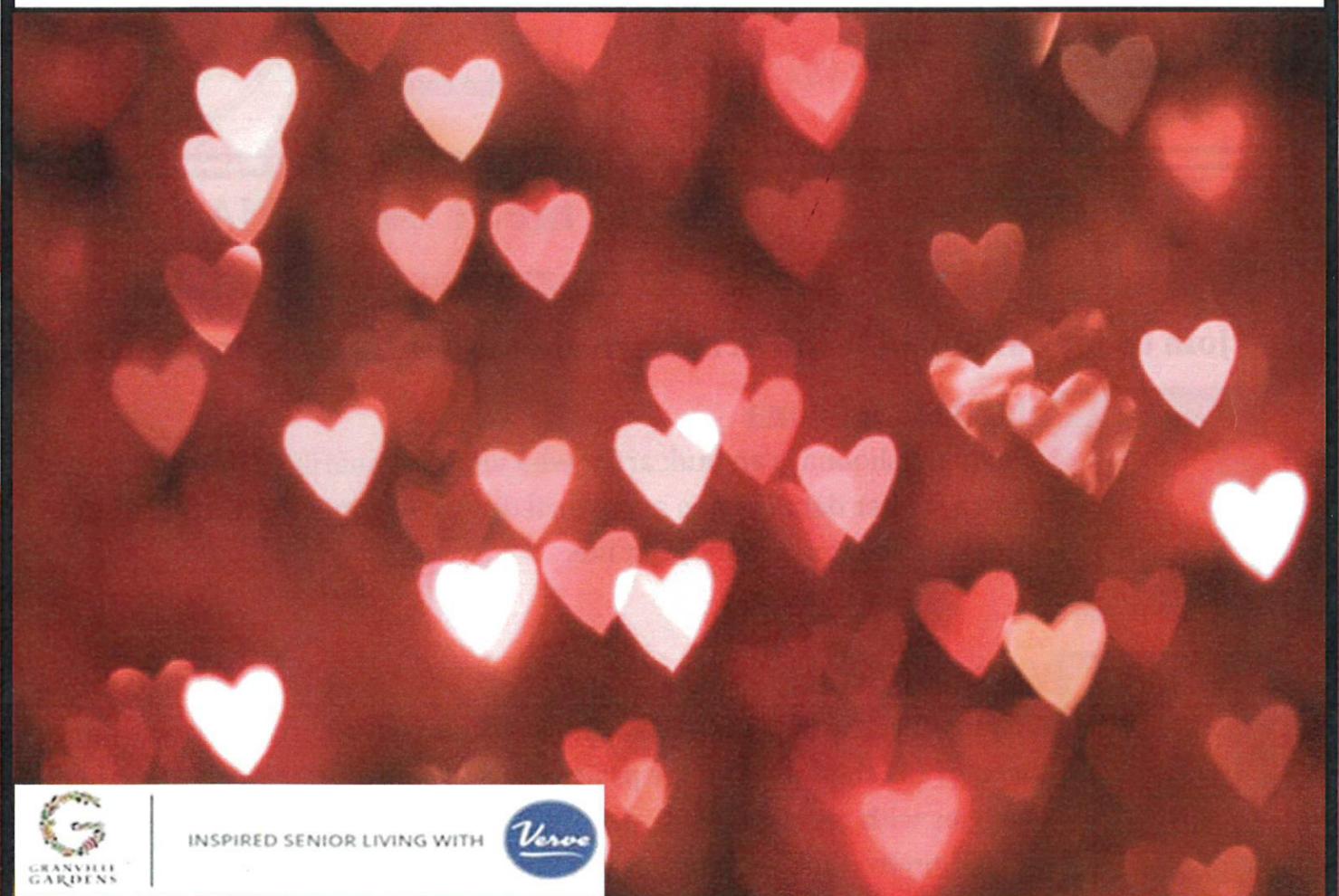
# FEBRUARY 2021

**Granville Gardens Gazette**

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INSPIRED SENIOR LIVING WITH



## February Special Events

*\*Please ensure you sign-up ahead of time if you are interested in any of these programs as there is limited seating.*

THURSDAY FEBRUARY 4TH AT 3:00PM

*LIVING LOVING LOCAL THEMED SOCIAL*

THURSDAY FEBRUARY 11TH AT 3:00PM

*WINE & CHEESE TASTING EVENT*

THURSDAY FEBRUARY 18TH AT 3:00PM

*CULINARY DEMO WITH CHEF MICHAEL*

THURSDAY FEBRUARY 25TH AT 3:00PM

*MONTHLY BOOK CLUB MEETING WITH JENNIFER*

## 2021 CHINESE NEW YEAR

### The Year of the Ox

The Ox is the second of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. The Ox was about to be the first to arrive, but Rat tricked Ox into giving him a ride. Then, just as they arrived, Rat jumped down and landed ahead of Ox.

Thus, Ox became the second animal.

The Ox is also associated with the Earthly Branch (地支 / dì zhī) Chǒu (丑) and the hours 1-3 in the morning. In the terms of yin and yang (阴阳 / yīn yáng), the Ox is Yang.



## DAILY COFFEE & TEA CART

Every day at 10:00am & 3:00pm  
Coffee and Tea will be available in the front lobby along with a treat.

All are welcome and one of our staff will be happy to serve you!



## WELLNESS CLINIC IS BACK!

Christopher will be hosting the Wellness clinic again in February.

Tuesday February 9th 2:00pm-3:30pm  
Tuesday February 23rd 2:00pm-3:30pm

If you are interested please sign up at reception ahead of time.

## FEBRUARY BIRTHDAYS

Peter C.	Feb 1st
Jennifer H.	Feb 19th
Cora H.	Feb 22nd
Ming C.	Feb 28th



# MoMA

## Meet me at the MoMA Weekly Art Program at Granville Gardens

Join us for our MoMA lectures to learn about these fascinating artists.



### Shuvinai Ashoona

Shuvinai Ashoona is an Inuk artist who works primarily in drawing. She is known for her detailed pen and pencil drawings depicting northern landscapes and contemporary Inuit life.



### William Kurelek

William Kurelek, CM was a Canadian artist and writer. His work was influenced by his childhood on the prairies, his Ukrainian-Canadian roots, his struggles with mental illness, and his conversion to Roman Catholicism. His father, Dmytro Kurelek, was born in Boriwtsi, Bukovina.



## Living Loving Local Carrot Month



Carrots are nutritional heroes packed full of vitamins, antioxidants, minerals and even fiber. Did you know they are available in orange white, purple, red and yellow varieties? Their versatility allows them to be used in everything from salads, soups and stews to baby food and even natural pet foods. Their naturally occurring sweetness also makes them a perfect ingredient to be used in desserts and jams as well.