

NEWSLETTER

July 2022



Granville Gardens
#100 – 1550 West 49th Avenue
Vancouver, BC V6M 0B3



JULY TIDBITS

Birthstone: Ruby
Flower: Larkspur or Water Lily
Zodiac Signs: Cancer and Leo

History of July:

July was originally the month of Quintilis in the Roman calendar. It was the fifth month of the year until January and February were added in 450 BC. It got its original name from the Latin word for fifth. Later the name was changed to Julius in honour of Julius Caesar who was born on July 12.

Facts about July:

- July is the warmest month in the Northern Hemisphere, on average.
- Long hot days of July are sometimes referred to “dog days of summer”.
- It is sometimes called the Hay month because the grass dries out due to lack of rain and can be made into hay.



VAN DROP OFF AT SKYTRAIN **AND SKYTRAIN TO VANCOUVER AIRPORT**

Monday, July 11

On Monday, July 11 we'll be dropped off at the Langara/49th Ave Skytrain Station where we'll be whisked away to the Vancouver Airport in 12 minutes. The Skytrain takes us right to the airport where we'll view the beautiful indigenous art installed inside YVR and watch planes take off and land. Brenda and our volunteer, Millie, will be coming with us on this fun excursion. This afternoon trip involves walking, public transportation and taking escalators. PLEASE SIGN UP AT RECEPTION.

The Public Observation Area has floor-to-ceiling windows measuring seven metres high and 42 metres in length and there's also complimentary telescopes for your use including information panels. The Observation Area is located on Level 4 of the pre-security public area.



The Spirit of Haida Gwaii: The Jade Canoe (1994 by Bill Reid)

Located on Level 3, Before Security

“Often described as the Heart of the Airport, this acclaimed sculpture was inspired by nineteenth-century miniature canoes carved in argillite, a soft sedimentary rock that is found near Skidegate on Haida Gwaii. As with many historic examples of miniature canoes, this vessel is crowded with creatures and beings, their identities drawn from legends and oral histories of the Haida, and their forms energetically and sometimes fiercely interacting with each other in the manner of rivalrous siblings. Originally conceived and created for the new Canadian embassy in Washington D.C., it was installed in YVR to welcome visitors instead.”

VAN TRIP TO CHALDECOTT WATER SPRAY PARK FOR A WALK IN THE SUNSHINE – JULY 4

We're taking the van to Chaldecott Water Spray Park so we can watch the families at the water park and go for a walk. There are big trees for shade, park benches and an open field of grass. Bring a towel if you're keen on a walk through the water park sprinklers! Thinking of the song lyrics "Don't you know that it's worth every treasure on earth, to be young at heart" (*Young-At-Heart*, Frank Sinatra 1958).

* Please sign up at reception.



PHYSIOTHERAPIST KIM HALL – WELLNESS TALK “BETTER BACKS AND BALANCE” – JULY 6 @ 2:30PM

Kim will be doing a presentation here on *Better Backs and Balance*. She is the Director of Physio2U In-Home Physiotherapy. Don't miss this important educational presentation about proper care for your back and information on balance and fall prevention. Join us on July 6 at 2:30pm.

WEDNESDAY MORNING VAN SHUTTLES (10AM - 12PM)

****NEW**** Starting Wednesday, July 6, we'll be offering a complimentary van shuttle service each Wednesday morning between 10am and 12pm. We can drop off residents within a 5 km radius of Granville Gardens (no downtown Vancouver drop offs) and we'll return to pick you up 30 or 60 minutes later, at a mutually agreed spot and time. Residents will reserve their date and time with our receptionist. This shuttle service will be a great option for those independent residents wanting to do their personal banking, go walking and shopping along W. 41st Avenue in Kerrisdale, or to be dropped off at Life Labs, their doctor's office or their dentist's office.

NEXGEN HEARING CLINIC **JULY 20 (1:00pm – 3:30pm)**

NexGen Hearing Kerrisdale will be **here on-site** for a hearing clinic on July 20. They're offering Hearing Screening, Otoscopy (checking for ear wax and wax removal, if needed) and cleaning and checking your hearing aid function. Please sign up at reception for your time slot.

NexGen Hearing Kerrisdale
2268 West 41st Ave | Vancouver | BC | V6M 1Z8
nexgenhearing.com



CANADA DAY BBQ – FRIDAY, JULY 1

We're hosting a Canada Day BBQ on Friday, July 1 here at Granville Gardens from 11:30am to 1:30pm. We hope you'll join us! Please RSVP to our receptionist. Games will be played by staff and residents, so don't miss the fun! We're also hosting Happy Hour from 3pm – 4pm on July 1 with Kurt von Hahn performing live in our lounge. **We ask that you please wear red and/or white on July 1st.**



LIVING, LOVING, LOCAL – JULY FEATURES CHERRIES!

BC produces 16.6 million kilograms of sweet cherries and 0.5 million kilograms of sour cherries annually. This is more than 70% of the Canadian cherry crop. The main varieties grown in BC are Bing, Lambert, Van, Lapins and Sweetheart. Our Living, Loving, Local dinner will be served in our dining lounge on July 26, featuring cherries on the menu. A special thank you to Barbara for the painting of cherries, acrylic on canvas. We love it!

Upcoming Events

Meet Me at the MOMA – July Art Appreciation (Discussions & Painting)

*Lisa Steele (Visual) *“Birthday Suit: with scars and defects”*

*Jean-Paul Riopelle (Sculptor) *“The Owls”*

July Events & Gatherings

Friday Lunch BBQs on July 1, 15 & 29

Physiotherapist Talk “Better Backs & Balance” July 6

Morning Meditation Session July 7

The Vinyl Café with Stuart McLean July 8

“Men’s Group” – Gentlemen, please attend and help us plan events and gather ideas

Andrea’s Farewell - Gin & Tonics and Screwdrivers Served on the Patio July 13

NextGen Hearing Clinic on-site July 20

Multicultural Day-Food & Music From Around The World Shared on the Patio July 20

Learn to Country Line Dance July 21 (YeeeeeeHaaaaaawwwwwww!)

Ice Cream Social Out Front @ 2pm, Live Music @ 3pm July 22

Travel Show to Hong Kong with our General Manager, Udo July 25

Wellness Clinic with our Health and Wellness Manager, Biant July 26 (BP & Weight)

Living, Loving, Local - Farm to Table Dinner July 26

Resident General Meeting with the Management Team July 28

Monthly Chef Chat “Food 4 Thought” & Food Demo with Chef Michael July 28

Special Days in July

1 – Canada Day

13 – Full Moon

Live Musical Performances & Friday Happy Hours

July 1 – Kurt von Hahn plays piano for Canada Day from 3:00pm – 4:00pm

July 8 – Roberto Risman plays guitar from 3:00pm – 4:00pm

July 15 – Peter Williams Performs 3:00pm – 4:00pm

July 22 – Ranj Singh Performs 3:00pm – 4:00pm (Ice Cream Social Out Front)

July 29 – Pete Campbell Sing-a-long 3:00pm - 4:00pm

Arts, Crafts & Weekend Food Demos

Painting Using Natural Dyes made from Berries, Beets, Coffee & Red Wine

Note: You’ll use a mortar & pestle for the berries and plants to extract their colour.

Make a Paper Airplane Class with Sarah and a Flight Distance Competition to follow!

Food Demos by Volunteer Chef Cindy Low “Small Bites, Big Flavours” July 2, 9 & 16

Tie Dye Class, Make a 1960s T-Shirt (2nd Tie Dye Class Added by Resident Request)

Sketch Class & Origami with Sarah – Beginners Welcome

Painting Terracotta Pots Using Acrylic Paints

Beading Class – Make a Necklace July 24

Regular Events

- *Happy Hours with live musical performances are each Friday @ 3:00pm
- *Our next Book Club meeting of *"The Granville Book Worms"* will be August 3 (not July)
- *Hymn Sing with Pastor Lee from Trinity Baptist Church is each Tuesday & Friday from 1:30pm – 2:30pm. Beautiful piano music is played for the hour as well.

Van Drives This Month (Please Sign Up At Reception):

- *Local Van Shuttle Each Wednesday from 10am – 12pm (Pick Up & Drop Off Only)
- *Van to Chaldecott Park for a walk and to watch the kids play at the water spray park
- *Van to Skytrain and Skytrain to Vancouver Airport to view the impressive indigenous art
- *Van to Chinese Lunch @ Ho Yuen Kee Restaurant on Fraser Street

We Offer Fitness Classes 5 Days a Week

- *Tai Chi with Eric Liu each Monday @ 10:00am
- *Go 4 Life Walking Group each Monday and Saturday afternoon
- *Seated Functional Fitness each Tuesday @ 10:30am (note later start time)
- *Let's Get Movin' Class with Michel each Wednesday @ 10:00am
- *Stand & Stretch Fitness Class each Thursday @ 10:00am
- *Drum Fit to Music with Brenda each Friday @ 10:00am



HAPPY JULY BIRTHDAYS TO OUR RESIDENTS:

KAREN – JULY 14
KWOK - JULY 23
WILLIAM – JULY 24

QUOTES OF THE MONTH

"When I was young, I used to admire intelligent people; as I grow older, I admire kind people."

- Abraham Joshua Heschel



DAVID BOWIE

seniorplanet.org

Aging is an extraordinary process where you become the person you always should have been.



The secret of staying young is to live honestly, eat slowly, and lie about your age."

LUCILLE BALL

womans day

Noticeboard



BOTH PATIOS ARE OPEN!

Our two patios now have the sun umbrellas up and the waterproof cushions on the patio furniture. Feel free to sit outside and enjoy the fresh air at your leisure. It's a nice spot to meet with friends and family too.

CARD GAMES AND BOARD GAMES IN OUR GAMES ROOM

Our Games Room is loaded with games to play at your leisure. We have Scrabble, Dominoes, Pictionary, Mahjong, Old Maid, Jenga, Checkers, regular cards and Bananagrams.

VANCOUVER PUBLIC LIBRARY OUTREACH BOOK DELIVERY PROGRAM

Take a look in our library nook, in our lounge area, as the Fraser Valley Regional Library delivers new books, CD audiobooks and DVD movies to us monthly. These deliveries include large print books, regular novels, biographies, memoirs, romance, western, fiction and non-fiction, Chinese novels and/or biographies and coffee table books focused on history, travel and animals.
Enjoy!



NEW MEN'S GROUP

We're starting a Men's Group this summer at Granville Gardens, and our first two meetings will be July 12 and July 27. We're planning a men's lunch trip to the pub, a bocce game and an electric remote controlled car racing event!

MULTICULTURAL DAY

We'll be serving treats and appies from around the world and listening to World Music (traditional & cultural) on July 20, do not miss this fun afternoon!

JULY 5TH RECREATION MEETING (LIFE ENRICHMENT)

Please join us on July 5 at 2:30pm on the patio! We'll discuss the upcoming fitness classes, performances, van trips, programs, activities, games and arts & crafts offered here this month.
Pomegranate lemonade will be served!

LUNCH AT HO YUEN KEE RESTAURANT ON FRASER ST.

Please sign up for our Chinese food lunch outing on Monday, July 18. We've heard the food is very good there! The bill (plus tip) will be split equally between the group so please bring your wallet 😊. We leave here at 11:00am.

LEARN TO COUNTRY LINE DANCE!

Please attend our *Learn to Country Line Dance* on Thursday, July 28. You will be line dancing in the first 15 minutes of the class! Cowboy hats are provided. Come for the:

1. Fantastic country music
2. Exercise
3. Laughter and fun
4. Experience and to learn something new



DRUM FIT CLASS TO MUSIC EVERY FRIDAY AT 10:00AM

Do you love music? Do you enjoy feeling positive, keeping a beat and trying something new? Rhythm is now known to have a critical influence on perception, attention, working memory, learning and language. Decreased cortisol (the stress hormone) and enhanced brain activity are just a few of the benefits you can enjoy from drumming.

Drum Fit is popular here and we would love to see you out for a fun drumming experience to music. No drumming experience is needed to participate, this is a wonderful program for everyone!

Come and watch and/or participate each Friday at 10:00am in the Great Room.

