

# NEWSLETTER

# June 2022



**Granville Gardens**  
**#100 – 1550 West 49<sup>th</sup> Avenue**  
**Vancouver, BC V6M 0B3**



## JUNE TIDBITS

**GEMINI** (May 21 – June 20)  
Geminis love to learn and they never stop wondering about the unexplained.

**CANCER** (June 21 – July 22)  
Cancer personalities are emotional and sensitive, and care deeply about matters of their family and their home.

June Birthstones: Alexandrite, Moonstone & Pearl

June Birth Flowers: Honeysuckle & Rose

June is the month with the longest daylight hours of the year in the Northern Hemisphere, and June has the shortest daylight hours of the year in the Southern Hemisphere.

June is named after the Roman goddess Juno, goddess of family, children & marriage.

Father's Day is June 19

The first day of summer is June 21

National Indigenous Peoples Day is June 21

## **FATHER'S DAY BBQ LUNCH & CLASSICAL MUSIC PERFORMANCE**

**SUNDAY, JUNE 19 LUNCH BBQ 11:30AM – 1:30PM**

(Menu: Hawaiian Pork Skewers, Chicken Skewers, Beef or Turkey Burgers, Hot Dogs, Corn on the Cob, Potato Salad & Caesar Salad)

*Guest Pricing: \$35 for adults, \$30 for seniors and \$25 for kids under 12 years of age*  
&

**VANCOUVER STRINGS YOUTH CHAMBER MUSIC PERFORMS**

**in our Fireside Lounge at 2:00pm**

*EVERYONE WELCOME!*



## **JUNE VAN TRIP TO MAPLE GROVE PARK**

We're taking the van to Maple Grove Park this month so we can get out and walk in the park, get some vitamin D from the sunshine, watch families swimming in the outdoor pool and watch the children playing on the playground. The concession stand is open and sells ice cream bars so bring some cash and we'll enjoy an ice cream at the park!

Maple Grove Park is filled with tall trees, and it's scattered with very large tree stumps throughout the park. This is a reminder of the temperate rainforest that once covered much of Vancouver.

Please sign up for the van outing at our reception desk and join us for an hour at the park.

## **DO YOU HAVE EXTRA COINS FROM YOUR TRAVELS?**

We're running a new activity/program soon and we're looking for coins from your world travels so we can incorporate these into our program. We're looking for everyday coins or paper money from other countries, nothing of great value and nothing that is considered a collector's item, please. Just coins and paper bills from around the world!

## **THE QUEENS JUBILEE – JUNE 2 - 5, 2022**

2022 heralds the Platinum Jubilee year for Her Majesty the Queen, marking 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth.

On February 6, 1952, after a long illness, King George VI of Great Britain and Northern Ireland died in his sleep at the royal estate at Sandringham. Princess Elizabeth, the older of the king's two daughters and next in line to succeed him, was in Kenya at the time of her father's death; she was crowned Queen Elizabeth II on June 2, 1953 at the age of 25.

# NATIONAL INDIGENOUS PEOPLES DAY – JUNE 21

On June 21, we commemorate National Indigenous Peoples Day to recognize the history, heritage and diversity of First Nations, Inuit and Métis peoples in Canada. Granville Gardens acknowledges that we live and work on unceded traditional territories of the Musqueam, Squamish and Tsleil-Waututh First Nations peoples.

## 4 Ways to Celebrate Indigenous Peoples' Day This Year:

1. Learn whose land you're living on
2. Make a donation
3. Attend an in-person or virtual event
4. Continue to educate yourself and the people you love

## CANADA'S NATIONAL INDIGENOUS PEOPLES' DAY TIMELINE

1876

### **Indian Act Passed**

This act takes away the rights of the Indigenous people to self-govern, who instead must follow the rules of the federal government.

1960

### **The Right to Vote**

The Indigenous people are finally granted the right to vote.

1982

### **A Call for National Aboriginal Solidarity Day**

The National Indian Brotherhood calls for June 21 to be recognized as National Aboriginal Solidarity Day.

1995

### **National First Peoples Day Recommended**

The Royal Commission on Aboriginal Peoples recommends that a National First Peoples Day be initiated.

1996

### **National Indigenous Peoples Day Begins**

Finally, National Indigenous Peoples Day is formally recognized — paving the way for outsiders to more fully explore the land and culture.

Thank you to Ray Anne Catcalin, our weekend receptionist, for updating us on the following: “When I was in elementary school we had an entire unit on Indigenous and Aboriginal peoples, we learned about their traditions and practices and in high school there are courses you can take to further educate yourself. Also, there is a new curriculum being implemented this September, 2022 for Grades 9 to 12 regarding Indigenous Studies.”

*“In the age of information, ignorance is a choice” – Donald Miller*

# Upcoming Events

## Youth Musician & Artist Association – Monthly Classical Music Concerts

**Sunday, June 5** - The Youth Musician and Artist Association is a non-profit organization comprised of high school and elementary school students. Their mission is to improve the quality of life of our community through classical music. They will be performing here at Granville Gardens on the first Sunday of each month at 2:30pm.

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

*\*Bertram Booker “Resolution” 1929 (Canadian Abstract Painter) and*

*\*Maurice Cullen “Season of Snow” 1913 (Canadian Impressionist)*

## June Events

Foot Solutions Presentation & Foot Measuring Workshop June 6

Fifth Avenue Jewelry Sales on-site – June 10

The Preschool Kids Sing (ages 3 & 4) June 16

Friday Lunch BBQs on June 3 & June 19

Father’s Day Lunch BBQ (Guests RSVP) – June 19

Lacrosse is Featured/Educational – June 21

Living, Loving, Local – Farm to Table Dinner June 21

Orange Crush Floats on the Patio June 22

Wellness Clinic (Blood Pressure & Weight) June 28

### Special Days in June

19 – Father’s Day

21 – National Indigenous Peoples Day

21 – First Day of Summer

## Live Musical Performances & Friday Happy Hours

June 3 – The Music Variations Band (Trio) Performs 3:00pm – 4:00pm

June 5 - Youth Musician & Artist Association Performance 2:30pm – 3:30pm

June 10 - Peter Williams Performs 3:00pm – 4:00pm

June 12 – Vankey Youth Piano Recital 6:00pm – 7:00pm (after dinner performance)

June 16 - Preschool Children Are Here To Sing (3 & 4 years old) 11:00am

June 17 - “Wear Plaid for Dad” Today @ Happy Hour with Brent Meidinger 3pm – 4pm

June 19 - Vanstrings Classical Music Performance from 2:00pm – 3:00pm

June 24 - The Sax of Us Trio Performs 3:00pm – 4:00pm

## Art & Craft Programs

Tie Dye – Make a Groovy 1960s Tie Dye Bandana or Shirt

National Indigenous Peoples Day Craft: Make a Beaded Bracelet

Painting for Beginners: "Sunflower Acrylic Tutorial" (Acrylic on Canvas)

Book Club with Andrea - “Talking To Canadians” by Rick Mercer

Paint By Numbers for Adults



# Regular Events

- \*Happy Hours with live musical performances are each Friday @ 3:00pm
- \*Our Book Club “*The Granville Book Worms*” meets on the third Wednesday of each month with Andrea, our Community Relations Manager. Everyone Welcome!
- \*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:

- \*Kerrisdale Library (bring ID if you need a library card) & Community Centre
- \*Walk at Maple Grove Park and Ice Cream from the Concession Stand
- \*Shoppers Drug Mart (20% Discount, Seniors Day) Shopping Trip (Drop Off & Pick Up)
- \*Scenic Drive – Spanish Banks & UBC

## We Offer Fitness Classes 5 Days a Week

- \*Tai Chi with Eric Liu each Monday @ 10:00am
- \*Go 4 Life Walking Group with Brenda each Monday @ 3:30pm
- \*Seated Functional Fitness each Tuesday @ 10:30am (note later start time)
- \*Let’s Get Movin’ 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 JUNE BIRTHDAYS TO OUR RESIDENTS:

LAURA – JUNE 10  
BILL – JUNE 24  
PAUL – JUNE 26  
JOYCE – JUNE 27

## QUOTES OF MONTH



# THE IMPORTANCE OF STAYING HYDRATED

Did you know that as we get older, we are more prone to dehydration no matter the weather? There are a couple of physiological reasons for this:

## Body Water Volume Decreases with Age

The body loses water as we age. At birth the body is more than 70% water. Under about the age of 40, the proportion of total body fluids to body weight is about 60% in men and 52% in women. The kidneys' ability to remove toxins from the blood progressively declines with age and they require more water to do their job. Therefore, in addition to less body fluids, older adults lose more water to normal kidney function than do younger folks.

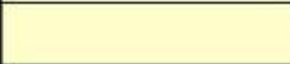
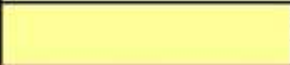





## Thirst Sensitivity Diminishes

As we age, our thirst mechanism undergoes changes. Research has identified the hypothalamus in the brain acts as the body's primary thirst centre. The hypothalamus constantly monitors the blood's concentration of sodium and other important substances. It also receives inputs from blood vessel sensors that monitor volume and pressure. When the hypothalamus senses insufficient body fluid, it sends out a signal to drink. For reasons not yet known, age tends to dampen the message from the brain to drink more water.

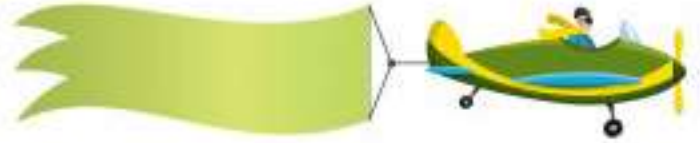
## Dehydration Causes

- As a side effect of prescribed medications
- Diarrhea
- Excessive sweating
- Loss of blood, and
- Diseases such as diabetes

**This is a reminder to drink water with each meal and throughout the day to stay hydrated!**

<b>AM I HYDRATED?</b>		
Urine Color Chart		
1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
<hr/>		
4		If your urine color is below the <b>RED</b> line, you are
5		<b>DEHYDRATED</b> and at risk for cramping and/or a heat illness!!
6		<b>YOU NEED TO DRINK MORE WATER!</b>
7		
8		

# Noticeboard



## WELCOME NEW RESIDENTS!

A very warm welcome to:

**Sarah, Yan & Bill**

***Welcome to Granville Gardens!***

## PRESCHOOL CHILDREN ARE HERE TO SING ON JUNE 16

The 3 and 4 year old children from the daycare across the street will be here to sing for us on **June 16 at 11am**. They are a sweet and energetic bunch of children, their exuberance and laughter is contagious. Please join us.

## LIVE CLASSICAL MUSIC PERFORMANCES ONSITE

**The Youth Musician & Artist Association** will be performing in our Fireside Lounge on **Sunday, June 5 at 2:30pm**.

**The Vankey Youth Piano Recital** will take place after dinner on **Sunday, June 12 at 6:00pm**.

**The Vanstrings Youth Chamber Music Group** will perform on Father's Day, **Sunday, June 19 at 2:00pm**. Please join us!

## FATHER'S DAY LUNCH BBQ SUNDAY, JUNE 19

We're hosting a Father's Day Lunch BBQ on Sunday June 19 from 11:30am – 1:30pm and we hope you'll join us! Please RSVP to our receptionist if you plan to attend.

## JUNE RECREATION MEETING (LIFE ENRICHMENT)

Join us on June 1<sup>st</sup> as we go over the upcoming fitness classes, performances, van trips, programs, activities, games and arts & crafts offered here this month. Caesars will be served on the patio!

***Reminder: Please sign up at Reception for all van trips!***

## RESIDENT & FAMILY EMAIL ADDRESSES FOR COMMUNICATION PURPOSES

Please see our receptionist to confirm that your email address we have on file is correct for important email communications from Granville Gardens. Information is sent out by our General Manager and Office Manager to families and residents and we want to ensure that the email distribution list is correct and complete.

# HIGHLIGHT - WENDY LEE

## Wendy Lee (Office Manager)

Hello, I am Wendy, the Office Manager here at Granville Gardens. I was born and raised in Brunei and came to Canada in 1988 to study. Since May 2020, I have worked in senior's retirement communities. Prior to that, I had worked as a Mechanical Engineer for 6 years and managed my own restaurant with my siblings for 15 years. I enjoy meeting new people and working as a team. My interests include travelling, enjoying fine food and wine, hiking, dancing, yoga, and watching documentaries.



### THE 20 TOP SONGS FROM THE 1950'S

- #1 That's Amore by Dean Martin 1953
- #2 Come Fly With Me by Frank Sinatra 1958
- #3 Jailhouse Rock by Elvis Presley 1957
- #4 I Walk The Line by Johnny Cash #1956
- #5 I've Got You Under My Skin by F. Sinatra 1953
- #6 In The Mood by Glenn Miller 1955
- #7 All Shook Up by Elvis Presley 1957
- #8 La Bamba by Ritchie Valens 1958
- #9 You Make Me Feel So Young, F. Sinatra 1953
- #10 Great Balls of Fire by Jerry Lee Lewis 1957
- #11 Love Me Tender by Elvis Presley 1956
- #12 Johnny B. Goode by Chuck Berry 1958
- #13 Rock Around The Clock by Bill Haley and His Comets 1956
- #14 When I Fall In Love by Nat King Cole 1956
- #15 Mack The Knife by Bobby Darin 1959
- #16 Hound Dog by Elvis Presley 1956
- #17 You Send Me by Sam Cooke 1957
- #18 I Get A Kick Out Of You by Frank Sinatra 1953
- #19 Earth Angel by The Penguins 1955
- #20 In The Still of the Night by Five Satins 1956

### THE HEALING GARDEN (COURTESY OF 'WELL BEING HEALTH')

Studies show the positive effects of gardening on physical health, starting with the health of bones, which benefit from the sun. Researchers observe increased bone density among women over 50 who gardened at least once a week. "The sun plays a role in the creation of vitamin D, which helps to strengthen bones." Exercise strengthens muscles and improves muscle tone, promoting better balance and reducing the risk for falls and fractures. "When you garden, you move – you bend over, you reach, you dig, and you sometimes lift." Gardening also offers mental health benefits as well. "Managing to nurture a living thing is really rewarding. Gardening makes the greatest difference when it comes to self-esteem. People are proud of their work."



## Drum Fit (Friday Mornings at 10:00am)

Drumming is one of the only activities known to activate all areas of the brain, while also creating new neuronal connections throughout. Some of the key areas triggered by drumming are the Prefrontal Cortex, which controls behaviour, expression and decision making, the Corpus Callosum which connects both hemispheres of the brain, the Hippocampus which is related to memory, experiences and context, the Cerebellum, which is involved in movement and so many more.

There are many physical health reasons to engage in a drumming activity, such as reducing chronic pain, as endorphins released serve as natural painkillers and an improved immune system, as studies have shown that group drumming actually increases the body's natural T-cells which are used to help the body combat diseases such as cancer and viruses.

Rhythm is now known to have critical influence on perception, attention, working memory, learning and language. The benefits of group drumming includes: music therapy, socialization, physical activity, eye-hand coordination, laughter and fun!



## D-Day (June 6, 1944)

The Normandy Invasion, also called Operation Overlord or D-Day, during World War II, the Allied invasion of western Europe, was launched on June 6, 1944 (the most celebrated D-Day of the war), with the simultaneous landing of U.S., British, and Canadian forces on five separate beachheads in Normandy, France. Allied landings on the beaches of Normandy marked the start of a long and costly campaign to liberate north-west Europe from Nazi occupation.



## FOOT SOLUTIONS PRESENTATION AND FOOT MEASURING WORKSHOP MONDAY, JUNE 6 AT 1:30PM

Foot Solutions is the authority on foot wellness. No matter your age or stage of life, proper foot care creates the foundation to optimize your health and well-being. We serve everyone from young athletes to active seniors, providing a service that improves quality of life and keeps people comfortably on their feet. Our board-certified foot experts, Pedorthists, are not doctors. We are value added allies to physicians and qualified healthcare professionals, such as Podiatrists, Orthopedists, Physical Therapists, and Rheumatologists. We craft custom prescribed orthotics and supply supportive, recommended footwear, thereby enabling a patient's foot wellness goals.

Join us on Monday, June 6th at 1:30pm in the Great Room for our foot wellness lecture and foot measurement workshop. Walk away with solutions to common foot pain, as well as balance and stability concerns that may be caused by improperly fitted footwear. Learn about our in-home fitting service available to Granville Gardens' residents.

## FIFTH AVENUE JEWELRY SALES ON-SITE 11:00AM TO 3:00PM

### FRIDAY, JUNE 10

Lynne Dossett of Fifth Avenue Jewelry will be here on June 10 selling jewelry and other items from 11:00am to 3:00pm. She accepts, cash, cheque, debit, Visa, Mastercard, and American Express.

