

NEWSLETTER

OCTOBER 2022



GRANVILLE
GARDENS

INSPIRED SENIOR LIVING WITH 

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



October Tidbits

Zodiac Signs:

Libra (Sept 23 – Oct 22)

Scorpio (Oct 23 – Nov 21)

Birthstones:

Libra – Opal

Balance, harmony, and justice define Libras energy.

Scorpio – Yellow Topaz

Elusive and mysterious, Scorpio is a water sign that uses emotional energy as fuel.

Birth Flowers: Rose & Geranium

October is seen by many to be a time of real seasonal change, both in the northern and southern hemisphere. For those in the north, autumn is in high gear and the nights are cooler and longer. The harvest festivals are over and it's time to stock up on firewood.

The Saxons had a name for October, it was Wyn Monath, which translates into “wine month” because it was the time of the year for making wine.

Halloween is celebrated in a number of countries on October 31, the eve of All Hallows' Day. Costume parties are a priority for young and old alike as well as Trick or Treating for children.

IDENTITY THEFT, TELEPHONE SCAMS **AND COMPUTER SCAMS!**

Scams targeting older adults are on the rise. In 2021, there were 92,371 older victims of fraud resulting in \$1.7 billion in losses. The most common financial scams targeting older people include government impersonation scams, sweepstakes scams, and robocall scams (If you answer your phone and hear a recorded message instead of a real person speaking, you are listening to a robocall.) Financial crimes against older adults can be devastating, often leaving victims with no way to recoup their losses. Fraudsters and con artists tend to go after older adults because they believe this population has plenty of money in the bank after a lifetime of saving and are often more trusting and less educated regarding fraud.

NEVER give out your personal information over the phone or by email. If you receive a telephone call from someone you don't know and they ask for personal information, banking information, credit card information, SIN card information or any other type of personal information, hang up the phone immediately.

Revenue Canada will never phone you and threaten you to give them your banking information. This is a scam! No Police Agency will ever call you to say they have one of your grandchildren in custody and you need to wire them money to get him or her out. This is a scam!

If ever in doubt, contact your family first and tell them what is happening or let one of the management team know.



ACTIVE AGING WEEK

OCTOBER 3 TO OCTOBER 9

This week-long campaign calls attention and celebrates the positivity of aging today. Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 55 can live as fully as possible in all areas of life.

While programs that promote physical wellness are important, mental wellness needs to be emphasized as well. We would like to remind you that your physical health, diet, lifestyles and social life are all intertwined and impact your mental health.

We encourage you take part in our:

- * Fitness programs each morning including Drum Fit on Fridays
- * General knowledge trivia and word games - "Low Vision Program"
 - * Bingo, Jeopardy, Dominoes and Scrabble
 - * Piano Recital Live Performance (Level 10 Students)
- * Java Music Group Discussion Group and 'Fit Mind' Classes – "Low Vision Program"
- * Humorous storytelling by Stuart McLean (The Vinyl Café - CBC Radio) - "Low Vision Program"
- * 30-Minute Guided Relaxation and Meditation Sessions - "Low Vision Program"
 - * Arts, Crafts & Painting Projects and an "Art Show & Art Presentation"

Get involved and keep your body and mind engaged and active!

PET THERAPY DOG VISITS COMING AT THE END OF OCTOBER!



St. John Ambulance

Therapy Dogs 

ART TALK & ART SHOW WITH DORIS ANDERSON

October. 4 @ 2:30PM

Doris is an art consultant with *D'or Art Consultants* and she will be hosting an Art Talk and showing samples of the new artwork in our building. A tour will follow on-site. Doris looks forward to sharing her experience and knowledge of artwork for retirement residences. She will offer stories of the art and artists displayed here as well as answer questions of interest from you. Her intention is to bring tremendous value to our residents and enjoy viewing and discussing art together!

“NEW 2 U” – FALL RESIDENT RUMMAGE SALE

On October 27 at 1:30pm we're hosting our *New 2 U Rummage Sale* for our residents and employees in the Great Room. The day prior, please bring down any clean unwanted items from your suite/home and we'll sell them at our GG Rummage Sale. 100% of the proceeds will go to the local SPCA and anything not sold will be donated to the Kerrisdale Thrift Store.

*****No shoes, opened cosmetics or magazines*****

OKTOBERFEST THEMED AFTERNOON “TEA CART”

On October 5 we'll be serving cold German beer and warm, soft, lightly-salted pretzels (with mustard for dipping) to celebrate Oktoberfest! We'll play German music and host a German themed Quiz and Trivia session. Please join us!

Danke.



Upcoming Events

Live Musical Performances & Happy Hours

October 7 – Bob Collins (3:00pm)
October 8 - Piano Recital (Level 10 Students) (1:30pm)
October 9 - Youth Music & Artist Association (2:30pm)
October 14 – Mike Kinal (3:00pm)
October 15 – Heavenly Melody Singers (10:00am)
October 16 – BC Youth Philharmonic Orchestra (3:00pm)
October 21 – Peter Williams (3:00pm)
October 28 – Michelle Carlisle (3:00pm)
October 30 - Vanstrings Youth Orchestra (3:00pm)

Special October Days

5 - Yom Kippur
5 - Oktoberfest
9 - Full Moon
10 - Thanksgiving Day
31 - Halloween

Art Programs and Activities (**ACTIVE AGING WEEK IS OCTOBER 3rd – 9th**)

Art Show & Art Talk with Doris Anderson – Oct 4
Wellness Clinic with Biant (Blood Pressure & Weight) – Oct 13
Resident Meeting – Please Attend This Important Information Session – Oct 20
Chef Chat with Chef Michael - Oct 20
“New 2 U” Fall Resident Rummage Sale – Oct 27
Travel Show with Udo: Dubai – Oct 31
Hot Chocolate and Fireside Monthly Life Enrichment Meeting
Living, Loving, Local - Farm to Table Dinner Served (featuring pears and honey)
Suite Door Decorating Contest (Fall & Halloween Themed) – Prizes on Oct. 28
CRAFT: Making Beaded Necklaces Using Colourful Wooden Beads
CRAFT: Stenciling with Autumn Leaves
CRAFT: Painting and Decorating Pumpkins & Pressed Flower Cards
CRAFT: Writing Cards of Support to Canadian Soldiers Serving Overseas
CRAFT: Painting Spooky Bottle Lanterns with Fairy Lights for Halloween

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

- * Bubble Tea at “Chatime Kerrisdale”
- * Scenic Fall Drive (English Bay, Sylvia Hotel, Stanley Park) Note: We stay in the van
- * Visit the Pumpkin Patch at Country Farms in Richmond
- * Complimentary Weekly Wednesday Morning Van Shuttle Service (10am – 11:30am)

We Offer Fitness Classes 5 Days a Week

- *Tai Chi with Eric Liu each Monday @ 10:00am
- *Go 4 Life Walking Group each Monday @ 3:30pm
- *Seated Functional Fitness Class each Tuesday @ 10:30am (note later start time)
- *Let’s Get Movin’ Fitness Class with Michel each Wednesday @ 10:00am
- *Gentle Fitness Class each Thursday @ 10:00am
- *Drum Fit Class to Music with Brenda each Friday @ 10:00am
- *Happy Hours with live musical performances are each Friday from 3pm – 4pm
- *Hymn Sing, with piano music, with Pastor Lee is each Tuesday & Friday @ 1:30pm.

Noticeboard

OKTOBERFEST - GERMAN BEER, WARM SOFT PRETZELS WITH MUSTARD, GERMAN MUSIC AND TRIVIA!

We're hosting a 3pm themed afternoon food cart with cold German beer and warm soft pretzels with mustard for dipping. See how you fare at our German themed trivia!

ALL GUESTS PLEASE ENTER THROUGH MAIN DOORS ONLY

In order to follow proper Covid procedures, we ask that all guests please **only enter through our main front door**, not through our dining room doors and not through our lounge doors. Check in at reception first, have your temperature taken and then proceed to your visit. Thank you.

WEDNESDAY MORNING VAN SHUTTLE SERVICE

We offer a complimentary van shuttle service each Wednesday morning between 10:00am – 11:30am. If you want to be dropped off to do your banking or shopping @ Purdy's Chocolates or Shoppers Drug Mart or Save On Foods, please sign up with our receptionist.

LIFE ENRICHMENT MEETING & HOT CHOCOLATE OCTOBER 3 @ 3:00PM

Please join us as we go over the new programs, activities, art projects, live performances, church hymn sing dates and van trip outings we have planned this month.

LIVE CLASSICAL MUSIC PERFORMANCES

Saturday, Oct 8 – *Piano Recital (Youth, Level 10) at 1:30pm*

Sunday, Oct 9 - *The Youth Musician & Artist Association (YMAA) @ 2:30pm*

Sunday, Oct. 16 - *The BC Youth Philharmonic Orchestra @ 3:00pm*

Sunday, Oct. 30 – *Vanstring Youth Chamber Music @ 3:00pm*

HAPPY HOUR EVERY FRIDAY AFTERNOON FOR ONE HOUR 3:00PM TO 4:00PM

Every Friday at 3pm we host Happy Hour with live music! We serve beer, red and white wine, soda pop and juice.

Our performers are extremely talented and play your favourites from the 40s, 50s, 60s, and 70s. We urge you to come down to this wonderful weekly event where music and song will lift your spirits.

**SATURDAY AFTERNOON
1:00PM DOCUMENTARIES**

With the cooler weather arriving, come join us each Saturday afternoon by the fireplace in the lounge for our afternoon documentary. This month we feature the following documentaries:

- Oct. 1** – The House of Windsor
- Oct. 8** - Elizabeth & Margaret-Love and Loyalty
- Oct. 15** – Our Great National Parks
- Oct. 22** – Garth Brooks-The Road I'm On
- Oct. 29** – Secrets of Great British Castles

HAIRDRESSER & FOOTCARE

If you would like to book an appointment with either of the above, please speak with our receptionist and she'll write your name down in the appointment book. Our hairdresser and footcare nurse are usually on-site on Tuesdays.

**DOOR DECORATING &
COSTUME CONTEST**

Decorate your suite door this month and dress up at Happy Hour on Oct 28 for Halloween. Win great prizes!

SAVE THE DATE!

**STORIES FROM THE
LEGISLATIVE LIBRARY
“PARLIAMENTARY EDUCATION
SERIES”**

We've received an invitation to two new collaborative programs offered over Zoom by the Parliamentary Education Office and the Legislative Library at the BC Parliament Buildings. These programs provide an opportunity to get a close-up (virtual) look at artifacts that are fragile, unique, or valuable from the Legislative Library's vault:

Symbols of British Columbia – November 9 at 2:00pm – Get a closer look at some of the most beautiful depictions of B C's symbols from an original Audubon print of the Steller's Jay to an early version of the BC flag.

The Politics and Holidays of Charles Dickens – December 14 at 2:00pm – Learn how the author's past as a parliamentary reporter changed his stories, and how his stories changed the world.



Please 'Like' us on Facebook and keep up to date with the photos and information being shared on social media.

Spotlight – Udo Schwarze

(General Manager)



Over 3 decades ago I started my professional career in a German hotel and have not looked back since. Working in the hospitality and senior living industry has become my lifeblood and I enjoy the dynamics and the new challenges that arise every day. Having lived in several different countries and travelled to many more, I have been fortunate to meet interesting people and discover hidden gems around the world. I enjoy getting to know different cultures, trying new food and enjoying all of the fantastic adventures that are a part of travelling the globe.

CHEF MICHAEL'S UPDATE – Farm to Table Dinner

The theme this month for the Living Loving Local (“LLL”) Farm to Table dinner highlights pears and honey. Please join Michael for his Chef Chat “Food 4 Thought” on October 20th at 3:00pm.



In October, we celebrate a resident birthday with:

Queenie – October 29

HAPPY BIRTHDAY TO YOU, QUEENIE!

PAINTING AND DECORATING PUMPKINS

Let's Get Crafty!

Please join us in the Art Room on October 25 at 2:30pm to decorate and paint pumpkins for our Halloween display! No experience necessary. Beginners Welcome.



THANKSGIVING BUFFET DINNER (Monday, Oct 10)

Our Chef and kitchen team are gearing up for the festive Thanksgiving buffet dinner being served on October 10 from 4:30pm – 6:00pm in our dining lounge. If family members will be joining you for dinner, please have them RSVP to our receptionist. The cost is \$30 per guest. Thank you.



SONG QUIZ – Who Sang the Song?

1. Don't Make My Brown Eyes Blue	9. Smoke Gets In Your Eyes
2. Annie's Song	10. Love Me Tender
3. Mandy	11. Sway
4. You Are So Beautiful	12. Hit the Road Jack
5. Moon River	13. Can't Take My Eyes Off of You
6. If You Could Read My Mind	14. Respect
7. Sweet Caroline	15. Whatever Will Be, Will Be
8. You Needed Me	16. The White Cliffs of Dover

Answers on Page 10



Our Referral Program at Granville Gardens

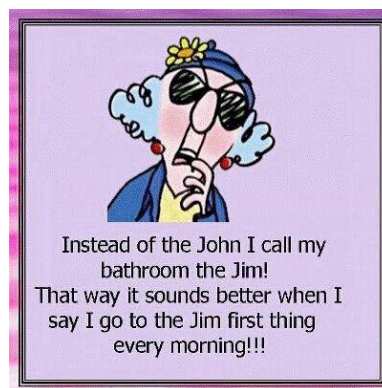
Do you know someone who is considering a move to a retirement community? You can earn \$1,000 by simply referring a friend.

Make sure your friend mentions your name

**When your friend moves in as a permanent resident, you will receive \$1,000 as a special thank you.*

**Some Conditions Apply*

YOUR MORNING GIGGLE!



Answers to Song Quiz

1. Crystal Gayle	9. The Platters
2. John Denver	10. Elvis Presley
3. Barry Manilow	11. Dean Martin
4. Joe Cocker	12. Ray Charles
5. Andy Williams	13. Frankie Valli
6. Gordon Lightfoot	14. Aretha Franklin
7. Neil Diamond	15. Doris Day
8. Anne Murray	16. Vera Lynn