

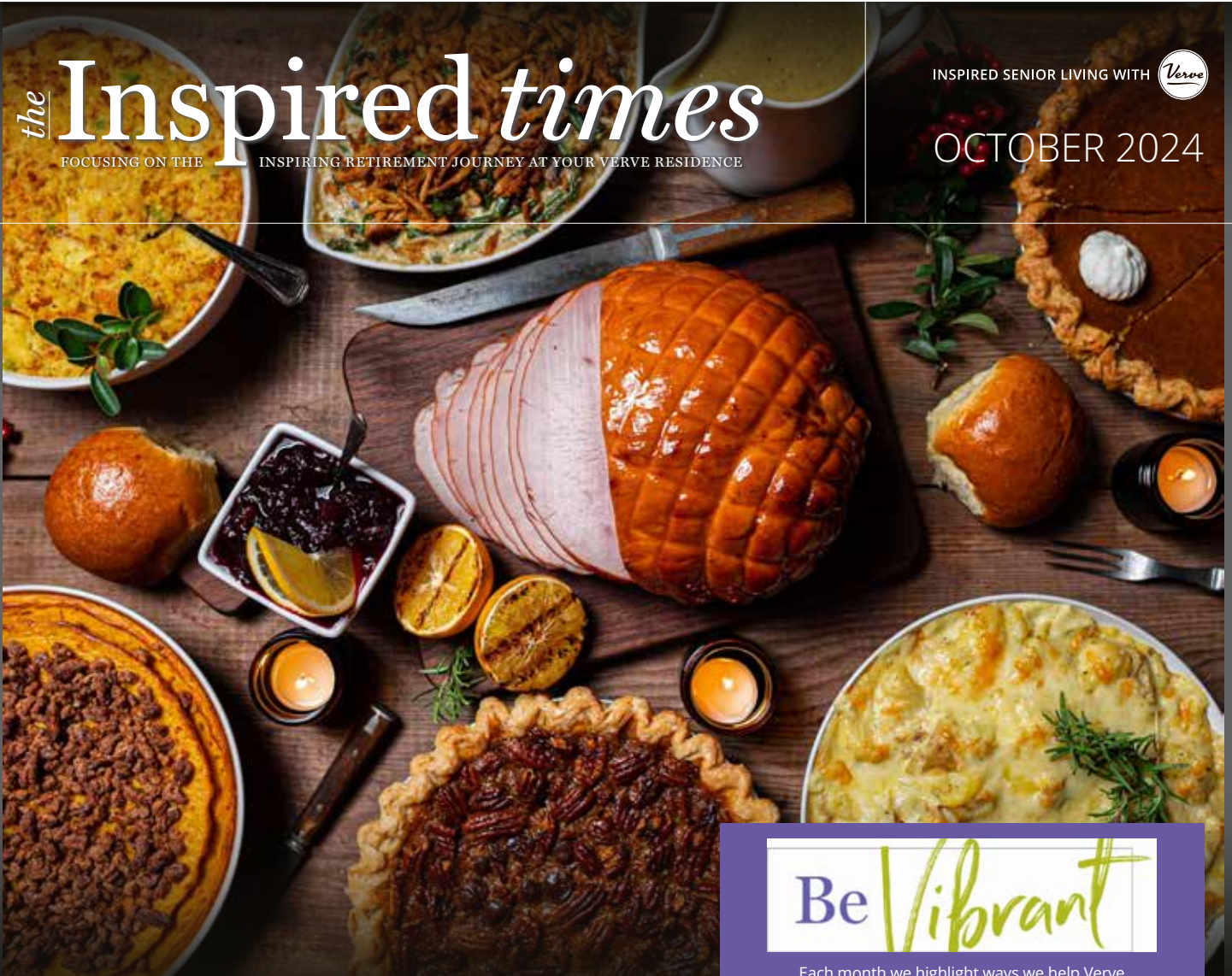
the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



OCTOBER 2024



Be Vibrant

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. This month, we're exploring the theme of "Be Vibrant".

JOIN US ON AN OCTOBER VAN TRIP!

PLEASE SIGN UP AT RECEPTION

- * Van to Choices Market (W. 57 Ave.)
- * Van to "Shop N Save" Dollar Store (2138 W. 41st)
- * Van to Walk The Arbutus Greenway
- * Van to T&T Supermarket, Richmond
- * Shoppers Drug Mart - 20% Off Seniors' Day
- * Wednesday Mornings - Swimming Pool & Library
- * Thursday Mornings - Kerrisdale Shuttle/Starbucks

UPCOMING DATES

- October 01 - Breast Cancer Awareness
- October 10 - World Mental Health Day
- October 14 - Thanksgiving Day
- October 15 - BC Elections Voting On-Site
- October 31 - Halloween & Diwali



GRANVILLE
GARDENS



ARTFUL ENRICHMENT

1. Watercolour Rabbits Painting
2. Painting Class with Dawn Mattson (Artist)
3. Preschool Children On-Site to Sing for Us
4. Hand Sewing Classes w/ Jennifer - Felt Fabric
5. "Tony's Talk": Indigenous Peoples Session 1
6. Craft: Make & Stuff a Large Scarecrow
7. Meet Me at the MoMA - Painting
8. Art Class Using Watercolour & Wax Crayon
9. 'No Bake' Food Demo (Power Protein Balls)
10. Tony's Travel Show: U.K. (Southwest)
11. Journaling (Art Monologue: Botticelli)
12. Painting and Decorating Pumpkins



Stay Healthy, Get Fit!

- *Tai Chi Class each Monday
- *Tappercise - Seated Tap Dance to Music
- *15-Minute Power Fit Classes to Music
- *Wellness Clinic with our Nurse, Ayne
- *Drum Fit Class to Music
- *DVD Yoga Classes & Yoga Session on Oct. 4
- *Group Walks Along the Arbutus Greenway
- *Nurse Natasha's Talk - Topic: Diabetes
- *Hearing Clinic On-Site - Oct 9
- *Vaccination Clinic Flu/Covid Boosters - Oct. 25
- *Hymn Sing with Pastor Lee



GRANVILLE GARDENS RESIDENT ART SALE - October 19th (1pm to 3pm) Great Room

Our first annual Resident Art Sale is Saturday, October 19 from 1pm to 3pm here. You and your family are invited as are outside guests. All art work from our Art Room will be sold at very reasonable prices with 100% of the proceeds going to the Friday Evening Youth Community Meal and Gathering at the Trinity Baptist Church. Many youth attend this weekly meal, which is by donation.

THANKSGIVING DINNER OCT. 14 AND RESIDENT/STAFF HALLOWEEN COSTUME CONTEST OCT. 31

Chef Pavle and the dining team have created a delicious menu for your Thanksgiving Dinner on Monday, October 14 from 4:30pm to 6:00pm. Guests are welcome, \$35 per person, please RSVP to Reception.

On Thursday, October 31 join us for our Resident and Staff Halloween Costume Contest at 2:15pm in the Lounge. This will begin prior to Happy Hour with John Dean at 3:00pm that afternoon.

Please join us on the van trip to the 'Shop N Save' Dollar Store (on Oct. 15) in Kerrisdale to get your costume accessories for this fun event!



LET US WISH THE FOLLOWING RESIDENTS A VERY HAPPY OCTOBER BIRTHDAY!

Geoffrey M. - Oct 16

Geoffrey H. - Oct 20

Dolly - Oct 22

DIWALI THEMED DINNER SERVED OCTOBER 31

Diwali is the Hindu festival of lights, with variations celebrated in other Indian religions. It symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". Diwali is celebrated during the Hindu lunisolar months of Ashvin (according to the amanta tradition) and Kartika—between around mid-September and mid-November. This year, Diwali is celebrated on October 31st.



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

10/01 Foot Care Nurse On-Site (Sign Up)
 10/09 Hearing Clinic On-Site (Sign Up)
 10/15 BC ELECTIONS VOTING (On-Site)
 10/16 Resident Book Club Meets
 10/17 Resident Meeting with Management
 10/17 Monthly Chef Chat with Pavle
 10/18 Tony's Talk: Indigenous Peoples, Session #1
 10/19 Resident Art Sale (1pm to 3pm)
 10/19 Painting Class with Artist, Dawn Mattson
 10/24 Wellness Clinic with our Nurse, Ayne
 10/25 Vaccination Clinic On-Site (Sign Up)

10/25 Tony's Travel Show - UK (Southwest)
 *Pet Therapy Visits w/ Olga & Sasha (Oct. 1 & 29)
 *Watercolour Painting & Halloween Crafts
 *Beginner Sewing Classes & Cornhole Game
 *Bridge (Wednesdays) & Chess (Fridays)
 *Hymn Sing with Pastor Lee each Friday
 *Bingo & Java Music Sing-a-Long
 *Brain Games "Fit Minds", Trivia and Puzzles
 *Mahjong, Cards, Scrabble and Jenga
 *Weekly Flower Arranging
 *Podcasts & "Table Talk" Group Discussion



VACCINATION CLINIC ON-SITE - OCTOBER 25

We are hosting a vaccination clinic on-site in our Private Dining Room starting at 9:30am on Friday, October 25th until finished. Please sign up at reception for your time slot. The pharmacist will be offering the annual Flu Shot and a Covid 19 Booster Shot. It is not mandatory to have these vaccinations, but it is recommended for adults ages 65 and up. Please see our nurse, Ayne, if you have any questions.

LIVE WEEKEND MUSIC AND HAPPY HOUR THURSDAY PERFORMANCES

Oct. 03 - Liz & Steve Alexander (Guitar, Vocals, Tambourine, Shakers) 3pm

Oct. 05 - OneKey Youth Classical Music Performance (3pm)

Oct. 10 - Jeff & Randy Country Duo (Harmonies, Bass, Guitar, Country Blues) 3pm

Oct. 13 - Youth Musician & Artist Association Classical Music Performance 2:30pm

Oct. 17 - Mike Kinal (Guitar/Vocals) 3pm

Oct. 24 - Ranj Singh (Guitar/Vocals) 3pm

Oct. 27 - Modern Music Society of Canada 3pm

Oct. 31 - John Dean (Piano) 3pm (Halloween Costume Contest @ 2:15pm)



We're Hosting 8 Live Music Performances this Month!



October 9th Hearing Clinic

HEARING CLINIC BY 'HEARING LIFE' ON-SITE, WEDNESDAY, OCTOBER 9

We're hosting an on-site Hearing Clinic by Hearing Life (Formerly NextGen Hearing) on October 9 from 1:00pm to 3:30pm.

The hearing technician will be offering hearing aid battery changes, hearing tests, ear cleaning and they will be checking to ensure your hearing aids are in good working order.

This will take place in our Games Room as this room is quiet and you can close the door for privacy.

Please sign up at reception for your time slot with the hearing specialist.