

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



DECEMBER 2024



Be joyful

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 A DECEMBER VAN TRIP!

PLEASE SIGN UP AT RECEPTION

- * Van to London Drugs (West 42nd Ave.)
- * Magee Seniors' Christmas Tea - Dec. 13 @ 1:30pm
- * Van to Shoppers Drug Mart - 20% Off Seniors' Day (Dunbar Location)
- * Wednesdays - Indoor Swimming Pool & Public Library
- * Thursdays - Kerrisdale Shuttle/Starbucks/Kin's Market

UPCOMING DATES

- December 20 - Resident Christmas Dinner
- December 24 - Christmas Eve
- December 25 - Christmas Day
- December 26 - Boxing Day
- December 31 - New Years Eve Gala Dinner



GRANVILLE
GARDENS



ARTFUL ENRICHMENT

1. Make Dehydrated Sliced Orange, Lemon, Lime, Cranberry & Cinnamon Winter Garlands
2. Tony's Talk, Session 2: Residential Schools
3. Watercolour Painting
4. Harlene's Talk: Living Together, Apart
5. Meet Me at the MoMA - Painting/Acrylics
6. Travel Show: African Safari by Alison
7. CRAFT: Make Your Own Christmas Gift Tags
8. Decorate Gingerbread Houses & Cookies
9. CRAFT: Make Your Own Beaded Necklace
10. Stay Safe Talk: Phone & Online Scams
11. UVic Talk - Preventing Frailty



Stay Healthy, Get Fit!

- *Tai Chi Classes
- *Bean Bag Toss Game
- *Let's Get Moving Fitness
- *Bingo with Prizes
- *Tappercise - Seated Tap Dance to Music
- *15-Minute "Power Fit" Classes to Music
- *Wellness Clinic with our Nurse, Ayne
- *Drum Fit Classes to Music
- *DVD Yoga Classes & Seated Stretch Classes
- *Group Neighbourhood Walks
- *Hymn Sing with Pastor Lee



RESIDENT CHRISTMAS DINNER AND NEW YEARS EVE DINNER

Our Resident Christmas Dinner is scheduled for Friday, December 20th and our New Years Eve Gala Dinner is December 31st. If you are bringing guests, please RSVP to reception. Guests are \$35 per person.

Our resident New Years Eve Social & Early Countdown with live music and champagne starts at 3pm, with dinner served 4:30pm to 6:00pm.



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

12/02 Tree Decorating, Rum & Egg Nog & Cocoa
 12/05 CDN Chair Massage Demo & Wellness Talk
 12/12 Gingerbread House & Cookie Decorating
 12/16 Alison's Travel Show: Her African Safari
 12/17 Harlene's Talk: Living Together, Apart
 12/20 Wellness Clinic with Nurse, Ayne
 12/20 Resident Christmas Dinner
 12/27 Tony's Educational Talk: Residential Schools
 12/31 New Years Eve Dinner, Early Countdown &
 Live Music with Champagne Served
 *Make Dehydrated Orange & Cranberry Garlands

*Watercolour Painting
 *Bean Bag Toss Game & Bingo with Prizes
 *Bridge (Tuesdays) & Chess (Fridays)
 *Technology Assistance with Owen
 *Hymn Sing with Pastor Lee (Fridays)
 *Java Music Sing-a-Long
 *Brain Games "Fit Minds", Trivia and Puzzles
 *Mahjong, Card Games, Scrabble and Jenga
 *Pet Therapy Visits & Flower Arranging
 *Stay Safe Talk: Phone & Online Scams
 *UVic Talk - Understanding & Preventing Frailty



DECEMBER 3rd AT 3:00PM IN THE GREAT ROOM

We're hosting a health presentation by The University of Victoria called "Understanding and Preventing Frailty". This program is a free, telephone-based program that supports adults in BC who are experiencing difficulty managing their frail condition and/or those wishing to prevent frailty. Trained peer coaches connect with you by telephone once a week for approximately 30 minutes for 13 weeks. Come and learn more.

LIVE WEEKEND MUSIC AND HAPPY HOUR THURSDAY PERFORMANCES

Dec. 02 - The Ukelele Ladies Perform at 2pm
Dec. 05 - Kurt Von Hahn @ 3pm
Dec. 07 - Evening Piano Recital @ 6pm with Norman Li
Dec. 08 - Youth Musician & Artist Association Classical Music Performance 2:30pm
Dec. 09 - Brock House Handbell Ringers Sextet at 2pm
Dec. 12 - Greg Alcock (Classical Piano) at 3pm
Dec. 13 - Heart and Sole Tap Dancers Perform at 3pm
Dec. 14 - OneKey Youth Performers at 3pm
Dec. 15 - Chantals' Piano Students Recital at 3pm
Dec. 19 - The Shoe Shakers Duo Perform at 3pm
Dec. 21 - Infinitus Student Recital Classical Music 3pm
Dec. 23 - K-Pop Youth Dance Performance @ 2:30pm
Dec. 26 - Roberto Risman Performs at 3pm
Dec. 29 - Music in Care Recital at 3pm
Dec. 31-NYE Early Countdown and Champagne Served with Charles Johnson Performing at 3pm



We Have 15 Live Musical Performances This Month!



Neck, Shoulders, Foot and Leg Massages

ELDERCARE SEATED MASSAGE

CDN ElderCare Massage and Companionship is offering seated chair massage on-site here. They will come to us. If there is enough interest from our residents we'll schedule a day for them to come here for a one-on-one relaxing, private, seated massage.

The Benefits of ElderCare Massage are:

- Eases Headches and Chronic Pain
- Enhances Flexibility and Mobility
- Boosts Your Immune System
- Stress Relief & Promotes Circulation

Please see reception for their price list. Sessions can be 20 mins., 30 mins. 40 mins. or 60 mins. in duration.

Their demonstration here is Dec. 5th at 10:30am.