

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



JANUARY 2025



Be Limitless

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 JANUARY VAN TRIP!

PLEASE SIGN UP AT RECEPTION

- * Van to Dim Sum @ Golden Ocean
- * Van to Shoppers Drug Mart - 20% Off Seniors' Day (Dunbar Location)
- * Thursdays @ 1:00pm - Kerrisdale Van Shuttle (Library, Starbucks, London Drugs)

UPCOMING DATES

- January 01 - New Years Day
- January 08 - Elvis Presley's Birthday
- January 25 - Robbie Burns Day
- January 29 - Lunar New Year
- January 31 - Chinese Folk Dancers Perform



GRANVILLE GARDENS



ARTFUL ENRICHMENT

1. Make Lunar New Year Decorations
2. Chinese Folk Dancers Perform Live
3. Watercolour & Acrylic Painting
4. Winter Cardinal Painting
5. Meet Me at the MoMA - Painting/Acrylics
6. Poetry Corner - Maya Angelou
7. Make Rosemary Bread in the Bread Machine
8. Technology Assistance with Owen
9. Educational Talk with Ayne (Dementia)
10. Pet Therapy Dog Visits
11. Art Therapy Classes with Rebecca Kwan
12. Tony's Travel Show (Jan.28 @ 2:30pm)



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
- *Yoga Class w/ Sarah de Lucca (01/15)
- *Group Neighbourhood Walks
- *Hymn Sing with Pastor Lee



SHARED COMPUTER FOR RESIDENTS' USE

We have a computer in the Great Room that you can use any time you choose. Please see reception to get the mouse and keyboard, just be sure to return them after you are finished. The instructions to log on and the password are tacked to the board to the right of the computer monitor. Please see Brenda if you need assistance using this computer in the Great Room.



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

01/07 Nurse's Educational Talk on Dementia
01/16 Monthly Resident Meeting w/ Management
01/16 Monthly Chef Chat
01/24 Clarke's Shoe Sales On-Site
01/28 Tony's Travel Show
01/29 Lunar New Year Chinese Dinner
01/30 Wellness Clinic with Nurse, Ayne
01/31 Lucas' Educational Talk: Lunar New Year
*CDN Chair Massages - Thursdays (Sign Up)
*Watercolour Painting & Meet Me at the MOMA
*Weekly Bean Bag Toss Game & BINGO!

*Bridge (Tuesdays) & Chess (Fridays)
*Technology Assistance with Owen
*Hymn Sing with Pastor Lee (Fridays)
*Java Music Sing-a-Long
*Giant Group Crossword Puzzles
*Brain Games "Fit Minds", Trivia and Puzzles
*Mahjong, Card Games, Scrabble and Jenga
*Pet Therapy Visits & Flower Arranging
*Art Therapy Practicum Student, Rebecca Kwan
*Jigsaw Puzzles in the Lounge



NURSES TALK ON DEMENTIA AND ALZHEIMER'S DISEASE

Ayne, our nurse, is a certified Dementia Coach and will be hosting a presentation on January 07 at 10:30am in the Great Room. This presentation will help you understand why some people are acting the way they are, it will help you become more patient and compassionate to different repetitive behaviours in some people. Q&A to follow the presentation.

LIVE WEEKEND MUSIC AND HAPPY HOUR THURSDAY PERFORMANCES

Jan. 02 - John Parsons at 3pm
Jan. 04 - Music Bridge Foundation Performs at 3pm
Jan. 05 - Youth Musician & Artist Association Classical Music Performance 2:30pm
Jan. 09 - Luke Stanford at 3pm
Jan. 12 - VanStrings Classical Music Performs at 3pm
Jan. 16 - Mike Kinal at 3pm
Jan. 18 - MMSOC Classical Music Performance at 3pm
Jan. 19 - BC Chinese Chamber Ensemble at 3pm
Jan. 23 - Matthew Ma at 3pm
Jan. 26 - Music Angels Perform at 3pm
Jan. 30 - Peter Williams at 3pm
Jan. 31 - Traditional Chinese Folk Dancers at 3pm



We Have 12 Live Musical Performances This Month!



CHINESE LUNAR NEW YEAR - JANUARY 29

The Lunar New Year welcomes the Year of the Snake. Celebrated by millions around the world, this is a time for traditions, family reunions, and hope for good fortune in the new year. In 2025, Lunar New Year falls on January 29, kicking off the 16-day Spring Festival. 2025 brings the Snake's wise and intuitive energy. The Snake, symbolizing wisdom and transformation, offers opportunities for personal growth and change. Festivities include red decorations, elaborate meals, thorough cleaning of homes, and visiting family.

Traditional Chinese Folk Dancers perform in the lounge on January 31 at 3:00pm followed by Lucas' Lunar New Year Presentation.