

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Heard

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 Proud".

JOIN US ON A VAN TRIP IN APRIL!

PLEASE SIGN UP AT RECEPTION

- *Cherry Blossom Scenic Drive
- *Lunch at Red Tuna Japanese Restaurant
- *Shoppers Drug Mart - 20% Off Seniors' Day
- *Thursday Shuttle (Starbucks, London Drugs, Library)
- *Group Walk along the Arbutus West Side Greenway
- *Group Walk Around Shannon Park

UPCOMING DATES

- April 01 - April Fools' Day
- April 05 - Annual Open House
- April 18 - Good Friday
- April 21 - Easter Monday
- April 22 - Earth Day



GRANVILLE
GARDENS



ARTFUL ENRICHMENT

Our Artful Enrichment Week is April 28 - May 2nd this year and includes:

1. Painting: Cherry Blossom Mountain
2. Make Colourful Paper Beads with Brenda
3. Paint Wine Glasses at our Open House
4. Watercolour Class: Beach Scene w/ Palms
5. Virtual Gallery Tour: The Magic of Monet
6. Flower Arranging in the Bistro
7. Art Class with Artist, Dawn Mattson
8. Meet Me at the MOMA Painting Sessions
9. Sketching & Drawing Foundations - 2D & 3D
10. Tony's Travel Show: Antarctica
11. Folk Rabbit Project



Get Healthy, Stay Fit!

- *Tai Chi with Eric Lui
- *Drum Fit to Music with Brenda
- *Let's Get Movin' Fitness Class with Michel
- *Gentle Fitness with Sarah Groberman
- *Zumba Gold Fitness with Julia Chilcott
- *Tappercise - Seated Tap Dance Class w/ Beryl
- *15-Minute Power Fit Classes to Music, Outside, Under Cover (Rain or Shine)
- *Qigong with Anita Wong (Sunday Mornings)
- *Walks along the West Side Arbutus Greenway
- *Hearing Clinic On-Site April 23 (Sign Up)



SPRING RUMMAGE SALE - FRIDAY, APRIL 25

We're hosting our 3rd Annual Spring Rummage Sale for residents and staff on Friday, April 25 in the Great Room (2:30pm - 4:00pm). Items are being accepted on the morning of the 25th and everything will be set up on tables for sale at 2:30pm. All proceeds will go to an agreed upon charity. This is a great way to clean out your suite and closets of unwanted items. No magazines will be accepted and all unsold items will be dropped off at the local thrift store.



PROGRAMS, EVENTS & ACTIVITIES - See Calendar for All Programs

04/01 & 15 Herbs for Hope Gardening Program
04/03 & 17 Seated Massages On-Site
04/03 Nurses Educational Talk - "Diabetes"
04/06 & 27 Hand Sewing Classes with Danielle
04/12 Painting Class with Artist, Dawn Mattson
04/15 Travel Show with Tony: Antarctica
04/17 Resident Meeting with Management
04/17 Chef Chat with Pavle
04/22 Food Demo with Cindy Low (Sign Up)
04/23 Hearing Clinic On-Site (Sign Up)
04/24 Wellness Clinic with Nurse, Ayne

04/26 Educational Talk: Financial Fraud Prevention
04/29 Current Affairs Talk with Christopher Hebb
Topic: "The World Stage Today"
*Cornhole Game-Mondays
*Carpet Bocce with Stella & Layla - Tuesdays
*Bingo on Wednesday Afternoons
*Meet Me at the MoMA Painting Classes
*Hymn Sing with Pastor Lee each Friday
*Fit Minds, Word Games, Trivia & Brain Games
*Mahjong, Bridge and Card Games



LIVE MUSIC & HAPPY HOUR THURSDAYS

April 03 - John Dean (Piano)
April 05 - Mike Kinal (Guitar/Vocals) (Open House)
April 10 - Greg Alcock (Classical Piano)
April 17 - Luke Sandford (Piano/Vocals)
April 13 - YMAA Classical Youth Music (2:30pm)
April 24 - Peter Williams (Piano/Vocals)



DID YOU KNOW?

HEALTH AND WELLNESS CLINIC WITH OUR NURSE, AYNE

Our Nurse and Health & Wellness Manager, Ayne, will be running a Blood Pressure and Weight Clinic on April 24 from 1pm – 3pm. Please sign up at reception.

TECH SUPPORT WITH OWEN - If you need help with your iPhone, iPad or laptop computer, please sign up for your 15-minute or 30-minute time-slot in the Private Dining Room.

HERBS OF HOPE GARDENING VOLUNTEERS

April 7th at 3:30pm will be the first information session with the volunteers. On April 15 at 3:30pm residents can start herbs indoors in mason jars, which will later be transplanted into herb boxes outside on our patios in May. Please sign up with Brenda.

HEARING CLINIC ON-SITE

Hearing Life Hearing Clinic will be here running a hearing clinic on April 23rd from 12:00pm to 3:30pm in our Games Room. If you want your hearing tested, your hearing aids cleaned and/or adjusted, please sign up at reception.

CHEF DEMO WITH CINDY LOW

Cindy will be running another informative and delicious food demonstration and tasting on Tuesday, April 22 at 2:30pm. Last month she ran a Chef Demo showcasing the Egyptian dessert Om Ali and it was so good everyone wanted seconds!

PET THERAPY DOG VISITS

Olga and her adorable pup, Sasha will be here on April 8 at 2pm and on April 22 at 2pm for Pet Therapy Visits. Thank you to Olga and the St. John Ambulance Pet Therapy Program for these very special monthly visits @ Granville Gardens.

IMPORTANT NURSE TALK - DIABETES

Please join us for our educational talk with Ayne on April 3rd at 10:30am in the Great Room.

NURSES CORNER

Families, we'd love your involvement when it comes to your loved one living here at Granville Gardens. If you have any questions or concerns please feel free to reach out to our nurse, Ayne, via email at hwm.granville@verveseniorliving.com.