

# *the* Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



## Be Welcomed

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 Welcomed".

## JOIN US ON A MARCH 2026 VAN TRIP

### **PLEASE SIGN UP AT RECEPTION**

- Lunch at Red Tuna Japanese Restaurant
- Dollarama Shopping Trip
- Starbucks & London Drugs
- Walk the West Point Grey High School Track
- Walk the Arbutus Greenway & Choice's Market
- Shopper's Drug Mart, Seniors Day 20% Off

### UPCOMING DATES

- March 08 Int'l Women's Day
- March 08 Clocks Spring Forward
- March 17 St. Patrick's Day



GRANVILLE  
GARDENS



## FEBRUARY LIVE MUSIC

Mar 01 - VanStrings Youth Classical Music  
Mar 05 - Luke Sandford (Piano/Vocals)  
Mar 08 - YMMA Youth Classical Music  
Mar 12 - Greg Alcock (Classical Piano)  
Mar 15 - Youth Piano Recital  
Mar 19 - Bob Collins (Guitar/Vocals)  
Mar 26 - Peter Williams (Piano/Vocals)



## HEALTH AND WELLNESS

March 12 Seated Chair Massages (Sign Up)  
March 12 Foot Care Nurse On-Site (Sign Up)  
March 24 Guest Speaker Medical Equipment  
March 26 Wellness Clinic with Nurse, Ayne  
March 27 - Tony's Travel Show - Cuba  
\*Pet Therapy Dog Visits w/ Sasha & Olga  
\*Tai Chi Class with Eric Lui  
\*Tappercise with Beryl  
\*Drum Fit Fitness to Music with Brenda  
\*Let's Get Movin' Fitness Class with Michel  
\*Seated Functional Fitness w/ Brenda  
\*Bocce (Carpet Bowling)



## PAINTING WITH ARTIST, DAWN MATTSON

Join us on Saturday, March 14 at 2:00pm in the Great Room for a painting class hosted by artist, Dawn Mattson!

Dawn will guide you to success as you use acrylic paints on canvas to create a beautiful basket of spring flowers! Please sign up at reception for this fun, free class.



## Programs, Events & Activities - See Calendar for All Programs

March 10 & 24 Pet Therapy Dog Visits  
March 14 Painting Class with Dawn Mattson  
March 18 Show Tell (Bring a Photo or Item)  
March 19 Monthly Chef Chat with Chef Gary  
March 24 Guest Speaker: Medical Equipment  
March 26 Wellness Clinic with Nurse, Ayne  
March 27 Tony's Travel Show - Cuba  
\*\* Weekly Thursday Kerrisdale Van Shuttle  
\*\* Embroidery Classes  
\*\* Nightly Movies at 6:00pm in the Lounge

\*\* Hymn Sing & Faith Exploration-Pastor Lee  
\*\* Card Games & Bingo  
\*\* Java Music Sing-Along & Jigsaw Puzzles  
\*\* Fit Minds, Brain Games & Word Games  
\*\* Happy Hour w/ Live Music Every Thursday  
\*\* Daily Morning Exercise Classes  
\*\* Bean Bag Toss Game & Indoor Bocce  
\*\* Painting Classes & Craft Sessions  
\*\* Flower Arranging & Farkle Dice Game  
\*\* Neighbourhood Walks



## INTERNATIONAL WOMEN'S DAY

International Women's Day in Canada is celebrated annually on March 8 to honor women's achievements and advocate for gender equality.

International Women's Day (IWD) is a global observance that recognizes the social, economic, cultural, and political achievements of women while highlighting ongoing efforts to achieve gender equality.

## MARCH TIDBITS

The birth flowers for March are the daffodil and the jonquil, symbolizing rebirth, new beginnings, and hope.

The birthstones for March are aquamarine and bloodstone, each with unique properties and meanings. Aquamarine is associated with calmness, clarity, and protection, particularly for sailors.

### Famous March Birthdays:

Elton John (March 25), Celine Dion (March 30), Ron Howard (March 1), Daniel Craig (March 2), Chuck Norris (March 10), Sharon Stone (March 10), Alexander Graham Bell (March 3), Theodore Seuss Geisel, known as Dr. Seuss (March 2), Johann Strauss I (March 14), Antonio Vivaldi (March 4), Michelangelo (March 6) & Robert Frost (March 26).



*Spring Forward March 8, 2026*



*Show & Tell - March 18, 2026*

## RESIDENT SHOW AND TELL

Show & Tell reminiscing is a great way to connect with people, preserve memories, and promote mental well-being. Our annual Show & Tell at Granville Gardens includes sharing personal experiences and memories. Please feel free to bring a photo or an item to share with the group. This could be something from your travels, your past hobbies or simply something important to you.

The aim is to give our residents a way to revisit their past and share their experiences with others. Engaging in Show and Tell reminiscing can be a joyful experience for everyone involved.

Everyone is welcome!