



JULY 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	29	30	1 Canada Day	2	3	4	5
27	6	7	8	9	10	11	12
28	13	14	15	16	17	18	19
29	20	21	22	23	24	25	26
30	27	28	29	30	31	1	2

# HELLO

GEORGE

GEORGE DERBY CENTRE

JOURNEY  
THROUGH  
POLYNESIA  
SHOW

VANCOUVER  
VINTAGE CAR CLUB

# CANADA DAY PARTY

JULY 2025





# JULY SPECIAL EVENTS

**JULY 3<sup>RD</sup>**

Canada Day Party with The Timeliners performing & visit from Vancouver Vintage Car Club

**JULY 9<sup>TH</sup>**

Country of the Month Celebration: Canada The Maritimes

**JULY 23<sup>RD</sup>**

July Birthday Party with John Cronin

**JULY 25<sup>TH</sup>**

Journey Through Polynesia Show



## INDEPENDENT SENIOR LIVING



8601- 16<sup>th</sup> Ave.  
Burnaby, BC.

778.728.0570  
[info@derbymanor.ca](mailto:info@derbymanor.ca)

**Refer a New Resident and Receive a \$500 Referral prize!**

We offer affordable, spacious suites, freshly prepared meals, and a wide range of amenities, including housekeeping, 24/7 on-site staff, scheduled transportation, and engaging social activities – all in a welcoming, supportive environment designed for seniors to thrive.



Easy

	6					1		
	3	2	6	9				
		5		7	4		2	
5	2		3	8	7		9	6
4	8		5	6		7	1	2
9	7					3		
		7	4					
				3	6	5		1
	5						6	4

Medium

					3	4		
			6	8	7			5
		1	2		4			
	3	7	1	6				
5		6			9	1	3	
9			5			7		
3			8	9			5	6
	5					3		
				4				1

Hard

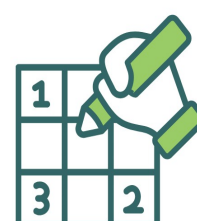
		1		3		6		
4			5			9		
		2	7					
		9	4			1		
		3			5	2		9
8			6			5		
							2	7
1				7		6		

Expert

6			1		2		7	
		4			8	2		
						8	3	5
5		8	4				1	
	9						5	
9			8	7	1			
						6		
	7		2	5				

Master

9		6			8			
					1		9	
2			9	6		7		
			1					
		4	2	9			5	
	5					8		
					6			
7								3
		2	5	4			8	



**Sudoku**

# LIVE MUSIC



**JULY 3<sup>RD</sup>**

CANADA DAY PARTY  
WITH THE TIMELINERS

**JULY 4<sup>TH</sup>**

FRIDAY PUB WITH MIKE  
AND MARIE CRONIN

**JULY 11<sup>TH</sup>**

FRIDAY PUB WITH THE FABULOL  
FERA BROTHERS

**JULY 18<sup>TH</sup>**

FRIDAY PUB WITH MIKE  
KINAL

**JULY 23<sup>RD</sup>**

JULY BIRTHDAY PARTY  
WITH JOHN CRONIN

**JULY 25<sup>TH</sup>**

JOURNEY THROUGH  
POLYNESIA DANCERS

**JULY 28<sup>TH</sup>**

MUSIC WITH JAE-WON



— *Special Occasions*

# Celebrating Canada Day

at George Derby Centre



As we come together to celebrate Canada Day 2025, we honour the rich history, diverse cultures, and shared values that shape our great nation. At George Derby Centre, this day holds special meaning as we reflect on the freedoms we enjoy, the land we call home, and the incredible contributions of our Veterans and residents who have helped build and protect Canada through the decades.

This year, our celebrations will include music, decorations, and a festive gathering to bring joy and connection to our community. Whether you're wearing red and white, singing along to classic Canadian tunes, or simply enjoying time with fellow residents and staff, we invite everyone to join in the spirit of unity and gratitude. Happy Canada Day from all of us at GDC!

## *Volunteers*



Meet Linda — our incredible volunteer who brings joy and warmth to George Derby every week! Linda generously supports our weekly Bingo program, helping create a fun and engaging environment for our residents. Beyond Bingo, she shares her creative talents as a skilled scrapbooker and baker, crafting beautiful homemade greeting cards and treats that brighten everyone's day. We're so grateful for her kindness, creativity, and dedication to our community.



Thank You!

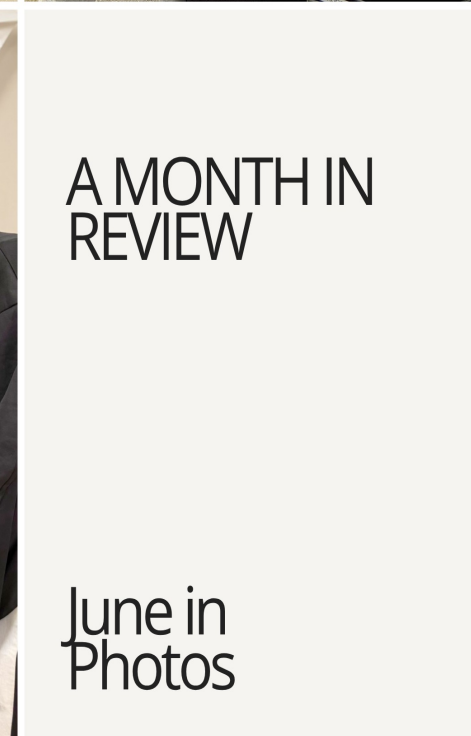


Honoring the Retirement

# Celebrating 30+ Years of Dedication

After more than 30 years of dedicated service at George Derby Centre, we bid a heartfelt farewell to Madhavi Raju as she begins her well-earned retirement. Madhavi's commitment, compassion, and unwavering professionalism have touched the lives of countless residents, families, and colleagues over the years.

Her legacy of care and kindness will continue to live on in the hearts of those she served and worked alongside. We thank Madhavi for her incredible contributions and wish her all the best in this exciting new chapter. May retirement bring her endless joy, relaxation, and well-deserved time with loved ones.





# WELLNESS



—  
**STAYING  
HEALTHY &  
HAPPY THIS JULY**

## PROTECT YOUR SKIN



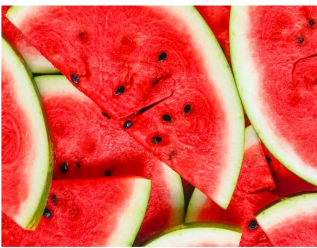
UV rays are strongest in July.  
Tip: Encourage wearing light, long-sleeved clothing, wide-brimmed hats, and SPF 30+ sunscreen when heading outdoors, even on cloudy days.

## STAY HYDRATED



Summer heat can lead to dehydration quickly, especially for older adults.  
Tip: Keep a water bottle nearby and aim to drink small sips throughout the day, even if you're not thirsty. Offer water or electrolyte drinks during programs and meals.

## ENJOY FRESH SEASONAL FOODS



Summer brings a variety of nutritious fruits and vegetables.  
Tip: Include berries, melons, tomatoes, and leafy greens in meals and snacks. They're rich in vitamins and help support hydration.

# STAY COOL, STAY WELL!

Hot nights can disrupt sleep.  
Tip: Use a fan, light cotton sheets, and keep the bedroom cool. Avoid heavy meals and caffeine before bed to promote better sleep.



## GENTLE MOVEMENT MATTERS

Staying active boosts circulation and mood.  
Tip: Participate in seated yoga, short hallway walks, or light stretching sessions. Even 10-15 minutes a day can make a difference.