

 **THE
DERBY
MANOR**

Refer

A Resident



**RECEIVE A \$500
REFERRAL PRIZE!**



**8601- 16TH AVE.
BURNABY, BC.**



**+1 778.728.0570
INFO@DERBYMANOR.CA**



SEPTEMBER 2025

HELLO GEORGE

**JAE-WON
BANG**

SPECIAL MUSICAL
PERFORMANCE

**FALL
FAIR!**

SPECIALIZED
PROGRAMS

GEORGE
DERBY
CENTRE

SEPTEMBER 30

**TRUTH AND
RECONCILIATION**





Special Events



September 23rd

Fall Fair!

(games, prizes,
treats, bunny
snuggles, and more)

September Special Programs:

- September 3rd: Dine In Lunch
- September 8th: Veterans Group
- September 9th: Chinese Tea (Main North Lounge)
- Every Wednesday in September & October: Mother Goose Intergenerational Group with BACI





SEPTEMBER 2025



NEW HIRES



- SAVITA MINHAS – CARE COORDINATOR

ENTERTAINMENT

SEP 5

PUB WITH PETER
WILLIAMS

SEP 12

PUB WITH MIKE &
MARIE CRONIN

SEP 14

MUSIC WITH JAE-
WON & FRIENDS

SEP 19

PUB WITH
MICHAEL TURNER

SEP 24

SEPTEMBER
BIRTHDAY PARTY
WITH SHAWN MCKEE

SEP 26

PUB WITH THE
FABULOUS FERA
BROTHERS

Truth and Reconciliation

On September 30, we observe the National Day for Truth and Reconciliation, a time to honor the children who never returned home, the Survivors of residential schools, and their families and communities. It is a day for reflection, learning, and commitment to reconciliation with Indigenous Peoples. We encourage everyone to take time to listen, learn, and participate in local events or educational opportunities that foster greater understanding and healing.



SEPTEMBER WELLNESS TIPS

GRATITUDE TIP:

Use a visual reminder. Place a small sticky note, photo, or object somewhere you'll see it often (like your desk or fridge) that represents something you're grateful for. These visual cues act as quick reminders throughout the day to pause, breathe, and appreciate the good in your life.



**WE HOPE YOU'LL JOIN
US IN THIS MONTH'S
CHALLENGE!**

GRATITUDE



—

TIPS & CHALLENGES

WE'RE EXCITED TO START SHARING MONTHLY TIPS, TOOLS, AND CHALLENGES DESIGNED TO SUPPORT YOUR SELF-CARE JOURNEY!

TO-DO:



Write down three things you're grateful for today. This should only take you a few seconds – and the things you identify can be big or small.

Then, spend one minute per item reflecting on WHY you appreciate it so much, and what life might look like if you didn't have that thing at all.

WHY?



Gratitude practices are proven to improve our psychological well-being and lower feelings of stress, anxiety, and depression. This is particularly important right now while our stress levels are high and it's easy to focus on our fears. Refocusing on the things we're grateful for can have a significant impact on our mental wellness.



A MONTH IN REVIEW

August in Photos

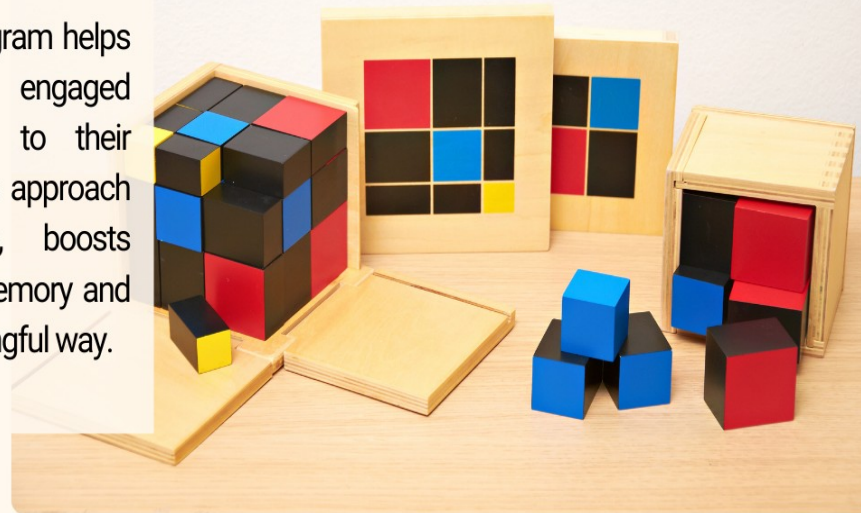


Specialized Programs

Engaging Mind & Senses at GDC

MONTESSORI PROGRAM

At GDC, our Montessori program helps residents stay active and engaged through activities tailored to their strengths and interests. This approach encourages independence, boosts confidence, and supports memory and social connection in a meaningful way.



SNOEZELEN ROOM

Our Snoezelen Room offers a calming space filled with gentle lights, sounds, and textures. It's a soothing environment that helps reduce stress and promote relaxation—especially supportive for residents living with dementia or anxiety.



Sep. 2025

Special Musical Performance

VOLUNTEERS



We are delighted to share that our community will once again be treated to the beautiful music of Jae-Won Bang, First Violin with the Vancouver Symphony Orchestra. Jae-Won has been a cherished regular volunteer performer at GDC, and her visits every few months always bring joy and inspiration to our residents.

This time, we are in for an extra special treat. Jae-Won will be joined by José Franch-Ballester, world-renowned clarinetist and current professor at UBC. Known internationally for his expressive performances and artistry, José brings an added brilliance to this upcoming concert. We look forward to welcoming these two exceptional musicians for what promises to be a truly memorable afternoon of music!



Jae-Won Bang

Jae-Won Bang is the First Violin with the Vancouver Symphony Orchestra and a dedicated performer who regularly shares her talent with our residents. Her artistry and passion for music bring warmth and joy to every performance.

José Franch-Ballester

José Franch-Ballester is an award-winning clarinetist celebrated on stages around the world. He is currently a professor at the University of British Columbia and is admired for his expressive performances and deep connection with audiences.