



INSPIRED SENIOR LIVING

July 2023 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SATURDAY JUL 1 Canada Day</p>		 <p>National Culinary Arts Month</p>				<p>CANADA DAY 1</p> <p>10:15 DVD Seated Yoga Class (Virtual) (GR)</p> <p>11:30 Canada Day BBQ Out Front (11:30am - 1:00pm) (DR)</p> <p>11:45 Live Music - Jazz Duo Performance (11:45am - 12:45pm) (DR)</p> <p>1:30 Play "Kings in the Corner" Card Game with Brenda (FL)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:30 Go 4 Life Walking Club (Resident-led) (OUT)</p> <p>6:00 Disney+ Movie: Those Calloways (1965) (Family, Drama, Nature) (FL)</p>
<p>10:15 Virtual Church Service (FL) 2</p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>2:00 Resident-led Card Games in the Lounge (FL)</p> <p>3:00 Scrabble in the Games Room (G)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Prime Movie: Love Again (FL)</p>	<p>10:00 Tai Chi with Eric Liu (GR) 3</p> <p>11:00 Monthly Life Enrichment Meeting - July Events! (PDR)</p> <p>11:45 Van to The Dunbar Theatre "Indiana Jones and the Dial of Destiny" (Bag Lunches "To Go") (OUT)</p> <p>2:00 Resident-led Dominoes in the Games Room (G)</p> <p>3:00 Card Games in the Games Room (G)</p> <p>6:00 Disney+ Movie: Notes on a Scandal (FL)</p>	<p>10:00 *NEW* Tappercise Seated Tap Dance Class to Music (GR) 4</p> <p>11:00 Poetry Readings + Liam Neeson Reading W.B. Yeats' Easter 1916 (Irish Public Broadcast) (PDR)</p> <p>1:30 Hand Sewing Class with Danielle Morrison (AR)</p> <p>3:00 Food Demo "No-Bake Energy Power Balls" (GR)</p> <p>6:00 Prime Movie: Anything is Possible (FL)</p> <p>6:30 Scrabble in the Games Room (G)</p>	<p>HAIR SALON OPEN 5</p> <p>10:00 Let's Get Movin' with Michel! (GR)</p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT)</p> <p>2:00 BINGO! (GR)</p> <p>3:00 Tea & Treats Cart (B)</p> <p>6:00 Prime Movie: The Identical (FL)</p> <p>6:30 Dominoes and Card Games - Meet in the Games Room (G)</p>	<p>10:00 Seated Yoga with Sarah De Lucca (GR) 6</p> <p>10:30 Resident Coffee Social & Chat (B)</p> <p>11:00 Giant Crossword (GR)</p> <p>11:30 SUMMER SALMON BBQ (OUT)</p> <p>1:30 Group Walk with Brenda (30 Minute Neighbourhood Walk) (OUT)</p> <p>3:00 Happy Hour: (FL)</p> <p>6:00 Disney+ Movie: Benji the Hunted (Survival, Animals, Nature) (FL)</p> <p>6:30 Scrabble in the Games Room (G)</p>	<p>10:30 DRUM FIT Class to Music (NOTE: Later start time today @ 10:30am) (GR) 7</p> <p>11:00 Painting Class: "Hazy Hills" Painting Tutorial (AR)</p> <p>1:30 Communion & Hymn Sing with Pastor Lee (FL)</p> <p>2:30 Fit Minds (Brain Games) (PDR)</p> <p>3:00 20-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>6:00 Prime Movie: Relative Values (FL)</p> <p>6:30 Paint By Numbers for Adults (AR)</p>	<p>10:00 Zumba Gold Seated Fitness Class with Julia Chilcott (GR) 8</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Documentary on Disney+: If These Walls Could Sing (FL)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Prime Movie: New Life (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>10:15 Virtual Church Service (FL) 9</p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>1:30 BINGO with Brenda! (GR)</p> <p>2:30 Orange Crush Floats Served on the Patio (B)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Disney+ Movie: The Incredible Journey (Action-Adventure, Animals, Nature) (FL)</p>	<p>10:00 Tai Chi with Eric Liu (GR) 10</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>2:00 Play "Kings in the Corner" Card Game with Brenda (FL)</p> <p>3:00 Guest Speaker Christopher Hebb (Topic: Current World Events, Ukraine & Russia) (GR)</p> <p>4:00 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Prime Movie: Hidden Moon (FL)</p>	<p>NAT'L CULINARY ARTS MONTH 11</p> <p>10:00 *NEW* Tappercise Seated Tap Dance Class to Music (GR)</p> <p>11:00 Java Music Sing-a-long (PDR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:30 DRUM FIT Class to Music (GR)</p> <p>6:00 Prime Movie: The Christmas Lodge (FL)</p> <p>6:30 Scrabble in the Games Room (G)</p>	<p>HAIR SALON OPEN 12</p> <p>10:00 Let's Get Movin' with Michel! (GR)</p> <p>2:00 BINGO! (GR)</p> <p>3:00 Fresh Healthy Smoothies Served on the Patio (B)</p> <p>6:00 Prime Movie: Shotgun Wedding (Starring Jennifer Lopez) (FL)</p> <p>6:30 Dominoes and Card Games - Meet in the Games Room (G)</p>	<p>VIOLET'S 100 BIRTHDAY AT 3PM 13</p> <p>10:00 Seated Yoga with Sarah De Lucca (GR)</p> <p>11:00 Resident Coffee Social & Chat (B)</p> <p>1:30 Hand Sewing Class with Danielle Morrison (AR)</p> <p>3:00 Happy Hour: Mike Kinal (Guitar & Vocals) (FL)</p> <p>6:00 Prime Movie: My Last Love (FL)</p> <p>6:30 Scrabble in the Games Room (G)</p>	<p>10:00 Seated Fitness Class (DVD) (GR) 14</p> <p>11:00 Café Lattes & Social Time in the Bistro (B)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>3:00 Chef Food Demo with Cindy! (GR)</p> <p>3:30 Paint By Numbers for Adults (AR)</p> <p>6:00 Netflix Movie: First Knight (1995, Starring Sean Connery & Richard Gere) (FL)</p>	<p>10:00 Zumba Gold Seated Fitness Class with Julia Chilcott (GR) 15</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:30 Painting Class with Artist, Dawn Mattson (sign up at reception) (AR)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Netflix Movie: In The Line of Fire (1993) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>



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<p>10:15 Virtual Church Service (FL) 16</p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>1:00 Scrabble or Dominoes in the Games Room (G)</p> <p>2:00 BINGO with Heidi! (GR)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Prime Movie: Love on the Slopes (Comedy/Drama) (FL)</p>	<p>10:00 Tai Chi with Eric Liu (GR) 17</p> <p>11:15 Van to Romer's Restaurant on Kerr Street (OUT)</p> <p>2:30 20-Minute Power Fit Class Out Front, Under Cover with Brenda (OUT)</p> <p>3:00 Get To Know Your Neighbours (in the Private Dining Room) (PDR)</p> <p>6:00 Prime Movie: The Gift (FL)</p> <p>6:30 Dominoes and Card Games - Meet in the Games Room (G)</p>	<p>10:00 *NEW* Tappercise Seated Tap Dance Class to Music (GR) 18</p> <p>11:00 Java Music Sing-a-long (PDR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:30 Travel Show with Tony! (Ireland & Scotland) (GR)</p> <p>6:00 Prime Movie: The Guard (2011) (FL)</p> <p>6:30 Scrabble in the Games Room (G)</p>	<p>HAIR SALON OPEN 19</p> <p>NAT'L HOT DOG DAY</p> <p>10:00 Let's Get Movin' with Michel! (GR)</p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT)</p> <p>2:00 BINGO! (GR)</p> <p>3:00 Tea & Treats Cart (B)</p> <p>3:30 Book Club Meeting (Resident-led) (PDR)</p> <p>3:30 Popsicles on the Patio (OUT)</p> <p>6:00 Prime Movie: The Mystery of a Handsome Cab (FL)</p>	<p>10:00 Seated Yoga with Sarah De Lucca (GR) 20</p> <p>10:30 Resident Coffee Social & Chat (B)</p> <p>11:00 Summer Spelling Bee (PDR)</p> <p>1:00 Wellness Clinic with Heidi (H)</p> <p>2:00 Resident General Meeting (GR)</p> <p>3:00 Happy Hour: Peter Williams (Piano & Vocals) (FL)</p> <p>6:00 Prime Movie: The Brass Legend (1956 Action/Western) (FL)</p> <p>6:30 Scrabble in the Games Room (G)</p>	<p>FOOT CARE TODAY 21</p> <p>10:00 DRUM FIT Class to Music (GR)</p> <p>10:30 Painting Class: Fireworks! (AR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:45 20-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>3:15 Pink Lemonade & Neil Diamond Music (OUT)</p> <p>6:00 Prime Movie: Woman at War (Suspense/Comedy/Gentle) (FL)</p> <p>6:30 Colour By Numbers for Adults (AR)</p>	<p>10:00 Zumba Gold Seated Fitness Class with Julia Chilcott (GR) 22</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Disney+ Documentary: Bear Witness (FL)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: Under the Tuscan Sun (Starring Diane Lane) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>10:15 Virtual Church Service (FL) 23</p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>2:00 BINGO with Michael! (GR)</p> <p>3:00 Scrabble or Dominoes in the Games Room (G)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Netflix Movie: The Italian Job (FL)</p>	<p>9:45 Van to "Cycling Without Age" Trishaw Bike Ride @ the False Creek Seawall (10:30am-11:30am is the actual ride) (OUT) 24</p> <p>10:00 Tai Chi with Eric Liu (GR)</p> <p>2:00 Fit Minds (Brain Games) (PDR)</p> <p>3:00 20-Minute Power Fit Class Out Front, Under Cover with Brenda (OUT)</p> <p>3:30 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Netflix Movie: The Choice (Romance/Drama) (FL)</p>	<p>10:00 *NEW* Tappercise Seated Tap Dance Class to Music (GR) 25</p> <p>11:00 Java Music Sing-a-long (PDR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:30 Flower Arranging into Vases (B)</p> <p>4:30 Living Loving Local, Farm To Table Dinner Tonight (DR)</p> <p>6:00 Netflix Movie: A Beautiful Life (FL)</p> <p>6:30 Scrabble in the Games Room (G)</p>	<p>HAIR SALON OPEN 26</p> <p>10:00 Let's Get Movin' with Michel! (GR)</p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT)</p> <p>2:00 BINGO! (GR)</p> <p>3:00 Ice Cream Sundaes on the Patio (OUT)</p> <p>6:00 Netflix Movie: Cocoon (1985, Directed by Ron Howard, Starring Jessica Tandy) (FL)</p> <p>6:30 Dominoes and Card Games - Meet in the Games Room (G)</p>	<p>10:00 Seated Yoga with Sarah De Lucca (GR) 27</p> <p>10:30 Resident Coffee Social & Chat (B)</p> <p>11:00 Play "Kings in the Corner" Card Game with Brenda (FL)</p> <p>1:00 Van to Shoppers Drug Mart (20% Off Seniors Day, Dunbar Location) (OUT)</p> <p>3:00 Happy Hour: Ranj Singh (Guitar & Vocals) (FL)</p> <p>6:00 Netflix Movie: Dirty Dancing (1987, Starring Patrick Swayze) (FL)</p> <p>6:30 Scrabble in the Games Room (G)</p>	<p>10:00 DRUM FIT Class to Music (GR) 28</p> <p>10:30 Meet Me At The MoMa - Painting Featuring Marie Laurencin (AR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:45 20-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>6:00 Netflix Movie: One Flew Over the Cuckoo's Nest (1975, Starring Jack Nicholson) (FL)</p> <p>6:30 Paint By Numbers for Adults (AR)</p>	<p>10:00 Zumba Gold Seated Fitness Class with Julia Chilcott (GR) 29</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Prime Documentary: Mabel (FL)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Netflix Movie: Bugsy (Starring Warren Beatty) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>10:15 Virtual Church Service (FL) 30</p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>2:00 BINGO with Neil! (GR)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Netflix Movie: Blue Thunder (1983, Suspense/Action) (GR)</p>	<p>10:00 Functional Fitness with Brenda (Grip, Hands & Wrists) (GR) 31</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:45 Beading Class - Make a Necklace or Bracelet (FL)</p> <p>3:00 Neighbourhood Walk with Brenda - Go 4 Life Walking Group (OUT)</p> <p>6:00 Netflix Movie: Against All Odds (1984) (FL)</p> <p>6:30 Dominoes and Card Ga (G)</p>			<p>Locations Legend</p> <p>Fireplace Lounge (FL)</p> <p>Great Room (GR)</p> <p>Outside (OUT)</p> <p>Games Room (G)</p> <p>Private Dining Room (PDR)</p> <p>Fine Arts Room (AR)</p> <p>Bistro (B)</p> <p>Dining room (DR)</p> <p>Heidi's Office (H)</p>	<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Meet Me at the MOMA</p> <p>Java Music Club</p> <p>Living, Loving, Local</p> <p>Signature Program</p> <p>Artful Enrichment</p> <p>Drumfit</p>	