





INSPIRED SENIOR LIVING

# September 2023

## Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>World Alzheimer's Month</b></p>		 <p><b>Grandparent's Day</b></p>			<p><b>NAT'L PREPAREDNESS MONTH 1</b></p> <p>10:30 Gentle Fitness Class with Sarah Groberman (GR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>3:00 Card Games in the Lounge (Resident-led) (FL)</p> <p>3:30 Go 4 Life Walking Club - Meet in Lobby (OUT)</p> <p>6:00 Netflix Friday Series: Suits (Season 1) (FL)</p> <p>6:30 Adult Paint By Numbers (AR)</p>	<p><b>2</b></p> <p>10:00 Seated Yoga with Sarah De Lucca (GR)</p> <p>1:00 Disney+ Documentary: The Greeks (FL)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Zumba Gold Seated Fitness Class with Julia Chilcott (GR)</p> <p>4:00 Go 4 Life Walking Club - Meet in Lobby (OUT)</p> <p>6:00 Disney+ Movie: Mighty Joe Young (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p><b>3</b></p> <p>10:15 Virtual Church Service in the Lounge (10:15am in the Private Dining Room) (FL)</p> <p>10:30 Qigong Class with Anita Wong in the Great Room (GR)</p> <p>1:30 Card Games in the Lounge (Crazy Eights &amp; Old Maid) (FL)</p> <p>2:30 Paint By Numbers for Adults (AR)</p> <p>3:30 Go 4 Life Walking Club (Meet at Reception and Walk as a Group) (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Disney+ Movie: The Rookie (FL)</p>	<p><b>4</b></p> <p><b>LABOUR DAY STAT</b></p> <p>10:00 Tai Chi with Eric Liu (GR)</p> <p>11:00 Bob Ross Painting (YouTube) (FL)</p> <p>1:30 BINGO with Wendy! (GR)</p> <p>3:00 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Disney+ Movie: Broken Arrow (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p><b>5</b></p> <p>10:00 Van to Swimming at Kerrisdale Indoor Pool (OUT)</p> <p>10:15 Virtual Yoga Class (DVD) (GR)</p> <p>1:00 Monthly Life Enrichment Meeting - September Events and Outings (PDR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:30 Pet Therapy Dog Visit (Meet Sasha &amp; Olga in the Lounge) (FL)</p> <p>3:00 Van to Walk the Track at West Point Grey High School (OUT)</p> <p>6:00 Disney+ Movie: Amelia (FL)</p> <p>6:30 Scrabble (G)</p>	<p><b>6</b></p> <p><b>HAIR SALON OPEN</b></p> <p><b>NAT'L READ A BOOK DAY</b></p> <p>10:00 NO VAN SHUTTLE TODAY (OUT)</p> <p>10:00 Let's Get Movin' Fitness Class with Michel (GR)</p> <p>1:30 BINGO! (GR)</p> <p>2:30 Tea &amp; Cookies in the Bistro (B)</p> <p>3:00 Serving Tray Memory Game &amp; Word Games in the Private Dining Room (PDR)</p> <p>6:00 Disney+ Weekly Series: Ally McBeal (Season 2) (FL)</p> <p>6:30 Dominoes and Card Games - Meet in the Games Room (G)</p>	<p><b>7</b></p> <p>10:00 DRUM FIT Class to Music (GR)</p> <p>10:30 ART: Painting Class (Theme: Cloudy Telephone Wire) (Acrylic on Canvas) (AR)</p> <p>2:00 Card Games in the Lounge with Brenda (FL)</p> <p>3:00 Happy Hour: Charles Johnson (Guitar/Vocals) (Bar is Open \$4.50 per drink) (FL)</p> <p>6:00 Disney+ Movie: Nixon (FL)</p> <p>6:30 Scrabble (G)</p>	<p><b>8</b></p> <p>10:30 Gentle Fitness Class with Sarah Groberman (GR)</p> <p>11:00 CRAFT - Make Air-Dry Clay Mushrooms/Toadstools (AR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:30 Giant Crossword with Brenda (GR)</p> <p>3:00 20-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>6:00 Netflix Friday Series: Suits (Season 1) (FL)</p> <p>6:30 Paint By Numbers for Adults (AR)</p>	<p><b>9</b></p> <p>10:00 Seated Yoga with Sarah De Lucca (GR)</p> <p>1:00 Technology Assistance with Harry (iPad, iPhone, Laptops) (1pm - 2pm)(Sign Up Please) (GR)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Canada YC Chinese Orchestra Association Performance (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: Alias (Starring Jennifer Garner) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p><b>10</b></p> <p><b>GRANDPARENTS DAY</b></p> <p>10:15 Virtual Church Service in the Lounge (10:15am in the Private Dining Room) (FL)</p> <p>10:30 Qigong Class with Anita Wong in the Great Room (GR)</p> <p>2:30 Live Classical Music, Youth Musician &amp; Artist Association (YMAA) (FL)</p> <p>3:30 Go 4 Life Walking Club (Meet at Reception and Walk as a Group) (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Disney+ Movie: White Fang 2 (FL)</p>	<p><b>11</b></p> <p>10:00 Tai Chi with Eric Liu (GR)</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Van Trip to Spanish Banks to See the Ocean and Beach (OUT)</p> <p>2:00 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>3:30 Giant Crossword (GR)</p> <p>6:00 Disney+ Movie: Bad Girls (Western) (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p><b>12</b></p> <p><b>WORLD ALZHEIMER'S MONTH</b></p> <p>10:00 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 Hand Sewing Class with Danielle (AR)</p> <p>3:30 Flower Arranging into Vases (B)</p> <p>6:00 Disney+ Movie: The Astronaut Wives Club (FL)</p> <p>6:30 Scrabble (G)</p>	<p><b>13</b></p> <p><b>HAIR SALON OPEN</b></p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off &amp; Pick Up) (OUT)</p> <p>10:00 Let's Get Movin' Fitness Class with Michel (GR)</p> <p>1:30 BINGO! (GR)</p> <p>2:30 Tea &amp; Cookies in the Bistro (B)</p> <p>3:00 Scrabble Board Game with Brenda in the Lounge (FL)</p> <p>6:00 Disney+ Weekly Series: Ally McBeal (Season 2) (FL)</p> <p>6:30 Dominoes and Card Games - Meet in the Games Room (G)</p>	<p><b>14</b></p> <p>10:00 DRUM FIT Class to Music (GR)</p> <p>11:00 Giant Crossword with Brenda (GR)</p> <p>1:00 Wellness Clinic with Heidi (BP &amp; Weight) (H)</p> <p>2:00 Monthly Chef Chat &amp; Drink Demo (GR)</p> <p>3:00 Happy Hour: Mike Kinal (Guitar &amp; Vocals) (Bar is Open \$4.50 per drink) (FL)</p> <p>6:00 Disney+ Movie: Kinsey (FL)</p> <p>6:30 Scrabble (G)</p>	<p><b>15</b></p> <p>10:00 Van to Swimming at Kerrisdale Indoor Pool (OUT)</p> <p>10:30 Gentle Fitness Class with Sarah Groberman (GR)</p> <p>1:30 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 Netflix Friday Series: Suits (Season 1) (FL)</p> <p>6:30 Paint By Numbers for Adults (AR)</p>	<p><b>16</b></p> <p><b>OPEN HOUSE TODAY</b></p> <p>10:00 Seated Yoga with Sarah De Lucca (GR)</p> <p>1:30 Verve's "Open House" &amp; Live Music by Mike Kinal (GR)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:30 Open House - Tappercise Seated Tap Dance Class to Music (Everyone Welcome!) (GR)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: The Siege (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>



INSPIRED SENIOR LIVING

# September 2023

## Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>TERRY FOX RUN 17</b></p> <p>10:15 Virtual Church Service in the Lounge (10:15am in the Private Dining Room) (FL)</p> <p>10:30 Qigong Class with Anita Wong in the Great Room (GR)</p> <p>3:30 Go 4 Life Walking Club (Meet at Reception and Walk as a Group) (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Disney+ Movie: Guardians of the Galaxy (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>10:00 Tai Chi with Eric Liu (GR) <b>18</b></p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Van to Walk the West Side Greenway Path (Starting at West 49th Ave., Heading South to Bean Around The World Coffee Shop @ W. 57th Ave.) (OUT)</p> <p>3:00 Fall Prevention &amp; Balance Presentation with Easy Allied Health (GR)</p> <p>4:00 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Disney+ Movie: The Greatest Game Ever Played (FL)</p>	<p><b>DAY OF MOURNING QUEEN ELIZABETH 19</b></p> <p>10:00 Tappercise Seated Tap Dance Class to Music (GR)</p> <p>11:00 Preschool Children (3 &amp; 4 yrs.) Visit to Sing for Us! (FL)</p> <p>11:30 Van to Dim Sum at Golden Ocean Restaurant (OUT)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:30 Pet Therapy Dog Visit (FL)</p> <p>3:00 Travel Show with Tony: GREECE &amp; CORFU (GR)</p> <p>6:00 Disney+ Movie: The Marine (FL)</p> <p>6:30 Scrabble (G)</p>	<p><b>HAIR SALON OPEN 20</b></p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off &amp; Pick Up) (OUT)</p> <p>10:00 Let's Get Movin' Fitness Class with Michel (GR)</p> <p>1:30 BINGO! (GR)</p> <p>2:30 Tea &amp; Treats Cart (B)</p> <p>2:30 Tea &amp; Cookies in the Bistro (B)</p> <p>3:30 Book Club Meeting (in the Great Room) (GR)</p> <p>6:00 Disney+ Weekly Series: Ally McBeal (Season 2) (FL)</p> <p>6:30 Dominoes and Card Games - Meet in the Games Room (G)</p>	<p><b>10:00 DRUM FIT Class to Music (GR) 21</b></p> <p>10:30 Resident Coffee Social &amp; Chat (B)</p> <p>11:00 Giant Crossword with Brenda (GR)</p> <p>2:00 Resident General Meeting (GR)</p> <p>3:00 Happy Hour: Liz &amp; Steve Alexander (Guitar &amp; Vocals) (Bar is Open \$4.50 per drink) (FL)</p> <p>6:00 Disney+ Movie: Live Free or Die Hard (FL)</p> <p>6:30 Scrabble (G)</p>	<p><b>AUTUMN EQUINOX - FIRST DAY OF FALL 22</b></p> <p>10:30 Gentle Fitness Class with Sarah Groberman (GR)</p> <p>11:00 ART: Painting Class (Theme: Blue Heron) (AR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:30 Health &amp; Wellness Presentation: "How to Beat the Winter Blues" (GR)</p> <p>3:15 20-Minute Power Fit Class to Music (OUT)</p> <p>6:00 Netflix Friday Series: Suits (Season 1) (FL)</p> <p>6:30 Paint By Numbers for Adults (AR)</p>	<p>10:00 Seated Yoga with Sarah De Lucca (GR) <b>23</b></p> <p>1:00 ART: Painting Class with Artist, Dawn Mattson (Art Room) (AR)</p> <p>2:00 Reading Out Loud by Ashvin (Private Dining Room) (PDR)</p> <p>3:00 Chef Food Demo with Cindy in the Great Room (GR)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: Prince of Persia, The Sands of Time (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>10:15 Virtual Church Service in the Lounge (10:15am in the Private Dining Room) (FL) <b>24</b></p> <p>10:30 Qigong Class with Anita Wong in the Great Room (GR)</p> <p>2:00 BINGO with Neil! (GR)</p> <p>3:00 Go 4 Life Walking Club (Meet at Reception and Walk as a Group) (OUT)</p> <p>6:00 Bridge Group in the Games Room @ 6pm (G)</p> <p>6:00 Disney+ Movie: Operation Dumbo Drop (Starring Ray Liotta &amp; Danny Glover) (FL)</p>	<p>10:00 Tai Chi with Eric Liu (GR) <b>25</b></p> <p>10:00 Van to Swimming at Kerrisdale Indoor Pool (OUT)</p> <p>2:00 Apple Variety Tasting and Hot Apple Cider (B)</p> <p>3:15 20-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>4:00 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Disney+ Movie: Invincible (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p><b>NAT'L FAMILY DAY 26</b></p> <p>10:00 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 Hand Sewing Class with Danielle (Make Orange Shirt Day Bunting) (AR)</p> <p>3:30 Flower Arranging into Vases (B)</p> <p>4:30 Living Loving Local, Farm To Table Dinner Tonight (DR)</p> <p>6:00 Disney+ Movie: Firestorm (FL)</p> <p>6:30 Scrabble (G)</p>	<p><b>HAIR SALON OPEN 27</b></p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off &amp; Pick Up) (OUT)</p> <p>10:00 Let's Get Movin' Fitness Class with Michel (GR)</p> <p>1:30 BINGO! (GR)</p> <p>2:30 Hot Chocolate Bar (hot chocolate, whipped cream, peppermint sticks &amp; marshmallows) (B)</p> <p>3:15 CRAFT: Make Pinecone Creatures (PDR)</p> <p>6:00 Disney+ Weekly Series: Ally McBeal (Season 2) (FL)</p>	<p><b>10:00 DRUM FIT Class to Music (GR) 28</b></p> <p>10:30 Resident Coffee Social &amp; Chat (B)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Van to Shoppers Drug Mart (20% Off Seniors Day, Dunbar Location) (OUT)</p> <p>3:00 Happy Hour: Ranj Singh Performs (Guitar &amp; Vocals) (Bar is Open \$4.50 per drink) (FL)</p> <p>6:00 Disney+ Movie: The Last Duel (FL)</p> <p>6:30 Scrabble (G)</p>	<p><b>MOON FESTIVAL 29</b></p> <p>10:30 Gentle Fitness Class with Sarah Groberman (GR)</p> <p>11:00 Meet Me At The MoMa Painting Session (AR)</p> <p>1:30 Hymn Sing with Pastor Lee (FL)</p> <p>2:30 Moon Festival - Tea &amp; Moon Cakes Served (FL)</p> <p>6:00 Netflix Friday Series: Suits (Season 1) (FL)</p> <p>6:30 Paint By Numbers for Adults (AR)</p>	<p><b>NAT'L DAY FOR TRUTH AND RECONCILIATION-ORANGE SHIRT DAY 30</b></p> <p>10:00 Seated Yoga with Sarah De Lucca (GR)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:00 OneKey Youth Violin Performance @ 2pm (AR)</p> <p>3:00 Zumba Gold Seated Fitness Class with Julia Chilcott (GR)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: Avatar The Way of Water (FL)</p>



WEDNESDAY  
SEP 28  
National Strawberry Cream Pie Day

Be Social

### Locations Legend

- Fireplace Lounge (FL)
- Great Room (GR)
- Outside (OUT)
- Games Room (G)
- Fine Arts Room (AR)
- Private Dining Room (PDR)
- Bistro (B)
- Heidi's Office (H)
- Dining room (DR)

### Calendar Legend

- Outing
- Special Program
- Java Music Club
- Living, Loving, Local
- Signature Program
- Artful Enrichment
- Drumfit