



INSPIRED SENIOR LIVING

December 2023

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MONDAY DEC 25</p> <p>Christmas Day</p>		 <p>SUNDAY DEC 31</p> <p>New Years Eve</p>			<p>NAT'L CHRISTMAS LIGHTS DAY 1</p> <p>10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT)</p> <p>10:30 Gentle Fitness with Sarah Groberman (GR)</p> <p>1:00 Monthly Life Enrichment Meeting - Discuss Dec. Events (PDR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Tree Decorating, Hot Chocolate & Christmas Music in the Lounge (FL)</p> <p>6:00 Netflix Movie: Nyad (Based on a True Story)(Jodie Foster & Annette Bening) (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>MONTH OF GIVING 2</p> <p>10:00 Seated Yoga Class with Sarah De Lucca (GR)</p> <p>1:00 Netflix Documentary: Harry & Meghan (FL)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:30 The Metro Seniors Swing Band Performs in the Great Room (8-piece swing band) (GR)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 DVD Movie From The Library: One Flew Over The Cuckoo's Nest (Winner of 5 Academy Awards - 1975) (FL)</p> <p>6:30 Card Games (G)</p>
<p>9:30 Virtual Church Service (PDR) 3</p> <p>10:00 Zumba Gold with Julia C. (GR)</p> <p>10:30 Coffee & Chats (B)</p> <p>11:30 Lunch Served in the Dining Lounge (11:30am-1:00pm) (DR)</p> <p>1:30 YouTube Travel Show with Rick Steves: ROMANIA (FL)</p> <p>3:30 Go 4 Life Walking Group (OUT)</p> <p>6:00 Netflix Movie: Dolly Parton's Christmas on the Square (Campy Inspiring Musical) (FL)</p> <p>6:00 Card Games (Games Room) (G)</p>	<p>DOOR DECORATING STARTS! 4</p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Scrabble Game in the Lounge (FL)</p> <p>1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR)</p> <p>2:00 Card Games in the Lounge (FL)</p> <p>3:00 Decorate Cookies for Christmas with Brenda (GR)</p> <p>3:30 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Netflix Movie: Good Sam (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>10:00 Tappercise-Seated Tap Dance Class to Music with Beryl (GR) 5</p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Pet Therapy Dog Visit (Meet Sasha & Olga in the Lounge) (FL)</p> <p>3:00 Flower Arranging into Vases (B)</p> <p>6:00 Netflix Movie: Montford The Chickasaw Rancher (Inspiring Western) (FL)</p> <p>6:30 Scrabble (G)</p>	<p>HAIR SALON OPEN 6</p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT)</p> <p>10:00 Let's Get Movin' Fitness Class with Michel (GR)</p> <p>1:30 BINGO with Brenda! (GR)</p> <p>2:30 Tea & Cookies in the Bistro (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:15 Card Games (Lounge) (FL)</p> <p>6:00 YouTube Turner Classic Movie: Road To Bali (Starring Bob Hope, Bing Crosby & Dorothy Lamour - 1952) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>	<p>HANUKKAH (Ends Dec. 15) 7</p> <p>10:00 DRUM FIT Class to Music with Brenda (GR)</p> <p>10:30 CRAFT: Make Orange & Clove Pomanders (GR)</p> <p>1:00 Van to Magee's Tea & Music Concert (Magee Chamber Choir, Strings Ensemble & Jazz Band) (OUT)</p> <p>3:00 Happy Hour: John Dean (Piano) (Bar is Open \$4.50 per drink) (FL)</p> <p>6:00 Netflix Movie: The Client List (Emotional Drama) (FL)</p> <p>6:30 Card Games in the Games Room (G)</p>	<p>10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT) 8</p> <p>10:30 Gentle Fitness with Sarah Groberman (GR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Digital & Written Life Writing Workshop w/ Aislinn Hunter (University Lecturer in Creative Writing & Published Author of 8 Books) (PDR)</p> <p>3:30 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>6:00 Netflix Movie: This Little Love of Mine (Australian, Charming) (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>CHRISTMAS CARD DAY 9</p> <p>10:00 Seated Yoga Class with Sarah De Lucca (GR)</p> <p>1:00 Netflix Documentary: Our Universe (FL)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Canada YC Chinese Youth Orchestra Performs (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Netflix Movie: My Best Friend Anne Frank (Emotional) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>9:30 Virtual Church Service (PDR) 10</p> <p>10:00 Zumba Gold with Julia C. (GR)</p> <p>10:30 Coffee & Chats (B)</p> <p>11:30 Lunch Served in the Dining Lounge (11:30am-1:00pm) (DR)</p> <p>2:30 Live Classical Music, Youth Musician & Artist Association (YMAA) (FL)</p> <p>3:30 Go 4 Life Walking Group (OUT)</p> <p>6:00 Netflix Movie: Christmas Wedding Planner (FL)</p> <p>6:00 Card Games (Games Room) (G)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) 11</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR)</p> <p>1:30 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>2:00 CRAFT: Make Large Intricate Paper Snowflakes (GR)</p> <p>3:15 Seated Cardio Boxing for Seniors (Low Impact, 30 mins.) (GR)</p> <p>6:00 Netflix Movie: Starsky & Hutch (Exciting, Humour, Satire) (FL)</p>	<p>10:00 Tappercise-Seated Tap Dance Class to Music with Beryl (GR) 12</p> <p>11:00 Java Music Sing-a-long (PDR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Hand Sewing Class with Danielle in the Art Room (AR)</p> <p>3:30 Card Games (Lounge) (FL)</p> <p>6:00 Netflix Movie: News of the World (Gritty, Emotional, Western) (FL)</p> <p>6:30 Scrabble (G)</p>	<p>HAIR SALON OPEN 13</p> <p>10:00 Let's Get Movin' Fitness Class with Michel (GR)</p> <p>1:30 BINGO with Michael! (GR)</p> <p>2:30 Tea & Cookies in the Bistro (B)</p> <p>2:45 Winter Spelling Bee (FL)</p> <p>3:15 Card Games (Lounge) (FL)</p> <p>3:30 Go 4 Life Walking Group (Walk Out Front Under Cover) (OUT)</p> <p>6:00 YouTube Turner Classic Movie: Penny Serenade (Starring Cary Grant & Irene Dunne - 1941) (FL)</p> <p>6:00 Scrabble Game (G)</p>	<p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT) 14</p> <p>10:00 Chair Yoga: DVD in the Great Room (GR)</p> <p>11:00 Card Games (G)</p> <p>1:30 Educational Presentation: Fall Prevention with Natasha (Nurse from Proof of Care) (GR)</p> <p>3:00 Happy Hour: Charles Johnson (Guitar/Vocals) (Bar is Open \$4.50 per drink) (FL)</p> <p>6:00 Netflix TV Series: The Crown (Final Season 6, Episodes 5 & 6) (FL)</p> <p>6:00 Scrabble Game (G)</p>	<p>10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT) 15</p> <p>10:30 Gentle Fitness with Sarah Groberman (GR)</p> <p>1:00 St. Andrew's School Choir Performs (30 mins) (GR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 CRAFT: Build & Decorate Kit Kat Log Cabins (AR)</p> <p>3:30 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>6:00 Netflix Movie: A Christmas Prince (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>NAT'L UGLY CHRISTMAS SWEATER DAY 16</p> <p>10:00 Seated Yoga Class with Sarah De Lucca (GR)</p> <p>1:00 Netflix Documentary: Predators (Nature) (FL)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Jill's Travel Show: Her African Safari Photos (GR)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Netflix Movie: The Perfect Storm (PG-13, Fishing, Drama) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>



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<p>9:30 Virtual Church Service (PDR) 17</p> <p>10:00 Zumba Gold with Julia C. (GR)</p> <p>10:30 Coffee & Chats (B)</p> <p>11:30 Lunch Served in the Dining Lounge (11:30am-1:00pm) (DR)</p> <p>1:30 YouTube Travel Show with Rick Steves: CRUISING THE MEDITERRANEAN (FL)</p> <p>3:30 Go 4 Life Walking Group (OUT)</p> <p>6:00 Netflix Movie: Single All The Way (Charming Comedy) (FL)</p> <p>6:00 Card Games (Games Room) (G)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) 18</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Bob Ross Painting (YouTube) (FL)</p> <p>1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR)</p> <p>2:00 Card Games in the Lounge (FL)</p> <p>3:00 "Yankee Swap" White Elephant Gift Game (GR)</p> <p>3:30 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Netflix Movie:- My Girl (Sentimental Nostalgic) (FL)</p>	<p>PAINTING CLASS TONIGHT 19</p> <p>10:00 Tappercise-Seated Tap Dance Class to Music with Beryl (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Hand Sewing Class with Danielle in the Art Room (AR)</p> <p>3:30 Card Games (Lounge) (FL)</p> <p>6:00 ART: Painting Class with Artist, Dawn Mattson 6pm (GR)</p> <p>6:30 Scrabble (G)</p>	<p>HAIR SALON OPEN 20</p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT)</p> <p>10:00 Seated Yoga with Sarah De Lucca (GR)</p> <p>1:30 BINGO with Brenda! (GR)</p> <p>2:30 Blueberry and Strawberry Smoothies Served (PDR)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:30 Book Club Meeting (GR)</p> <p>6:00 YouTube Turner Classic Movie: Elephant Walk (Starring Elizabeth Taylor, & Peter Finch - 1954) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>	<p>10:00 DRUM FIT Class to Music with Brenda (GR) 21</p> <p>11:00 Guided Meditation for the Heart - Self Love, Inner Wisdom & Compassion (20 mins) (PDR)</p> <p>1:00 Wellness Clinic with Heidi (1pm - 3pm) (H)</p> <p>2:00 Resident General Meeting (GR)</p> <p>3:00 Happy Hour: Greg Alcock (Bar is Open \$4.50 per drink) WEAR YOUR CHRISTMAS SWEATER! *Rum & Eggnog Served* (FL)</p> <p>6:00 Netflix TV Series: The Crown (Final Season 6, Episodes 7 & 8) (FL)</p>	<p>FOOT CARE NURSE ON-SITE 22</p> <p>10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT)</p> <p>10:30 Gentle Fitness with Sarah Groberman (GR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 ART: Snow Globes (Acrylic on Canvas) (AR)</p> <p>3:30 15-Minute Power Fit Class to Music (Out Front) (OUT)</p> <p>4:30 Resident Christmas Gala Dinner & Piano Music (DR)</p> <p>6:30 Netflix Movie: The Prom (2020 Musical Drama) (Starring Meryl Streep) (FL)</p>	<p>10:00 Seated Yoga Class with Sarah De Lucca (GR) 23</p> <p>1:00 Netflix Documentary: The Mystery of Marilyn Monroe: The Unheard Tapes (GL)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Card Games (Lounge) (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Netflix Movie: Here Today (Heartfelt, Bittersweet) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>CHRISTMAS EVE 24</p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:00 DVD Fitness Class (GR)</p> <p>10:30 Coffee & Chats (B)</p> <p>11:30 Lunch Served in the Dining Lounge (11:30am-1:00pm) (DR)</p> <p>1:30 YouTube Travel Show with Rick Steves: BEST OF THE ALPS (FL)</p> <p>3:30 Go 4 Life Walking Group (OUT)</p> <p>6:00 Netflix Movie: Operation Christmas Drop (Charming, Inspiring) (FL)</p> <p>6:00 Card Games (G)</p>	<p>CHRISTMAS DAY 25</p> <p>10:00 Fitness Video DVD (GR)</p> <p>11:00 Bob Ross Painting (YouTube) (FL)</p> <p>1:00 Netflix Documentary: Dancing with the Birds (FL)</p> <p>2:00 Mosaic Christmas Colouring or Painting in the Art Room (Resident-Led) (AR)</p> <p>2:30 Card Games in the Lounge (FL)</p> <p>3:00 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Netflix Movie: Christmas on Mistletoe Farm (British, Feel-Good) (FL)</p>	<p>BOXING DAY KWANZAA 26</p> <p>10:00 Fitness Video DVD (GR)</p> <p>11:00 Let's Play UNO! (FL)</p> <p>1:30 Kings In The Corner or UNO in the Lounge (FL)</p> <p>2:30 Pet Therapy Dog Visit (FL)</p> <p>3:00 Sketching & Drawing "Warm Wishes Card" - Template in Art Room (AR)</p> <p>4:30 Living Loving Local, Farm To Table Dinner Tonight (DR)</p> <p>6:00 Netflix Movie: A Perfect Pairing (Romantic, Feel-Good) (FL)</p>	<p>HAIR SALON OPEN 27</p> <p>10:00 Local Kerrisdale Van Shuttle (OUT)</p> <p>10:00 DVD Fitness Class (GR)</p> <p>1:30 BINGO with Brenda! (GR)</p> <p>2:30 Tea & Cookies (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:30 Card Games (FL)</p> <p>6:00 YouTube Turner Classic Movie: That Hamilton Woman (Starring Vivien Leigh & Lawrence Olivier - 1941) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>	<p>10:00 DRUM FIT Class to Music with Brenda (GR) 28</p> <p>10:30 Van to Shoppers Drug Mart (20% Off Seniors Day, Dunbar Location) (OUT)</p> <p>1:30 Resident Photos Slide Show in the Great Room (GR)</p> <p>2:00 Chef Chat with Pavle & Rum Balls Sweets Demo (GR)</p> <p>3:00 Happy Hour: Bob Collins (Guitar & Vocal) (Bar is Open \$4.50 per drink) (FL)</p> <p>6:00 Netflix TV Series: The Crown (Final Season 6, Episodes 9 & 10) (FL)</p> <p>6:00 Board Games & Card Games (G)</p>	<p>10:00 Van to Swimming @ Kerrisdale Pool & the Library 29</p> <p>10:30 Gentle Fitness with Sarah Groberman (GR)</p> <p>11:00 Bob Ross Painting (YouTube) (FL)</p> <p>1:30 Music with Connie Chan & Guests (FL)</p> <p>2:30 Painting: Taped Snowflake Art (AR)</p> <p>3:30 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>3:45 Card Games (Lounge) (FL)</p> <p>6:00 Netflix Movie: Love in the Villa (Charming) (FL)</p>	<p>10:00 Chair Yoga: DVD (GR) 30</p> <p>1:00 Netflix Documentary: The Elephant Whisperers (Heartfelt, Nature, Family) (FL)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 The Ukulele Ladies Perform in the Lounge (30 Minutes) (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Netflix Movie: A Castle for Christmas (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>NEW YEARS EVE 31</p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:00 DVD Fitness Class (GR)</p> <p>10:30 Coffee & Chats (B)</p> <p>11:30 Lunch Served (DR)</p> <p>1:30 YouTube Travel Show with Rick Steves: ISTANBUL (FL)</p> <p>3:00 NYE Classical Piano Performance by Matthew Ma (Champagne Served & Early Countdown) (FL)</p> <p>4:30 NYE Formal Dinner Served (4:30pm - 6:00pm) (DR)</p> <p>6:00 Netflix Movie: Pompeii (Epic, Explosive, Exciting) (FL)</p>	<p>Locations Legend</p> <p>Fireplace Lounge (FL)</p> <p>Great Room (GR)</p> <p>Outside (OUT)</p> <p>Private Dining Room (PDR)</p> <p>Games Room (G)</p> <p>Fine Arts Room (AR)</p> <p>Bistro (B)</p> <p>Dining room (DR)</p> <p>Heidi's Office (H)</p> <p>Garden Lounge (GL)</p>				<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p> <p>Artful Enrichment</p> <p>Drumfit</p>	

Be Grateful