



INSPIRED SENIOR LIVING

# February 2024

## Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Black History Month</b></p>		 <p><b>Lunar Year Dragon</b></p>		<p><b>BLACK HISTORY MONTH 1</b></p> <p>10:30 <b>DRUM FIT Class to Music with Brenda (GR)</b></p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Life Enrichment Monthly Meeting (PDR)</p> <p>2:00 Trivia &amp; Word Games (30 mins) (PDR)</p> <p>3:00 <b>Happy Hour: Kurt Von Hahn (Piano &amp; Vocals) (Chicago Mix Served=Small Batch Popcorn) (FL)</b></p> <p>6:00 Netflix Movie: The Hill (2023) (Sports/Drama, Starring Dennis Quaid) (2 hrs.) (FL)</p>	<p><b>GROUND HOG DAY 2</b></p> <p>10:00 <b>Van to Swimming @ Kerrisdale Pool &amp; the Library (OUT)</b></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: Mini Abstract Art Project (AR)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Disney+ Movie: The Newton Boys (FL)</p> <p>6:30 Scrabble Board Game (G)</p>	<p>10:00 Seated Yoga Class with Sarah De Lucca (GR)</p> <p>11:00 Card Games (FL)</p> <p>1:00 Disney+ Documentary/National Geographic: Unlikely Animal Friends (FL)</p> <p>3:00 <b>One Key Youth Violin Performance @ 3pm (FL)</b></p> <p>4:00 <b>Go 4 Life Walking Club (OUT)</b></p> <p>6:00 Disney+ Movie: Patton (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>9:30 Virtual Church Service (PDR) <b>4</b></p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>1:30 Card Games (FL)</p> <p>3:00 <b>Vanstring Youth Chamber Music Performs (FL)</b></p> <p>3:30 <b>Go 4 Life Walking Group (OUT)</b></p> <p>6:00 Disney+ Movie: Phenomenon (Starring John Travolta) (FL)</p> <p>6:00 <b>Bridge in the Games Room (6pm - 8pm) (G)</b></p>	<p>10:00 Tai Chi Class with Eric (GR) <b>5</b></p> <p>11:00 <b>Fit Minds (PDR)</b></p> <p>1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR)</p> <p>1:30 Card Games in the Lounge (FL)</p> <p>2:00 ART: Painting Chinese Lanterns (Great Room) (GR)</p> <p>3:30 Guided Meditation for Positive Energy, Relaxation and Peace (20 Mins) (PDR)</p> <p>4:00 <b>Go 4 Life Walking Group (Resident-led) (OUT)</b></p> <p>6:00 Disney+ Movie: Red Tails (FL)</p>	<p>10:00 Tappercise-Seated Tap Dance Class to Music (GR) <b>6</b></p> <p>1:00 Flower Arranging (B)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Pet Therapy Dog Visit (Meet Sasha &amp; Olga in the Lounge) (FL)</p> <p>3:00 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>3:15 ART: Making Posters for Black History Month (AR)</p> <p>6:00 Netflix Movie: Good Grief (2023)(Written by, Directed by &amp; Starring Dan Levy) (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p><b>HAIR SALON OPEN 7</b></p> <p>10:00 <b>Local Kerrisdale Van Shuttle (Drop Off &amp; Pick Up) (OUT)</b></p> <p>10:00 Let's Get Movin' Fitness Class with Michel (GR)</p> <p>1:30 <b>BINGO with Brenda! (GR)</b></p> <p>2:30 Tea &amp; Cookies in the Bistro (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:15 Card Games (FL)</p> <p>3:30 Book Club Meeting (in the Great Room) (GR)</p> <p>6:00 Netflix Movie: Queen Bees (FL)</p>	<p>10:00 Resident Coffee Social &amp; Chat (B) <b>8</b></p> <p>10:30 <b>DRUM FIT to Music w/ Brenda (10:30am Start) (GR)</b></p> <p>11:00 Trivia and Word Games (PDR)</p> <p>1:30 CRAFT: Beading Class (Make a Bracelet or Necklace) (GR)</p> <p>3:00 <b>Happy Hour: Dale and the Tune Makers Trio (FL)</b></p> <p>4:30 <b>Special Chinese New Year Dinner Served (DR)</b></p> <p>6:00 Disney+ Movie: The Kid (Starring Bruce Willis) (FL)</p>	<p>10:00 <b>Van to Swimming @ Kerrisdale Pool &amp; the Library (OUT) 9</b></p> <p>10:30 Gentle Fitness with Sarah Groberman (GR)</p> <p>11:00 (YouTube) Leo Delibes: Coppelia - Ballet (FL)</p> <p>12:00 <b>Order in Pizza for Lunch (Sign Up Required) (PDR)</b></p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Nurse Health Talk (Dementia &amp; Memory Loss) (GR)</p> <p>3:30 Play Chess with Krish (Sign Up Required) (GR)</p> <p>6:00 Disney+ Movie: The Last Song (FL)</p>	<p><b>CHINESE NEW YEAR 10</b></p> <p>10:00 Seated Yoga Class with Sarah De Lucca (GR)</p> <p>1:00 Disney+ Documentary/National Geographic: Wild Congo (FL)</p> <p>2:30 Card Games (FL)</p> <p>3:30 Adult Colouring - Chinese New Year Mosaics (AR)</p> <p>4:00 <b>Go 4 Life Walking Club (OUT)</b></p> <p>6:00 Disney+ Movie: Mrs. Doubtfire (FL)</p> <p>6:00 Scrabble Game (G)</p>
<p><b>SUPER BOWL SUNDAY 11</b></p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>1:30 Card Games (G)</p> <p>2:30 <b>Live Classical Music, Youth Musician &amp; Artist Association (YMAA) (FL)</b></p> <p>3:30 <b>Superbowl Starts at 3:30pm (Treats Served) (FL)</b></p> <p>6:00 Disney+ Movie: Mark Twain and Me (FL)</p> <p>6:00 <b>Bridge in the Games Room (6pm - 8pm) (G)</b></p>	<p>10:00 Tai Chi Class with Eric (GR) <b>12</b></p> <p>11:00 Resident &amp; Employee Wedding or Family Photo Exhibit Goes Up (FL)</p> <p>1:30 Flower Arranging into Vases (B)</p> <p>2:30 <b>Lion Dance Performance for Chinese New Year (FL)</b></p> <p>3:30 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>3:45 <b>Go 4 Life Walking Group (Out Front) (OUT)</b></p> <p>6:00 Disney+ Movie: Kingdom of Heaven (FL)</p>	<p>10:00 Tappercise-Seated Tap Dance Class to Music (GR) <b>13</b></p> <p>11:00 <b>Fit Minds (PDR)</b></p> <p>1:00 Flower Arranging (B)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Hand Sewing Class in the Art Room (AR)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Disney+ Movie: Miracle at Midnight (FL)</p>	<p><b>HAIR SALON OPEN VALENTINE'S DAY 14</b></p> <p>10:00 <b>Local Kerrisdale Van Shuttle (Drop Off &amp; Pick Up) (OUT)</b></p> <p>10:00 Let's Get Movin' Fitness Class with Michel (GR)</p> <p>1:30 <b>Valentine's Day "PICTURE BINGO" with Brenda (GR)</b></p> <p>2:30 Tea &amp; Cookies in the Bistro (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>4:30 <b>Special Valentine's Dinner Served (DR)</b></p> <p>6:00 Netflix Movie: Chef (FL)</p>	<p><b>NAT'L FLAG DAY 15</b></p> <p>10:00 Resident Coffee Social &amp; Chat (B)</p> <p>10:30 <b>DRUM FIT to Music w/ Brenda (10:30am Start) (GR)</b></p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Put Your Pin in the Map Showing Where You Were Born (AR)</p> <p>2:00 Resident General Meeting (GR)</p> <p>3:00 <b>Happy Hour: Roberto Risman (Guitar/Vocals) (FL)</b></p> <p>6:00 Disney+ Movie: Newsies (FL)</p> <p>6:30 Card Games in the Games Room (G)</p>	<p>10:00 <b>Van to Swimming &amp; the Library (OUT) 16</b></p> <p>10:30 Gentle Fitness with Sarah Groberman (GR)</p> <p>11:00 Card Games (FL)</p> <p>1:00 <b>Make Crock Pot Spinach &amp; Artichoke Dip (B)</b></p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 CRAFT: Make Hanging Yarn Wrapped Hearts (AR)</p> <p>3:30 Play Chess with Krish (Sign Up Required) (GR)</p> <p>3:30 <b>Enjoy the Spinach Artichoke Dip with Pita Wedges (B)</b></p> <p>6:00 Disney+ Movie: Cleopatra (FL)</p>	<p>10:00 Seated Yoga Class with Sarah De Lucca (GR) <b>17</b></p> <p>1:00 Disney+ Documentary/National Geographic: Great Migrations (FL)</p> <p>1:00 <b>Technology Assistance with Harry - Sign Up Required (GR)</b></p> <p>2:00 Learn to Crochet with Sarah Liu (she speaks English &amp; Mandarin) (AR)</p> <p>3:00 <b>Canada YC Chinese Youth Orchestra Performs (FL)</b></p> <p>4:00 <b>Go 4 Life Walking Club (OUT)</b></p> <p>6:00 Disney+ Movie: Flight Plan (FL)</p>





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> 9:30 Virtual Church Service (PDR) 10:30 Qigong Class with Anita Wong (GR) 1:00 Reading Out Loud by Ashvin (PDR) 1:30 Circle Loom Knitting Group Meets (Art Room) (AR) 2:30 Card Games (FL) 3:30 Go 4 Life Walking Group (OUT) 6:00 Disney+ Movie: Brubaker (Starring Robert Redford) (FL) 6:00 Bridge in the Games Room (6pm - 8pm) (G)	<b>19</b> <b>FAMILY DAY STAT</b> 10:00 Tai Chi Class with Eric (GR) 10:45 (YouTube) Rick Steves - Rome (Travel Show) (FL) 1:00 Disney+ Documentary: The Crimson Wing (Mystery of the Flamingos) (FL) 2:00 Adult Colouring/Painting "Under the Sea" Designs (Art Room) (AR) 3:00 Card Games (FL) 3:30 Go 4 Life Walking Group (Resident-led) (OUT) 6:00 Disney+ Movie: The Book Thief (FL)	<b>20</b> 10:00 Tappercise-Seated Tap Dance Class to Music (GR) 11:00 Giant Crossword (GR) 1:00 Pet Therapy Dog Visit (Meet Sasha & Olga in the Lounge) (FL) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 Education Art Talk "Andy Warhol & 1960s Pop Art Movement" (GR) 3:30 15-Minute Power Fit (OUT) 6:00 Disney+ Movie: Horse Sense (Comedy Western) (FL) 6:30 Scrabble (G)	<b>21</b> <b>HAIR SALON OPEN</b> 10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT) 10:00 Let's Get Movin' Fitness Class with Michel (GR) 1:00 Wellness Clinic (BP & Weight) (PDR) 1:30 BINGO with Brenda! (GR) 2:30 Tea & Cookies in the Bistro (B) 2:45 Java Music Sing-a-long (PDR) 3:30 Tony's Travel Show: NEW ZEALAND, NORTH ISLAND (GR) 6:00 Netflix Movie: Lancaster (FL)	<b>22</b> <b>NAT'L MARGARITA DAY ITALIAN THEMED DINNER</b> 10:30 DRUM FIT to Music w/ Brenda (10:30am Start) (GR) 11:00 Card Games (Lounge) (FL) 2:00 Chef Chat & Margarita Drink Demo (FL) 3:00 Happy Hour: Charles Johnson (Guitar/Vocals) (FL) 4:30 Italian Themed Dinner Served (DR) 6:00 Disney+ Movie: Cocktail (Starring Tom Cruise) (FL)	<b>23</b> 10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT) 10:30 Gentle Fitness with Sarah Groberman (GR) 11:00 (YouTube) Dance of the Sugar Plum Fairy (The Royal Ballet) (FL) 1:30 Hymn Sing w/ Lee (FL) 2:30 Meet Me At The MoMa Painting Session (AR) 3:30 Bean Bag Toss Game with Krish (FL) 6:00 Disney+ Movie: Beaches (FL)	<b>24</b> <b>LANTERN FESTIVAL</b> 10:00 Seated Yoga Class with Sarah De Lucca (GR) 1:00 Disney+ Documentary/National Geographic: Secrets of the Whales (GL) 1:00 Technology Assistance with Harry - Sign Up Required (GR) 2:00 Learn to Crochet with Sarah Liu (she speaks English & Mandarin) (AR) 3:00 Scrabble Game (G) 6:00 Disney+ Movie: Banshees of Inisherin (Starring Colin Farrell & Brendan Gleeson) (FL)
<b>25</b> 9:30 Virtual Church Service (PDR) 10:30 Qigong Class with Anita Wong (GR) 1:00 Reading Out Loud by Ashvin (PDR) 2:00 Sketching Session: Tutorial is in the Art Room (AR) 3:00 Card Games (FL) 3:30 Go 4 Life Walking Group (OUT) 6:00 Disney+ Movie: Cocoon (The Return) (FL) 6:00 Bridge in the Games Room (6pm - 8pm) (G)	<b>26</b> <b>FOOTCARE TODAY</b> 10:00 Tai Chi Class with Eric (GR) 11:00 Fit Minds (PDR) 1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR) 1:30 Van to Walk the Track at West Point Grey High School (OUT) 3:15 15-Minute Power Fit Class (OUT) 6:00 Disney+ Movie: Anna and the King (FL)	<b>27</b> 10:00 Tappercise-Seated Tap Dance Class to Music (GR) 11:00 Van to Lunch at The Cheese Inn (British Pub/Restaurant on Dunbar St.) (OUT) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 ART: Watercolour Painting: Tropical Toucan (AR) 4:30 Living Loving Local, Farm To Table Dinner Tonight (DR) 6:00 Disney+ Movie: Dead Poets Society (Starring Robin Williams) (FL) 6:30 Scrabble (G)	<b>28</b> <b>HAIR SALON OPEN</b> 10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT) 10:00 Let's Get Movin' Fitness Class with Michel (GR) 1:30 BINGO with Brenda! (GR) 2:30 Tea & Cookies in the Bistro (B) 2:45 Java Music Sing-a-long (PDR) 3:15 Hedbanz Guessing Game (FL) 6:00 Netflix Movie: (FL)	<b>29</b> 10:30 DRUM FIT to Music w/ Brenda (10:30am Start) (GR) 11:00 Winter Spelling Bee (PDR) 1:00 Van to Shoppers Drug Mart (20% Off Seniors Day, Dunbar Location) (OUT) 2:00 Card Games in the Lounge (FL) 3:00 Happy Hour: Ranj Singh Performs (Guitar & Vocals) (FL) 6:00 Disney+ Movie: Flicka 2 (Adventure/Family) (FL) 6:30 Adult Mosaic Colouring (AR)		

**THURSDAY**  
**FEB 22**

## National Margarita Day

Be your best self

### Locations Legend

- Fireplace Lounge (FL)
- Great Room (GR)
- Outside (OUT)
- Private Dining Room (PDR)

- Fine Arts Room (AR)
- Games Room (G)
- Bistro (B)
- Dining room (DR)
- Garden Lounge (GL)

### Calendar Legend

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