



INSPIRED SENIOR LIVING

January 2024 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW YEARS DAY 1 10:00 Tai Chi Class with Eric Liu (GR) 1:00 Disney+ Series: Limitless with Chris Hemsworth (FL) 2:30 ART - Collaborative Snowflake Painting or Colouring (Template is in the Art Room) (AR) 3:30 Card Games in the Lounge (FL) 4:00 Go 4 Life Walk (Stay On-Site Undercover) (OUT) 6:00 DVD Movie From the Library: Patch Adams (Starring Robin Williams) (FL)	2 10:00 Tappercise-Seated Tap Dance Class to Music (GR) 11:00 Monthly Life Enrichment Meeting - Discuss January Events (PDR) 1:00 Fit Minds (Brain Games) (PDR) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 Flower Arranging (B) 3:00 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT) 6:00 Netflix Movie: Top Gun Maverick (2022) (FL) 6:30 Scrabble (G)	3 HAIR SALON OPEN 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 Learn to Play "Hedbanz" with Brenda (FL) 6:00 Netflix Series: Virgin River (Season 5, E. 1 & 2) (FL)	4 10:00 DRUM FIT Class to Music with Brenda (GR) 10:30 Resident Coffee Social & Chat in the Bistro (B) 11:00 Guided Meditation - Embody Joy and Embrace Worthiness (20 Mins) (PDR) 2:00 CRAFT: Spool Knitting with Brenda (GR) 3:00 Happy Hour: Peter Williams (Piano & Vocals)(Bar is Open \$4.50 per drink) (FL) 6:00 Netflix Movie: Dumplin' (Heartfelt Dramey)(Starring Jennifer Aniston) (FL) 6:30 Card Games in the Games Room (G)	5 10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT) 10:30 Gentle Fitness with Sarah Groberman (GR) 11:00 Card Games in the Lounge (FL) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 Meet Me At The MoMA Painting Session (Robert Bateman) (AR) 6:00 Netflix Movie: Bank of Dave (Based on a True Story) (FL) 6:30 Adult Mosaic Colouring (AR)	6 10:00 Seated Yoga Class with Sarah De Lucca (GR) 1:00 Netflix Documentary: Shamwari Untamed (Nature & Ecology) (FL) 2:00 Reading Out Loud by Ashvin (PDR) 3:00 Scrabble or Dominoes in the Games Room (G) 4:00 Go 4 Life Walking Club (OUT) 6:00 Netflix Movie: The Life Ahead (Starring Sophia Loren/Gritty Drama) (FL) 6:30 Dominoes and Card Games (G)
7 9:30 Virtual Church Service (PDR) 10:30 Fitness Video DVD (10:30am) (GR) 11:30 Lunch Served (DR) 1:00 Card Games (Lounge) (FL) 2:00 Disney+ National Geographic: Lake of Fire (FL) 3:30 Go 4 Life Walking Group (OUT) 6:00 Netflix Movie: All My Life (Sentimental) (FL)	8 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR) 1:30 Card Games in the Lounge (FL) 2:30 ART: Paint Elvis Presley Silhouettes (GR) 3:30 Go 4 Life Walking Group (Resident-led) (OUT) 6:00 Netflix Movie: Dog Gone (Inspiring Heartfelt) (FL) 6:30 Adult Mosaic Colouring (AR)	9 10:00 Tappercise-Seated Tap Dance Class to Music (GR) 11:30 Order in Pizza for Lunch (From Burrata Pizzeria) PLEASE SIGN UP - BILL WILL BE SPLIT BETWEEN ATTENDEES (GR) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 Education Presentation on "The Group of Seven" (Art Talk by Van Smith) (GR) 3:30 Play "Hedbanz" with Brenda (FL) 6:00 Netflix Movie: Family Switch (Comedy Starring Jennifer Garner) (FL) 6:30 Scrabble (G)	10 HAIR SALON OPEN 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) 3:30 Learn to Crochet with Sarah Liu (AR) 6:00 Netflix Series: Virgin River (Season 5, E. 3 & 4) (FL) 6:30 Dominoes and Card Games (G)	11 10:00 DRUM FIT Class to Music with Brenda (GR) 10:30 Resident Coffee Social & Chat (B) 11:00 Giant Crossword (GR) 1:00 CRAFT: Make Personal Vision Boards (AR) 2:00 Pet Therapy Dog Visit (FL) 3:00 Happy Hour: "Two For You" Duo Performs (Saxophone) (FL) 6:00 Netflix Movie: Rescued By Ruby (Animals, Heartfelt) (FL) 6:30 Card Games in the Games Room (G)	12 10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT) 10:30 Gentle Fitness with Sarah Groberman (GR) 11:00 Card Games in the Lounge (FL) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 15-Minute Power Fit Class to Elvis Music (In honour of his Jan 8th Birthday) (OUT) 3:00 CRAFT: Spool Knitting with Brenda (GR) 6:00 Netflix Movie: Monster in Law (Starring Jane Fonda & Jennifer Lopez) (FL)	13 10:00 Seated Yoga Class with Sarah De Lucca (GR) 1:00 Netflix Documentary: Arnold (S1:E1) (Part 1: Athlete) (FL) 2:00 Reading Out Loud by Ashvin (PDR) 2:00 Painting Class with Artist, Dawn Mattson (sign up at reception) (GR) 4:00 Go 4 Life Walking Club (OUT) 6:00 Netflix Movie: Ladies in Black (Nostalgic Drama) (FL) 6:30 Dominoes and Card Games (G)
14 9:30 Virtual Church Service (PDR) 10:30 Qigong Class with Anita Wong (GR) 11:30 Lunch Served (DR) 1:00 Disney+ National Geographic: Wild Life (FL) 2:30 Live Classical Music, Youth Musician & Artist Association (YMAA) (FL) 3:30 Card Games (FL) 4:00 Go 4 Life Walking Group (OUT) 6:00 Netflix Movie: 6 Below: Miracle on the Mountain (Wilderness Survival Starring John Hartnett) (FL)	15 NAT'L HAT DAY MARTIN LUTHER KING JR. DAY 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR) 2:00 ART: Rock Art - Painting Penguins (GR) 3:00 Card Games in the Lounge (FL) 3:30 Go 4 Life Walk (OUT) 6:00 Netflix Movie: Rustin (Biographical Drama) (FL)	16 INT'L FLOWER DAY 10:00 Tappercise-Seated Tap Dance Class to Music (GR) 11:00 Hedbanz (Board Game with Brenda) (FL) 1:00 Flower Arranging (B) 1:30 Jenga (Wood Stacking Table Game) (FL) 2:30 Hand Sewing Class with Danielle (AR) 3:30 15-Minute Power Fit Class to Music (OUT) 3:45 Card Games (FL) 6:00 Netflix Movie: True Spirit (Heartfelt, Girl Power) (FL)	17 HAIR SALON OPEN FOOT CARE NURSE TODAY 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) 3:30 Book Club Meeting (in the Great Room) (GR) 6:00 Netflix Series: Virgin River (Season 5, E. 5 & 6) (FL)	18 NAT'L POPCORN DAY 10:30 DRUM FIT Class to Music with Brenda (NOTE later start time @ 10:30am today) (GR) 11:00 Giant Crossword (GR) 1:00 Meet Me At The MoMA Painting Session (Jin-Me Yoon) (AR) 2:00 Resident General Meeting (GR) 3:00 Happy Hour: Matthew Ma Performs (Caramel Popcorn Served) (FL) 6:00 Netflix Movie: The Secret, Dare to Dream (FL) 6:30 Card Games (G)	19 10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT) 10:30 Gentle Fitness with Sarah Groberman (GR) 11:00 Card Games in the Lounge (FL) 1:00 Wellness Clinic with Heidi (1pm - 3pm) (Blood Pressure & Weight) (H) 1:30 Music with Connie Chan & Guests (FL) 3:00 Tony's Travel Show: ITALY (GR) 6:30 Disney+ Movie: The Bravados (1958 Western Starring Gregory Peck) (FL)	20 10:00 Seated Yoga Class with Sarah De Lucca (GR) 1:00 Netflix Documentary: Arnold (S1:E2) (Part 2: Actor) (FL) 2:00 Reading Out Loud by Ashvin (PDR) 3:30 Learn to Crochet with Sarah Liu (AR) 4:00 Go 4 Life Walking (OUT) 6:00 Netflix Movie: American Underdog - The Kurt Warner Story (Inspiring) (FL) 6:30 Dominoes and Card Games (G)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:30 Virtual Church Service (PDR) 21</p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>11:30 Lunch Served (DR)</p> <p>1:00 Card Games (Lounge) (FL)</p> <p>2:00 Disney+ : The Great American Tag Sale with Martha Stewart (FL)</p> <p>3:30 Go 4 Life Walking Group (OUT)</p> <p>6:00 Card Games (Games Room) (G)</p> <p>6:00 Netflix Movie: Frida (Biological Drama) (FL)</p>	<p>9:30 Help Make Crock Pot Applesauce. Peel Apples With Us. (B) 22</p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR)</p> <p>1:30 Go 4 Life Walk (OUT)</p> <p>2:00 Fit Minds (PDR)</p> <p>2:30 CRAFT: Spool Knitting with Brenda (GR)</p> <p>3:30 Eat the Applesauce! (PDR)</p> <p>6:00 Netflix Movie: What A Girl Wants (Heartfelt Comedy) (FL)</p>	<p>10:00 Tappercise-Seated Tap Dance Class to Music (GR) 23</p> <p>11:00 Hedbanz Board Game (FL)</p> <p>1:00 Van to The Vancouver Maritime Museum (OUT)</p> <p>2:00 Card Games (FL)</p> <p>3:45 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>6:00 Disney+ Movie: Quiz Lady (Starring Sandra Oh) (FL)</p> <p>6:30 Scrabble (G)</p>	<p>HAIR SALON OPEN 24</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>1:00 Flower Arranging (B)</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 (FL)</p> <p>6:00 Netflix Series: Virgin River (Season 5, E. 7 & 8) (FL)</p>	<p>ROBBIE BURNS DAY 25</p> <p>10:00 DRUM FIT Class (GR)</p> <p>10:30 Van to Shoppers Drug Mart (20% Off Seniors Day, Dunbar Location) (OUT)</p> <p>1:30 Guided Meditation (Being Present, Mindfulness) (20 Mins) (PDR)</p> <p>2:00 Monthly Chef Chat (GR)</p> <p>3:00 Happy Hour: Mike Kinal Performs (Robbie Burns Inspired) (Bar is Open \$4.50 per drink) (FL)</p> <p>4:30 Scottish Dinner Served Tonight (DR)</p> <p>6:00 Netflix Movie: 10,000 BC (Exciting, Hunting) (FL)</p>	<p>10:00 Van to Swimming @ Kerrisdale Pool & the Library (OUT) 26</p> <p>10:30 Gentle Fitness with Sarah Groberman (GR)</p> <p>11:00 Card Games in the Lounge (FL)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Meet Me At The MoMA Painting Session (Stan Douglas) (AR)</p> <p>6:00 Netflix Movie: Roped (Feel-Good, Family Relationship) (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>NAT'L CHOCOLATE CAKE DAY 27</p> <p>10:00 Seated Yoga Class with Sarah De Lucca (GR)</p> <p>1:00 Netflix Documentary: Arnold (S1:E3) (Part 3: American) (FL)</p> <p>2:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:30 Card Games in the Lounge (FL)</p> <p>3:30 Learn to Crochet with Sarah Liu (AR)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: Mystery, Alaska (Starring Russell Crowe & Burt Reynolds) (FL)</p>	
<p>9:30 Virtual Church Service (PDR) 28</p> <p>10:30 Qigong Class with Anita Wong (GR)</p> <p>11:30 Lunch Served (DR)</p> <p>1:00 Card Games (Games Room) (G)</p> <p>2:00 Disney+ National Geographic: The Last Tepui (FL)</p> <p>3:30 Go 4 Life Walking Group (OUT)</p> <p>6:00 Netflix Movie: Rush Hour (Martial Arts, Slick) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) 29</p> <p>11:00 Fit Minds (PDR)</p> <p>1:00 Art Therapy Sessions with Beverly Chan (1pm - 3pm) (Sign Up) (AR)</p> <p>2:00 "Show & Tell" (Bring an Item or a Photo & Tell the Group About It) (PDR)</p> <p>3:00 Card Games (G)</p> <p>3:30 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Disney+ Movie: The Shepherd (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>10:00 Tappercise-Seated Tap Dance Class to Music (GR) 30</p> <p>11:00 Spelling Bee - Geography (PDR)</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 (FL)</p> <p>3:00 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT)</p> <p>4:30 Living Loving Local, Farm To Table Dinner Tonight (DR)</p> <p>6:00 Netflix Movie: The Remains of the Day (Romantic Drama) (FL)</p>	<p>HAIR SALON OPEN 31</p> <p>NAT'L HOT CHOCOLATE DAY</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 Hot Chocolate with Whipped Cream & Cookies in the Bistro (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:30 Piano for Beginners with Sarah Liu (GR)</p> <p>6:00 Netflix Series: Virgin River (Season 5, E. 9 & 10) (FL)</p>	<p>New Year's Day</p>			

MONDAY
JAN 15

Martin Luther King Jr. 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)
- Heidi's Office (H)

Calendar Legend

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