



INSPIRED SENIOR LIVING

March 2024 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>	 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>				<p>1</p> <p>10:00 Van to Swimming & the Library (OUT)</p> <p>10:30 Gentle Fitness Class with Sarah Groberman (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>11:00 Card Games (FL)</p> <p>1:00 Monthly Life Enrichment Meeting - Discuss Cruise Week, Events & Van Trips (PDR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Meet Me At The MoMa Painting (AR)</p> <p>3:30 Play Chess with Krish (GR)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Disney+ Movie: The Full Monty (Comedy/Musical) (FL)</p>	<p>2</p> <p>10:00 DVD Fitness Class ("Sit and Be Fit" Arthritis Award-Winning Seated Fitness) (GR)</p> <p>11:00 (YouTube) Rick Steves - Stockholm (25 Min. Travel Show) (FL)</p> <p>1:00 Card Games (FL)</p> <p>2:00 BINGO with Michael! (GR)</p> <p>3:00 One Key Youth Violin Performance @ 3pm (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Netflix Movie: Awakenings (Robert Deniro & Robin Williams) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>3</p> <p>WORLD WILDLIFE DAY</p> <p>9:30 Virtual Church Service (FL)</p> <p>10:00 DVD Seated Chair Yoga (GR)</p> <p>10:00 Morning Group Walk (Independent) (OUT)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>3:00 Vanstring Youth Chamber Music Performs (FL)</p> <p>6:00 Netflix Movie: The Devil Wears Prada (FL)</p> <p>6:00 Bridge (6pm - 8pm) (G)</p>	<p>4</p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>11:00 Fit Minds (PDR)</p> <p>1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR)</p> <p>1:30 Flower Arranging (B)</p> <p>2:00 CRAFT: Upcycle & Decorate Easter Jars (GR)</p> <p>3:00 Go 4 Life Walking Group (Resident-led) (OUT)</p> <p>6:00 Disney+ Movie: Next Goal Wins (Based on a True Story) (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>5</p> <p>10:00 Tappercise Seated Tap Dance Class to Music (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 CRAFT: Make Spring Tissue Paper Flowers (GR)</p> <p>3:15 15-Minute Power Fit Class to Music (OUT)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Prime Movie: Home Run (Action Drama) (FL)</p> <p>6:30 Scrabble (G)</p>	<p>6</p> <p>HAIR SALON OPEN</p> <p>10:00 Let's Get Movin' Fitness with Michel G. (GR)</p> <p>11:00 Hedbanz Game (FL)</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 Old Maid & Crazy 8s Card Games (FL)</p> <p>6:00 Prime Movie: Letters From The Heart (Drama) (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>7</p> <p>10:00 Fitness Seated Yoga Video (GR)</p> <p>10:00 Local Van Shuttle (OUT)</p> <p>1:30 DRUM FIT to Music w/ Brenda (GR)</p> <p>2:30 Pet Therapy Dog Visit (Meet Sasha & Olga in the Lounge) (FL)</p> <p>3:00 Happy Hour: Liz and Steve Alexander (Guitar/Vocals) (FL)</p> <p>6:00 Prime Movie: Where'd You Go, Bernadette? (Starring Cate Blanchett) (FL)</p> <p>6:30 Card Games in the Games Room (G)</p>	<p>8</p> <p>INT'L WOMEN'S DAY</p> <p>10:00 Van to Swimming & the Library (OUT)</p> <p>10:30 Gentle Fitness Class with Sarah Groberman (GR)</p> <p>11:00 Card Games (FL)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Make Prominent Women in History Posters for Display (AR)</p> <p>3:30 Play Chess with Krish (GR)</p> <p>6:00 Prime Movie: Lions for Lambs (Suspense) (Starring Redford, Cruise & Streep) (FL)</p>	<p>9</p> <p>10:00 DVD Fitness Class ("Sit and Be Fit" Arthritis Award-Winning Seated Fitness) (GR)</p> <p>11:00 Card Games (FL)</p> <p>2:00 BINGO with Michael! (GR)</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 Prime Movie: Thelma & Louise (Geena Davis & Susan Sarandon) (FL)</p> <p>6:30 Dominoes and Card Games (G)</p>
<p>10</p> <p>THE OSCARS RAMADAN SPRING FORWARD!</p> <p>9:30 Virtual Church Service (FL)</p> <p>10:00 DVD Seated Chair Yoga (GR)</p> <p>10:00 Morning Group Walk (Independent) (OUT)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:30 Live Classical Music, Youth Musician & Artist Association (FL)</p> <p>6:00 Prime Movie: Infinite Storm (FL)</p> <p>6:00 Bridge (6pm - 8pm) (G)</p>	<p>11</p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>11:00 Fit Minds (PDR)</p> <p>1:00 Flower Arranging (B)</p> <p>1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR)</p> <p>1:30 Nurse Health Presentation - Topic: Urinary Incontinence and UTIs (Urinary Tract Infection Prevention) (GR)</p> <p>2:30 Van to Walk the West Side Greenway Pathway (W. 49 to W. 57) (OUT)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Prime Movie: The Healer (Drama, Fantasy) (FL)</p>	<p>12</p> <p>10:00 Tappercise Seated Tap Dance Class to Music (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Hedbanz Game (FL)</p> <p>3:00 15-Minute Power Fit Class to Music (OUT)</p> <p>3:30 Old Maid & Crazy 8s Card Game (FL)</p> <p>6:00 Prime Movie: A Home of Our Own (Drama) (Starring Kathy Bates) (FL)</p> <p>6:30 Adult Mosaic Colouring (AR)</p>	<p>13</p> <p>HAIR SALON OPEN</p> <p>10:00 Let's Get Movin' Fitness with Michel G. (GR)</p> <p>11:00 Card Games (FL)</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 Garden Club Meeting - Spring Planning (Dress Warm to View Both Patios) (GL)</p> <p>6:00 Prime Movie: Extraordinary Measures (Drama)(Starring Harrison Ford & Brendan Fraser) (FL)</p>	<p>14</p> <p>NAT'L POTATO CHIP DAY</p> <p>10:00 Fitness Seated Yoga Video (GR)</p> <p>10:00 Local Van Shuttle (OUT)</p> <p>1:30 DRUM FIT to Music w/ Brenda (GR)</p> <p>2:00 Potato Chip Taste Testing (Ketchup, Dill Pickle, Pringles) (FL)</p> <p>3:00 Happy Hour: Bob Collins (Guitar/Vocals) (FL)</p> <p>6:00 Prime Movie: Little Man Tate (Starring Jodie Foster) (FL)</p> <p>6:30 Card Games in the Games Room (G)</p>	<p>15</p> <p>10:00 Van to Swimming & the Library (OUT)</p> <p>10:30 Gentle Fitness Class 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>3:00 Afternoon Performance by Elgar Strings (Great Room) (GR)</p> <p>3:30 Play Chess with Krish (PDR)</p> <p>6:00 Prime Movie: At First Sight (Based on a True Story) (Starring Val Kilmer) (FL)</p>	<p>16</p> <p>10:00 DVD Fitness Class ("Sit and Be Fit" Arthritis Award-Winning Seated Fitness) (GR)</p> <p>11:00 Card Games (FL)</p> <p>1:00 Technology Assistance with Harry (iPad, iPhone, Laptops) (PDR)</p> <p>2:00 BINGO with Michael! (GR)</p> <p>3:00 (YouTube) Ireland 4K - Scenic Relaxation Film with Calming Music (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Prime Movie: A Little Bit of Heaven (Comedy, Fantasy) (FL)</p>



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ST. PATRICK'S DAY 17 9:30 Virtual Church Service (FL) 10:00 DVD Seated Chair Yoga (GR) 10:00 Morning Group Walk (Independent) (OUT) 1:00 Reading Out Loud by Ashvin (PDR) 2:00 Card Games (FL) 3:00 ART: Self Directed Painting Project - CLOVER FIELD (AR) 6:00 Prime Movie: Anna Karenina (Romance, Drama) (FL) 6:00 Bridge (6pm - 8pm) (G)	18 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Fit Minds (PDR) 1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR) 1:30 Hedbanz Game (FL) 2:00 Van to Walk the Track at Churchill Secondary School (OUT) 3:30 Java Music Sing-a-long (PDR) 4:00 Go 4 Life Walking Group (Resident-led) (OUT) 6:00 Prime Movie: Age of Reason (Historical Drama) (FL)	19 FIRST DAY OF SPRING 10:00 Tappercise Seated Tap Dance Class to Music (GR) 11:00 Giant Crossword (GR) 1:00 Flower Arranging (B) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 Pet Therapy Dog Visit (Meet Sasha & Olga in the Lounge) (FL) 3:00 Resident General Meeting (GR) 3:30 15-Minute Power Fit Class to Music (OUT) 6:00 Prime Movie: Two Weeks (Comedy, Drama) (FL)	20 HAIR SALON OPEN SPRING FASHION SHOW 10:00 Let's Get Movin' Fitness with Michel G. (GR) 11:00 Hedbanz Game (FL) 1:00 Card Games (FL) 2:30 SPRING FASHION SHOW WITH LIVE MUSIC (Great Room) (GR) 4:00 Book Club Meeting (in the Great Room) (GR) 6:00 Prime Movie: The Apartment (Starring Jack Lemmon & Shirley MacLaine) (FL)	21 CRUISE WEEK - PORT OF CALL TODAY SPAIN INT'L DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION 10:00 Local Van Shuttle (OUT) 10:00 Seated Yoga Video (GR) 1:00 ART: Pablo Picasso (Pastels on Paper) (AR) 1:30 DRUM FIT to Spanish Music w/ Brenda (GR) 2:15 Chef Chat w/ Churros & Non-Alcoholic Sangria (GR) 3:00 Happy Hour: Peter Williams (Piano/Vocals) (FL) 4:30 Gala Dinner! (DR) 6:00 Prime Movie: You Hurt My Feelings (FL)	22 PORT OF CALL TODAY - MOROCCO 10:00 DVD Seated Yoga (GR) 10:00 Van to Swimming & the Library (OUT) 11:00 Rick Steve's Moroccan Vacation Travel Show (YouTube) (FL) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 Mint Tea, Dates & Olive Bread Served (PDR) 3:15 CRAFT: Make Sugar Scrubs (AR) 6:00 Prime Movie: Jack of the Red Hearts (FL)	23 OPEN HOUSE (1:00pm - 4:00pm) PORT OF CALL - ITALY 10:00 DVD Fitness Class ("Sit and Be Fit" Arthritis Award-Winning Seated Fitness) (GR) 11:00 Disney+ Movie: The Lions of Sicily (FL) 1:00 Charles Johnson Performs in the Lounge (Guitar/Piano/Vocals @ 1:00pm) (FL) 2:00 DRUM FIT to Music (GR) 2:30 ART: Painted Wine Glass with Florals (AR) 4:00 Go 4 Life Walking Club (OUT)	
24 PORT OF CALL - TURKIYE 9:30 Virtual Church Service (FL) 10:00 DVD Seated Chair Yoga (GR) 10:00 Morning Group Walk (Independent) (OUT) 1:00 Reading Out Loud by Ashvin (PDR) 1:30 ART: Painting Hot Air Balloons "Cappadocia" (OUT) 3:00 Napkin Folding Class w/ Rodel & Turkish Delights Served (PDR) 6:00 Prime Movie: Infinity (FL) 6:00 Bridge (6pm - 8pm) (G)	25 PORT OF CALL - GREECE Wear Your Beach Attire! 10:00 Tai Chi Class with Eric Liu (GR) 10:45 ART: Make a Small Hand-Built Greek Clay Pot (AR) 11:30 Santorini Photo Booth (DR) 1:00 Van to Spanish Banks Beach (OUT) 1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR) 2:30 Greek Sweets Demo w/ Chef Pavle (GR) 3:30 Fit Minds (PDR) 6:00 Prime Movie: My Big Fast Greek Wedding (FL)	26 PORT OF CALL - CROATIA 10:00 Functional Fitness Class (Grip Hands Wrists) (GR) 10:30 CRAFT: Beading Class (AR) 11:30 Captain's Lunch (DR) 1:30 Hymn Sing Pastor Lee (FL) 2:30 Rick Steve's "Croatia: Adriatic Delights" (YouTube) (FL) 3:15 15-Minute Power Fit (OUT) 3:30 Java Music Sing-a-long (PDR) 4:00 Dalmatian Mosaics (AR) 4:30 Croatian Stuffed Peppers (DR) 6:00 Prime Movie: The Ultimate Life (FL)	27 HAIR SALON OPEN PORT OF CALL - FRANCE 8:00 French Toast & Fresh Croissants for Breakfast (DR) 10:00 Let's Get Movin' Fitness with Michel G. (GR) 11:00 ART: Sketching - Eiffel Tower (AR) 1:30 BINGO w/ Brenda (GR) 2:30 Charcuterie in a Cup (PDR) 3:00 Tony's Travel Show: New Zealand, S. Island (GR) 4:30 GALA DINNER & Photo Booth (DR) 6:00 Prime Movie: Moonlight & Valentino (FL)	28 10:00 Fitness Seated Yoga Video (GR) 10:00 Van to Shoppers Drug Mart (20% Off Seniors Day, Dunbar Location) (OUT) 1:00 Wellness Clinic (1pm - 3pm) (BP & Weight) (PDR) 1:30 DRUM FIT to Music w/ Brenda (GR) 2:00 Card Games (FL) 3:00 Happy Hour: Michael Duff Performs (FL) 3:30 Go 4 Life Walk (OUT) 4:30 Living Loving Local, Farm To Table Dinner (DR) 6:00 Prime Movie: Retribution (FL)	29 GOOD FRIDAY 10:00 DVD Fitness Class (GR) 10:00 Van to Swimming & the Library (OUT) 11:00 Card Games (FL) 1:00 Functional Fitness w/ Brenda (hand weights) (GR) 1:30 Hymn Sing w/ Pastor Lee (FL) 2:30 Van to Walk the West Side Greenway Path (W. 49th to W. 57) (OUT) 6:00 Prime Movie: The Wedding Guest (FL) 7:00 Good Friday Church Service Across the Street (Independent Only) (OUT)	30 10:00 DVD Fitness Class ("Sit and Be Fit" Arthritis Award-Winning Seated Fitness) (GR) 1:00 Card Games (FL) 2:00 BINGO with Michael! (GR) 3:00 Music Angels Youth Society Performs (Ages 7 - 17) (FL) 4:00 Go 4 Life Walking Club (OUT) 6:00 Prime Movie: Apollo 13 (FL) 6:30 Dominoes and Card Games (G)	
31 EASTER SUNDAY 9:30 Virtual Church Service (FL) 9:30 Easter Sunday Church Service Across the Street (9:30am & 11:00am) (Independent Only) (OUT) 10:00 DVD Seated Chair Yoga (GR) 10:00 Morning Group Walk (Independent) (OUT) 1:00 Reading Out Loud by Ashvin (PDR) 2:00 ART: Sketching Class (Doe-Eyed Deer Drawing Tutorial) (AR) 4:30 Easter Sunday Dinner (DR) 6:00 Prime Movie: Shadows in the Sun (FL) 6:00 Bridge (6pm - 8pm) (G)				Locations Legend Fireplace Lounge (FL) Great Room (GR) Outside (OUT) Private Dining Room (PDR)		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program Artful Enrichment Drumfit	