



INSPIRED
SENIOR LIVING

August 2025

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>				<div></div>	<div></div>
<div><div>10:00 Virtual Church Service (PDR) 3</div><div>10:30 Qigong Fitness Class with Anita Wong (GR)</div><div>1:00 Card Games (Lounge) (FL)</div><div>1:30 Netflix Food Show: Chef's Table Legends (Episode 1 & 2) (Jamie Oliver) (FL)</div><div>3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</div><div>4:00 Patio Time & Group Socializing (OUT)</div><div>6:00 6pm Netflix Movie: Flightplan (Suspenseful, Mystery) (Starring Jodie Foster) (FL)</div></div>	<div><div>BC DAY - CIVIC HOLIDAY 4</div><div>10:00 Tai Chi Class with Eric Liu (GR)</div><div>11:00 Farkle with Jennifer (Dice Game) (FL)</div><div>11:30 Resident Appreciation BBQ Lunch (11:30AM to 1:00PM) (PDR)</div><div>1:30 Socializing on the Patio - Enjoy the Fresh Air! (Back Patio) (OUT)</div><div>2:00 Prime Video: Bob Ross: The Joy of Painting (60 mins.) (FL)</div><div>6:00 6pm Netflix Movie: Legends of the Fall (Rated "R") (Starring Brad Pitt) (Sentimental, Bittersweet) (FL)</div></div>	<div><div>HAIR SALON OPEN 5</div><div>10:00 DVD Seated Chair Yoga (GR)</div><div>11:00 Monthly Life Enrichment Meeting - Discuss Events and Outings (PDR)</div><div>1:00 Flower Arranging (B)</div><div>1:30 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</div><div>2:15 Root Beer Floats Served with Frank Sinatra Music (Patio, PDR & Bistro) (OUT)</div><div>2:30 Bridge Group (FL)</div><div>4:30 Living Loving Local, Farm To Table Dinner (Peaches) (DR)</div><div>6:00 6pm Netflix Movie: Yesterday (Feel-Good Comedy) (FL)</div></div>	<div><div>10:00 Let's Get Moving Fitness Class with Michel (GR) 6</div><div>11:00 Trivia and Word Games (30 mins.) (PDR)</div><div>1:30 CRAFT: Painted Dragonfly Rocks! (GR)</div><div>2:30 Tea & Cookies Served (B)</div><div>2:45 Java Music Sing-a-long (PDR)</div><div>3:30 Socializing on the Patio (Bring Your FOB) (OUT)</div><div>6:00 6pm Netflix Movie: The Duchess (Period Piece, Bittersweet) (FL)</div></div>	<div><div>10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 7</div><div>11:00 Giant Crossword with Brenda (GR)</div><div>1:00 Kerrisdale Van Shuttle (Starbucks, Library & London Drugs) (OUT)</div><div>2:00 Kings in the Corner Card Game (FL)</div><div>3:00 Happy Hour: Charles Johnson (Guitar/Piano/Vocals) (FL)</div><div>6:00 6pm Netflix Movie: The Life List (Heartfelt Drama) (FL)</div></div>	<div><div>10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 8</div><div>11:00 Fit Minds & Brain Games (PDR)</div><div>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</div><div>2:30 Bridge Group (FL)</div><div>2:30 Meet Me At The MoMA Painting (Featuring Georgia O'Keeffe) (AR)</div><div>3:30 Crossword Handouts (FL)</div><div>6:00 6pm Netflix Movie: Radio (Emotional, Feel-Good) (FL)</div></div>	<div><div>10:30 Tappercise Seated Tap Dance with Beryl (GR) 9</div><div>11:00 Resident Social Chat (Meet in Private Dining Room) (B)</div><div>1:30 Netflix Documentary: Our Great National Parks (FL)</div><div>2:30 Go 4 Life Walking Group (30 mins.) (OUT)</div><div>3:00 Meet on the Patio for Fresh Air & Sunshine (B)</div><div>3:30 Work on the Jigsaw Puzzle in the Lounge (FL)</div><div>6:00 6pm Netflix Movie: Diana (Emotional Drama) (FL)</div></div>
<div><div>10:00 Virtual Church Service (PDR) 10</div><div>10:30 Qigong Fitness Class with Anita Wong (GR)</div><div>1:00 Netflix Food Show: Chef's Table Legends (Episode 3 & 4) (Jamie Oliver) (FL)</div><div>3:00 Live Classical Music, Music Bridge Foundation Performs (FL)</div><div>3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</div><div>4:00 Patio Time & Group Socializing (OUT)</div><div>6:00 6pm Netflix Movie: The Zookeeper's Wife (Biography, War Drama) (FL)</div></div>	<div><div>10:00 Tai Chi Class with Eric Liu (GR) 11</div><div>11:00 Resident Social Chat (Meet in Bistro) (B)</div><div>1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 & 3:30pm)(Sign Up) (AR)</div><div>1:30 BINGO with Brenda @ 1:30pm (GR)</div><div>3:00 Indoor Carpet Bocce w/ Brenda (FL)</div><div>3:45 Socializing on the Patio - Enjoy the Fresh Air! (Back Patio) (OUT)</div><div>6:00 6pm Netflix Movie: The Art of Racing in the Rain (Tearjerker, Sentimental) (FL)</div></div>	<div><div>HAIR SALON OPEN 12</div><div>10:00 DVD Seated Chair Yoga (GR)</div><div>10:00 Van to Walk the West Side Arbutus Greenway (W. 52 Ave. to W. 57 Ave.) & Shopping @ Choices Market (OUT)</div><div>11:00 Flower Arranging (B)</div><div>1:30 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</div><div>2:15 Patio Social with Drinks Served & Elvis Music (Plus Trivia) (OUT)</div><div>2:30 Bridge Group (FL)</div><div>6:00 6pm Netflix Movie: Dirty Dancing (Patrick Swayze) (FL)</div></div>	<div><div>10:00 Let's Get Moving Fitness Class with Michel (GR) 13</div><div>11:00 Indoor Carpet Bocce (FL)</div><div>1:30 Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</div><div>2:30 Fruit Smoothies & Cookies Served (B)</div><div>2:45 Java Music Sing-a-long (PDR)</div><div>3:15 Work on the Jigsaw Puzzle in the Lounge (FL)</div><div>3:30 Socializing on the Patio (Bring Your FOB) (OUT)</div><div>6:00 6pm Netflix Movie: Find Me Falling (Romantic Comedy)(Harry Connick Jr.) (FL)</div></div>	<div><div>10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 14</div><div>11:00 Giant Crossword with Brenda (GR)</div><div>1:00 Kerrisdale Van Shuttle (Starbucks, Library & London Drugs) (OUT)</div><div>3:00 Happy Hour: Mike Kinal Performs (Guitar & Vocals) (FL)</div><div>4:00 Kings in the Corner Card Game (FL)</div><div>6:00 6pm Netflix Movie: Miss Congenialty (Comedy, Action) (Starring Sandra Bullock) (FL)</div></div>	<div><div>10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 15</div><div>11:00 Fit Minds & Brain Games (PDR)</div><div>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</div><div>2:30 Bridge Group (FL)</div><div>2:30 DRAWING: Abstract Garden Using Oil Pastels (AR)</div><div>3:30 Crossword Handouts (FL)</div><div>6:00 6pm Netflix Movie: The Sum of All Fears (Starring Morgan Freeman) (Spies, Action, Suspenseful) (FL)</div></div>	<div><div>10:30 Tappercise Seated Tap Dance with Beryl (GR) 16</div><div>11:00 Resident Social Chat (Meet in Private Dining Room) (B)</div><div>1:30 Netflix Documentary: Our Oceans (Emmy Nominee) (FL)</div><div>3:00 Work on the Jigsaw Puzzle in the Lounge (FL)</div><div>3:30 Go 4 Life Walking Group (30 mins.) (OUT)</div><div>3:30 Card Games (Lounge) (FL)</div><div>6:00 6pm Netflix Movie: Kindergarten Cop (Action, Comedy, Undercover Cop) (Starring Arnold Schwarzenegger) (FL)</div></div>



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<div>10:00 Virtual Church Service (PDR) 17</div> <div>10:30 Qigong Fitness Class with Anita Wong (GR)</div> <div>1:00 Netflix Food & Travel Show: Heavenly Bites Mexico (Episode 1 & 2) (FL)</div> <div>1:30 Card Games (Lounge) (FL)</div> <div>3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</div> <div>4:00 Patio Time & Group Socializing (OUT)</div> <div>6:00 6pm Netflix Movie: Clear and Present Danger (PG-13) (Action, Spies, Suspenseful) (Starring Harrison Ford) (FL)</div>	<div>10:00 Tai Chi Class with Eric Liu (GR) 18</div> <div>11:00 Resident Social Chat (Meet in Bistro) (B)</div> <div>1:30 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</div> <div>2:30 PAINTING CLASS: "Trumpet Lily" (Watercolour) (AR)</div> <div>3:30 Socializing on the Patio - Enjoy the Fresh Air! (Back Patio) (OUT)</div> <div>6:00 6pm Netflix Movie: Forrest Gump (Starring Tom Hanks and Sally Field) (FL)</div>	<div>HAIR SALON OPEN 19</div> <div>WORLD PHOTO DAY</div> <div>10:00 DVD Seated Chair Yoga (GR)</div> <div>11:00 Flower Arranging (B)</div> <div>1:00 Pet Therapy Visit (Olga & Her Dog Sasha)(30 mins.) (FL)</div> <div>1:30 BINGO with Brenda @ 1:30pm (GR)</div> <div>2:30 Bridge Group (FL)</div> <div>2:30 Chef Demo by Cindy Low - Small Bites, Big Flavours! (Sign Up) (GR)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>10:00 Let's Get Moving Fitness Class with Michel (GR) 20</div> <div>11:00 Indoor Carpet Bocce (FL)</div> <div>1:30 Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</div> <div>2:30 Tea & Cookies Served (B)</div> <div>2:45 Java Music Sing-a-long (PDR)</div> <div>3:15 Work on the Jigsaw Puzzle in the Lounge (FL)</div> <div>3:30 Socializing on the Patio (Bring Your FOB) (OUT)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 21</div> <div>11:00 Giant Crossword with Brenda (GR)</div> <div>1:00 Kerrisdale Van Shuttle (Starbucks, Library & London Drugs) (OUT)</div> <div>2:00 Resident General Meeting (GR)</div> <div>3:00 Happy Hour: Randy & Jeff Duo (Country, Harmonies, Country Blues) (FL)</div> <div>4:00 Kings in the Corner Card Game (FL)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 22</div> <div>11:00 Fit Minds (PDR)</div> <div>1:00 Van to Walk the Track at West Point Grey Highschool (OUT)</div> <div>2:00 Indoor Carpet Bocce (FL)</div> <div>2:30 Bridge Group (FL)</div> <div>2:45 Ice Cream Cones & Sundaes Served on the Patio with Neil Diamond Music (OUT)</div> <div>3:30 Crossword Handouts (FL)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>10:30 Tappercise Seated Tap Dance with Beryl (GR) 23</div> <div>11:00 Resident Social Chat (Meet in Private Dining Room) (B)</div> <div>2:00 Card Games (Lounge) (FL)</div> <div>3:00 Work on the Jigsaw Puzzle in the Lounge (FL)</div> <div>3:30 Go 4 Life Walking Group (30 mins.) (OUT)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>
<div>10:00 Virtual Church Service (PDR) 24</div> <div>10:30 Qigong Fitness Class with Anita Wong (GR)</div> <div>1:00 Netflix Food & Travel Show: Heavenly Bites Mexico (Episode 3 & 4) (FL)</div> <div>1:30 Card Games (Lounge) (FL)</div> <div>3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</div> <div>4:00 Patio Time & Group Socializing (OUT)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>10:00 Tai Chi Class with Eric Liu (GR) 25</div> <div>11:00 Resident Social Chat (Meet in Bistro) (B)</div> <div>1:30 BINGO with Brenda @ 1:30pm (GR)</div> <div>2:30 PAINTING CLASS: "Northern Lakeside" (Watercolour) (AR)</div> <div>3:30 Socializing on the Patio - Enjoy the Fresh Air! (Back Patio) (OUT)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>HAIR SALON OPEN 26</div> <div>NAT'L HOT DOG DAY</div> <div>10:00 DVD Seated Chair Yoga (GR)</div> <div>10:30 Van Trip to "Dollarama" (60 mins.) (OUT)</div> <div>1:00 Flower Arranging (B)</div> <div>1:30 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</div> <div>2:15 Patio Social with Drinks Served & Andy Williams Music (OUT)</div> <div>2:30 Bridge Group (FL)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>FOOT CARE NURSE 27</div> <div>10:00 Let's Get Moving Fitness Class with Michel (GR)</div> <div>11:00 Bean Bag Toss Game (FL)</div> <div>2:30 Tea & Cookies Served (B)</div> <div>2:45 Java Music Sing-a-long (PDR)</div> <div>3:15 Meet Me At The MoMA Sketching (Featuring Claude Monet Using Coloured Pencils) (AR)</div> <div>3:30 Socializing on the Patio (Bring Your FOB) (OUT)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>CHAIR MASSAGES TODAY (SIGN UP) 28</div> <div>10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR)</div> <div>11:00 Giant Crossword with Brenda (GR)</div> <div>1:30 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT)</div> <div>3:00 Happy Hour: Music Variations Duo (Keyboard/Guitar/Vocals) (FL)</div> <div>4:00 Kings in the Corner Card Game (FL)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 29</div> <div>11:00 Fit Minds & Brain Games (PDR)</div> <div>1:00 Wellness Clinic w/ Ayne (1pm - 3pm) (PDR)</div> <div>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</div> <div>2:30 TONY'S TRAVEL SHOW: Australia & Tony's Rail/Train Trip from Sydney to Perth (GR)</div> <div>2:30 Bridge Group (in Games Room) (G)</div> <div>3:30 Crossword Handouts (FL)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>	<div>10:30 Tappercise Seated Tap Dance with Beryl (GR) 30</div> <div>11:00 Resident Social Chat (Meet in Private Dining Room) (B)</div> <div>1:30 Netflix Documentary: Live to 100, Secrets of the Blue Zones (FL)</div> <div>2:30 Card Games (Lounge) (FL)</div> <div>3:00 Work on the Jigsaw Puzzle in the Lounge (FL)</div> <div>3:30 Go 4 Life Walking Group (30 mins.) (OUT)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>
<div>10:00 Virtual Church Service (PDR) 31</div> <div>10:30 Qigong Fitness Class with Anita Wong (GR)</div> <div>1:00 Netflix Food & Travel Show: Heavenly Bites Mexico (Episode 5 & 6) (FL)</div> <div>1:30 Card Games (Lounge) (FL)</div> <div>3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</div> <div>4:00 Patio Time & Group Socializing (OUT)</div> <div>6:00 6pm Movie (Lounge): TBD (FL)</div>		<div>Be Bold</div>			<div>Locations Legend</div> <div>Fireplace Lounge (FL)</div> <div>Great Room (GR)</div> <div>Outside (OUT)</div> <div>Bistro (B)</div> <div>Private Dining Room (PDR)</div> <div>Fine Arts Room (AR)</div> <div>Dining room (DR)</div> <div>Games Room (G)</div>	<div>Calendar Legend</div> <div>Outing</div> <div>Special Program</div> <div>Living, Loving, Local</div> <div>Artful Enrichment</div> <div>Drumfit</div>