



INSPIRED
SENIOR LIVING

September 2025

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LABOUR DAY STAT 1 10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 11:00 Singing, Coffee & Hot Chocolate in the Bistro (B) 1:30 Work on the Jigsaw Puzzle in the Lounge (FL) 2:30 Socializing on the Patio - Enjoy the Fresh Air! (OUT) 3:30 Go For Life Group Wall - Meet in Lobby (30 mins.) (OUT) 6:00 Prime Video Movie: Love Actually (BAFTA Award Winner) (Starring Hugh Grant, Liam Neeson, Colin Firth & Emma Thompson) (FL)	HAIR SALON OPEN 2 10:00 Seated Chair Yoga with Sarah de Lucca (60 minutes) (GR) 11:00 Listen to Glenn Miller Music (Moonlight Serenade, In The Mood, When You Wish Upon A Star, Tuxedo Junction etc.) (OUT) 1:00 Monthly Life Enrichment Meeting - Discuss Sept. Events (PDR) 1:45 PAINTING: Meet Me at The MoMA (Edward Hopper 1882-1967) (AR) 2:30 Bridge Group (FL) 4:30 Living Loving Local, Farm To Table Dinner (Featuring Corn) (DR) 6:00 Prime Video Movie: On Golden Pond (Jane Fonda, Henry Fonda & Katharine Hepburn) (FL)	9:30 Add Ingredients to Bread Maker (PDR) 3 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:00 Flower Arranging (B) 1:00 CRAFT: Beading Class (Make a Necklace) (GR) 2:30 Tea & Cookies Served + Rosemary Bread Tasting (B) 2:45 Java Music Sing-a-long (Plus Bing Crosby, Andy Williams & Glenn Miller) (PDR) 3:15 Socializing on the Patio (OUT) 6:00 DVD Movie: The Lion King (Family/Animation) (FL)	10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 4 11:00 Giant Crossword with Brenda (GR) 1:00 Kerrisdale Van Shuttle (Starbucks, Library & London Drugs) (OUT) 2:00 Socializing on the Patio (OUT) 3:00 Happy Hour: Greg Alcock (Classical Piano) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Disney+ Movie: The Proposal (Romantic Comedy Starring Ryan Reynolds) (FL)	10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 5 10:45 Play "Farkle" with Brenda (Fun, Easy Dice Game) (GR) 1:30 Indoor Carpet Bocce w/ Brenda (FL) 2:30 Bridge Group (FL) 2:30 Guess Who Game - Famous People (Powerpoint) (30 mins.) (PDR) 3:00 Patio Time & Group Socializing (OUT) 4:00 Crossword Handouts (FL) 6:00 Prime Video Movie: The Face of Love (Mystery Drama)(Starring Annette Bening) (FL)	10:30 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 6 11:00 Resident Social Chat (Meet in Bistro) (B) 1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL) 2:00 PAINTING ART CLASS with Dawn Mattson (Sign Up) (AR) 3:00 Resident Social Chat (Meet in Bistro) (B) 3:30 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: The Fugitive (Oscar Winner, Starring Harrison Ford) (Rated R) (FL)
GRANDPARENTS DAY 7 10:00 Virtual Church Service (PDR) 10:30 Qigong Fitness Class with Anita Wong (60 mins.) (GR) 1:00 Netflix Documentary: Audrey (Inspiring) (FL) 2:00 Patio Time & Group Socializing (OUT) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Prime Video Movie: A Beautiful Mind (4X Oscar Winner, Starring Russell Crowe) (FL)	10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 8 11:00 Fit Minds (Brain Games) (PDR) 1:30 *LAST SESSION* - Art Therapy with Rebecca Kwan (1:30, 2:30 & 3:30pm)(Sign Up) (AR) 1:30 BINGO with Brenda (GR) 2:00 Trivia and Word Games (30 mins.) (PDR) 2:30 15-Minute Power Fit Class to Music (Out Front, Under Cover) (OUT) 3:00 Patio Time & Group Socializing (OUT) 6:00 Prime Video Movie: The Great Gatsby (2X Oscar Winner) (Starring Leonardo DiCaprio and Tobey Maguire) (FL)	HAIR SALON OPEN 9 10:00 DVD Fitness Class (GR) 11:00 Spelling Bee (PDR) 1:00 Pet Therapy Visit (Olga & Her Dog Sasha)(30 mins.) (FL) 1:30 DRUM FIT to Music (30 mins.) (GR) 2:00 CRAFT: Paint a Vinyl Record "Vintage Mod Florals 1960s" (AR) 2:30 Bridge Group (FL) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 6:00 Prime Video Movie: Tender Mercies (1983) (2X Oscar Winner Starring Robert Duvall) (FL)	CORN ROAST & BBQ LUNCH HEARING CLINIC TODAY 10 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:30 Corn Roast & Western BBQ Lunch (11:30am to 1:00pm) (OUT) 1:00 Flower Arranging (B) 1:00 Hearing Clinic On-Site (1:00pm-3:00pm) SIGN UP (G) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:15 Play Farkle with Brenda (Fun, Easy Dice Game) (GR) 3:30 Socializing on the Patio (OUT) 6:00 Prime Video Movie : Thunderbolt & Lightfoot (1974 Crime-Comedy) (Eastwood & Bridges) (FL)	CHAIR MESSAGES TODAY (SIGN UP) 11 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 11:00 Giant Crossword with Brenda (GR) 1:00 Kerrisdale Van Shuttle (Starbucks, Library & London Drugs) (OUT) 2:00 Work on the Jigsaw Puzzle in the Lounge (FL) 3:00 Happy Hour: Bob Collins (Guitar/Vocals) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Prime Video Movie: Baby Boom (Romantic Comedy-Drama Starring Diane Keaton) (FL)	10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 12 10:30 Socializing in the Bistro (B) 11:00 Silver Fox Walk w/ Managers (In Memory of Terry Fox) (30 mins.) (OUT) 1:00 Wellness Clinic w/ Ayne (PDR) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Bridge Group (FL) 3:00 Work on the Jigsaw Puzzle in the Lounge (FL) 6:00 Netflix Movie: Nonnas (2025 Comedy Drama) (Starring Vince Vaughan, Brenda Vaccaro, Susan Sarandon, Lorraine Bracco) (FL)	OPEN HOUSE 1pm-3pm 13 10:30 Tappercise Seated Tap Dance with Beryl (GR) 11:00 Resident Social Chat (Meet in Bistro) (B) 1:00 Open House Tours Begin (FL) 1:30 Live Entertainment by "Hand Over Heart Duo" (Cherelle & Marc Jardine) (FL) 2:30 CRAFT: Make Your Own Jar of Homemade Maple Sugar Scrub (AR) 6:00 Norman & Renee Li's Piano Recital @ 6:00pm-Two UBC Students-Classical, Jazz + Duets (FL) 7:00 DVD Movie: Phantom of the Opera at the Royal Albert Hall (2012) (FL)
ANNUAL TERRY FOX RUN 14 10:00 Virtual Church Service (PDR) 10:30 Qigong Fitness Class with Anita Wong (60 mins.) (GR) 1:00 Prime Video Documentary: Italy, Made with Love (Glassblowing, Ceramics & Culinary Traditions) (FL) 2:30 Live Classical Music, Youth Musician & Artist Association (FL) 3:30 Group Walk - Meet at Reception (30 mins.) (OUT) 4:00 Patio Time & Group Socializing (OUT) 6:00 Prime Video Movie: Dances with Wolves (9X Nominee BAFTA Awards, Starring Kevin Costner) (FL)	10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 15 11:00 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Brenda (GR) 2:00 CRAFT: Paint a Retro Jean Patch (AR) 3:00 Group Walk - Meet at Reception (30 mins.) (OUT) 3:30 Socializing & Tea in the Bistro (B) 6:00 DVD Movie: Rhapsody in Blue (The Jubilant Story of George Gershwin) (FL)	HAIR SALON OPEN 16 9:45 Van Trip to Shop at Dollarama (Kerrisdale) (OUT) 10:00 DVD Fitness Class (GR) 11:00 Nurse Talk with Natasha (TOPIC: Respiratory Health) (30 mins.) (FL) 1:00 Flower Arranging (B) 1:30 DRUM FIT to Music (30 mins.) (GR) 2:00 PAINTING: Narrow Forest (Watercolour Class for Beginners) (AR) 2:30 Bridge Group (FL) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 6:00 Netflix Movie: Coach Carter (Rousing, Sports, Inspiring) (Starring Samuel L. Jackson) (FL)	INT'L COUNTRY MUSIC DAY 17 9:00 Make Rosemary Bread-Bread Machine (PDR) 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 1:30 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 1:30 Giant Crossword with Brenda (GR) 2:30 Rosemary Bread Tasting, Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (Country Western Themed) (PDR) 3:15 Work on the Jigsaw Puzzle in the Lounge (FL) 3:30 Socializing on the Patio (OUT) 6:00 Netflix Movie: My Oxford Year (Bittersweet, Sincere) (FL)	NO VAN SHUTTLE TODAY 18 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 10:30 Socializing & Coffee in the Bistro (B) 1:00 Card Games & Jigsaw Puzzle in the Lounge (FL) 2:00 Monthly Resident General Meeting with the Managers (GR) 3:00 Happy Hour: Liz and Steve Alexander (Guitar/Vocals) (FL) 6:00 Netflix Movie: Mansfield Park (Understated Witty Period Piece) (FL)	10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 19 10:30 Resident Social Chat (Meet in Bistro) (B) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Bridge Group (FL) 3:00 Play "Farkle" with Jennifer (Fun, Easy Dice Game) (PDR) 4:00 Work on the Jigsaw Puzzle in the Lounge (FL) 6:00 DVD Movie: School of Rock (Comedy Starring Jack Black & Joan Cusack) (FL)	10:30 DVD Fitness Class (GR) 20 11:00 Resident Social Chat (Meet in Bistro) (B) 1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL) 2:30 Live Piano Music Played by Anita Du, Accompanied by Violin and Cello (30 Minutes) (FL) 3:15 Netflix Documentary: High Arctic Haulers (Exciting, Reality, Tough Jobs) (Episode 1) (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Netflix Movie: Lonely Planet (Romantic Drama starring Laura Dern & Liam Hemsworth) (FL)



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SENIOR LIVING

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Virtual Church Service (PDR) 21 10:30 Qigong Fitness Class with Anita Wong (60 mins.) (GR) 1:00 Netflix Documentary: Kangaroo Valley (Captivating, Family) (FL) 2:00 Patio Time & Group Socializing (OUT) 2:30 Card Games (Lounge) (FL) 3:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Netflix Movie: The Color Purple (Gritty, Inspiring, Musical) (FL)	10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 22 11:00 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Brenda (GR) 2:00 ART: Picasso-Inspired Painting/Sketching Collage Class (AR) 2:45 Play Farkle with Brenda (Fun, Easy Dice Game) (GR) 3:30 Socializing on the Patio - Enjoy the Fresh Air! (OUT) 6:00 Disney+ Movie: Anna and the King (Drama, Romantic, History) (Starring Jodie Foster) (FL)	HAIR SALON OPEN 23 10:00 Seated Chair Yoga with Sarah de Lucca (60 minutes) (GR) 11:00 Socializing in the Bistro (B) 1:00 Pet Therapy Visit (Olga & Her Dog Sasha)(30 mins.) (FL) 1:30 DRUM FIT to Music (30 mins.) (GR) 2:00 "Bring, Brag, Show & Tell" - Bring an interesting item/photo and tell us about it! (FL) 2:30 Bridge Group (FL) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 6:00 Disney+ Movie: A Ring of Endless Light (2002 Coming of Age, Drama) (FL)	FOOT CARE NURSE HERE 24 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 1:00 Flower Arranging (B) 1:30 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 2:30 Charcuterie in a Cup @ 2:30pm (PDR) 2:45 Java Music Sing-a-long (PDR) 3:15 Work on the Jigsaw Puzzle in the Lounge (FL) 3:30 Socializing on the Patio (OUT) 6:00 Prime Video Movie: The Apartment (Black & White 1960) (Witty Comedy-Drama) (Starring Jack Lemmon & Shirley MacLaine) (FL)	10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 25 10:30 Socializing & Coffee in the Bistro (B) 11:00 Giant Crossword with Brenda (GR) 1:00 Van to Shopper's Drug Mart (20% Off Seniors Day) (DUNBAR) (OUT) 3:00 Happy Hour: Matthew Ma (Classical Piano) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Prime Video Movie: The Woman in Red (1984 Romantic Comedy) (Starring Gene Wilder, Gilda Radner, Charles Grodin & Kelly Le Brock) (Written & Directed by Gene Wilder) (FL)	10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 26 10:30 Socializing & Coffee in the Bistro (B) 11:00 Van Trip to Dim Sum at Golden Ocean (W. 41 Ave.) (OUT) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Bridge Group (FL) 3:00 Educational Guest Speaker, Christopher Hebb (TOPIC: 'Canada With Mark Carney') (PDR) 3:30 Crossword Handouts (FL) 6:00 Prime Video Movie: And So It Goes (2014 Comedy Drama) (Starring Michael Douglas & Diane Keaton) (FL)	10:30 DVD Fitness Class (GR) 27 11:00 Resident Social Chat (Meet in Bistro) (B) 1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL) 2:00 Prime Video Documentary: Hidden Belize (FL) 3:00 Guest Speaker, Charles Kim (TOPIC: Financial Fraud Prevention & Education w/ hands-on demonstrations) (GR) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Holiday Affair (1949) (Romantic Comedy Starring Janet Leigh, Robert Mitchum & Wendell Corey) (FL)
10:00 Virtual Church Service (PDR) 28 10:30 Qigong Fitness Class with Anita Wong (60 mins.) (GR) 1:00 Prime Video Documentary: Mexico, Made with Love (Vibrant Artisanal Traditions) (FL) 2:00 Hand Sewing Class with Danielle (Using Felt Fabric & Embroidery Thread @ 2:00pm) (AR) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 4:00 Card Games (FL) 6:00 Prime Video Movie: South Pacific (1958) (Starring Mitzi Gaynor, Rossano Brazzi & John Kerr) (FL)	NAT'L COFFEE DAY 29 10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Brenda (GR) 2:00 CRAFT: Make Your Own Journal (Simple Needle & Thread Binding) (AR) 3:00 Socializing on the Patio - Enjoy the Fresh Air! (OUT) 6:00 Prime Video Movie: The Pink Panther Strikes Again (1976 Crime-Comedy Starring Peter Sellers) (FL)	HAIR SALON OPEN 30 NAT'L DAY FOR TRUTH AND RECONCILIATION-ORANGE SHIRT DAY 10:00 Seated Fitness w/ Brenda (30 Mins.)(Hand Weights & Cardio Boxing) (GR) 10:30 Socializing in the Bistro (B) 1:00 Flower Arranging (B) 1:30 SKETCHING/DRAWING: First Nation Totem Symbols Using Coloured Pencils (AR) 2:30 Tony's Travel Show (GR) 2:30 Bridge Group (Meet in Games Room) (G) 6:00 Prime Video Movie: Horse Soldiers (1959 Adventure War Film Starring John Wayne) (FL)	MONDAY SEPT 1 HAPPY LABOUR DAY Labour Day			

SUNDAY
SEPT
7

Grandparent's Day

Be *Bold*

Locations Legend

- Fireplace Lounge (FL)
Great Room (GR)
Outside (OUT)
Bistro (B)
- Private Dining Room (PDR)
Fine Arts Room (AR)
Games Room (G)
Dining room (DR)

Calendar Legend

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