



INSPIRED SENIOR LIVING

# February 2026

## Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>BLACK HISTORY MONTH 1</b></p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:30 <b>**NEW**</b> (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (GR)</p> <p>1:00 Disney+ National Geographic: Blink (A family experiences the world's beauty after a life-changing diagnosis) (PDR)</p> <p>2:00 Card Games (Lounge) (FL)</p> <p>3:00 <b>VanString Youth Classical Music Performance (FL)</b></p> <p>3:30 <b>Group Walk (OUT)</b></p> <p>6:00 Prime Video Movie: Kate &amp; Leopold (Golden Globe Winner) (Starring Meg Ryan and Hugh Jackman) (FL)</p>	<p><b>GROUNDHOG DAY 2</b></p> <p>10:00 <b>Tai Chi Class with Eric Liu (60 mins.) (GR)</b></p> <p>11:00 Socializing &amp; Coffee in the Bistro (B)</p> <p>1:30 <b>Play Farkle with Sara (Easy Dice Game) (PDR)</b></p> <p>2:30 Kings in the Corner Card Game (FL)</p> <p>3:00 Lemon Water &amp; Hot Chocolate in the Bistro (B)</p> <p>6:00 Disney+ Movie: The Gay Divorcee (1934 Song-and-Dance Comedy Starring Ginger Rogers &amp; Fred Astaire) (FL)</p>	<p>10:00 DVD Fitness Class (GR) <b>3</b></p> <p>11:00 Socializing &amp; Coffee in the Bistro (B)</p> <p>1:00 <b>Pet Therapy Dog Visit (FL)</b></p> <p>1:30 <b>Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</b></p> <p>2:00 Card Games (Lounge) (FL)</p> <p>3:30 <b>Indoor Bocce w/ Stella &amp; Layla (Volunteers) (FL)</b></p> <p>4:30 <b>Living Loving Local, Farm To Table Dinner (Featuring Beets) (DR)</b></p> <p>6:00 Disney+ Movie: The Da Vinci Code (Mystery, Starring Tom Hanks) (FL)</p>	<p><b>HAIR SALON OPEN 4</b></p> <p>10:00 <b>Let's Get Moving Fitness with Michel (60 mins.) (GR)</b></p> <p>11:00 Flower Arranging (B)</p> <p>1:00 <b>Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</b></p> <p>1:30 Jenga (Wood Stacking Table Game) (FL)</p> <p>2:30 Tea &amp; Cookies Served (B)</p> <p>2:45 <b>Java Music Sing-a-long (PDR)</b></p> <p>6:00 Prime Video Movie: The Count of Monte Cristo (1975) (2X Emmys Nominee) (FL)</p>	<p>10:00 DVD Seated Yoga Fitness Class (GR) <b>5</b></p> <p>10:30 <b>FABRIC PAINTING CLASS with Simin (Volunteer) (PDR)</b></p> <p>1:30 Socializing in the Bistro (B)</p> <p>2:00 Kings in the Corner Card Game (FL)</p> <p>3:00 <b>Happy Hour: Liz and Steve Alexander (Guitar/Vocals) (FL)</b></p> <p>4:00 Work on the Jigsaw Puzzle (FL)</p> <p>6:00 Netflix Movie Series: Downton Abbey (Series 1, Episode 7 and Series 2, Episode 1) (Period Piece, Understated) (FL)</p>	<p>10:00 <b>**NEW**</b> (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR) <b>6</b></p> <p>10:30 <b>Indoor Bocce with Shirley S. &amp; Brenda C. (Volunteers) (FL)</b></p> <p>1:00 <b>Group Walk (OUT)</b></p> <p>1:30 <b>Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL)</b></p> <p>2:30 Scrabble Board Game (FL)</p> <p>4:00 Crossword Handouts (FL)</p> <p>6:00 Prime Video Movie: The Family Man (Comedy Starring Nicholas Cage) (FL)</p>	<p>10:00 <b>**NEW**</b> 30-Min Seated Chair Exercises for Seniors   No equipment (YouTube) (GR) <b>7</b></p> <p>11:00 Socializing &amp; Coffee in the Bistro (B)</p> <p>1:00 <b>Bean Bag Toss Game with Lia &amp; Lilly (Volunteers) (FL)</b></p> <p>2:00 Card Games (Lounge) (FL)</p> <p>3:00 <b>West Point Grey Academy Musical Performance (Duets &amp; Solos) (FL)</b></p> <p>3:30 <b>Go 4 Life Walking Group (30 mins.) (OUT)</b></p> <p>6:00 Disney+ Movie: Invincible (Biography, Sports) (Starring Mark Wahlberg) (FL)</p>
<p><b>SUPERBOWL SUNDAY LX (Garden Lounge) 8</b></p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:30 <b>**NEW**</b> (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>1:00 Netflix Food Show: Chef's Table Legends (PDR)</p> <p>2:30 <b>Live Classical Music, Youth Musician &amp; Artist Association (FL)</b></p> <p>3:30 <b>Superbowl Kick Off @ 3:30pm (Lounge) (FL)</b></p> <p>6:00 Disney+ Movie: Cleopatra (1963 Starring Elizabeth Taylor &amp; Richard Burton) (Historical Drama) (FL)</p>	<p><b>FEB 9 - 13 WINTER OLYMPICS CELEBRATED 9</b></p> <p>10:00 <b>Tai Chi Class with Eric Liu (60 mins.) (GR)</b></p> <p>11:00 Socializing &amp; Coffee in the Bistro (B)</p> <p>1:00 <b>Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</b></p> <p>1:30 Play Farkle with Sara (Easy Dice Game) (PDR)</p> <p>2:30 Scrabble Board Game in the Lounge (FL)</p> <p>3:00 Lemon Water &amp; Hot Chocolate in the Bistro (B)</p> <p>3:30 Card Games (Lounge) (FL)</p> <p>6:00 Netflix Movie: Flipper (1996) (Animals, Family) (FL)</p>	<p>10:00 <b>Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 10</b></p> <p>11:00 Monthly Life Enrichment Meeting - Discuss Events and Outings (PDR)</p> <p>12:30 Flower Arranging (B)</p> <p>1:15 <b>Fit Minds (Brain Games) (PDR)</b></p> <p>2:00 <b>BINGO with Prizes (GR)</b></p> <p>3:00 <b>Olympic Snowball Throwing Game (FL)</b></p> <p>3:30 <b>Indoor Bocce w/ Stella &amp; Layla (Volunteers) (FL)</b></p> <p>4:00 Socializing &amp; Coffee in the Bistro (B)</p> <p>6:00 Netflix Movie: The Intern (Witty Comedy) (FL)</p>	<p><b>HAIR SALON OPEN 11</b></p> <p>10:00 <b>Let's Get Moving Fitness with Michel (60 mins.) (GR)</b></p> <p>11:15 <b>Van to Lunch at Bufala Pizzeria (OUT)</b></p> <p>1:00 <b>Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</b></p> <p>1:30 <b>Olympic Ice Hockey Game (Similar to Mini Golf) (FL)</b></p> <p>2:30 Tea &amp; Cookies Served (B)</p> <p>2:45 <b>Java Music Sing-a-long (PDR)</b></p> <p>6:00 Netflix Movie: Good Will Hunting (Heartfelt Drama Starring Robin Williams) (FL)</p>	<p><b>BRING DOWN YOUR WEDDING PHOTO FOR OUR DISPLAY 12</b></p> <p>SEATED MASSAGES TODAY</p> <p>9:30 <b>Seated Massage Begin (Sign Up) (G)</b></p> <p>10:00 <b>Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights &amp; Cardio Boxing) (GR)</b></p> <p>10:30 <b>FABRIC PAINTING CLASS with Simin (Volunteer) (PDR)</b></p> <p>1:00 <b>Kerrisdale Van Shuttle (Starbucks &amp; London Drugs) (OUT)</b></p> <p>3:00 <b>Happy Hour: Roberto Risman (Guitar/Vocals) (FL)</b></p> <p>4:00 Card Games (FL)</p> <p>6:00 Netflix Movie Series: Downton Abbey (Series 2, Episode 2 &amp; 3) (Period Piece, Understated) (FL)</p>	<p>10:00 <b>DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 13</b></p> <p>10:30 <b>Indoor Bocce with Shirley S. &amp; Brenda C. (Volunteers) (FL)</b></p> <p>12:45 <b>Play Farkle with Brenda (Fun, Easy Dice Game) (GR)</b></p> <p>1:00 <b>Group Walk (OUT)</b></p> <p>1:30 <b>Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL)</b></p> <p>2:30 <b>ART/CRAFT: Paint and Colour a Lunar New Year Door Hanger (AR)</b></p> <p>3:15 <b>Olympic Snowflake Throwing Event (FL)</b></p> <p>6:00 Netflix Movie: Enough Said (Understated Comedy) (FL)</p>	<p><b>VALENTINE'S DAY 14</b></p> <p>10:00 <b>**NEW**</b> 30-Min Seated Chair Exercises for Seniors   No equipment (YouTube) (GR)</p> <p>11:00 Socializing in the Bistro (B)</p> <p>12:30 <b>Go 4 Life Walking Group (30 mins.) (OUT)</b></p> <p>1:00 <b>Bean Bag Toss Game with Lia &amp; Lilly (Volunteers) (FL)</b></p> <p>1:30 <b>Group Walk (OUT)</b></p> <p>2:00 Disney+ Documentary: The Beatles Anthology (Music) (PDR)</p> <p>4:30 <b>Valentine's Dinner Served (4:30pm - 6:00pm) (DR)</b></p> <p>6:00 Netflix Movie: Morning Glory (Feel-Good Comedy Starring Diane Keaton) (FL)</p>
<p>9:30 Virtual Church Service (PDR) <b>15</b></p> <p>10:30 <b>**NEW**</b> (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>1:00 Disney+ National Geographic: Fly (Follow three couples who base-jump, risking it all to feel truly alive) (PDR)</p> <p>1:30 Card Games (Lounge) (FL)</p> <p>2:00 <b>Group Walk (30 mins.) (OUT)</b></p> <p>3:00 <b>Norman &amp; Renee's Piano Recital (2 UBC Students) (FL)</b></p> <p>6:00 Netflix Movie: Silver Skates (Russian Film, Forbidden Love) (FL)</p>	<p><b>FAMILY DAY STAT 16</b></p> <p>10:00 <b>Tai Chi Class with Eric Liu (60 mins.) (GR)</b></p> <p>1:00 <b>Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</b></p> <p>1:00 Play Farkle (Fun, Easy Dice Game) (PDR)</p> <p>1:30 Work on the Jigsaw Puzzle (FL)</p> <p>2:00 Card Games (Lounge) (FL)</p> <p>3:30 Coffee &amp; Hot Chocolate in the Bistro (B)</p> <p>4:30 <b>Special Asian Dinner Served for Chinese Lunar New Year (for Residents) (DR)</b></p> <p>6:00 Disney+ Movie: A Good Year (Drama, Romance) (FL)</p>	<p><b>CHINESE LUNAR NEW YEAR - YEAR OF THE HORSE 17</b></p> <p>10:00 <b>Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</b></p> <p>11:00 Flower Arranging (B)</p> <p>1:30 <b>PAINTING: Artful Enrichment - Snowy Sunset (Watercolour) (AR)</b></p> <p>2:30 <b>Chinese Tea &amp; Treats Served (PDR)</b></p> <p>3:30 <b>Indoor Bocce w/ Stella &amp; Layla (Volunteers) (FL)</b></p> <p>6:00 Netflix Movie: RV (Road Trip Comedy Starring Jeff Daniels and Robin Williams) (FL)</p>	<p><b>HAIR SALON OPEN RAMADAN 18</b></p> <p>9:00 Make Rosemary Bread (Add Ingredients to the Bread Machine) (PDR)</p> <p>10:00 <b>Let's Get Moving Fitness with Michel (60 mins.) (GR)</b></p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 <b>BINGO with Prizes (Great Room) (GR)</b></p> <p>2:30 Tea, Cookies &amp; Rosemary Bread Served (B)</p> <p>2:45 <b>Java Music Sing-a-long (PDR)</b></p> <p>3:15 Socializing &amp; Coffee in the Bistro (B)</p> <p>6:00 Disney+ Movie: Remember the Titans (Starring Denzel Washington) (Drama, History) (FL)</p>	<p>10:00 <b>Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights &amp; Cardio Boxing) (GR) 19</b></p> <p>10:30 <b>EMBROIDERY CLASS/CROSS STITCH with Simin in the Private Dining Room (PDR)</b></p> <p>11:00 <b>Group Walk (OUT)</b></p> <p>1:00 <b>Kerrisdale Van Shuttle (Starbucks &amp; London Drugs) (OUT)</b></p> <p>2:00 <b>Resident General Meeting (GR)</b></p> <p>2:30 <b>Chef Chat with Chef Gary (GR)</b></p> <p>3:00 <b>Happy Hour: Matthew Ma (Classical Piano) (FL)</b></p> <p>4:00 Card Games (FL)</p> <p>6:00 Netflix Movie Series: Downton Abbey (Series 2, Episode 4 &amp; 5) (FL)</p>	<p>10:00 <b>DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 20</b></p> <p>10:30 <b>Indoor Bocce with Shirley S. &amp; Brenda C. (Volunteers) (FL)</b></p> <p>1:00 <b>Group Walk (OUT)</b></p> <p>1:30 <b>Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL)</b></p> <p>2:30 <b>Armchair Travel with Brenda - Bangkok, Koh Samet &amp; Chiang Mai, Thailand (GR)</b></p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Movie: The Ice Road (Adrenaline Rush, Adventure Starring Liam Neeson) (FL)</p>	<p>10:00 <b>**NEW**</b> 30-Min Seated Chair Exercises for Seniors   No equipment (YouTube) (GR) <b>21</b></p> <p>11:00 Socializing &amp; Coffee in the Bistro (B)</p> <p>1:00 <b>Bean Bag Toss Game with Lia &amp; Lilly (Volunteers) (FL)</b></p> <p>1:30 <b>Group Walk (OUT)</b></p> <p>2:00 Prime Video Documentary: Sinatra in Palm Springs (PDR)</p> <p>3:00 <b>Piano Music by Anita Du, Accompanied by Violin &amp; Cello (30 Minutes) (FL)</b></p> <p>3:30 <b>Go 4 Life Walking Group (30 mins.) (OUT)</b></p> <p>6:00 Prime Video Movie: Music of the Heart (Starring Meryl Streep) (FL)</p>



INSPIRED SENIOR LIVING

# February 2026

## Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CLOSING CEREMONIES OF THE WINTER OLYMPICS IN ARENA DI VERONA, ITALY</b> <b>22</b></p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:30 <b>**NEW**</b> (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>1:00 Netflix Food Show: The Big Family Cooking Showdown (PDR)</p> <p>1:30 Card Games (Lounge) (FL)</p> <p>3:00 Modern Music Society of Canada (MMSOC) Performs Live! (FL)</p> <p>3:30 <b>Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</b></p> <p>6:00 Prime Video Movie: Swimming with Men (British Sports Comedy Drama) (FL)</p>	<p>10:00 <b>Tai Chi Class with Eric Liu (60 mins.) (GR)</b> <b>23</b></p> <p>11:00 <b>Fit Minds (Brain Games) (PDR)</b></p> <p>1:00 <b>Van Trip to Shop at Dollarama (Kerrisdale) (OUT)</b></p> <p>2:00 <b>BINGO with Prizes (GR)</b></p> <p>3:00 <b>NO BAKE FOOD DEMO</b> with Brenda: Power Protein Balls (Oats, Peanut Butter, Pumpkin Seeds, Rice Crispies, Walnuts &amp; Chocolate Chips) (PDR)</p> <p>3:30 <b>15-Minute Guided Meditation (Relaxation Circle via Audio) (PDR)</b></p> <p>4:00 <b>Coffee &amp; Hot Chocolate in the Bistro (B)</b></p> <p>6:00 Disney+ Movie: Journey to the Center of the Earth (1959 Action, Adventure, Science Fiction) (FL)</p>	<p><b>NAT'L MARGARITA DAY</b> <b>24</b></p> <p>10:00 <b>Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</b></p> <p>11:00 Flower Arranging (B)</p> <p>1:00 <b>Pet Therapy Dog Visit (FL)</b></p> <p>1:30 <b>ART: Meet Me at The MoMA (Kehinde Wiley, American Portrait Painter) (AR)</b></p> <p>2:30 <b>Drink Demo with Michael: MARGARITAS! (GR)</b></p> <p>3:30 <b>Indoor Bocce w/ Stella &amp; Layla (Volunteers) (FL)</b></p> <p>4:00 <b>Socializing &amp; Coffee in the Bistro (B)</b></p> <p>6:00 Prime Video Movie: The Last Dance (Romance, Drama) (FL)</p>	<p><b>HAIR SALON OPEN</b> <b>25</b></p> <p><b>PINK SHIRT DAY</b></p> <p>9:00 <b>Make Rosemary Bread (Add Ingredients to the Bread Machine) (PDR)</b></p> <p>10:00 <b>Let's Get Moving Fitness with Michel (60 mins.) (GR)</b></p> <p>11:00 <b>Giant Crossword (GR)</b></p> <p>1:30 <b>CRAFT: Working with Air Dry Clay (Make a "Heart" Fridge Magnet) (AR)</b></p> <p>2:30 <b>Tea, Cookies and Rosemary Bread Served (B)</b></p> <p>2:45 <b>Java Music Sing-a-long (PDR)</b></p> <p>6:00 Disney+ Movie: Out to Sea (Buddy, Romantic) (FL)</p>	<p>10:00 <b>Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights &amp; Cardio Boxing) (GR)</b> <b>26</b></p> <p>10:30 <b>EMBROIDERY CLASS/CROSS STITCH</b> with Simin in the Private Dining Room (PDR)</p> <p>1:00 <b>Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT)</b></p> <p>1:00 <b>Wellness Clinic with Nurse Ayne (1pm - 3pm) (Sign Up) (PDR)</b></p> <p>2:00 <b>Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</b></p> <p>3:00 <b>Happy Hour: Kurt Von Hahn (Piano) (FL)</b></p> <p>4:00 <b>Kings in the Corner Card Game (FL)</b></p> <p>6:00 <b>Netflix Movie Series: Downton Abbey (Series 2, Episode 6 &amp; 7) (Period Piece, Understated) (FL)</b></p>	<p>10:00 <b>DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</b> <b>27</b></p> <p>10:30 <b>Indoor Bocce with Shirley S. &amp; Brenda C. (Volunteers) (FL)</b></p> <p>1:00 <b>Play Farkle with Brenda (Fun, Easy Dice Game) (GR)</b></p> <p>1:00 <b>Educational Nurses Talk with Ayne TOPIC: LEVELS OF CARE (Independent Living, Assisted Living, Memory Care, Long Term Care) (GR)</b></p> <p>1:30 <b>Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL)</b></p> <p>2:30 <b>TONY'S TRAVEL SHOW - Antarctica (GR)</b></p> <p>3:30 <b>Kings in the Corner Card Game (FL)</b></p> <p>6:00 <b>Disney+ Movie: The Alamo (Western, History) (FL)</b></p>	<p>10:00 <b>**NEW** 30-Min Seated Chair Exercises for Seniors   No equipment (YouTube) (GR)</b> <b>28</b></p> <p>11:00 <b>Socializing &amp; Coffee in the Bistro (B)</b></p> <p>1:00 <b>Bean Bag Toss Game with Lia &amp; Lilly (Volunteers) (FL)</b></p> <p>1:30 <b>Group Walk (OUT)</b></p> <p>2:00 <b>Netflix Food Show: Blue Ribbon Baking Championship (PDR)</b></p> <p>3:30 <b>Go 4 Life Walking Group (30 mins.) (OUT)</b></p> <p>6:00 <b>Disney+ Movie: The Blue Max (1966, Drama, Action, Adventure) (FL)</b></p>



**Be Welcomed**

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

- Calendar Legend**
- Outing
  - Special Program
  - Meet Me at the MOMA
  - Senior Olympics
  - Living, Loving, Local
  - Signature Program
  - Can Fit Pro
  - Artful Enrichment
  - Drumfit