



INSPIRED SENIOR LIVING

March 2026 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Virtual Church Service (PDR) 1</p> <p>10:30 **NEW** (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>1:00 Disney+ Food Show: Tucci in Italy (National Geographic) (Tuscany & Lombardi) (PDR)</p> <p>2:00 Card Games (Lounge) (FL)</p> <p>3:00 VanString Youth Classical Music Performance (FL)</p> <p>3:30 Group Walk - Meet at Reception (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: The Aeronauts (High-Flying Historical Drama) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 2</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:30 BINGO with Prizes (GR)</p> <p>2:30 Monthly Life Enrichment Meeting - Discuss Events and Outings (PDR)</p> <p>3:00 ART: Paint Our Clay Fish From Last Week (AR)</p> <p>3:30 Coffee & Hot Chocolate in the Bistro (B)</p> <p>6:00 DVD Movie: Gone with the Wind (Drama, Romance, War) (1939) - Join Our Film Discussion Group Tomorrow at 1:30pm (FL)</p>	<p>HAIR SALON OPEN 3</p> <p>10:00 DVD Fitness Class (GR)</p> <p>10:45 Word Games: Trivia, Memory Tray & Spelling Bee (PDR)</p> <p>1:00 Flower Arranging (B)</p> <p>1:30 FILM DISCUSSION: Gone With The Wind (With Prompts & Guidelines/30-Minute Group Discussion) (PDR)</p> <p>2:00 PAINTING: Meet Me at The MoMA (Featuring Judy Chicago) (AR)</p> <p>3:30 Indoor Bocce (FL)</p> <p>4:00 Group Walk (30 mins.) (OUT)</p> <p>6:00 Disney+ Movie: Jerry Maguire (Sports Comedy, Drama, Rated R) (Starring Tom Cruise) (FL)</p>	<p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 4</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</p> <p>1:30 Play Farkle with Brenda (Easy Dice Game) (GR)</p> <p>2:30 Tea & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:15 Learn to Play 'Kings in the Corner' with Brenda & Others (Card Game) (FL)</p> <p>6:00 Disney+ Movie: When In Rome (Drama, Comedy) (FL)</p>	<p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 5</p> <p>10:30 EMBROIDERY CLASS (PDR)</p> <p>1:00 Card Games (FL)</p> <p>1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT)</p> <p>1:30 Neighbourhood Walk w/ Brenda to See the Spring Flowers (OUT)</p> <p>2:00 Socializing in the Bistro (B)</p> <p>3:00 Happy Hour: Luke Sandford (Piano/Vocals) (FL)</p> <p>6:00 Prime Video Movie: A Brilliant Young Mind (2014 British Drama About a Teenage Math Prodigy) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 6</p> <p>10:30 Indoor Bocce with Shirley S. & Brenda C. (60 mins.) (FL)</p> <p>1:00 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 PAINTING: "Grumpy Cats" (Watercolour) (PDR)</p> <p>4:00 Crossword Handouts (FL)</p> <p>6:00 Netflix Movie: P.S. I Love You (Sentimental & Bittersweet) (FL)</p>	<p>10:00 **NEW** 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 7</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL)</p> <p>1:30 Group Walk (OUT)</p> <p>2:00 Netflix Documentary: Queen of Chess (Captivating & Candid) (PDR)</p> <p>3:30 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Netflix Movie: Catch & Release (Romantic, Comedy, Drama) (PG-13 Starring Jennifer Garner) (FL)</p>
<p>INT'L WOMEN'S DAY CLOCKS SPRING FORWARD 8</p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:30 **NEW** (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>1:00 Disney+ Food Show: Tucci in Italy (National Geographic) (Trentino-Alto Adige & Abruzzo) (PDR) (PDR)</p> <p>2:30 Live Classical Music, Youth Musician & Artist Association (FL)</p> <p>3:30 Famous Women Photo Quiz (Hand-Outs at Reception) (FL)</p> <p>6:00 Disney + Movie: Hidden Figures (Drama History) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 9</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:30 BINGO with Prizes (GR)</p> <p>2:30 Play Farkle with Brenda (Fun, Easy Dice Game) (PDR)</p> <p>3:00 DRAWING/SKETCHING: Learn How to Draw a Leprachaun (*For Beginners, No Drawing Experience Necessary) (PDR)</p> <p>3:30 Coffee & Hot Chocolate in the Bistro (B)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Disney+ Movie: You Again (Comedy Starring Betty White & Jamie Lee Curtis) (FL)</p>	<p>LLL DINNER (Featuring Maple) HAIR SALON OPEN 10</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 Pet Therapy Dog Visit (FL)</p> <p>1:30 CRAFT: Collage/Mixed Media (Combine different materials and textures such as fabric, magazines, paint, pastels and stamps to create a unique and visually stunning piece of art) (AR)</p> <p>2:30 Group Walk (30 mins.) (OUT)</p> <p>3:00 Card Games (FL)</p> <p>6:00 Netflix Movie: Noah (Epic, Visually Striking) (FL)</p>	<p>9:00 Make Rosemary Bread (Add Ingredients to the Bread Machine) (PDR) 11</p> <p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</p> <p>1:30 Play Farkle with Brenda (Easy Dice Game) (GR)</p> <p>2:30 Tea & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:15 Word Search (PDR)</p> <p>6:00 Netflix Movie: Love is in the Air (Charming, Feel-Good, Comedy) (FL)</p>	<p>FOOT CARE NURSE HERE SEATED MESSAGES TODAY 12</p> <p>10:00 Seated Functional Fitness Class with Brenda (30 Mins.)(Hand Weights & Cardio Boxing) (GR)</p> <p>10:30 EMBROIDERY CLASS (PDR)</p> <p>1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT)</p> <p>3:00 Happy Hour: Greg Alcock (Classical Piano) (FL)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Movie: One Life (Heartfelt & Inspiring) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 13</p> <p>10:30 Indoor Bocce with Shirley S. & Brenda C. (60 mins.) (FL)</p> <p>1:00 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 Spelling Bee, Scattergories & Trivia (Brain Games) (PDR)</p> <p>3:15 CRAFT: Make Folded Paper Shamrocks (PDR)</p> <p>4:00 Crossword Handouts (FL)</p> <p>4:00 Resident Walk (OUT)</p> <p>6:00 Disney+ Movie: Glory Road (PG, Drama, Biography) (FL)</p>	<p>10:00 **NEW** 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 14</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL)</p> <p>2:00 PAINTING ART CLASS: Painting Class with Artist, Dawn Mattson (Sign Up) (GR)</p> <p>3:00 Kings in the Corner Card Game (FL)</p> <p>3:30 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: Grey Owl (Starring Pierce Bronson) (FL)</p>
<p>9:30 Virtual Church Service (PDR) 15</p> <p>10:30 **NEW** (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>11:00 Card Games (Lounge) (FL)</p> <p>1:00 Disney+ Docuseries National Geographic: Asia's Weirdest (Nature & Animals) (PDR)</p> <p>3:00 Live Youth Classical Music Performance @ 3pm (FL)</p> <p>3:30 Group Walk - Meet at Reception (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: The Butler (BAFTA Film Awards 2X Nominee) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 16</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Van to Walk the West Side Arbutus Greenway (W. 52 Ave. to W. 57 Ave.) & Shopping at Choices Market (OUT)</p> <p>2:30 BINGO with Prizes (GR)</p> <p>3:30 Socializing & Coffee in the Bistro (B)</p> <p>6:00 Prime Video Movie: The Ultimate Life (2013 Drama) (Based on the best-selling novel by Jim Stovall) (FL)</p>	<p>ST. PATRICK'S DAY (WEAR GREEN) HAIR SALON OPEN 17</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>1:30 PAINTING: Meet Me at The MoMA (Featuring Jim Fitzpatrick - Irish Artist) (AR)</p> <p>2:30 Demo with Chef Gary: Fruit Smoothies (PDR)</p> <p>3:00 Word Games & Brain Games with Brenda (PDR)</p> <p>6:00 Prime Video Movie: Wild Mountain Thyme (Romantic Comedy Set in Rural Ireland) (FL)</p>	<p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 18</p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Van to Walk the Track at West Point Grey High School (OUT)</p> <p>2:30 Tea & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (with Some Irish Songs!) (PDR)</p> <p>3:15 "Show & Tell" - Bring an item/photo and tell us about it! (PDR)</p> <p>3:15 Word Search (PDR)</p> <p>6:00 Prime Video Movie: On the Beach (1959) (Gregory Peck, Fred Astaire & Ava Gardner) (FL)</p>	<p>10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights & Cardio Boxing) (GR) 19</p> <p>10:30 EMBROIDERY CLASS (PDR)</p> <p>1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT)</p> <p>2:00 Resident General Meeting (GR)</p> <p>2:30 Chef Chat with Gary (GR)</p> <p>3:00 Happy Hour: Bob Collins (Guitar/Vocals) (Guinness Beer Served) (FL)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Disney+ Movie: The Martian (Action, Adventure, Sci-Fi) (Starring Matt Damon) (FL)</p>	<p>FIRST DAY OF SPRING 20</p> <p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</p> <p>10:30 Indoor Bocce with Shirley S. & Brenda C. (60 mins.) (FL)</p> <p>1:00 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 Play Farkle with Brenda (Easy Dice Game) (GR)</p> <p>4:00 Crossword Handouts (FL)</p> <p>6:00 Prime Video Movie: Freedom Writers (Biographical Drama Starring Hillary Swank) (FL)</p>	<p>ELIMINATION OF RACIAL DISCRIMINATION DAY 21</p> <p>10:00 **NEW** 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR)</p> <p>11:00 Socializing & Coffee (OUT)</p> <p>1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL)</p> <p>1:30 Group Walk (OUT)</p> <p>2:00 Netflix Documentary: Our Planet II (with David Attenborough) (Emmy Award Winning) (PDR)</p> <p>3:30 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Disney+ Movie: Miracle (About the 1980 U.S. Olympic hockey team's historic victory over the Soviet Union) (FL)</p>





INSPIRED SENIOR LIVING

March 2026 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Virtual Church Service (PDR) 22</p> <p>10:30 **NEW** (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>11:00 Card Games (Lounge) (FL)</p> <p>1:00 Disney+ National Geographic Docuseries: Engineering Europe (Nordics & Spain) (PDR)</p> <p>3:00 Group Walk - Meet at Reception (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: The Way (Starring Martin Sheen) (About the Camino de Santiago) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 23</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Van to Walk the Track at West Point Grey High School (OUT)</p> <p>2:00 BINGO with Prizes (GR)</p> <p>3:00 PAINTING: Spring Tulips Bouquet (Watercolour) (AR)</p> <p>3:30 Socializing & Hot Chocolate in the Bistro (OUT)</p> <p>6:00 Prime Video Movie: Peace By Chocolate (Based on an Inspirational True Story) (FL)</p>	<p>HAIR SALON OPEN 24</p> <p>10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (GR)</p> <p>10:30 Flower Arranging (B)</p> <p>11:15 Van to Lunch at Red Tuna Japanese Restaurant (OUT)</p> <p>1:00 Pet Therapy Dog Visit (FL)</p> <p>1:30 ART: A Portrait Through Van Gough's Eyes (Oil Pastels) (AR)</p> <p>2:30 GUEST SPEAKER: South Surrey Medical Equipment (Learn proper posture when using walkers & proper form for sitting/standing. New innovative mobility items will be shown) (FL)</p> <p>6:00 Prime Video Movie: The Water Diviner (Russell Crowe) (FL)</p>	<p>9:00 Make Rosemary Bread (Add Ingredients to the Bread Machine) (PDR) 25</p> <p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Brain Games: Trivia, Memory Tray & Spelling Bee (PDR)</p> <p>2:15 (YouTube) How to Read A Tape Measure (10 Minutes) (PDR)</p> <p>2:30 Tea & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:15 Word Search (PDR)</p> <p>6:00 Prime Video Movie: W.E. (Golden Globe Winner) (The Affair Between King Edward VIII & American Divorcee Wallis Simpson) (FL)</p>	<p>10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT) 26</p> <p>10:00 DVD Fitness Class (GR)</p> <p>10:30 EMBROIDERY CLASS (PDR)</p> <p>11:00 Group Walk (30 mins.) (OUT)</p> <p>1:00 Wellness Clinic with Nurse Ayne (1pm - 3pm) (Sign Up) (PDR)</p> <p>1:30 Play Farkle with Brenda (Easy Dice Game) (GR)</p> <p>3:00 Happy Hour: Peter Williams (Piano & Vocals) (FL)</p> <p>4:00 Card Games (FL)</p> <p>6:00 Prime Video Movie: His Girl Friday (1940) (Screwball Comedy Starring Cary Grant & Rosalind Russell) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 27</p> <p>10:30 Indoor Bocce with Shirley S. & Brenda C. (60 mins.) (FL)</p> <p>1:00 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 TONY'S TRAVEL SHOW - Cuba (GR)</p> <p>3:30 Crossword Handouts (FL)</p> <p>6:00 Prime Video Movie: The Notebook (Nostalgic, Romantic Drama) (Starring Ryan Gosling & Rachel McAdams) (FL)</p>	<p>10:00 **NEW** 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 28</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL)</p> <p>1:30 Group Walk (OUT)</p> <p>2:00 Netflix Documentary: Glitter and Gold Ice Dancing (Captivating, Reality) (PDR)</p> <p>3:30 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: Then Came You (2020 Romantic Comedy) (FL)</p>
<p>9:30 Virtual Church Service (PDR) 29</p> <p>10:30 **NEW** (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>11:00 Card Games (Lounge) (FL)</p> <p>1:00 Disney+ National Geographic Docuseries: Engineering Europe (United Kingdom & The Netherlands) (PDR)</p> <p>3:00 Group Walk (30 mins.) (OUT)</p> <p>3:30 Socializing in the Bistro (B)</p> <p>6:00 Prime Video Movie: Ninety Sunsets (Family, Country, Romance) (FL)</p>	<p>NAT'L TAKE A WALK DAY 30</p> <p>10:00 Tai Chi Class with Eric Liu (60 mins.) (GR)</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:30 Neighbourhood Walk with Brenda (30 mins) (OUT)</p> <p>2:00 BINGO with Prizes (GR)</p> <p>3:00 Jenga (Wood Stacking Table Game) (FL)</p> <p>4:00 Card Games (FL)</p> <p>6:00 Disney+ Movie: Ford vs. Ferrari (Drama, History) (FL)</p>	<p>HAIR SALON OPEN 31</p> <p>10:00 DVD Fitness Class (GR)</p> <p>10:00 Van to Shop at Dollarama & Neighbourhood Drive to See the Cherry Blossoms (OUT)</p> <p>11:00 Flower Arranging (B)</p> <p>1:30 Play Farkle with Brenda (Easy Dice Game) (GR)</p> <p>2:15 ART: Starry Starry Night (Watercolour on Paper) (AR)</p> <p>3:30 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: The Secret Life of Walter Mitty (1947 Starring Danny Kave & Virginia Mayo) (Comedy Drama Adventure) (FL)</p>	 <p>International Women's Day</p>		 <p>St. Patrick's Day</p>	



Be Welcomed

Locations Legend

Fireplace Lounge (FL)	Outside (OUT)
Great Room (GR)	Bistro (B)
Private Dining Room (PDR)	Fine Arts Room (AR)

Calendar Legend

- Outing
- Special Program
- Fit Minds
- Living, Loving, Local
- Can Fit Pro
- Artful Enrichment
- Drumfit