



INSPIRED SENIOR LIVING

June 2026 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SENIOR'S MONTH 1 10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 10:30 Coffee Social in the Bistro (B) 11:00 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Prizes (GR) 2:30 Introduction to Body Tapping Points (Jessica Ortner) (7 Minute YouTube Session) (PDR) 2:45 Monthly Life Enrichment Meeting - Discuss Events and Outings (PDR) 3:15 Flower Arranging (B) 4:00 Socializing & Popsicles Served on the Patio (OUT) 6:00 Netflix Movie: Patch Adams (Starring Robin Williams) (Heartfelt, Sentimental) (FL)	PRIDE MONTH 2 WALKER WASHES TODAY HAIR SALON OPEN FIRE ALARM TESTING 8am - 4pm 10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 11:00 "Minute-to-Win-It" Games with the Managers (FL) 1:00 Get Your Walker or Cane Washed by the Managers! Donations go to Alzheimer's Society of BC (OUT) 2:30 Sardine Tasting (Olive Oil, Lemon & Cracked Black Pepper, Tomato Sauce) (PDR) 3:30 Neighbourhood Walk (Resident-Led) (30 mins.) (OUT) 6:00 Netflix Movie: In Her Shoes (Starring Shirley MacLaine) (FL)	ALZHEIMER'S AWARENESS MONTH 3 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 1:00 Go 4 Life Neighbourhood Walk - Resident Led (30 mins.) (OUT) 2:00 Play Farkle w/ Brenda (Dice Game) (GR) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:15 Socializing & Coffee on the Patio (B) 6:00 Prime Video Movie: Sarah's Oil (2025 Drama) (FL)	4 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Felt & Embroidery Class (AR) 1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT) 2:00 Kings in the Corner Card Game (FL) 3:00 Happy Hour: Kurt Von Hahn (Piano) (FL) 6:00 Netflix Series: Downton Abbey (New Episodes) (FL)	5 10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 10:30 Indoor Bocce with Shirley & Nathan (FL) 1:00 Giant Crossword (30 mins.) (GR) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 Bridge Group (FL) 2:30 All Staff & Managers Meeting (Great Room Booked 2:30pm to 3:30pm) (GR) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 1, E. 9 & E. 10) (FL)	6 10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (FL) 2:00 Technology Support with Nathan Chen (Free Assistance for your iPhone, iPad or Laptop) (English & Cantonese) (PDR) 3:30 Indoor Bocce with Amy! (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Relative Values (Comedy Starring Julie Andrews) (FL)
9:30 Virtual Church Service (PDR) 7 10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR) 11:00 Card Games (Lounge) (FL) 1:00 Sunday Group Walk w/ Our Volunteer, Deborah (30 mins.) Followed by Tea Time (30 mins.) (OUT) 1:30 Socializing & Tea on the Patio (B) 3:30 Scrabble Board Game in the Lounge (FL) 6:00 Prime Video Movie: The Courier (Cold War Spy Film) (FL)	8 WORLD OCEAN DAY 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Coffee Social in the Bistro (B) 11:00 Fit Minds (Brain Games) (PDR) 1:00 BINGO with Prizes (GR) 2:00 PAINTING: Meet Me at The MoMA (Featuring Cree Artist, Kent Monkman) (AR) 3:00 Lemon Iced Tea Served on Patio with Music by Englebert Humperdinck (OUT) 6:00 Prime Video Movie: The Courageous Heart of Irena Sendler (Golden Globe Nominee) (FL)	9 Living, Loving, Local "LLL" DINNER (Featuring Strawberries) HAIR SALON OPEN 10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 11:00 Flower Arranging (B) 1:30 Neighbourhood Walk (Resident-Led) (30 mins.) (OUT) 2:00 TED TALK: What Makes A Good Life? Lessons from the Longest Study on Happiness (13 Mins.) (GR) 2:30 Gin and Tonics (& Non-Alcoholic Drinks) Served on the Patio with Music by Neil Diamond (OUT) 2:45 Trivia (Patio) (OUT) 6:00 Prime Video Movie: Me and Mrs. Jones (British Comedy) (FL)	10 FOOT CARE NURSE HERE 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:00 Giant Crossword (30 mins.) (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 1:30 Play Farkle w/ Brenda (Dice Game) (GR) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:15 (Spotify) Guided Audio Meditation: "Blissful Deep Relaxation" (18 minutes) (PDR) 6:00 Prime Video Movie: The Young Victoria (Oscar Winner) (FL)	11 10:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT) 10:00 (YouTube) Seated Fitness Class (GR) 10:30 Felt & Embroidery Class (AR) 1:00 Card Games (Lounge) (FL) 1:30 Neighbourhood Walk (OUT) 2:00 15-Minute Power Fit Class Out Front, Under Cover (OUT) 3:00 LIVE EDUCATIONAL ANIMAL SHOW: The Urban Safari Rescue Society is bringing a Ferret, Rabbits, a Ball Python, a Corn Snake, a Bearded Dragon, a Crested Gecko & Tortoises (FL) 6:00 Netflix Series: Downton Abbey (New Episodes) (FL)	12 10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 10:30 Indoor Bocce with Shirley & Nathan (FL) 1:00 Neighbourhood Walk with Brenda (30 mins) (OUT) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 Bridge Group (FL) 2:30 15-Minute Power Fit Class Out Front, Under Cover (OUT) 3:00 Boost Your Immune System - Tapping with Brad Yates (5 Mins. - YouTube) (FL) 3:15 Socializing on the Patio (OUT) 6:00 Netflix Series: The Good Doctor (Season 1, E. 11 & E. 12) (FL)	13 10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (FL) 2:00 Prime Video Documentary: Finding Harmony, A King's Vision (PDR) 3:30 Indoor Bocce with Amy! (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Mr. Holmes (Starring Sir Ian McKellen) (FL)
9:30 Virtual Church Service (PDR) 14 10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR) 11:00 Card Games (Lounge) (FL) 1:00 Sunday Group Walk w/ Volunteers, Deborah & Joanna (30 mins.) Followed by Craft Time (30 mins.) (OUT) 2:30 Live Classical Music, Youth Musician & Artist Association (FL) 3:30 Group Walk - Meet at Reception (30 mins.) (OUT) 6:00 Netflix Movie: Steel Magnolias (Starring Julia Roberts & Sally Field) (GR)	15 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Coffee Social in the Bistro (B) 11:00 Fit Minds (Brain Games) (PDR) 1:00 Van to Walk the Arbutus Greenway then Coffee at Bean Around the World on W. 57 Ave. (OUT) 2:30 BINGO with Prizes (GR) 3:30 Ice Cream Bars Served on the Patio (OUT) 4:00 Kings in the Corner Card Game (FL) 6:00 Prime Video Movie: Two Weeks (Starring Sally Field) (16+ Drama) (FL)	16 HAIR SALON OPEN 10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 11:00 Flower Arranging (B) 2:00 PAINTING: "A Field of Daisies" (AR) 3:00 Trivia and Word Games (30 mins.) (PDR) 3:30 Neighbourhood Walk (Resident-Led) (30 mins.) (OUT) 4:00 Socializing & Coffee in the Bistro (B) 6:00 Prime Video Movie: The Mirror Crack'd (Agatha Christie/Starring Angela Lansbury) (FL)	17 9:00 Bread Making Using The Bread Machine (PDR) 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:00 Giant Crossword (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 1:00 Van to Shop at Dollarama (OUT) 2:00 Play Farkle w/ Brenda (Dice Game) (GR) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 6:00 Netflix Movie: Radio (Emotional, Feel-Good) (Starring Ed Harris and Cuba Gooding Jr.) (FL)	18 SEATED MASSAGES ALL DAY 9:30 Seated Massages Begin (Sign Up) (G) 10:00 (YouTube) Seated Fitness Class (GR) 10:30 Felt & Embroidery Class (AR) 1:00 Kings in the Corner Card Game (FL) 2:00 Staff Appreciation BBQ for Employees (On the Back Patio 2pm to 3pm) (OUT) 3:00 Happy Hour: Doe and Mark Jazz Duo (FL) 6:00 Netflix Series: Downton Abbey (New Episodes) (FL)	19 10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 10:30 Indoor Bocce with Shirley & Nathan (FL) 1:00 Neighbourhood Walk - Resident-Led (30 mins.) (OUT) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 Bridge Group (FL) 2:30 Scrabble Board Game in the Lounge (FL) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 1, E. 13 & E. 14) (FL)	20 10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (FL) 2:00 Disney+ Documentary: In The Arena, Serena Williams (Former Professional Tennis Player) (PDR) 3:30 Indoor Bocce with Amy! (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Gambit (Starring Colin Firth & Cameron Diaz) (FL)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FATHER'S DAY CANADA'S INDIGENOUS PEOPLES DAY 21</p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes (GR)</p> <p>11:00 Card Games (Lounge) (FL)</p> <p>11:30 Father's Day BBQ Lunch Served (11:30am-1:00pm) (DR)</p> <p>1:00 Sunday Group Walk w/ Volunteers, Deborah & Joanna (30 mins.) Followed by Craft Time (30 mins.) (OUT)</p> <p>3:00 Live Classical Music, Music Bridge Foundation Performs (FL)</p> <p>6:00 Prime Video Movie: The Life of Chuck (Adapted from Stephen King's Novella) (13+) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 22</p> <p>10:30 Van to Oakridge Mall Phase 1 ("Time Out Market Food Court") (Independent Trip Includes Plenty of Walking) (OUT)</p> <p>2:00 BINGO with Prizes (GR)</p> <p>3:00 PAINTING: Pretty Peony (Watercolour) (AR)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Prime Video Movie: The Boys in the Boat (Great Depression, Underdogs) (FL)</p>	<p>HAIR SALON OPEN 23</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:30 CRAFT: Tie Dye Shirt Making Class. Come & Get Groovy! (Sign Up) (AR)</p> <p>2:30 TED TALK: My Philosophy for a Happy Life Sam Berns (13 Mins.) (PDR)</p> <p>3:00 Neighbourhood Walk (Resident-Led) (30 mins.) (OUT)</p> <p>3:30 Socializing & Coffee in the Bistro (B)</p> <p>6:00 Disney+ Movie: Million Dollar Arm (Drama, Biography) (FL)</p>	<p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 24</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 w/ Brenda (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 10 Minute Tapping Meditation For Anxiety, Stress and Worry (YouTube) (PDR)</p> <p>3:30 Scrabble (G)</p> <p>6:00 Disney+ Movie: Chasing Mavericks (Surfing Drama, Coming of Age) (FL)</p>	<p>10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) 25</p> <p>(OUT)</p> <p>10:00 (YouTube) Seated Fitness Class (GR)</p> <p>10:30 Felt & Embroidery Class (AR)</p> <p>1:30 Spelling Bee, Memory Game & Trivia (Brain Games) (PDR)</p> <p>2:00 Resident General Meeting (GR)</p> <p>2:30 Chef Chat with Chef Gary (30 mins.) (GR)</p> <p>3:00 Happy Hour: Peter Williams (Piano & Vocals) (FL)</p> <p>6:00 Netflix Series: Downton Abbey (New Episodes) (FL)</p>	<p>10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 26</p> <p>10:30 Indoor Bocce with Shirley & Nathan (FL)</p> <p>1:00 Wellness Clinic On-Site (1pm - 3pm) (Sign Up) (PDR)</p> <p>1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 Socializing & Lemonade on the Patio (OUT)</p> <p>2:45 General Knowledge Group Trivia (B)</p> <p>6:00 Netflix Series: The Good Doctor (Season 1, E. 15 & E. 16) (FL)</p>	<p>10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 27</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>1:00 Bean Bag Toss Game with Lia & Lilly (FL)</p> <p>2:00 Disney+ Documentary: Arctic Ascent with Alex Honnold (Expedition to Greenland) (PDR)</p> <p>3:30 Indoor Bocce with Amy! (FL)</p> <p>4:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: The Great Train Robbery (1979, Starring Sean Connery) (FL)</p>

<p>PRIDE DAY 28</p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR)</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>1:00 Sunday Group Walk w/ Volunteers, Deborah & Joanna (30 mins.) Followed by Craft Time (30 mins.) (OUT)</p> <p>3:00 "Speak With Arts Foundation" Youth Performance (Piano, Flute, Violin and Oboe) (FL)</p> <p>6:00 Disney+ Movie: Young Woman and the Sea (Drama, Biography) (FL)</p>

<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 29</p> <p>10:30 Coffee Social in the Bistro (B)</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Van to Walk the Arbutus Greenway (W. 52 to W. 57 Ave. & Coffee at Bean Around the World) (OUT)</p> <p>2:30 Flower Arranging (B)</p> <p>3:00 OIL PASTELS: Pet Portraits (Beginners Welcome!) (AR)</p> <p>4:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Disney+ Movie: Hitchcock (Drama, Romance) (Starring Helen Mirren) (FL)</p>

<p>HAIR SALON OPEN 30</p> <p>10:00 Seated Functional Fitness w/ Brenda (30 Mins.)(Hand Weights, Cardio Boxing & Grip Strengthening) (GR)</p> <p>10:45 Educational Nurses Talk (TOPIC: Shingles) (GR)</p> <p>1:30 BINGO with Prizes (GR)</p> <p>2:30 Spelling Bee, Memory Game & Scattergories (PDR)</p> <p>3:15 (Spotify) Guided Audio Meditation: "Inner Light, Emotional Healing & Peace" (15 minutes) (PDR)</p> <p>3:30 Group Walk (30 mins.) (OUT)</p> <p>6:00 Netflix Movie: Remarkably Bright Creatures (Starring Sally Field) (FL)</p>



Locations Legend

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

Calendar Legend

- Outing
- Special Program
- Signature Program
- Artful Enrichment
- Drumfit