





INSPIRED SENIOR LIVING

May 2026

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>Mother's Day</p>		 <p>Mental Health Awareness Month</p>				<p>MENTAL HEALTH AWARENESS MONTH 1</p> <p>VACCINE CLINIC TODAY</p> <p>9:00 Vaccine Clinic (Covid Booster Shot Only) (Sign Up) (PDR)</p> <p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</p> <p>10:30 Indoor Bocce with Shirley! (FL)</p> <p>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 Monthly Life Enrichment Meeting (GR)</p> <p>2:30 Bridge Group (GR)</p> <p>3:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: The Good Doctor (Season 1, E. 1 & E. 2) (FL)</p>	<p>10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 2</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>1:00 Bean Bag Toss Game with Lilly (FL)</p> <p>2:00 Prime Video Documentary: Inhabited (Canadian UNESCO World Natural Heritage Sites) (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 Netflix Series: Virgin River (Season 7, E. 9 and Final E. 10) (GL)</p>
<p>9:30 Virtual Church Service (PDR) 3</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 Card Games (Lounge) (FL)</p> <p>1:00 Disney+ Food/Cooking Show: Donna Hay Coastal Celebrations (PDR)</p> <p>3:00 Group Walk - Meet at Reception (30 mins.) (OUT)</p> <p>6:00 Netflix Movie: Unsung Hero (Feel-Good, Inspiring) (FL)</p>	<p>10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (GR) 4</p> <p>10:30 Socializing & Coffee (B)</p> <p>1:00 BINGO with Prizes (GR)</p> <p>2:00 ART: Picasso-Inspired Abstract Art (Watercolour Painting Class) (AR)</p> <p>3:00 Fit Minds (Brain Games) (PDR)</p> <p>3:30 Somatic Body Tapping Exercises to Reduce Cortisol & Vagus Nerve Reset (YouTube) (Calming 8 Minutes) (PDR)</p> <p>3:45 Patio Social Time! (OUT)</p> <p>6:00 Netflix Movie: Midway (1976 Gritty, Action, Adventure) (Starring Charlton Heston & Henry Fonda) (FL)</p>	<p>CINCO DE MAYO 5</p> <p>HAIR SALON OPEN</p> <p>10:30 Tappercise Seated Tap Dance with Beryl (10:30am START TIME TODAY) (GR)</p> <p>1:00 Pet Therapy Dog Visit (FL)</p> <p>1:30 CRAFT: Make a Decorative Mexican Paper Mache Bowl (AR)</p> <p>2:30 Gin and Tonics (& Non-Alcoholic Drinks) Served on the Patio with Music by The Gypsy Kings (OUT)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Prime Video Movie: The Ron Clark Story (Primetime Emmys, 3X Nominee) (FL)</p>	<p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 6</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Flower Arranging (B)</p> <p>1:30 Play Farkle w/ Brenda (Dice Game) (GR)</p> <p>2:30 Blueberry Smoothies & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:15 15-Minute Power Fit Class Outside (OUT)</p> <p>3:30 Patio Time! (OUT)</p> <p>6:00 Prime Video Movie: Frankie and Johnny (1966, Musical River Boat Ride Starring Elvis Presley) (FL)</p>	<p>10:00 Seated Yoga with Sarah De Lucca (60 minutes) (GR) 7</p> <p>11:00 Felt & Embroidery Class (PDR)</p> <p>1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT)</p> <p>2:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</p> <p>3:00 Happy Hour: Bob Collins (Guitar/Vocals) (FL)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: Downton Abbey (New Episodes) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 8</p> <p>11:00 Van to Dim Sum at Golden Ocean Restaurant (OUT)</p> <p>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 CRAFT: Paint Your Paper Mache Bowl from Tuesday (AR)</p> <p>3:00 Kings in the Corner Card Game (FL)</p> <p>3:30 Socializing on the Patio (OUT)</p> <p>6:00 Netflix Series: The Good Doctor (Season 1, E. 3 & E. 4) (FL)</p>	<p>10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 9</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: Betty White Goes Wild! (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: Hamnet (Drama, Love and Loss) (Based on the life and death of William Shakespeare's son, blending historical events with fictionalized storytelling) (FL)</p>	
<p>MOTHER'S DAY 10</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>11:30 Mother's Day Brunch Served (DR)</p> <p>1:30 Group Walk - Meet at Reception (30 mins.) (OUT)</p> <p>2:30 Live Classical Music, Youth Musician & Artist Association (FL)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Netflix Movie: People We Meet On Vacation (Swoonworthy, Feel-Good Comedy) (PG-13) (FL)</p>	<p>10:00 Van to Walk the West Side Arbutus Greenway (W. 52 Ave. to W. 57 Ave.) (OUT) 11</p> <p>10:00 'Stretching for Seniors' Seated Fitness Class (YouTube) (GR)</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:30 Ukulele Performance by the Langara Ladies Golf Club (30-Minutes In Duration) (FL)</p> <p>2:00 PAINTING: Meet Me at The MoMA (Featuring Amy Sherald Art) (AR)</p> <p>3:00 Iced Tea Served on the Patio with Music by Neil Diamond (OUT)</p> <p>6:00 Netflix Movie: Feel My Voice (Heartfelt Comedy Drama) (FL)</p>	<p>LLL DINNER (Featuring Rhubarb) 12</p> <p>HAIR SALON OPEN</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 Educational Nurses Talk with Ayne TOPIC: Chronic Obstructive Pulmonary Disease (COPD) (GR)</p> <p>1:30 BINGO with Prizes (GR)</p> <p>2:45 15-Minute Power Fit Class Outside (OUT)</p> <p>3:00 Socializing & Coffee on the Patio (OUT)</p> <p>6:00 Netflix Movie: Eat Pray Bark (Feel-Good Comedy, Animals) (FL)</p>	<p>FOOT CARE NURSE HERE 13</p> <p>9:00 Bread Making Using The Bread Machine (PDR)</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 Play Farkle w/ Brenda (Dice Game) (GR)</p> <p>2:30 Rosemary Bread, Tea & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:30 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>6:00 Netflix Movie: Against the Ice (Brotherhood, Suspenseful) (FL)</p>	<p>10:00 Seated Yoga with Sarah De Lucca (60 minutes) (GR) 14</p> <p>11:00 Felt & Embroidery Class (PDR)</p> <p>1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT)</p> <p>2:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</p> <p>3:00 Happy Hour: John Parsons (Guitar/Vocals) (FL)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: Downton Abbey (New Episodes) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 15</p> <p>10:30 Indoor Bocce with Shirley! (FL)</p> <p>1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 TRIVIA: Destination Discovery - World Trivia & Italy! (via PowerPoint Presentation) (PDR)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: The Good Doctor (Season 1, E. 5 & E. 6) (FL)</p>	<p>10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 16</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 Netflix Documentary: Gorilla Story (Told by David Attenborough) (Captivating) (PDR)</p> <p>3:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Netflix Movie: Days of Thunder (Starring Tom Cruise) (Rousing, Slick, Sports) (FL)</p>	



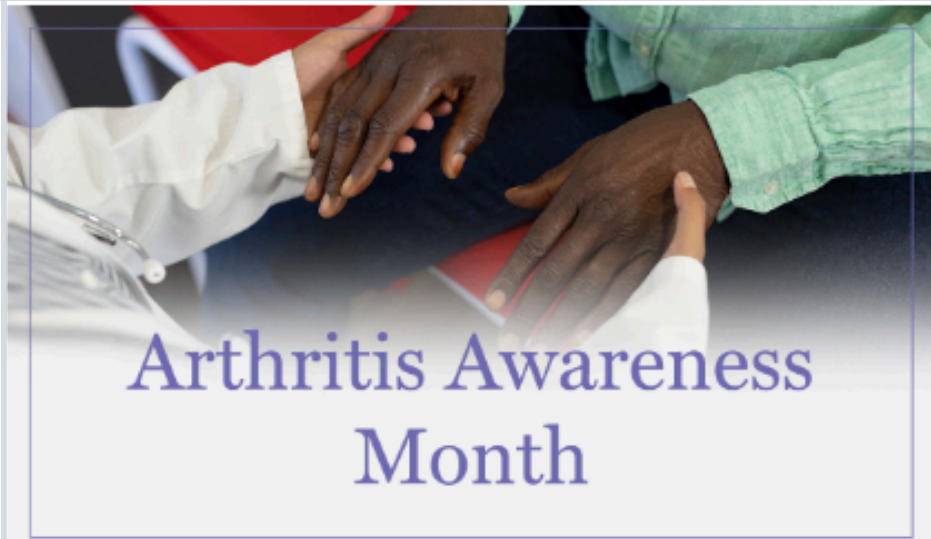
INSPIRED SENIOR LIVING

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Virtual Church Service (PDR) 17 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 Disney+ Show: Dancing with the Stars (The Pros' Most Memorable Dances) (PDR) 2:30 Group Walk - Meet at Reception (30 mins.) (OUT) 3:00 Patio Social Time! (OUT) 6:00 Netflix Movie: Dear John (Emotional, Intimate) (FL)	VICTORIA DAY STAT 18 10:00 DVD Seated Yoga Fitness Class (GR) 1:00 Neighbourhood Walk with Ayne (OUT) 1:45 Reminiscence: Revisiting Past Travels (Hand-Outs At Reception) (PDR) 2:30 Adult Colouring Sheets (in the Art Room) (AR) 3:00 Card Games (FL) 3:30 Patio Time! (OUT) 6:00 Prime Video Movie: The Music of Silence (Based on the Life of Andrea Bocelli) (FL)	HAIR SALON OPEN 19 10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 10:45 Van to Shop at Dollarama (OUT) 11:00 Flower Arranging (B) 1:00 Pet Therapy Dog Visit (FL) 1:30 BINGO with Prizes (GR) 2:30 DRINK DEMO: Aperol Spritzers & Lemoncello Spritzers (Great Room) (GR) 3:15 Socializing & Coffee in the Bistro (B) 6:00 Netflix Movie: Nothing is Impossible (Feel-Good, Inspiring, Faith) (FL)	WORLD BEE DAY 20 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) 1:30 Play Farkle w/ Brenda (Dice Game) (GR) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:15 CRAFT: World Bee Day (Quick "Bee" Craft) (PDR) 6:00 Prime Video Movie: The Secret, Dare to Dream (FL)	SEATED MESSAGES ALL DAY 21 9:30 Seated Messages Begin (Sign Up) (G) 10:00 Seated Yoga with Sarah De Lucca (60 minutes) (GR) 11:00 Felt & Embroidery Class (PDR) 1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT) 2:00 Resident General Meeting (GR) 2:30 Chef Chat with Chef Gary (30 mins.) (GR) 3:00 Happy Hour: Music Variations (Keyboard/Guitar/Vocals) (FL) 6:00 Netflix Series: Downton Abbey (New Episodes) (FL)	10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 22 10:30 Indoor Bocce with Shirley! (FL) 1:00 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 ART: Migration at Dawn (Watercolour Painting Class) (GR) 2:30 Bridge Group (FL) 2:30 15-Minute Power Fit Class Out Front, Under Cover (OUT) 3:00 Giant Crossword (30 mins.) (GR) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 1, E. 7 & E. 8) (FL)	10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 23 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (FL) 2:00 Disney+ Documentary (National Geographic): Lost in the Arctic (PDR) 3:30 Indoor Bocce with Amy! (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Clambake (1967 Musical Romp Starring Elvis Presley) (FL)
9:30 Virtual Church Service (PDR) 24 10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (35 mins.) (GR) 1:00 Disney+ Documentary: Elton John Live (Farewell from Dodger Stadium) (PDR) 2:30 Card Games (Lounge) (FL) 3:00 Group Walk - Meet at Reception (30 mins.) (OUT) 3:30 Patio Social Time! (OUT) 6:00 Netflix Movie: Top Gun (Tom Cruise At An Elite Naval Fighters School) (Adrenaline Rush, Action) (FL)	10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 25 10:45 Fit Minds (Brain Games) (PDR) 1:00 BINGO with Prizes (GR) 2:00 DRAWING: Learn to Drawn an Owl (PDR) 2:30 Body & Hand Tapping for Longevity / Holistic Self Care (Calming 8 Minutes) (YouTube) (PDR) 2:45 Screwdrivers, Gingerale or OJ Served on the Patio with Music by Frank Sinatra (OUT) 3:30 Card Games (FL) 6:00 Netflix Movie: The Children's Train (Heartfelt, Sincere, Drama) (FL)	HAIR SALON OPEN 26 WALKER WASHES TODAY 10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 11:00 Flower Arranging (B) 1:00 Get Your Walker or Cane Washed by the Managers! Donations go to Alzheimer's Society of BC (OUT) 2:30 Neighbourhood Walk with Brenda (30 mins.) (OUT) 3:00 Socializing & Coffee in the Bistro (B) 6:00 Netflix Movie: The Longest Yard (1974 Prison Sports Comedy-Drama Starring Burt Reynolds) (Rated "R") (FL)	ROOT BEER FLOATS TODAY 27 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:00 Giant Crossword (GR) 1:00 15-Minute Power Fit Class Outside (OUT) 1:30 Play Farkle w/ Brenda (Dice Game) (GR) 2:30 Root Beer Floats & Cookies Served (PDR) 2:45 Java Music Sing-a-long (PDR) 6:00 Netflix Movie: Dark Waters (Suspenseful, Conspiracy) (PG-13) (FL)	10:00 Seated Yoga with Sarah De Lucca (60 minutes) (GR) 28 11:00 Felt & Embroidery Class (PDR) 1:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT) 1:00 Wellness Clinic with Nurse Ayne (1pm - 3pm) (Sign Up) (PDR) 2:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 3:00 Happy Hour: Patrick Ray (Gershwin, Ellington, Classical 20th Century Songs) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Series: Downton Abbey (New Episodes) (FL)	ALZHEIMER'S BLOCK WALK 29 10:00 (YouTube) Seated Fitness Class (GR) 10:30 Indoor Bocce with Shirley! (FL) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Bridge Group (FL) 2:30 Alzheimer's Walk with the Managers (Neighbourhood Walk - 30 minutes) (OUT) 3:00 Patio Social Time! (OUT) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 1, E. 3 & E. 4) (FL)	10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 30 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (FL) 2:00 Disney+ Documentary: Man Among Cheetahs (PDR) 3:30 Indoor Bocce with Amy! (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Netflix Movie: Marshall (1940s Civil Rights) (PG-13, Mature Thematic Content) (FL)

RED SHIRT DAY - CANADIANS LIVING WITH DISABILITIES 31 9:30 Virtual Church Service (PDR) 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 Disney+ Show: The Great American Tag Sale with Martha Stewart (PDR) 2:00 Group Walk - Meet at Reception (30 mins.) (OUT) 3:00 Live Youth Piano School Recital in the Lounge at 3:00pm (FL) 6:00 Netflix Movie: Arrival (Sci-Fi Mystery) (PG-13) (FL)
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Arthritis Awareness Month

- Locations Legend**
- Fireplace Lounge (FL)
 - Great Room (GR)
 - Outside (OUT)
 - Private Dining Room (PDR)

- Bistro (B)
- Fine Arts Room (AR)
- Garden Lounge (GL)
- Dining room (DR)
- Games Room (G)

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