



May 2018 Granville Gardens



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|--|
| GRANVILLE GARDENS | Location Legend Garden Lounge (GL) Great Room (GR) Lobby (L) Fireplace Lounge (FL) Dining Room (DR) Games Room (G) | 9:45 Go4Life Walking Club [L] 1 10:30 🌿 Happy Heart and Circuit Class [GR] 11:15 Mental Areobics [GR] 2:00 Hymn Sing with Mitch 2:45 Tai Chi with Wayne 7:00 TV Series: The Crown [G] | 10:30 🌿 Chair Yoga with Sylvia [GR] 2 11:30 COSTCO Outing: Lunch Optional [L] 3:00 Bingo with Meghan 7:00 Classic Film [G] | 9:45 Go4Life Walking Club [L] 3 10:30 Stretch and Mobility Class [GR] 11:30 Picnic Lunch at Steveston Wharf [L] 2:30 To Go Kit: Putting it All Together [GR] 6:30 Technology Workshop with Shirsha [GR] | 10:00 🌿 Digital Storytelling Workshop [GR] 4 2:30 🎹 Piano Bar with Gail 3:00 🎵 Musical Happy Hour 7:00 🎮 Drop In Games (Mahjong) | Cinco De Mayo! 5 10:30 Yoga with Janaan 2:30 🐾 Cinco De Mayo Party! 7:00 🧠 Feature Film |
| 8:30 BMO Vancouver Marathon Cheering Station [L] 6 10:30 🎮 Bowling with Victor [GR] 2:30 🎮 Love Caravan-Presentation! [GR] 7:00 🎮 Drop-in Games: Scrabble, Rummikub | 10:30 🌿 Balance and Stability [GR] 7 11:00 😊 Chats with Teresa 1:30 Shopping Drop Off: London Drugs, Oakridge, Etc. 2:30 Dancing Class with Faye Hung [G] | 9:45 Go4Life Walking Club [L] 8 10:30 🌿 Community Walk [B] 11:15 Mental Areobics [B] 2:00 Scrabble and Afternoon Tea with Meghan [L] 2:45 Tai Chi with Wayne 7:00 TV Series: The Crown [G] | 10:30 🌿 Gentle Fit [GR] 9 11:00 Java Music Club 1:30 Outing to Jericho Beach for Ice Cream [L] 7:00 Classic Film [G] | 9:45 Go4Life Walking Club [L] 10 10:30 Osteofit with Rachel [GR] 2:00 Food Forum Meeting 3:00 Afternoon Piano Entertainment with Doug and Lynne [GR] 6:30 Technology Workshop with Shirsha [GR] | 10:00 🌿 Digital Storytelling Workshop [GR] 11 2:30 🎹 Piano Bar with Gail 3:00 🎵 Musical Happy Hour 7:00 🎮 Drop In Games (Mahjong) | 1:30 Scrabble or Bridge Group 2:00 Community Walk [L] 7:00 🧠 Feature Film |
| Mother's Day! 13 11:00 🎮 Mothers Day Brunch! 2:30 🎮 Ladies Spa [GR] 7:00 🎮 Drop-in Games: Scrabble, Rummikub | 10:30 🌿 Chair Yoga with Sylvia [GR] 14 11:00 😊 Chats with Teresa 2:30 Spring Entertainment with Brandon and Glen [G] | 9:45 Go4Life Walking Club [L] 15 10:30 🌿 Happy Heart and Circuit Class [GR] 11:15 Mental Areobics [GR] 2:00 Gardening and Afternoon Tea with Meghan [L] 2:45 Tai Chi with Wayne 7:00 Yoga and Meditation with Janaan [G] | 10:30 🌿 Chair Yoga with Sylvia [GR] 16 2:00 Scenic Drive with Stop at Deep Cove 7:00 Classic Film [G] | 9:45 Go4Life Walking Club [L] 17 10:30 Stretch and Mobility Class [GR] 2:30 Big Bike Ride for Heart and Stroke [L] 6:30 Technology Workshop with Shirsha [GR] 7:00 🎭 Mother's Day Show with Gail [GR] | 10:00 🌿 Digital Storytelling Workshop [GR] 18 11:00 Remedy's Bowel Management Education Session 2:30 🎵 Musical BINGO with Gail 7:00 🎮 Drop In Games (Mahjong) | 11:00 Community Walk 1:30 Scrabble or Bridge Group 2:00 Zumba with Jennifer 7:00 🧠 Feature Film |
| 2:30 🎮 Bingo! [GR] 20 7:00 🎮 Drop-in Games: Scrabble, Rummikub | Victoria Day 21 10:30 🌿 Laughter Yoga [GR] 11:00 😊 Chats with Teresa 2:00 Shopping Drop Off: London Drugs, Oakridge, Etc. [L] | 9:45 Go4Life Walking Club [L] 22 10:30 🌿 Happy Heart and Circuit Class [GR] 11:15 Mental Areobics [GR] 2:00 Gardening and Afternoon Tea with Meghan [L] 2:45 Tai Chi with Wayne 7:00 TV Series: The Crown [G] | 10:30 🌿 Gentle Fit [GR] 23 11:00 ☀️ Java Music Club 2:00 Resident Advisory Meeting 7:00 Classic Film [G] | 9:45 Go4Life Walking Club [L] 24 10:30 Stretch and Mobility Class [GR] 2:00 Birthday Tea with Brian Gimbel [L] 6:30 Technology Workshop with Shirsha [GR] | 10:00 🌿 Digital Storytelling Workshop [GR] 25 2:30 🎹 Piano Bar with Gail 3:00 🎵 Musical Happy Hour 7:00 🎮 Drop In Games (Mahjong) | 1:30 Scrabble or Bridge Group 2:00 Zumba with Jennifer [GR] 2:00 Community Walk 7:00 🧠 Feature Film |
| 2:30 🎮 Bingo! [GR] 27 7:00 🎮 Drop-in Games: Scrabble, Rummikub | 10:30 🌿 Balance and Stability [GR] 28 11:00 😊 Chats with Teresa 2:30 Dancing Class with Faye Hung [G] 3:30 Scrabble and Smoothies with Meghan | 9:45 Go4Life Walking Club [L] 29 10:30 🌿 Happy Heart and Circuit Class [GR] 11:15 Mental Areobics [GR] 2:30 Afternoon Entertainment with Greg Alcock 7:00 TV Series: The Crown [G] | 10:30 🌿 Chair Yoga with Sylvia [GR] 30 2:00 Creative Expressions with Sandra 3:00 Trivia and Smoothies 7:00 Classic Film [G] | 9:45 Go4Life Walking Club [L] 31 10:30 Stretch and Mobility Class [GR] 6:30 DIGITAL STORYTELLING: Movie Showing! [GR] | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: left;"> <p>😊 Emotional</p> <p>🧠 Intellectual</p> <p>🌿 Physical</p> <p>🎯 Purposeful</p> <p>🎮 Social</p> <p>☀️ Spiritual</p> </div> </div> | |