











INSPIRED SENIOR LIVING



# March 2023 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>9:30 NBC Sports <b>5</b></p> <p>10:30 Virtual Church Service</p> <p>1:30 BINGO with Wendy!</p> <p>3:00 "One Key" Live Youth Performance @ 3pm</p> <p>4:00 Go 4 Life Walking Club</p> <p>6:00 Prime Movie: The Lost City</p> <p>6:30 Dominoes and Card Games</p>	<p>10:00 Tai Chi with Eric Liu <b>6</b></p> <p>11:00 Fit Minds (Brain Games)</p> <p>1:45 Van to Shopping in Kerrisdale W. 41 Ave. (1 hour)</p> <p>3:00 Go 4 Life Walking Group</p> <p>3:30 15-Minute Power Fit Class Out front, Under Cover</p> <p>6:00 Prime Movie: Becoming Jane</p> <p>6:30 Working on the Jigsaw Puzzle</p>	<p>Pi Day <b>7</b></p> <p>Nat'l Be Heard Day</p> <p>10:30 Functional Fitness (10:30am)</p> <p>11:00 The Vinyl Cafe Stuart McLean</p> <p>1:30 Hymn Sing with Pastor Lee</p> <p>3:00 15-Minute Power Fit Class Out front, Under Cover</p> <p>6:00 Prime Movie: After The Storm</p>	<p>HAIR SALON OPEN <b>1</b></p> <p>10:00 Let's Get Movin' with Michel!</p> <p>1:30 Chef's Demo by Cindy - Small Bites, Big Flavours!</p> <p>3:00 BINGO with Cindy!</p> <p>6:00 Netflix TV Series: Due South (Season 2)</p> <p>6:30 Working on the Jigsaw Puzzle</p>	<p>Nat'l Banana Cream Pie Day <b>2</b></p> <p>10:00 Gentle Fitness with Brenda (Hands, Wrists &amp; Grip Strengthening)</p> <p>10:30 Meet Me At The MoMa-Painting</p> <p>2:00 Monthly Life Enrichment Meeting</p> <p>3:00 Happy Hour: John Dean</p> <p>6:00 Prime Movie: In-Lawfully Yours</p> <p>6:30 Scrabble in the Games Room</p>	<p>Nat'l Employee Appreciation Day <b>3</b></p> <p>10:00 DRUM FIT Class to Music</p> <p>11:00 Java Music &amp; Discussion</p> <p>2:30 Baby Shower for Tim (She's due in April)</p> <p>6:00 Prime Movie: Edie</p> <p>6:30 Paint By Numbers for Adults</p>	<p>10:30 Fitness Video (DVD) <b>4</b></p> <p>1:00 Prime Documentary: Happy People</p> <p>2:00 Short Stories with Ashvin - Reading Out Loud</p> <p>3:30 Go 4 Life Walking Club</p> <p>6:00 Prime Movie: Shotgun Wedding</p> <p>6:30 Dominoes and Card Games</p>
<p>9:30 NBC Sports <b>12</b></p> <p>10:30 Virtual Church Service</p> <p>1:30 BINGO with Brenda!</p> <p>2:30 Live Classical Music, Youth Musician &amp; Artist Association</p> <p>3:00 Go 4 Life Walking Club</p> <p>6:00 Prime Movie: Young Guns</p> <p>6:30 Dominoes and Card Games</p>	<p>10:00 Tai Chi with Eric Liu <b>13</b></p> <p>11:00 Java Music &amp; Discussion</p> <p>1:30 Van Trip - Scenic Drive to Spanish Banks</p> <p>3:00 Go 4 Life Walking Group</p> <p>3:30 Fit Minds (Brain Games)</p> <p>6:00 Prime Movie: Sommersby</p> 	<p>10:30 Functional Fitness (10:30am) <b>14</b></p> <p>11:00 Relaxation Meditation Session</p> <p>1:30 Hymn Sing with Pastor Lee</p> <p>2:30 Pet Therapy Dog Visit</p> <p>3:00 ART: Acrylics on Canvas: "Irish Countryside" Painting Tutorial</p> <p>6:00 Prime Movie: The Way</p> 	<p>HAIR SALON OPEN <b>15</b></p> <p>10:00 Let's Get Movin' with Michel!</p> <p>10:00 Van Shuttle Service</p> <p>2:00 BINGO!</p> <p>3:00 Tea &amp; Treats Cart</p> <p>6:00 Netflix TV Series: Due South (Season 2)</p> <p>6:30 Working on the Jigsaw Puzzle</p>	<p>10:00 Gentle Fitness with Brenda <b>16</b></p> <p>11:00 Relaxation Meditation Session</p> <p>1:00 Go 4 Life Walking Group</p> <p>2:00 Resident General Meeting</p> <p>3:00 Happy Hour: Bob Collins (Guitar &amp; Vocals)</p> <p>6:00 Prime Movie: Road Less Traveled</p> <p>6:30 Scrabble in the Games Room</p>	<p>St. Patrick's Day/Wear Green Today! <b>17</b></p> <p>10:00 DRUM FIT Class to Music</p> <p>10:30 CRAFT: Paint &amp; Yarn Wrapped Whimsical Sticks for Planters</p> <p>1:30 Hymn Sing with Pastor Lee</p> <p>3:00 Baileys Irish Cream, Guinness, Irish Music &amp; Trivia</p> <p>6:00 Prime Movie: A Knight's Tale</p> <p>6:30 Paint By Numbers for Adults</p>	<p>10:30 Fitness Video (DVD) <b>18</b></p> <p>1:00 Go 4 Life Walking Group</p> <p>1:30 Disney+ Matinee: Glory Road</p> <p>3:00 Chef's Demo by Cindy - Small Bites, Big Flavours!</p> <p>6:00 Prime Movie: Love on Safari</p> <p>6:30 Dominoes and Card Games</p>
<p>9:30 NBC Sports <b>19</b></p> <p>10:30 Virtual Church Service</p> <p>2:00 Prime Documentary: Wildcat</p> <p>3:00 Go 4 Life Walking Club</p> <p>6:00 Prime Movie: City of Joy</p> <p>6:30 Dominoes and Card Games</p> 	<p>FIRST DAY OF SPRING <b>20</b></p> <p>10:00 Tai Chi with Eric Liu</p> <p>1:00 Van to Tour the Buddhist Temple in Steveston (Guan-Yin Temple)</p> <p>1:30 Prime Movie: A Street Cat Named Bob</p> <p>3:00 Go 4 Life Walking Group</p> <p>6:00 Prime Movie: Greenfingers</p> <p>6:30 Paint By Numbers for Adults</p>	<p>10:30 Functional Fitness (10:30am) <b>21</b></p> <p>11:00 Fit Minds (Brain Games)</p> <p>1:30 Hymn Sing with Pastor Lee</p> <p>2:30 Go 4 Life Walking Group</p> <p>6:00 Prime Movie: Unbroken</p> <p>6:30 Working on the Jigsaw Puzzle</p> 	<p>HAIR SALON OPEN <b>22</b></p> <p>10:00 Let's Get Movin' with Michel!</p> <p>10:00 Van Shuttle Service</p> <p>2:00 BINGO!</p> <p>3:00 Fresh Fruit Smoothies Served</p> <p>3:30 Book Club Meeting</p> <p>6:00 Netflix TV Series: Due South (Season 2)</p>	<p>Ramadan Starts <b>23</b></p> <p>10:00 Gentle Fitness with Brenda</p> <p>11:00 Watch Dance Compilations (Waltz, Swing, Jive, Tap)</p> <p>2:00 Java Music &amp; Discussion</p> <p>3:00 Happy Hour: Peter Williams (Piano &amp; Vocals)</p> <p>6:00 Prime Movie: Come Away Home</p> <p>6:30 Scrabble in the Games Room</p>	<p>CRUISE WEEK AHEAD! <b>24</b></p> <p>10:00 DRUM FIT Class to Music</p> <p>11:00 Fit Minds (Brain Games)</p> <p>1:30 Hymn Sing with Pastor Lee</p> <p>2:45 15-Minute Power Fit Class Out front, Under Cover</p> <p>4:30 CRUISE WELCOME DINNER &amp; PHOTO BOOTH</p> <p>6:00 Prime Movie: Princess Grace</p>	<p>VERVE OPEN HOUSE <b>25</b></p> <p>10:30 SEATED YOGA CLASS WITH SARAH DE LUCCA</p> <p>1:30 The Suede Dogs Perform Live @ 1:30pm!</p> <p>2:30 DRUM FIT Class to Music with Brenda</p> <p>3:00 CRAFT: Wine Bottle Lanterns</p> <p>6:00 Prime Movie: The Perfect Game</p> <p>6:30 Dominoes and Card Games</p>
<p>9:30 NBC Sports <b>26</b></p> <p>10:30 Virtual Church Service</p> <p>11:00 Go 4 Life Walking Group</p> <p>1:30 BINGO with Neil!</p> <p>3:00 VanString Youth Orchestra</p> <p>6:00 Prime Movie: Stranded in Paradise</p> <p>6:30 Dominoes and Card Games</p>	<p>10:00 Tai Chi with Eric Liu <b>27</b></p> <p>2:00 Udo's Travel Show: Paris</p> <p>3:00 Adult Mosaic Colouring &amp; Painting</p> <p>3:30 Go 4 Life Walking Group</p> <p>6:00 Prime Movie: The Face of Love</p> <p>6:30 Scrabble in the Games Room</p> 	<p>PORT OF CALL - JAMAICA! <b>28</b></p> <p>10:30 Functional Fitness (10:30am)</p> <p>12:00 Steel Drum Performance- Jamaica Themed for Cruise Week!</p> <p>1:30 Hymn Sing with Pastor Lee</p> <p>2:30 Pet Therapy Dog Visit</p> <p>4:30 Living Loving Local, Farm To Table Dinner Tonight</p> <p>6:00 Prime Movie: About Time</p>	<p>HAIR SALON OPEN <b>29</b></p> <p>PORT OF CALL - MEXICO!</p> <p>10:00 Let's Get Movin' with Michel!</p> <p>10:00 Van Shuttle Service</p> <p>2:00 BINGO!</p> <p>3:00 Churros &amp; Tropical Drink Demo with Chef Michael!</p> <p>6:00 Netflix TV Series: Due South (Season 2)</p>	<p>FINALE DINNER <b>30</b></p> <p>10:00 Gentle Fitness with Brenda</p> <p>10:30 Van to Shoppers Drug Mart (20% Off Seniors Day)</p> <p>2:00 Fit Minds (Brain Games)</p> <p>3:00 Birthday &amp; Welcome Happy Hour: Ranj Singh</p> <p>4:30 Finale Cruise Dinner!</p> <p>6:00 Prime Movie: Saved by Grace</p>	<p>10:00 DRUM FIT Class to Music <b>31</b></p> <p>11:00 Relaxation/Meditation Session</p> <p>1:30 Hymn Sing with Pastor Lee</p> <p>2:00 Wellness Clinic with Heidi (BP &amp; Weight)</p> <p>2:30 Chocolate Fondue Dipped Strawberries &amp; Pineapple</p> <p>6:00 Prime Movie: Bruce Almighty</p> <p>6:30 Paint By Numbers for Adults</p>	