



INSPIRED SENIOR LIVING

August 2024 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY AUG 4 Friendship Day</p>		 <p>THURSDAY AUG 8 National Cat Day</p>		<p>SUMMER OLYMPICS! 1</p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT)</p> <p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>1:00 Monthly Life Enrichment Meeting - Discuss Programs & Outings (PDR)</p> <p>1:30 DRUM FIT to Music w/ Brenda (GR)</p> <p>2:00 Olympic Shot Put Game (FL)</p> <p>3:00 Happy Hour: Peter Williams (Piano/Vocals) (FL)</p> <p>6:00 Disney+ Movie: Young Woman at Sea (FL)</p>	<p>NAT'L ICE CREAM SANDWICH DAY 2</p> <p>10:00 SEATED YOGA CLASS WITH SARAH DE LUCCA (GR)</p> <p>1:00 Seated Air Boxing Cardio to Music w/ Brenda (25 mins.) (GR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Olympic Jenga Game! (FL)</p> <p>3:00 Ice Cream Bars Served with Music by Patti Page (OUT)</p> <p>4:00 Kings in the Corner Card Games (FL)</p> <p>6:00 Disney+ Movie: Angels in the Outfield (FL)</p>	<p>NATIONAL WATERMELON DAY 3</p> <p>10:30 DVD Fitness ("Sit and Be Fit" Arthritis Award-Winning) (GR)</p> <p>1:30 BINGO with Raymond! (GR)</p> <p>2:00 Mahjong (2pm - 4pm) (G)</p> <p>3:00 Netflix Travel Documentary: Somebody Feed Phil (Travel, Cuisine & Adventure, Witty) (S.2, E.5 & 6) Cape Town & New York City (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: Sister Act (FL)</p>
<p>NAT'L FRIENDSHIP DAY 4</p> <p>9:30 Virtual Church Service (PDR)</p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:00 Disney+/Nat Geo Documentary: Lost Treasures of Egypt (FL)</p> <p>2:30 Group Walk - Meet at Reception and Walk Together (OUT)</p> <p>3:30 Socializing - Meet New Friends Out On the Patio (OUT)</p> <p>6:00 Disney+ Movie: The Secret Life of Bees (FL)</p>	<p>BC DAY - CIVIC HOLIDAY 5</p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>11:00 Card Games in the Lounge (FL)</p> <p>1:30 BINGO with our Volunteer, Raymond! (GR)</p> <p>2:30 Group Neighbourhood Walk - Meet at Reception and Walk Together (OUT)</p> <p>3:30 Scrabble Board Game (G)</p> <p>6:00 Netflix Movie: Hunt for the Wilderpeople (Heart-Warming, Funny, New Zealand) (FL)</p>	<p>LLL DINNER 6</p> <p>10:00 Functional Fitness w/ Brenda (Hand Weights) (GR)</p> <p>11:00 Group Walk with Volunteer, Rachel (30 mins) (OUT)</p> <p>11:30 BBQ Lunch Celebrating 'Best Managed Company' Award (OUT)</p> <p>1:00 15-Minute Power Fit Class to Music (OUT)</p> <p>1:30 Educational Talk: The American Election and the Consequences (Christopher Hebb) (GR)</p> <p>2:30 Orange Crush & Root Beer Floats (OUT)</p> <p>4:30 Living Loving Local, Farm To Table Dinner (DR)</p> <p>6:00 Disney+ Movie: Ready to Run (FL)</p>	<p>HAIR SALON OPEN FOOT CARE NURSE 7</p> <p>10:00 Seated Fitness Class (DVD) (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Van to Swimming & the Public Library (OUT)</p> <p>2:00 Java Music Sing-a-long (PDR)</p> <p>2:30 Tea & Crumpets Served w/ Butter & Jam (B)</p> <p>2:45 Fit Minds (PDR)</p> <p>3:00 Bridge Group (FL)</p> <p>3:30 Flower Arranging (B)</p> <p>6:00 Disney+ TV Series: Golden Girls (Season 1, E. 1 & 2) (FL)</p>	<p>NAT'L CAT DAY 8</p> <p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT)</p> <p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>1:30 DRUM FIT to Music w/ Brenda (GR)</p> <p>2:00 Outdoor Drawing & Sketching w/ Brenda: Mushrooms (Funghi) (AR)</p> <p>3:00 Happy Hour: Ranj Singh (Guitar/Vocals) (FL)</p> <p>6:00 Disney+ Movie: Down and Out in Beverly Hills (Comedy) (FL)</p>	<p>WORLD INDIGENOUS DAY 9</p> <p>10:00 SEATED YOGA CLASS WITH SARAH DE LUCCA (GR)</p> <p>11:45 Van to Lunch at Bufala Pizzeria (Kerrisdale) (OUT)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 BINGO with Raymond! (GR)</p> <p>3:30 Painting Class: "Duchess Pears" Using Acrylics (FL)</p> <p>4:00 Card Games (FL)</p> <p>6:00 DVD Movie: The Magnificent Seven (1960, Yul Brenner & Steve McQueen) (FL)</p>	<p>10:30 DVD Fitness ("Sit and Be Fit" Arthritis Award-Winning) (GR)</p> <p>1:30 BINGO with our Volunteer, Raymond! (GR)</p> <p>2:00 Mahjong (2pm - 4pm) (G)</p> <p>2:30 Card Games (FL)</p> <p>3:00 Netflix Travel Documentary: Somebody Feed Phil (Travel, Cuisine & Adventure, Witty) (S.3, E.1 & 2) Marrakesh & Chicago (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: The Sound of Music (FL)</p>
<p>9:30 Virtual Church Service (PDR) 11</p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:00 Disney+/Nat Geo Documentary: Secrets of the Octopus (FL)</p> <p>2:30 Group Walk - Meet at Reception and Walk Together (OUT)</p> <p>3:30 Socializing on the Patio (OUT)</p> <p>6:00 Disney+ Movie: Big Trouble (Comedy) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) 12</p> <p>11:00 ART: Drawing/Sketching "Watermelon Slice" Using Oil Pastels (AR)</p> <p>1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR)</p> <p>1:30 Meet Me At The MoMa Painting (GR)</p> <p>3:00 Traditional Chinese Folk Dancers Perform Live in our Lounge (30 mins.) (FL)</p> <p>3:30 Card Games in the Lounge (FL)</p> <p>6:00 Disney+ Movie: Splash! (FL)</p>	<p>10:00 30-Minute Functional Fitness w/ Brenda (Hand Weights) (GR) 13</p> <p>11:00 Group Walk with Volunteer, Rachel (30 mins) (OUT)</p> <p>1:30 Flower Arranging (B)</p> <p>2:00 Fit Minds, Trivia & Word Games (PDR)</p> <p>2:30 Caesars (Clamato/Vodka) & Mocktails w/ Celery Sticks & Lemon Wedges (OUT)</p> <p>3:15 15-Minute Power Fit Class to Music (OUT)</p> <p>6:00 Disney+ Movie: The Martian (Drama) (FL)</p>	<p>HAIR SALON OPEN 14</p> <p>10:00 Seated Fitness Class (DVD) (GR)</p> <p>11:00 Hedbanz Game w/ Brenda (FL)</p> <p>1:00 Van to Swimming & the Public Library (OUT)</p> <p>2:30 Potato Chip Tasting Event (Try 3 New Flavours) (GR)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:00 Bridge Group (FL)</p> <p>3:15 20-Minute Guided Meditation-Relaxation Circle via Audio (PDR)</p> <p>6:00 Disney+ Series: Golden Girls (Season 1, E. 3 & 4) (FL)</p>	<p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR) 15</p> <p>10:00 Local Kerrisdale Van Shuttle (London Drugs & Starbucks) (OUT)</p> <p>1:00 DRUM FIT to Music w/ Brenda (1:00pm Start Time Today) (GR)</p> <p>2:00 Resident General Meeting (GR)</p> <p>3:00 Happy Hour: Luke Sandford (Piano/Vocals) *NEW* (FL)</p> <p>6:00 Disney+ Movie: Pearl Harbour (FL)</p>	<p>10:00 SEATED YOGA CLASS WITH SARAH DE LUCCA (GR) 16</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Ice Cream Bars & Popsicles Served on the Patio (OUT)</p> <p>3:00 Card Games in the Lounge (FL)</p> <p>3:15 Go 4 Life Walk (Resident-led, Meet @ Reception) 3:15pm (OUT)</p> <p>6:00 Disney+ Movie: The Incredibles (Animation, Action, Humour) (FL)</p>	<p>10:30 DVD Fitness ("Sit and Be Fit" Arthritis Award-Winning) (GR) 17</p> <p>1:30 BINGO with our Volunteer, Raymond! (GR)</p> <p>2:00 Mahjong (2pm - 4pm) (G)</p> <p>2:30 Card Games (FL)</p> <p>3:00 Netflix Travel Documentary: Somebody Feed Phil (Travel, Cuisine & Adventure, Witty) (S.3, E.3 & 4) London & Seoul (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: Walk The Line (Music/Biographical/Romance) (FL)</p>



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<p>9:30 Virtual Church Service (PDR) 18</p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:00 Disney+ Documentary: Jim Henson "Idea Man" (FL)</p> <p>2:30 Group Walk - Meet at Reception and Walk Together (OUT)</p> <p>3:30 Socializing on the Patio (OUT)</p> <p>6:00 Disney+ Movie: Iron Will (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) 19</p> <p>11:00 Patio Time - Socializing on the Patio Before Lunch (OUT)</p> <p>1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR)</p> <p>2:00 Card Games in the Lounge (FL)</p> <p>3:00 CRAFT: Decoupage Pots Using Napkins w/ Jennifer (AR)</p> <p>4:00 Go 4 Life Walk (OUT)</p> <p>6:00 Disney+ Movie: The Pacifier (Comedy) (FL)</p>	<p>10:00 DVD Fitness Class (GR) 20</p> <p>11:00 Group Walk with Volunteer, Rachel (30 mins) (OUT)</p> <p>1:00 Bread Making Using The Bread Machine (PDR)</p> <p>1:30 Flower Arranging (B)</p> <p>2:00 Hand Sewing Using Felt Fabric & Embroidery Thread (Resident-Led Sewing Program) (GR)</p> <p>3:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Disney+ Movie: Encanto (2021 Animated Musical Fantasy) (FL)</p>	<p>HAIR SALON OPEN 21</p> <p>NAT'L SENIOR CITIZEN DAY</p> <p>10:00 VAN TRIP to Van Dusen Gardens (Seniors \$9.65 plus GST)(10am - 12pm) (OUT)</p> <p>10:00 Seated Fitness Class (DVD) (GR)</p> <p>1:00 Van to Swimming & the Public Library (OUT)</p> <p>2:30 Tea & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:00 Bridge Group (FL)</p> <p>3:30 Book Club Meeting (in the Great Room) (GR)</p> <p>6:00 Disney+ Series: Golden Girls (Season 1, E. 5 & 6) (FL)</p>	<p>10:00 Local Kerrisdale Van Shuttle (Drop Off & Pick Up) (OUT) 22</p> <p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>11:30 Country Western BBQ Lunch (11:30am-1:00pm) (OUT)</p> <p>1:00 CRAFT: Tie Dye Coffee Filter Mobiles-Let's Get Groovy! (AR)</p> <p>2:00 DRUM FIT to Music w/ Brenda (GR)</p> <p>3:00 "Country" Happy Hour: Randy & Jeff Duo (Country, Harmonies, Country Blues) (FL)</p> <p>6:00 Disney + Sports Documentary: Be Water (Martial Artist, Bruce Lee) (FL)</p>	<p>10:00 SEATED YOGA CLASS WITH SARAH DE LUCCA (GR) 23</p> <p>11:00 CRAFT: Make & Paint a Clay Pot Lighthouse (AR)</p> <p>1:00 Fit Minds (PDR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Meet Me At The MoMa Painting (AR)</p> <p>3:30 15-Minute Power Fit Class to Music (OUT)</p> <p>3:45 Card Games in the Lounge (FL)</p> <p>6:00 Prime Video Movie: Captain Fantastic (Inspiring & Thought-Provoking) (FL)</p>	<p>10:30 Tappercise (Seated Tap Dance Class) to Music (GR) 24</p> <p>1:30 BINGO with Raymond! (GR)</p> <p>2:00 Mahjong (2pm - 4pm) (G)</p> <p>2:30 Card Games (FL)</p> <p>2:30 Technology Assistance with Rachel (iPad, iPhone, Laptops) (2:30pm - 4pm) (PDR)</p> <p>3:00 Netflix Travel Documentary: Somebody Feed Phil (Travel, Cuisine & Adventure, Witty) (S.3, E.5) Montreal (FL)</p> <p>3:30 Go 4 Life Walking Club (OUT)</p> <p>6:00 Prime Video Movie: 50/50 (Drama, Challenging) (FL)</p>
<p>9:30 Virtual Church Service (PDR) 25</p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>2:00 Disney+/Nat Geo Documentary: Welcome to Wrexham (Soccer) (FL)</p> <p>2:30 Group Walk - Meet at Reception and Walk Together (OUT)</p> <p>3:30 Socializing on the Patio (OUT)</p> <p>6:00 Prime Video Movie: The Company of Strangers (Emotional, Feel-Good, Funny) (FL)</p>	<p>NAT'L DOG DAY 26</p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>11:00 Van to Dim Sum at Golden Ocean Restaurant (OUT)</p> <p>1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR)</p> <p>2:00 PODCAST CLUB *NEW* Listen to a Podcast w/ Brenda & Group Discussion to Follow (AR)</p> <p>3:30 Card Games in the Lounge (FL)</p> <p>4:00 Go 4 Life Walk (OUT)</p> <p>6:00 Disney+ Movie: Edward Scissorhands (Johnny Depp, 1990) (FL)</p>	<p>10:00 DVD Fitness Class (GR) 27</p> <p>11:00 Group Walk with Volunteer, Rachel (30 mins) (OUT)</p> <p>1:00 Fit Minds (PDR)</p> <p>1:30 Flower Arranging (B)</p> <p>2:00 NO BAKE: Make Healthy Dog Biscuits to Gift Your Friends with Dogs! (GR)</p> <p>3:00 Giant Crossword (GR)</p> <p>3:30 15-Minute Power Fit Class to Music (OUT)</p> <p>6:00 Prime Video Movie: The Farewell (English & Mandarin)(Nominated for 2 Awards Including Best Foreign Language Film) (FL)</p>	<p>HAIR SALON OPEN 28</p> <p>NAT'L RED WINE DAY</p> <p>10:00 Seated Fitness Class (DVD) (GR)</p> <p>11:00 Hedbanz Game w/ Brenda (FL)</p> <p>1:00 Van to Swimming & the Public Library (OUT)</p> <p>2:30 Tea & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:00 Bridge Group (FL)</p> <p>3:15 Growing Microgreens (Radish & Broccoli Microgreens) Demonstration & Talk/Harvesting (PDR)</p> <p>6:00 Disney+ Series: Golden Girls (Season 1, E. 7 & 8) (FL)</p>	<p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR) 29</p> <p>10:00 Local Van Shuttle - Starbucks & Shoppers Drug Mart Kerrisdale (20% off Seniors Day) (OUT)</p> <p>1:30 Resident General Meeting (GR)</p> <p>3:00 Happy Hour: Matthew Ma (Classical Piano) (OUT)</p> <p>4:00 Card Games (FL)</p> <p>6:00 Disney+ Movie: Saving Mr. Banks (2013) (FL)</p>	<p>10:00 Chair Yoga: DVD (GR) 30</p> <p>11:00 Card Games in the Lounge (FL)</p> <p>1:00 DRUM FIT to Music w/ Brenda (GR)</p> <p>1:00 Wellness Clinic w/ Ayne (1pm - 3pm) (PDR)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Meet Me At The MoMa Painting (AR)</p> <p>6:00 Disney+ Movie: The Parent Trap (1998) (FL)</p>	<p>EAT OUTSIDE DAY 31</p> <p>10:30 Tappercise (Seated Tap Dance Class) to Music (GR)</p> <p>1:30 BINGO with our Volunteer, Raymond! (GR)</p> <p>2:00 Mahjong (2pm - 4pm) (G)</p> <p>2:30 Card Games (FL)</p> <p>3:00 Netflix Travel Documentary: Somebody Feed Phil (Travel, Cuisine & Adventure, Witty) (S.4, E.1 & 2) Rio de Janeiro & San Francisco (FL)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Disney+ Movie: Raiders of the Lost Ark (1981, Harrison Ford) (FL)</p>



Be Vibrant

Locations Legend

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

Calendar Legend

- Outing
- Special Program
- Senior Olympics
- Living, Loving, Local
- Artful Enrichment
- Drumfit