




INSPIRED SENIOR LIVING

October 2024 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THURSDAY OCT 10</p> <p>World Mental Health Day</p>		<p>BREAST CANCER AWARENESS MONTH 1</p> <p>FOOT CARE NURSE ON-SITE</p> <p>10:00 Gentle Chair Exercises for Seniors (YouTube) (GR)</p> <p>10:00 Van to Walk The Arbutus Greenway (OUT)</p> <p>11:00 Monthly Life Enrichment Meeting - Discuss October (PDR)</p> <p>1:30 Card Games (FL)</p> <p>2:30 15-Minute Power Fit (OUT)</p> <p>3:00 Pet Therapy Visit (Lounge) (FL)</p> <p>4:30 Living Loving Local, Farm To Table Dinner (GR)</p> <p>6:00 DVD Movie: The Bells of St. Mary's (Bing Crosby & Ingrid Bergman) (FL)</p>	<p>HAIR SALON OPEN 2</p> <p>10:00 Lets Get Moving Fitness Class with Michel (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 Van to the Public Library & Indoor Swimming Pool (OUT)</p> <p>2:00 Discuss Pavle's Trip to China (PDR)</p> <p>2:30 Chinese Black 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 BINGO with Prizes! (GR)</p> <p>6:00 Netflix TV Series: Virgin River (Season 5, Episodes 9 & 10) (FL)</p>	<p>ACTIVE SENIORS WEEK (Oct. 1 - 7) 3</p> <p>10:00 Local Kerrisdale Van Shuttle (OUT)</p> <p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>11:00 Jenga (Wood Stacking Table Game) (FL)</p> <p>1:30 DRUM FIT Exercise Class to Music (GR)</p> <p>2:00 TED Talk: "Growing Old is a Blessing" (TED = Technology Entertainment & Design) (GR)</p> <p>3:00 Happy Hour: Liz & Steve Alexander (Guitar/Vocals) (FL)</p> <p>6:00 DVD Movie: Shirley Valentine (FL)</p>	<p>10:00 Seated Chair Yoga with Sarah de Lucca (GR) 4</p> <p>1:00 Card Games (FL)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Card Games (FL)</p> <p>3:15 CRAFT: Hand Sewing Class (Beginners Welcome) (AR)</p> <p>3:30 Play Chess with Krish (GR)</p> <p>3:30 Knitting Group Meets (Lounge) (FL)</p> <p>6:00 DVD Movie: The African Queen (Katharine Hepburn & Humphry Bogart) (FL)</p>	<p>10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 5</p> <p>1:00 Netflix Documentary: Somebody Feed Phil (Travel, Cuisine & Adventure, Witty) (S.5, E.4) Portland (FL)</p> <p>1:30 Go 4 Life Walking Club (OUT)</p> <p>2:30 Mahjong (2:30pm - 4:30pm) (G)</p> <p>3:00 OneKey Youth Classical Music Performance (Piano, Cello, Violin) (FL)</p> <p>4:00 Card Games (FL)</p> <p>6:00 DVD Movie: The Object of My Affection (Paul Rudd & Jennifer Aniston) (FL)</p>
	<p>9:30 Virtual Church Service (PDR) 6</p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>1:00 Netflix Documentary: Our Great National Parks (FL)</p> <p>2:30 Group Walk - Meet at Reception and Walk Together (OUT)</p> <p>3:30 Card Games (FL)</p> <p>6:00 DVD Movie: The Big Sleep (Lauren Bacall & Humphrey Bogart) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) 7</p> <p>11:00 Fit Minds (PDR)</p> <p>1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR)</p> <p>1:30 Educational Nurse Talk - Topic: Diabetes, Signs Symptoms & Management (GR)</p> <p>2:30 CRAFT: Make 'Pony Bead Corn' for Fall Display (AR)</p> <p>3:30 Bean Bag Toss Game (FL)</p> <p>4:00 Go 4 Life Walk (OUT)</p> <p>6:00 DVD Movie: Stand By Me (FL)</p>	<p>10:00 Seated Functional Fitness w/ Brenda (45 Minutes)(Warm Up, Cardio, Hand Weights, Cool Down) (GR) 8</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 CRAFT: Make & Stuff a Scarecrow! (PDR)</p> <p>2:00 Meet Me At The MoMa Painting (AR)</p> <p>3:00 15-Minute Power Fit Class to Music (OUT)</p> <p>3:30 Giant Crossword (GR)</p> <p>6:00 DVD Movie: Going My Way (Bing Crosby) (7 Academy Awards & Best Picture 1944) (FL)</p>	<p>HAIR SALON OPEN 9</p> <p>9:30 Make Rosemary Bread in the Bread Machine (PDR)</p> <p>10:00 Lets Get Moving Fitness Class with Michel (GR)</p> <p>1:00 Hearing Clinic On-Site (Hearing Testing/Hearing Aid Cleaning) (1:00pm - 3:30pm) (PDR)</p> <p>2:30 Tea, Rosemary Bread & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:00 Bridge Group (FL)</p> <p>3:30 BINGO with Prizes! (GR)</p> <p>6:00 Netflix TV Series: Virgin River (Season 5, Episode 11 & Final Episode 12) (FL)</p>	<p>10:00 Local Kerrisdale Van Shuttle (OUT) 10</p> <p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>11:00 Hedbanz Game w/ Brenda (FL)</p> <p>1:30 DRUM FIT Exercise Class to Music (GR)</p> <p>2:00 CRAFT: Make Pony Bead Corn on the Cob Craft (AR)</p> <p>3:00 Happy Hour: Randy & Jeff Duo (Country, Harmonies, Country Blues) (FL)</p> <p>4:00 Card Games (FL)</p> <p>6:00 Disney+ Movie: Princess Bride (FL)</p>	<p>10:00 DVD Seated Yoga Class (Virtual) (GR) 11</p> <p>10:00 Van to T & T Supermarket in Richmond (Lansdowne) (OUT)</p> <p>1:00 Card Games (FL)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 GAME: Play Scattergories! (PDR)</p> <p>3:00 PODCAST: Vimy Ridge Part 1 of 2 (Curious Canadian History)(20 mins.) (PDR)</p> <p>3:30 Play Chess with Krish (GR)</p> <p>3:30 Knitting Group Meets (Lounge) (FL)</p> <p>6:00 Disney+ Movie: Pirates of the Caribbean (FL)</p>
<p>9:30 Virtual Church Service (PDR) 13</p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>1:30 Card Games (Lounge) (FL)</p> <p>2:30 Live Classical Music, Youth Musician & Artist Association (FL)</p> <p>2:30 Group Walk - Meet at Reception and Walk Together (OUT)</p> <p>3:30 Socializing on the Patio (Put on a Coat & Get Fresh Air) (OUT)</p> <p>6:00 Disney+ Movie: Iron Will (FL)</p>	<p>THANKSGIVING 14</p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>1:00 Art Therapy w/ Beverly Chan (Sign Up) (AR)</p> <p>2:30 Jenga (Wood Stacking Table Game) (FL)</p> <p>3:00 Kings in the Corner Card Game (FL)</p> <p>4:00 Go 4 Life Walk (OUT)</p> <p>4:30 Thanksgiving Turkey Dinner (DR)</p> <p>6:00 Disney+ Movie: A Hidden Life (Drama/Historical) (FL)</p>	<p>10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 15</p> <p>10:00 BC ELECTIONS VOTING STATION HERE (10am-2pm) (FL)</p> <p>1:00 Van to "Shop N Save" Dollar Store (W. 41 Ave.) (OUT)</p> <p>1:30 Flower Arranging (B)</p> <p>2:30 Fit Minds (PDR)</p> <p>3:00 15-Minute Power Fit Class to Music (OUT)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Disney+ Movie: An Affair to Remember (1957) (GR)</p>	<p>HAIR SALON OPEN 16</p> <p>10:00 Lets Get Moving Fitness Class with Michel (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Van to the Public Library & Indoor Swimming Pool (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) (PDR)</p> <p>3:30 BINGO with Prizes! (GR)</p> <p>6:00 Netflix Movie: 50 to 1 (FL)</p>	<p>10:00 Local Kerrisdale Van Shuttle (OUT) 17</p> <p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>11:00 Jenga (FL)</p> <p>1:00 DRUM FIT Exercise Class to Music (NOTE - 1:00pm Start Time Today) (GR)</p> <p>2:00 Resident General Meeting (GR)</p> <p>2:30 Chef Chat with Pavle @ 2:30pm (GR)</p> <p>3:00 Happy Hour: Mike Kinal (Guitar/Vocals) (FL)</p> <p>4:00 Card Games (FL)</p> <p>6:00 Disney+ Movie: True Spirit (FL)</p>	<p>10:00 DVD Seated Yoga Class (Virtual) (GR) 18</p> <p>11:00 Card Games (FL)</p> <p>1:30 Hymn Sing with Mark & Clement (FL)</p> <p>2:30 "Tony's Talk" Session 1 of 2: Who are Indigenous people? Groups, Populations, Organizations & Treaties (GR)</p> <p>3:30 Play Chess with Krish (GR)</p> <p>3:30 CRAFT: Hand Sewing Class (Beginners Welcome) (AR)</p> <p>6:00 Netflix Movie: Lonely Planet (FL)</p>	<p>10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 19</p> <p>1:00 ART SALE (Residents' Paintings For Sale to You & The Public) (GR)</p> <p>2:30 Mahjong (2:30pm - 4:30pm) (G)</p> <p>3:00 ART CLASS: Painting Class with Artist, Dawn Mattson (Sign Up) (AR)</p> <p>4:00 Go 4 Life Walking Club (OUT)</p> <p>6:00 Netflix Movie: A Man Called Otto (FL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Virtual Church Service (PDR) 20</p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>1:00 Netflix Documentary: Somebody Feed Phil (Travel, Cuisine & Adventure, Witty) (S.6, E.1) Philadelphia (FL)</p> <p>2:30 ART: Full Moon Forest Painting (Resident-Led Watercolour on Paper Class) (AR)</p> <p>3:00 Card Games (Lounge) (FL)</p> <p>6:00 Netflix Movie: Forsaken (Western) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) 21</p> <p>11:00 Fit Minds (PDR)</p> <p>1:00 Van to Walk The Arbutus Greenway (52nd to 57th) (OUT)</p> <p>2:30 NO BAKE: Make Power Protein Balls (GR)</p> <p>3:30 Go 4 Life Walk (OUT)</p> <p>3:30 Bean Bag Toss Game (FL)</p> <p>6:00 Netflix Movie: Blanche (FL)</p>	<p>10:00 Van to Choices Market (West 57 Avenue) & Walk The Arbutus Greenway (OUT) 22</p> <p>10:00 Gentle Chair Exercises for Seniors (YouTube) (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:30 Flower Arranging (B)</p> <p>2:00 ART: Painting & Decorating Pumpkins (AR)</p> <p>3:00 15-Minute Power Fit Class (OUT)</p> <p>6:00 Netflix Movie: See For Me (FL)</p>	<p>HAIR SALON OPEN 23</p> <p>10:00 Lets Get Moving Fitness Class with Michel (GR)</p> <p>11:00 Hedbanz Game w/ Brenda (FL)</p> <p>1:00 Van to the Public Library & Indoor Swimming Pool (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 BINGO with Prizes! (GR)</p> <p>6:00 Netflix Movie: The Blind Side (FL)</p>	<p>10:00 Local Kerrisdale Van Shuttle (OUT) 24</p> <p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>11:00 Hedbanz Game w/ Brenda (FL)</p> <p>1:00 Wellness Clinic w/ Ayne (1pm - 3pm) (PDR)</p> <p>1:00 DRUM FIT (GR)</p> <p>1:30 ART: Watercolour Rabbits (FL)</p> <p>3:00 Happy Hour: Ranj Singh (Guitar/Vocals) (FL)</p> <p>4:00 Jenga (Wood Stacking Table Game) (FL)</p> <p>6:00 Netflix Movie: Free Rein (FL)</p>	<p>VACCINE CLINIC 25</p> <p>9:30 Vaccine Clinic in Private Dining Room (Sign Up) (PDR)</p> <p>10:00 DVD Seated Yoga Class (Virtual) (GR)</p> <p>11:00 Card Games (FL)</p> <p>1:30 Hymn Sing w/ Pastor Lee (FL)</p> <p>2:30 Tony's Travel Show: UNITED KINGDOM (Southwest) (GR)</p> <p>3:30 Play Chess with Krish (GR)</p> <p>3:30 Knitting Group Meets (Lounge) (FL)</p> <p>6:00 Netflix Movie: The Miracle Club (Starring Kathy Bates & Maggie Smith) (FL)</p>	<p>10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 26</p> <p>1:00 Netflix Documentary: Somebody Feed Phil (Travel, Cuisine & Adventure, Witty) (S.6, E.2) Croatia (FL)</p> <p>2:30 Mahjong (2:30pm - 4:30pm) (G)</p> <p>3:00 Go 4 Life Walking Club (Meet at Reception and Walk as a Group) (OUT)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Movie: The Perfect Couple (FL)</p>
<p>9:30 Virtual Church Service (PDR) 27</p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>1:00 Netflix Documentary: Mysteries of the Terracotta Warriors (FL)</p> <p>2:00 Group Walk - Meet at Reception and Walk Together (OUT)</p> <p>3:00 Modern Music Society of Canada (MMSOC) Performs Live! (FL)</p> <p>6:00 Netflix Movie: Love Forgotten (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) 28</p> <p>11:00 Fit Minds (PDR)</p> <p>1:00 Van to Walk The Arbutus Greenway (52nd to 57th) (OUT)</p> <p>2:00 "Table Talk" with Lilebeth - Group Discussion (PDR)</p> <p>2:45 ART: Abstract Art (Watercolour and Wax Crayon) Sketching/Painting (AR)</p> <p>3:30 Bean Bag Toss Game (FL)</p> <p>4:00 Go 4 Life Walk (OUT)</p> <p>6:00 Netflix Movie: Seven Years in Tibet (FL)</p>	<p>10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 29</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Flower Arranging (B)</p> <p>1:30 DRUM FIT (GR)</p> <p>2:00 Meet Me At The MoMa Painting (AR)</p> <p>3:00 Pet Therapy Visits in the Lounge (Olga & Pup, Sasha) (FL)</p> <p>3:30 15-Minute Power Fit Class to Music (OUT)</p> <p>6:00 Netflix Movie: Pride and Prejudice (FL)</p>	<p>HAIR SALON OPEN 30</p> <p>10:00 Lets Get Moving Fitness Class with Michel (GR)</p> <p>11:00 Hedbanz Game w/ Brenda (FL)</p> <p>1:00 Van to the Public Library & Indoor Swimming Pool (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 BINGO with Prizes! (GR)</p> <p>6:00 Netflix Movie: Speed (FL)</p>	<p>HALLOWEEN DIWALI 31</p> <p>10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR LOCATION) (OUT)</p> <p>1:30 Michael Jackson's Thriller Video (PDR)</p> <p>2:15 Resident & Staff Costume Contest! (FL)</p> <p>3:00 Happy Hour: John Dean (FL)</p> <p>4:30 Special South Asian Dinner for Diwali (DR)</p> <p>6:00 Netflix Movie: A-Team (FL)</p>	 <p>MONDAY OCT 14</p> <h2>Thanksgiving</h2>	



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
- Living, Loving, Local
- Active Week
- Artful Enrichment
- Drumfit