



INSPIRED SENIOR LIVING

# March 2025 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**TUESDAY**  
**MAR 04**

## Shrove Tuesday



**SATURDAY**  
**MAR 08**

## International Women's Day



**FRIDAY**  
**MAR 21**

## Elimination of Racial Discrimination Day

**ST. DAVID'S DAY (WELSH) 1**

- 10:30 Tappercise Seated Tap Dance Class to Music (10:30am START TIME) (GR)
- 1:00 Netflix Documentary: Live to 100, Secrets of the Blue Zones (FL)
- 1:30 Go 4 Life Walking Group (30 mins.) (OUT)
- 2:30 Mahjong (2:30pm - 4:30pm) (G)
- 2:30 ART: Painting Class with Artist, Dawn Mattson (Farm Barn & Ducks Themed) (Sign Up Only) (AR)
- 3:30 Card Games (FL)
- 6:00 Netflix Movie: Wonder (Comedy/Drama Starring Julia Roberts) (FL)

**2**

- 10:00 Virtual Church Service (PDR)
- 10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR)
- 2:00 Kings in the Corner Card Game (FL)
- 3:00 Piano Recital by The Red Tomato Music Studio (FL)
- 4:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)
- 6:00 BBC DVD Video: Great Expectations (by Charles Dickens) (FL)

**3**

- 10:00 Tai Chi Class with Eric Liu (GR)
- 11:00 Fit Minds (PDR)
- 1:30 Monthly Life Enrichment Meeting (w/ Hot Chocolate & Marshmallows) (PDR)
- 1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 & 3:30pm)(Sign Up) (AR)
- 2:00 Dictionary Definitions Word Game (PDR)
- 2:30 \*NEW\* Indoor Carpet Bocce (FL)
- 3:00 Giant Crossword with Brenda (GR)
- 3:30 Bean Bag Toss Game (FL)
- 6:00 Netflix Movie: Against the Ice (Suspenseful Drama, Period Piece) (FL)

**4**

HAIR SALON OPEN

- 10:00 Gentle Chair Exercises for Seniors (YouTube) (GR)
- 11:00 Flower Arranging (B)
- 2:00 Meet Me At The MoMA Painting (Featuring Louise Bourgeois) (AR)
- 2:30 Bridge Group (FL)
- 3:00 Java Music Sing-a-long (PDR)
- 3:30 Go 4 Life Walk (30 mins.) (OUT)
- 4:30 Living Loving Local, Farm To Table Dinner (Featuring Maple Syrup) (DR)
- 6:00 Netflix Movie: Stand By Me (Sentimental Drama, Nostalgic) (FL)

**5**

- 10:00 Let's Get Moving Fitness Class with Michel (GR)
- 11:00 Giant Crossword with Brenda (GR)
- 2:00 15-Minute Power Fit Class to Music (OUT)
- 2:30 Tea & Cookies Served (B)
- 3:00 Trivia & Word Games (30 mins) (PDR)
- 3:30 BINGO with Maisarah & Serena (Volunteers) (GR)
- 6:00 Prime Video Series: Here's Lucy! (Season 1) (E 1, 2 & 3) (FL)

**6**

MASSAGES TODAY (9:30AM TO 4:30PM)

- 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR)
- 11:00 Nurse's Educational Talk with Ayne TOPIC: Diabetes (GR)
- 1:00 Kerrisdale Van Shuttle (Starbucks, Library, London Drugs) (OUT)
- 2:15 \*NEW\* Lucky Dog Group Card Game (PDR)
- 3:00 Happy Hour: John Parsons (Guitar/Vocals) (FL)
- 4:00 Kings in the Corner Card Game (FL)
- 6:00 Netflix Movie: Walk. Ride. Rodeo. (Heartfelt, Tearjerker) (FL)

**7**

- 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)
- 10:30 Kings in the Corner Card Game (FL)
- 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)
- 2:30 Bridge Group (FL)
- 2:30 CRAFT: Make International Women's Day Posters (AR)
- 3:30 Crossword Handouts (FL)
- 6:00 Netflix Movie: The Last Letter From Your Lover (2021 British Romantic Drama) (FL)

**8**

INT'L WOMEN'S DAY

- 10:30 Tappercise Seated Tap Dance Class to Music (10:30am START TIME) (GR)
- 1:00 Netflix Documentary: Secret World of Sound with David Attenborough (FL)
- 1:30 Card Games (FL)
- 2:30 Go 4 Life Walking Group (30 mins.) (OUT)
- 2:30 Mahjong (2:30pm - 4:30pm) (G)
- 6:00 Netflix Movie: 84 Charing Cross Road (Charming Sentimental Drama) (FL)

**9**

- 10:00 Virtual Church Service (PDR)
- 10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR)
- 1:30 Kings in the Corner Card Game (FL)
- 2:30 Live Classical Music, Youth Musician & Artist Association (FL)
- 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)
- 6:00 Prime Video Movie: Miss Potter (Bio Film of Beatrix Potter) (FL)

**10**

- 10:00 Tai Chi Class with Eric Liu (GR)
- 11:00 Fit Minds (PDR)
- 1:00 Van Trip: Spanish Banks to see the Beach, Ocean, North Shore & Freighters (OUT)
- 1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 & 3:30pm)(Sign Up) (AR)
- 2:30 \*NEW\* Indoor Carpet Bocce (FL)
- 3:00 Giant Crossword with Brenda (GR)
- 3:30 Bean Bag Toss Game (FL)
- 6:00 Netflix Movie: Uncharted (Action Packed Adrenalin Rush) (FL)

**11**

HAIR SALON OPEN

- 10:00 Seated Fitness w/ Brenda (30 Mins.)(Hand Weights & Cardio Boxing) (GR)
- 10:30 Resident Coffee & Hot Chocolate Social Chat (B)
- 11:00 Flower Arranging (B)
- 2:00 Meet Me At The MoMA Painting (Featuring Faith Ringgold) (AR)
- 2:30 Bridge Group (FL)
- 3:00 Java Music Sing-a-long (PDR)
- 3:30 Go 4 Life Walk (30 mins.) (OUT)
- 6:00 Netflix Movie: Journey 2 the Mysterious Island (Journey, Fantasy, Wilderness Survival) (FL)

**12**

- 10:00 Let's Get Moving Fitness Class with Michel (GR)
- 11:00 Giant Crossword with Brenda (GR)
- 2:00 15-Minute Power Fit Class to Music (OUT)
- 2:30 Strawberry Smoothies & Cookies Served (B)
- 3:00 Trivia and Word Games (30 mins.) (PDR)
- 3:30 BINGO with Maisarah & Serena (Volunteers) (GR)
- 6:00 Prime Video Series: Here's Lucy! (Season 1) (E. 4, 5 & 6) (FL)

**13**

- 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR)
- 11:00 March Word Game with Brenda (PDR)
- 1:00 Kerrisdale Van Shuttle (Starbucks, Library, London Drugs) (OUT)
- 2:00 Card Games (FL)
- 3:00 Happy Hour: Matthew Ma (Classical Piano) (FL)
- 6:00 Netflix Movie: Back in Action (PG-13)(Exciting Action Comedy) (FL)

**14**

NAT'L POTATO CHIP DAY

- 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)
- 10:30 CRAFT: Make a Green Felt 4-Leaf Clover Lapel Pin (AR)
- 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL)
- 2:30 Bridge Group (FL)
- 2:30 Potato Chip Tasting Event (Try 3 New Flavours) (PDR)
- 3:30 Crossword Handouts (FL)
- 6:00 Netflix Movie: LIFT (PG-13) (Suspenseful, Exciting, Action) (FL)

**15**

- 10:30 Tappercise Seated Tap Dance Class to Music (10:30am START TIME) (GR)
- 1:00 Netflix Documentary: The Minimalists, Less Is Now (FL)
- 2:30 Go 4 Life Walking Group (30 mins.) (OUT)
- 2:30 Mahjong (2:30pm - 4:30pm) (G)
- 3:30 Card Games (FL)
- 6:00 Netflix Movie: The King's Daughter (Royalty, Fantasy, Exciting) (FL)



INSPIRED SENIOR LIVING

# March 2025 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Virtual Church Service (PDR) <b>16</b></p> <p>10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR)</p> <p>1:30 Prime Video Travel Program: "Hidden Ireland" (FL)</p> <p>3:00 Kings in the Corner Card Game (FL)</p> <p>3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: A Month By The Lake (Starring Vanessa Redgrave)(Golden Globe Nominee) (FL)</p>	<p>ST. PATRICK'S DAY (WEAR GREEN) <b>17</b></p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>11:00 Fit Minds (PDR)</p> <p>1:30 BINGO with Brenda (GR)</p> <p>1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 &amp; 3:30pm)(Sign Up) (AR)</p> <p>2:30 Baileys Irish Cream Liqueur Served &amp; Irish Themed Sing-a-long (PDR)</p> <p>3:30 Bean Bag Toss Game (FL)</p> <p>6:00 Netflix Movie: CutThroat Island (Adventure Swashbuckler Film) (Starring Geena Davis) (FL)</p>	<p>HAIR SALON OPEN <b>18</b></p> <p>10:00 Seated Fitness w/ Brenda (30 Mins.)(Hand Weights &amp; Cardio Boxing) (GR)</p> <p>10:30 Resident Coffee &amp; Hot Chocolate Social Chat (B)</p> <p>11:00 Flower Arranging (B)</p> <p>2:00 Go 4 Life Walk - Group Neighbourhood Walk with Brenda (30 mins.) (OUT)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 Java Music Sing-a-long (PDR)</p> <p>3:00 Pet Therapy Visit (Olga &amp; Pup, Sasha) (FL)</p> <p>6:00 Netflix Movie: Field of Dreams (Sentimental, Nostalgic)(Starring Kevin Costner) (FL)</p>	<p>10:00 Let's Get Moving Fitness Class with Michel (GR) <b>19</b></p> <p>11:00 Giant Crossword with Brenda (GR)</p> <p>1:00 Van to Walk the West Side Arbutus Greenway (W. 52 Ave. to W. 57 Ave.) (OUT)</p> <p>2:00 15-Minute Power Fit Class to Music (OUT)</p> <p>2:30 Tea &amp; Cookies Served (B)</p> <p>3:00 Seated Yoga with Sarah De Lucca @ 3pm (60 minutes) (GR)</p> <p>6:00 Prime Video Series: Here's Lucy! (Season 1) (E. 7, 8 &amp; 9) (FL)</p>	<p>FIRST DAY OF SPRING CRUISE WEEK BEGINS <b>20</b></p> <p>PORT OF CALL - MONACO</p> <p>10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR)</p> <p>10:30 Watercolour Painting: Mediterranean Coastline (AR)</p> <p>1:00 Kerrisdale Van Shuttle (Starbucks, Library, London Drugs) (OUT)</p> <p>2:00 Resident General Meeting (GR)</p> <p>3:00 Happy Hour: Music Variations Duo (Watermelon Crush Monaco Drinks Served) (FL)</p> <p>4:30 Cruise Week Gala Dinner (MONACO) (DR)</p> <p>6:00 Netflix Movie: As Good As It Gets (Romantic Comedy Starring Jack Nicholson and Helen Hunt) (FL)</p>	<p>INT'L DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION <b>21</b></p> <p>PORT OF CALL - MOROCCO</p> <p>FOOT CARE NURSE</p> <p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</p> <p>11:00 Giant Crossword with Brenda (GR)</p> <p>1:30 Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 Van to Walk the Track at West Point Grey Highschool (OUT)</p> <p>3:30 Moroccan Mint Tea &amp; Crosswords (FL)</p> <p>6:00 Netflix Movie: Big George Foreman (Nostalgic Drama) (FL)</p>	<p>WORLD WATER DAY <b>22</b></p> <p>PORT OF CALL - FRANCE</p> <p>10:30 Tappercise Seated Tap Dance Class to Music (10:30am START TIME) (GR)</p> <p>1:30 (YouTube) Rick Steves: French Riviera, Uniquely Chic (Travel Show) (FL)</p> <p>2:30 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>2:30 Mahjong (2:30pm - 4:30pm) (G)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Movie: The Fablemans (PG-13)(Nostalgic Drama) (FL)</p>
<p>PORT OF CALL - EGYPT <b>23</b></p> <p>10:00 Virtual Church Service (PDR)</p> <p>10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR)</p> <p>1:30 (YouTube) Rick Steves Egypt: Yesterday and Today (55 Minute Travel Show) (FL)</p> <p>2:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</p> <p>3:00 Egyptian Themed Colouring Pages for Adults (Colour or Paint) (Pages are at Reception) (AR)</p> <p>6:00 Netflix Movie: Gridiron Gang (PG-13)(Inspiring Bittersweet Drama) (L)</p>	<p>PORT OF CALL - GREECE <b>24</b></p> <p>10:00 Tai Chi Class with Eric Liu (GR)</p> <p>11:00 Giant Crossword w/ Brenda (GR)</p> <p>11:30 Captain's Lunch (DR)</p> <p>1:30 Piano Recital by Rachel &amp; Holly (Preparing for their Advanced Level 9 Piano Exams) (FL)</p> <p>1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 &amp; 3:30pm)(Sign Up) (AR)</p> <p>2:30 Cruise Week Cocktail Demo &amp; Greek Olive Tasting (FL)</p> <p>3:30 Bean Bag Toss Game (FL)</p> <p>6:00 Netflix Movie: La Bamba (Music, Nostalgic) (FL)</p>	<p>HAIR SALON OPEN <b>25</b></p> <p>PORT OF CALL - SLOVENIA</p> <p>10:00 Gentle Chair Exercises for Seniors (YouTube) (GR)</p> <p>10:30 Van to Walk the Track at West Point Grey Highschool (OUT)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 BINGO with Brenda (GR)</p> <p>2:00 Food Demo with Cindy Low (Schnapps/Zganje Served) (GR)</p> <p>2:30 Bridge Group (FL)</p> <p>3:00 Pet Therapy Visit (Olga &amp; Pup, Sasha) (FL)</p> <p>6:00 Netflix Movie: Love Again (PG-13) (Emotional Romantic Drama) (FL)</p>	<p>PORT OF CALL - ITALY <b>26</b></p> <p>10:00 Let's Get Moving Fitness Class with Michel (GR)</p> <p>11:00 Giant Crossword with Brenda (GR)</p> <p>1:30 Java Music Sing-a-long (PDR)</p> <p>2:00 *NEW* Indoor Carpet Bocce (FL)</p> <p>2:30 San Pellegrino Italian Soda and Gelato Served (B)</p> <p>3:00 Seated Yoga with Sarah De Lucca @ 3pm (60 minutes) (GR)</p> <p>4:30 Italian Themed Dinner "in Rome" (DR)</p> <p>6:00 Prime Video Series: Here's Lucy! (Season 1) (E. 10, 11 &amp; 12) (FL)</p>	<p>10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) <b>27</b></p> <p>10:30 Crossword Puzzles, Tea, Coffee &amp; Hot Chocolate (PDR)</p> <p>1:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT)</p> <p>1:00 Wellness Clinic w/ Ayne (BP &amp; Weight)(1pm to 3pm) (PDR)</p> <p>2:00 Go 4 Life Walk (30 mins.) (OUT)</p> <p>3:00 Happy Hour: Roberto Risman (Guitar/Vocals) (FL)</p> <p>4:30 Closing Gala Dinner of Cruise Week (DR)</p> <p>6:00 Netflix Movie: La Dolce Villa (Charming Feel-Good Comedy) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) <b>28</b></p> <p>10:30 ART: Sunflower Poster Group Project (Painting &amp; Collage) (AR)</p> <p>1:30 Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 Gardening Group Meets to Discuss 2025 Plans (PDR)</p> <p>2:30 Bridge Group (FL)</p> <p>3:00 Crossword Handouts (FL)</p> <p>6:00 Prime Video Movie: On A Wing and a Prayer (Starring Dennis Quaid) (FL)</p>	<p>10:30 Tappercise Seated Tap Dance Class to Music (10:30am START TIME) (GR) <b>29</b></p> <p>1:00 Netflix Documentary: Our Great National Parks (FL)</p> <p>1:30 Technology Assistance with Owen (iPads, iPhones, Laptops) (SIGN UP)(1:30pm - 3:30pm) (PDR)</p> <p>2:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>2:30 Mahjong (2:30pm - 4:30pm) (G)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Netflix Movie: Love is in the Air (Charming Comedy) (FL)</p>
<p>10:00 Virtual Church Service (PDR) <b>30</b></p> <p>10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR)</p> <p>1:30 Prime Video Travel Program: "Hidden Poland" (FL)</p> <p>2:30 Kings in the Corner Card Game (FL)</p> <p>3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</p> <p>6:00 Netflix Movie: The Two Popes (Witty Biographical Drama Starring Anthony Hopkins) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) <b>31</b></p> <p>11:00 Fit Minds (PDR)</p> <p>11:30 Van to White Spot (Kerrisdale) for Lunch (OUT)</p> <p>1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 &amp; 3:30pm)(Sign Up) (AR)</p> <p>2:00 CRAFT: Weave a Paper Easter Basket (GR)</p> <p>3:00 Giant Crossword with Brenda (GR)</p> <p>3:30 Bean Bag Toss Game (FL)</p> <p>6:00 Prime Video Movie: Easy Virtue (Comedy Romance)(13+) (FL)</p>			<h3>Locations Legend</h3> <p>Fireplace Lounge (FL)    Fine Arts Room (AR)</p> <p>Great Room (GR)        Bistro (B)</p> <p>Outside (OUT)            Games Room (G)</p> <p>Private Dining Room (PDR)    Dining room (DR)</p> <p>   Lobby (L)</p>		<h3>Calendar Legend</h3> <p>Outing</p> <p>Special Program</p> <p>Go 4 Life Walking</p> <p>Cruise Week</p> <p>Living, Loving, Local</p> <p>Artful Enrichment</p> <p>Drumfit</p>