





INSPIRED SENIOR LIVING

# November 2024

## Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p><b>FRIDAY NOV 1</b> National Family Caregivers Month</p>	 <p><b>MONDAY NOV 11</b> Remembrance Day</p>			<p><b>1</b></p> <p>FOOT CARE NURSE NAT'L DIABETES MONTH 10:00 Seated Functional Fitness Class (YouTube) (GR) 11:00 Coffee &amp; Hot Chocolate in the Bistro (B) 1:30 Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL) 2:30 Crossword Handouts in the Lounge (See Receptionist) (FL) 3:15 Hand Sewing with Jennifer - Felt Poppies &amp; Buttons (AR) 3:30 Play Chess with Krish (FL) 6:00 Netflix Movie: E.T. (Directed by Steven Spielberg) (FL)</p>	<p><b>2</b></p> <p>MOVEMBER FOR MEN'S HEALTH 10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 1:00 Netflix Travel Documentary: Somebody Feed Phil (Travel, Cuisine &amp; Adventure) (S.6, E.3) Austin (FL) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:30 Card Games (FL) 4:00 Go 4 Life Walking Club (OUT) 6:00 Prime Video Movie: No Time To Die (Spy Film/James Bond Series with Daniel Craig) (FL)</p>
<p><b>3</b></p> <p>NAT'L ALZHEIMER'S AWARENESS MONTH 9:30 Virtual Church Service (PDR) 10:30 DVD Seated Chair Yoga (GR) 1:00 Reading Out Loud by Ashvin (PDR) 1:00 Netflix "Down to Earth" with Zac Efron, Season 2 (E. 1 &amp; 2) (Nature &amp; Ecology) (FL) 2:00 Group Walk - Meet at Reception and Walk Together (OUT) 3:00 BC Registered Music Teacher's Association Youth Performance (FL) 4:00 Card Games (Lounge) (FL) 6:00 DVD Movie: The Post (Starring Meryl Streep &amp; Tom Hanks) (FL)</p>	<p><b>4</b></p> <p>10:00 Tai Chi Class with Eric Liu (GR) 10:45 Monthly Life Enrichment Meeting - Discuss Events and Outings (PDR) 1:30 ART: Make/Paint Thank You Cards for Veterans (AR) 2:30 Fit Minds (PDR) 3:00 15-Minute Power Fit Class to Music (GR) 3:30 Bean Bag Toss Game (FL) 4:00 Go 4 Life Walk - Group Walk (30 mins.) (OUT) 6:00 Netflix Movie: Five Feet Apart (Emotional, Heartfelt)(PG-13) (FL)</p>	<p><b>5</b></p> <p>LLL DINNER 10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 11:00 Giant Crossword (GR) 1:30 Flower Arranging (B) 2:00 Short Story &amp; Discussion: "Leiningen vs. the Ants" by Carl Stephenson 1937 (Listen to the 1949 Broadcast from ESCAPE! (35 Min. Broadcast) (GR) 3:00 ART: Mini Oil Pastel on Paper Drawing/Smudging (AR) 4:30 Living Loving Local, Farm To Table Dinner (Featuring Honey) (DR) 6:00 Prime Video Movie: Dirty Rotten Scoundrels (Michael Caine &amp; Steve Martin) (FL)</p>	<p><b>6</b></p> <p>HAIR SALON OPEN 10:00 Lets Get Moving Fitness Class with Michel (GR) 1:00 Van to the Public Library &amp; Indoor Swimming Pool (OUT) 2:30 Tea &amp; Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:00 Bridge Group (FL) 3:30 BINGO with Prizes! (GR) 6:00 Prime Video TV Series: The Carol Burnett Show (Season 1, 1967) (E. 1, E. 2 &amp; E. 3) (Jim Nabors, Sid Caesar &amp; Jonathan Winters) (FL)</p>	<p><b>7</b></p> <p>10:00 Local Kerrisdale Van Shuttle (OUT) 10:00 (YouTube) Relieve Back Pain! Breathe &amp; Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR) 11:00 Jenga (Wood Stacking Table Game) (FL) 1:30 DRUM FIT Exercise Class to Music (GR) 2:00 SPARKLING MINERAL WATER TASTING EVENT! (Lemon, Lime, Raspberry, Mango) (PDR) 3:00 Happy Hour: Bob Collins (Guitar/Vocals) (FL) 6:00 Prime Video Movie: Notting Hill (Hugh Grant &amp; Julia Roberts) (FL)</p>	<p><b>8</b></p> <p>10:00 DVD Seated Yoga Class (Virtual) (GR) 10:45 Card Games (FL) 11:00 Van to Lunch @ "Jin Wei Kitchen" (Classic Northern Chinese Food, Family-Owned from Tianjin) (OUT) 1:30 Remembrance Day Focused Faith Exploration &amp; Hymn Sing with Pastor Lee (FL) 2:30 Show &amp; Tell (MILITARY MEMORBILIA) (Uniforms, Letters, Photographs, Medals &amp; Stories) (GR) 3:30 Crossword Handouts in the Lounge (FL) 3:30 Play Chess with Krish (FL) 6:00 Prime Video Movie: The Holdovers (Paul Giamatti) (FL)</p>	<p><b>9</b></p> <p>10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 1:00 Netflix Travel Documentary: Somebody Feed Phil (Travel, Cuisine &amp; Adventure) (S.6, E.4) Santiago de Chile (FL) 1:30 Technology Assistance w/ Owen (iPads, iPhones, Laptops)(SIGN UP)(1:30pm - 3:30pm) (PDR) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:30 Card Games (FL) 4:00 Go 4 Life Walking Club (OUT) 6:00 Prime Video Movie: Dr. No (1962 Starring Sean Connery) (FL)</p>
<p><b>10</b></p> <p>9:30 Virtual Church Service (PDR) 10:30 DVD Seated Chair Yoga (GR) 11:00 Walk Over to the In-Person Church Service @ Trinity Baptist Church (INDEPENDENT ONLY) (OUT) 1:00 Reading Out Loud by Ashvin (PDR) 1:30 Card Games (Lounge) (FL) 2:30 Live Classical Music, Youth Musician &amp; Artist Association (FL) 3:30 Netflix "Down to Earth" with Zac Efron, Season 2 (E. 3 &amp; 4) (Nature &amp; Ecology) (FL) 4:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Netflix Movie: Little Women (FL)</p>	<p><b>11</b></p> <p>REMEMBRANCE DAY 10:00 Tai Chi Class with Eric Liu (GR) 1:30 Play "Kings in the Corner" Card Game (FL) 2:30 Remembrance Day Live Musical Performance "Chantal Plays Cello Accompanied By Her Pianist" @ 2:30pm (FL) 3:30 Coffee &amp; Hot Chocolate in the Bistro (B) 4:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 6:00 Netflix Movie: Top Gun (Tom Cruise At An Elite Naval Fighters Weapons School) (FL)</p>	<p><b>12</b></p> <p>10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 10:30 Fit Minds (PDR) 1:30 Flower Arranging (B) 1:45 15-Minute Power Fit Class to Music (GR) 2:00 Meet Me At The MoMa Painting (AR) 3:00 Pet Therapy Visit (Olga &amp; Pup, Sasha) (FL) 3:30 PODCAST: Vimy Ridge 1918 (Part 2 of 2) (Curious Canadian History) (15 mins.) (PDR) 4:00 Jenga (Wood Stacking Table Game) (FL) 6:00 Prime Video Movie: As Gouda As It Gets (2020 Comedy/Romance) (FL)</p>	<p><b>13</b></p> <p>HAIR SALON OPEN WORLD KINDNESS DAY 10:00 Lets Get Moving Fitness Class with Michel (GR) 1:00 Van to the Public Library &amp; Indoor Swimming Pool (OUT) 2:30 Tea &amp; Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:00 Bridge Group (FL) 3:30 BINGO with Prizes! (GR) 6:00 Prime Video TV Series: The Carol Burnett Show (Season 1, 1967) (E. 4, E. 5 &amp; E. 6) (Lucille Ball, Imogene Coca &amp; Phyllis Diller) (FL)</p>	<p><b>14</b></p> <p>10:00 Local Kerrisdale Van Shuttle (OUT) 10:00 (YouTube) Relieve Back Pain! Breathe &amp; Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR) 11:00 Jenga (Wood Stacking Table Game) (FL) 1:30 DRUM FIT Exercise Class to Music (GR) 3:00 Happy Hour: Peter Williams (Piano/Vocals) (FL) 4:00 Card Games (FL) 6:00 Prime Video Movie: Max (Family Adventure, Canine, War Drama) (FL)</p>	<p><b>15</b></p> <p>I LOVE TO WRITE DAY STAFF MEETING 2:30-4:30PM 10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (GR) 10:45 Create a Short Poem Bursting with Fantastically Playful Language in the Style of Dr. Seuss (PDR) 1:30 Hymn Sing &amp; Faith Exploration with Mark &amp; Clement (FL) 2:30 Kings in the Corner Card Game (FL) 3:00 Crossword Handouts in the Lounge (FL) 3:30 Play Chess with Krish (PDR) 3:30 Play Chess with Krish (FL) 6:00 Prime Video Movie: Legally Blonde (Reese Witherspoon) (FL)</p>	<p><b>16</b></p> <p>10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 1:00 Netflix Travel Documentary: Somebody Feed Phil (Travel, Cuisine &amp; Adventure) (S.6, E.5) Nashville (FL) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:00 Canada YC Chinese Youth Orchestra Performs (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Top Dog (Action Comedy Starring Chuck Norris) (FL)</p>





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<p>9:30 Virtual Church Service (PDR) <b>17</b></p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>1:00 Piano Recital by Students of The Red Tomato Music Studio (Ages 6 to 16) (FL)</p> <p>2:00 Card Games (Lounge) (FL)</p> <p>2:30 Netflix "Down to Earth" with Zac Efron, Season 2 (E. 5 &amp; 6) (Nature &amp; Ecology) (FL)</p> <p>3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: Golden Eye (Pierce Brosnan / Agent 007) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) <b>18</b></p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT)</p> <p>1:30 NEW Word Game "BLURT" (PDR)</p> <p>2:00 "Table Talk" with Lilebeth - Group Discussion (PDR)</p> <p>3:00 Card Games (Lounge) (FL)</p> <p>3:30 Bean Bag Toss Game (FL)</p> <p>6:00 Prime Video Movie: The Bounty (Adventure Drama History) (Starring Mel Gibson &amp; Anthony Hopkins) (FL)</p>	<p>10:00 Van to London Drugs Shopping Trip (OUT) <b>19</b></p> <p>10:00 Gentle Chair Exercises for Seniors (YouTube) (GR)</p> <p>11:00 Spelling Bee with Brenda (PDR)</p> <p>1:30 Flower Arranging (B)</p> <p>2:00 Meet Me At The MoMa Painting (AR)</p> <p>3:00 15-Minute Power Fit Class to Music (GR)</p> <p>3:15 Turkish Delights &amp; Hazelnut Coffee Served (PDR)</p> <p>6:00 Prime Video Movie: Then Came You (2020 Romantic Comedy) (FL)</p>	<p>HAIR SALON OPEN <b>20</b></p> <p>10:00 Lets Get Moving Fitness Class with Michel (GR)</p> <p>1:00 Van to the Public Library &amp; Indoor Swimming Pool (OUT)</p> <p>2:30 Tea &amp; 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 Prime Video TV Series: The Carol Burnett Show (Season 1, 1967) (E. 7, E. 8 &amp; E. 9) (Diahann Carroll, Nanette Fabray &amp; Richard Chamberlain) (FL)</p>	<p>10:00 Local Kerrisdale Van Shuttle (OUT) <b>21</b></p> <p>10:00 (YouTube) Relieve Back Pain! Breathe &amp; Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR)</p> <p>11:00 Jenga (Wood Stacking Table Game) (FL)</p> <p>1:00 DRUM FIT Exercise Class to Music (GR)</p> <p>2:00 Resident General Meeting (GR)</p> <p>2:30 Chef Chat with Chef Pavle (GR)</p> <p>3:00 Happy Hour: Music Variations (Keyboard/Guitar/Vocals) (FL)</p> <p>6:00 Prime Video Movie: Letters to Juliet (Adventure Romantic Drama) (FL)</p>	<p>10:00 DVD Seated Yoga Class (Virtual) (GR) <b>22</b></p> <p>11:00 Fit Minds (PDR)</p> <p>1:30 Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 Word Games, Trivia &amp; Rebus Puzzles (PDR)</p> <p>3:00 ART: Full Moon Forest (Watercolour Painting Class) (AR)</p> <p>3:30 Crossword Handouts in the Lounge (FL)</p> <p>3:30 Play Chess with Krish (FL)</p> <p>6:00 Prime Video Movie: Lassie Come Home (2020 Adventure Drama Family) (FL)</p>	<p>10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) <b>23</b></p> <p>1:00 Anthony Bourdain The Layover (Season 1) Episodes 3 &amp; 4 (FL)</p> <p>2:30 Mahjong (2:30pm - 4:30pm) (G)</p> <p>3:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Prime Video Movie: Tracks (Adventure, Drama)(Based on a True Story) (FL)</p>
<p>9:30 Virtual Church Service (PDR) <b>24</b></p> <p>10:30 DVD Seated Chair Yoga (GR)</p> <p>1:00 Reading Out Loud by Ashvin (PDR)</p> <p>1:00 Netflix "Down to Earth" with Zac Efron, Season 2 (E. 7 &amp; 8) (Nature &amp; Ecology) (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>4:00 Card Games (Lounge) (FL)</p> <p>6:00 Prime Video Movie: Pharaoh's Army (PG-13 Western) (Starring Kris Kristofferson) (FL)</p>	<p>10:00 Tai Chi Class with Eric Liu (GR) <b>25</b></p> <p>11:00 Fit Minds (PDR)</p> <p>1:30 Card Games in the Lounge (FL)</p> <p>2:30 NO BAKE: Caramel Dipped Apple Slices Fondue! (GR)</p> <p>3:30 Bean Bag Toss Game (FL)</p> <p>4:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: The Nutty Professor (Comedy) (FL)</p>	<p>10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) <b>26</b></p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Wellness Clinic with Nurse, Ayne (Blood Pressure &amp; Weight) (1pm - 3pm) (PDR)</p> <p>1:00 Flower Arranging (B)</p> <p>1:45 15-Minute Power Fit Class to Music (GR)</p> <p>2:00 Meet Me At The MoMa Painting (AR)</p> <p>3:00 Pet Therapy Visit (Olga &amp; Pup, Sasha) (FL)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Prime Video Movie: Last Flight Out (Adventure Drama) (FL)</p>	<p>HAIR SALON OPEN <b>27</b></p> <p>10:00 Lets Get Moving Fitness Class with Michel (GR)</p> <p>1:00 Van to the Public Library &amp; Indoor Swimming Pool (OUT)</p> <p>2:30 Tea &amp; 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 Prime Video TV Series: The Carol Burnett Show (Season 1, 1968) (E. 10, E. 11 &amp; E. 12)(Martha Raye, Don Adams &amp; Jonathan Winters) (FL)</p>	<p>10:00 (YouTube) Relieve Back Pain! Breathe &amp; Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR) <b>28</b></p> <p>10:00 Van to Shoppers Drug Mart (DUNBAR) (OUT)</p> <p>1:30 Kings in the Corner Card Game (FL)</p> <p>2:00 DRUM FIT Exercise Class to Music (GR)</p> <p>3:00 Happy Hour: Matthew Ma (Classical Piano) (FL)</p> <p>6:00 Prime Video Movie: The Philadelphia Experiment 2013 (Sci-Fi, Mystery, Action, Adventure) (FL)</p>	<p>10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (GR) <b>29</b></p> <p>11:00 Card Games (FL)</p> <p>1:30 Hymn Sing &amp; Faith Exploration w/ Pastor Lee (FL)</p> <p>2:30 TONY'S TRAVEL SHOW: "Across Canada - Vancouver to Nova Scotia" (GR)</p> <p>3:30 Crossword Handouts in the Lounge (FL)</p> <p>3:30 Play Chess with Krish (FL)</p> <p>6:00 Prime Video Movie: Puppy Love (2023 Comedy) (FL)</p>	<p>10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) <b>30</b></p> <p>1:00 Anthony Bourdain The Layover (Season 1) Episodes 5 &amp; 6 (FL)</p> <p>2:30 Mahjong (2:30pm - 4:30pm) (G)</p> <p>3:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>3:30 Card Games (FL)</p> <p>6:00 Prime Video Movie: The Way (Starring Martin Sheen) (FL)</p>



November

### Locations Legend

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

### Calendar Legend

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