



INSPIRED
SENIOR LIVING

February 2025

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month	Family Day	National Caregiver's Day				
GROUNDHOG DAY 2 10:00 Virtual Church Service (PDR) 10:30 YouTube Seated Fitness Program @ 10:30am (GR) 1:30 Card Games (Lounge) (FL) 2:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 3:00 Music Bridge Foundation Youth Classical Music @ 3:00pm (FL) 6:00 Netflix Movie: The Six Triple Eight (Inspiring Heartfelt Drama) (FL)	NAT'L CARROT CAKE DAY 3 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Giant Crossword with Tony (30 mins.) (GR) 1:30 Art Therapy with Practicum Student, Rebecca Kwan (1:30, 2:30 & 3:30pm) (AR) 2:30 Kings in the Corner Card Game (FL) 3:30 Bean Bag Toss Game (FL) 6:00 Netflix Movie: The Intern (Witty Bittersweet Comedy) (FL)	LLL DINNER (FEATURING BEETS) 4 HAIR SALON OPEN 10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 11:00 Flower Arranging (B) 1:00 Go 4 Life Walk (30 mins.) (OUT) 1:30 Netflix Documentary: Down to Earth with Zach Efron (Season 2, Travel & Adventure) (GR) 2:30 Bridge Group (FL) 4:30 Living Loving Local, Farm To Table Dinner (Beets) (DR) 6:00 DVD Movie: Casablanca (FL)	10:00 Lets Get Moving Fitness Class with Michel (GR) 5 11:00 Giant Crossword with Tony (30 mins.) (GR) 1:00 Netflix Documentary: Our Universe (Nature Science Relaxing Captivating) (GR) 2:30 Tea & Cookies Served (B) 3:30 BINGO with Prizes! (GR) 4:00 Go 4 Life Walk (30 mins.) (OUT) 6:00 Netflix Movie: A Man Called Otto (Emotional, Heartfelt)(Starring Tom Hanks) (FL)	MASSAGES TODAY 6 10:00 Exercise DVD "Easy Does It with Sue Gordon" (Vigorous Fast-Paced Seated Workout) (GR) 11:00 Nurse's Educational Talk TOPIC: Personal Directives & Goals of Care (MOST) (GR) 1:30 Kings in the Corner Card Game (FL) 2:15 Winter A&W Root Beer Floats Served (PDR) 3:00 Happy Hour: Randy & Jeff Duo (Country, Harmonies, Country Blues) (FL) 6:00 Netflix Movie: Green Book (Drama Inspired by a 1962 True Story) (FL)	10:00 DVD Seated Chair Yoga (GR) 7 11:00 Card Games (FL) 1:00 Valentine's Day Word Scramble (Get Hand-Out from Reception) (FL) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Bridge Group (FL) 3:15 CRAFT: Hand Sewing Felt Hearts with Jennifer (AR) 6:00 Netflix Movie: Dirty Dancing (1987, Starring Patrick Swayze) (FL)	10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 8 1:00 Netflix Documentary: 14 Peaks, Nothing is Impossible (Extreme Sport, Adrenaline Rush) (FL) 2:30 Go 4 Life Walking Group (30 mins.) (OUT) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:00 ART: Indigenous Australian Dot Painting (Resident-Led)(Get Template From Reception) (AR) 3:30 Card Games (FL) 6:00 Netflix Movie: Sully (Based on a True Story) (FL)
SUPERBOWL SUNDAY 9 10:00 Virtual Church Service (PDR) 10:30 YouTube Seated Fitness Program @ 10:30am (GR) 1:30 Card Games (Lounge) (FL) 2:30 Live Classical Music, Youth Musician & Artist Association (FL) 3:30 Superbowl Sunday on TV @ 3:30pm in the Garden Lounge (GL) 6:00 Netflix Movie: Mansfield Park (Period Piece, Witty) (FL)	BRING DOWN YOUR WEDDING PHOTO FOR OUR DISPLAY 10 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Coffee & Hot Chocolate in the Bistro (B) 1:00 Start Setting Up Wedding Photo Display (FL) 1:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 2:30 Travel Show with Alison & Sandra: ITALY (GR) 3:30 Bean Bag Toss Game (FL) 6:00 Netflix Movie: Man of the House (Action, Feel Good)(Starring Tommy Lee Jones) (FL)	BRING DOWN YOUR WEDDING PHOTO FOR OUR DISPLAY 11 HAIR SALON OPEN 10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 11:00 Flower Arranging (B) 1:30 Netflix Documentary: Life in Colour with David Attenborough (Nature) (GR) 2:30 Bridge Group (FL) 3:00 Tony's Travel Show: California, San Diego, San Francisco, Death Valley, Joshua Tree Monument & Sierra Nevadas (GR) 4:00 Go 4 Life Walk (30 mins.) (OUT) 6:00 Netflix Movie: Mrs. Harris Goes to Paris (Nostalgic, Feel-Good) (FL)	10:00 Lets Get Moving Fitness Class with Michel (GR) 12 11:00 Work on the Jigsaw Puzzle in the Lounge (FL) 1:30 Kings in the Corner Card Game (FL) 2:30 Food Demo with Cindy Low (Asian rice noodles & vegetable salad w/ peanut sauce)(SIGN UP ONLY) (GR) 3:30 BINGO with Prizes! (GR) 6:00 Netflix Movie: Draft Day (Starring Kevin Costner)(Football, Heartfelt Drama) (FL)	10:00 Exercise DVD "Easy Does It with Sue Gordon" (Vigorous Fast-Paced Seated Workout) (GR) 13 11:00 Jenga Game (FL) 1:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 2:00 Card Games (Lounge) (FL) 3:00 Happy Hour: Michael Duff Performs (FL) 4:30 Private Function (Great Room) (GR) 6:00 Netflix Movie: The Mountain Between Us (Starring Kate Winslet) (Suspenseful, PG-13, Wilderness Survival) (PDR)	VALENTINES DAY 14 FOOT CARE NURSE 10:00 DVD Seated Chair Yoga (GR) 11:00 Kings in the Corner Card Game (FL) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Bridge Group (FL) 3:15 CRAFT: Make a Laminated Bookmark with Jennifer (Valentine's Themed) (AR) 4:30 Valentine's Dinner Served (4:30pm - 6:00pm) (DR) 6:00 Netflix Movie: Miss Congeniality (Undercover Cop, Action Comedy) (FL)	10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 15 1:00 Netflix Documentary: Street Food, Asia (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 Norman Li & Renee's Piano Recital @ 6:00pm - Two 4th Year UBC Students - Classical, Jazz + Duets (4 hands) (FL) 7:00 Netflix Movie: The Royal Treatment (Charming, Feel-Good) (FL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Virtual Church Service (PDR) 16 10:30 YouTube Seated Fitness Program @ 10:30am (GR) 1:30 Card Games (Lounge) (FL) 2:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 3:00 VanString Youth Classical Music Performance (FL) 6:00 Netflix Movie: Memoirs of a Geisha (PG-13)(Romantic, Emotional Drama) (FL)	FAMILY DAY STAT 17 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Coffee & Hot Chocolate in the Bistro (B) 1:30 Netflix Documentary: Tiny Creatures (Animals Nature) (GR) 3:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Movie: Diana (PG-13) (Emotional Intimate Drama) (FL)	HAIR SALON OPEN 18 10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights & Cardio Boxing) (GR) 11:00 Flower Arranging (B) 2:00 ART: Still Life Painting Class "Banana" (AR) 2:30 Bridge Group (FL) 3:00 *NEW* Lucky Dog Group Card Game (FL) 4:00 Go 4 Life Walk (30 mins.) (OUT) 6:00 Netflix Movie: Jane Eyre (PG-13) (Emotional Period Piece) (FL)	9:30 Make Rosemary Bread in the Bread Machine (PDR) 19 10:00 Lets 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 & Rosemary Bread Served (B) 2:45 Java Music Sing-a-long (PDR) 3:30 BINGO with Prizes! (GR) 6:00 Netflix Movie: Home Again (Comedy/Drama Starring Reese Witherspoon) (FL)	MASSAGES TODAY 20 10:00 Exercise DVD "Easy Does It with Sue Gordon" (Vigorous Fast-Paced Seated Workout) (GR) 11:00 Trivia and Word Games (PDR) 1:00 Kerrisdale Van Shuttle (Starbucks, Library, London Drugs) (OUT) 2:00 Resident General Meeting (GR) 2:30 Chef Chat with Pavle @ 2:30pm (GR) 3:00 Happy Hour: Liz & Steve Alexander (Guitar/Vocals) (FL) 4:00 Go 4 Life Walk (30 mins.) (OUT) 6:00 Netflix Movie: The Guernsey (Emotional Drama) (FL)	CARIBBEAN THEMED DINNER 21 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 11:00 Card Games (FL) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 *NEW* Indoor Carpet Bocce (FL) 2:30 Bridge Group (FL) 4:30 Carribean Themed Dinner Served Tonight (DR) 6:00 Netflix Movie: The Grand Seduction (PG-13)(Sentimental, Feel-Good) (FL)	NAT'L CHILI DAY 22 10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 1:00 Netflix Documentary: Alien Worlds (UFO, Imaginative) (FL) 2:30 Go 4 Life Walking Group (30 mins.) (OUT) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:00 OneKey Youth Classical Music Performance (Piano, Cello, Violin) (FL) 3:30 Card Games (FL) 6:00 Netflix Movie: The Snow Walker (Canadian, Independent, Inspiring) (FL)
10:00 Virtual Church Service (PDR) 23 10:30 YouTube Seated Fitness Program @ 10:30am (GR) 1:30 Netflix Documentary: Queen Cleopatra (FL) 3:00 Kings in the Corner Card Game (FL) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Netflix Movie: Maid in Manhattan (Feel-Good Comedy) (FL)	10:00 Tai Chi Class with Eric Liu (GR) 24 11:00 Fit Minds (PDR) 1:30 Art Therapy with Practicum Student, Rebecca Kwan (1:30, 2:30 & 3:30pm) (AR) 1:30 Van to Walk the West Side Greenway Path (52nd to 57th) (Weather Dependent) (OUT) 2:30 15-Minute Power Fit Class to Music (OUT) 3:00 Giant Crossword w/ Brenda (GR) 3:30 Bean Bag Toss Game (FL) 6:00 Netflix Movie: Geronimo, An American Legend (PG-13) (Western, Gritty, Political Rebellion) (FL)	HAIR SALON OPEN 25 10:00 DVD Seated Chair Yoga (GR) 10:30 CRAFT: Make a Jewelry Dish Using Air-Dry Clay (AR) 1:30 *NEW* Indoor Carpet Bocce (FL) 2:30 Strawberry Smoothies (Vanilla Ice Cream and Frozen Strawberries) & Cookies Served (B) 2:30 Bridge Group (FL) 2:45 Java Music Sing-a-long (PDR) 3:30 Go 4 Life Walk (30 mins.) (OUT) 6:00 Netflix Movie: Megan Leavey (Inspiring Drama, Animal Friends) (FL)	PINK SHIRT DAY 26 10:00 Lets Get Moving Fitness Class with Michel (GR) 11:00 Flower Arranging (B) 2:00 ART: Winter Fox in the Woods (Watercolour Painting)(Resident-Led) (AR) 3:00 Kings in the Corner Card Game (FL) 4:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 6:00 Netflix Movie: Shirley (2024) (Inspiring Drama of the 1972 Presidential Run of Shirley Chisholm)(PG-13) (FL)	10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT) 27 10:00 Exercise DVD "Easy Does It with Sue Gordon" (Vigorous Fast-Paced Seated Workout) (GR) 1:00 Wellness Clinic w/ Ayne (BP & Weight)(1pm to 3pm) (PDR) 1:30 Go 4 Life Walk (30 mins.) (OUT) 2:00 CRAFT: Make a Koi Fish Bookmark (AR) 3:00 Happy Hour: Kurt Von Hahn (Piano) (FL) 4:00 Go 4 Life Walk (30 mins.) (OUT) 6:00 Netflix Movie: The Long Game (Heartfelt Drama Starring Dennis Quaid) (FL)	RAMADAN BEGINS 28 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 11:15 Van to Lunch at Bufala Pizzeria & Italian Food (Kerrisdale) (OUT) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 TONY'S TRAVEL SHOW & EDUCATIONAL TALK: Canada's 3 Northern Territories (Yukon, the Northwest Territories & Nunavut) (GR) 2:30 Bridge Group (FL) 3:30 Crossword Handouts (FL) 6:00 Netflix Movie: Lara Croft, Tomb Raider, The Cradle of Life (Fantasy, Adrenaline Rush)(PG-13) (Starring Angelina Jolie) (FL)	



FRIDAY
FEB
28

Ramadan
(Feb 28 - Mar 29)

Be
Limitless

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)
Garden Lounge (GL)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Artful Enrichment
Drumfit