



INSPIRED
SENIOR LIVING

April 2025

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 Parkinson's Awareness Month		HAIR SALON OPEN APRIL FOOLS DAY 1 9:30 Learn to Skydive Lesson (Bring Your Own Parachute) (OUT) 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Flower Arranging (B) 11:00 Life Enrichment Meeting (PDR) 2:00 ART: Cherry Blossom Mountain (Watercolour Painting) (AR) 2:30 Bridge Group (FL) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 4:30 Living Loving Local, Farm To Table Dinner (Featuring Eggs) (DR) 6:00 Disney+ Movie: The Art of Racing in the Rain (Drama, Animals) (FL)	PARKINSON'S AWARENESS MONTH 2 10:00 Let's Get Moving Fitness Class with Michel (GR) 11:00 Giant Crossword with Brenda (GR) 1:00 Van to Walk the West Side Arbutus Greenway (W. 52 Ave. to W. 57 Ave.) (OUT) 2:00 15-Minute Power Fit Class to Music (OUT) 2:30 Gelato Ice Cream & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:30 BINGO with Prizes! (GR) 6:00 Prime Video Movie: Rain Man (Starring Dustin Hoffman and Tom Cruise) (2 hrs.) (FL)	MASSAGES TODAY (9:30AM TO 4:30PM) 3 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 10:30 Educational Nurses Talk with Ayne: Diabetes (GR) 1:00 Kerrisdale Van Shuttle (Starbucks, Library, London Drugs) (OUT) 1:30 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 2:00 Kings in the Corner Card Game (FL) 3:00 Happy Hour: John Dean (Piano) (FL) 6:00 Prime Video Movie: Dances with Wolves (Kevin Costner)(BAFTA Awards 9X Nominee) (FL)	10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 4 10:30 Resident Coffee & Hot Chocolate Social Chat (B) 11:00 Giant Crossword with Brenda (GR) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 CRAFT: Make a Recycled Paper Rose (AR) 2:30 Bridge Group (FL) 3:30 Crossword Handouts (FL) 6:00 Disney+ Movie: Saving Mr. Banks (Drama, History Starring Tom Hanks) (FL)	OPEN HOUSE 1pm-3pm 5 10:30 Tappercise Seated Tap Dance with Beryl (10:30am START TIME) (GR) 1:00 Open House Tours Begin (FL) 1:30 Happy Hour: Mike Kinal Performs (Guitar & Vocals) 1:30pm to 2:30pm (FL) 2:30 Mahjong (2:30pm - 4:30pm) (G) 2:30 ART / CRAFT: Painted Wine Glasses (Acrylic on Glass) (AR) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Netflix Movie: Mother's Day (Sentimental Drama) (FL)	
	10:00 Virtual Church Service (PDR) 6 10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR) 1:00 Prime Video Documentary: The Jazz Singer (2 hours)(Golden Globes 3X Nominee) (FL) 2:30 Card Games in the Lounge (FL) 3:00 DRAWING: How to Draw a Bee (Pick Up Tutorial From Reception) (AR) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Disney+ Movie: Amy (Drama/Family) (FL)	WORLD HEALTH DAY 7 10:00 Tai Chi Class with Eric Liu (GR) 10:30 Resident Coffee & Hot Chocolate Social Chat (B) 11:00 Fit Minds (PDR) 1:30 Scenic Van Drive - Cherry Blossoms (OUT) 1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 & 3:30pm) (AR) 3:30 Bean Bag Toss Game (FL) 3:30 Planting Info. Session with "Herbs of Hope" Volunteers (PDR) 6:00 Prime Video Movie: Sweet Pecan Summer (Hallmark Movie) (FL)	HAIR SALON OPEN 8 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 11:00 Flower Arranging (B) 2:00 Pet Therapy Visit (Olga & Pup, Sasha) (FL) 2:30 Bridge Group (FL) 3:00 Jenga Game (FL) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 6:00 Netflix Movie: Yes Day (Starring Jennifer Garner)(Family Comedy) (FL)	9:30 Make Rosemary Bread in the Bread Machine (PDR) 9 10:00 Let's Get Moving Fitness Class with Michel (GR) 11:00 Giant Crossword with Brenda (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 2:00 15-Minute Power Fit Class to Music (OUT) 2:30 Tea, Rosemary Bread & Cookies Served (B) 3:00 Java Music Sing-a-long (PDR) 3:30 BINGO with Prizes! (GR) 6:00 Prime Video Movie: Lee (Golden Globe Nominee)(Starring Kate Winslet)(Based on a True Story) (FL)	10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 10 10:30 ART: Folk Rabbit (Acrylic Paint on Canvas) (AR) 1:00 Kerrisdale Van Shuttle (Starbucks, Library, London Drugs) (OUT) 2:15 Giant Crossword with Brenda (GR) 3:00 Happy Hour: Greg Alcock (Classical Piano) (FL) 4:00 Card Games (FL) 6:00 Netflix Movie: Second Act (Comedy Drama)(Starring Jennifer Lopez) (FL)	10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 11 11:00 (YouTube) Table Salt vs. Sea Salt vs. Himalayan Pink Salt - Does It Matter To Your Health? (PDR) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Bridge Group (FL) 3:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 3:30 Crossword Handouts (FL) 6:00 Netflix Movie: That's Amor (Romantic Comedy) (FL)	10:30 Tappercise Seated Tap Dance with Beryl (10:30am START TIME) (GR) 12 1:00 Prime Video Documentary: Leonardo, The Man Who Saved Science (52 mins.) (FL) 2:30 Mahjong (2:30pm - 4:30pm) (G) 2:30 Spring Painting Class with Artist, Dawn Mattson - Sign Up at Reception (AR) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Movie: Downton Abbey, A New Era (2 hours)(Period Piece) (FL)
	10:00 Virtual Church Service (PDR) 13 10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR) 1:30 Card Games (Lounge) (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 Disney+ Movie: Mrs. Doubtfire (Family Comedy Starring Robin Williams) (FL)	10:00 Tai Chi Class with Eric Liu (GR) 14 10:30 Resident Coffee & Hot Chocolate Social Chat (B) 11:00 Fit Minds (PDR) 1:30 Van to Walk Around Shannon Park (@ W. 61st Ave. & Adera St.) (OUT) 1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 & 3:30pm) (AR) 3:00 Giant Crossword with Brenda (GR) 3:30 Bean Bag Toss Game (FL) 6:00 Netflix Movie: A Family Affair (Heartfelt, Charming) (FL)	HAIR SALON OPEN 15 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 11:00 Flower Arranging (B) 2:30 Bridge Group (FL) 2:30 Travel Show with Tony: ANTARCTICA (GR) 3:30 CRAFT: Planting into Mason Jars with "Herbs of Hope" Volunteers (Patio) (OUT) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 6:00 Netflix Movie: Holiday in the Vineyards (Hallmark Movie) (Charming Comedy) (FL)	10:00 Let's Get Moving Fitness Class with Michel (GR) 16 11:00 Giant Crossword with Brenda (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 2:00 15-Minute Power Fit Class to Music (OUT) 2:30 Tea & Cookies Served (B) 3:00 Java Music Sing-a-long (PDR) 3:30 BINGO with Prizes! (GR) 6:00 Disney+ Movie: Old Dogs (Comedy) (Starring Robin Williams and John Travola) (FL)	MASSAGES TODAY (9:30AM TO 4:30PM) 17 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 10:30 Watercolour Painting: "Easter Ears & Easter Eggs" (Beginners Welcome) (AR) 1:00 Kerrisdale Van Shuttle (Starbucks, Library, London Drugs) (OUT) 2:00 Resident General Meeting (GR) 2:30 Chef Chat with Pavle (GR) 3:00 Happy Hour: Luke Sandford (Piano/Vocals) (FL) 6:00 Netflix Movie: Mission Impossible, Dead Reckoning (Starring Tom Cruise) (Slick, Action, Witty) (FL)	GOOD FRIDAY 18 10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (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) 3:00 Simone Ren Performs Classical Piano Music @ 3:00pm (40 mins.) (FL) 4:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Netflix Movie: The Queen (Starring Helen Mirren) (Biographical Drama) (FL)	10:30 Tappercise Seated Tap Dance with Beryl (10:30am START TIME) (GR) 19 1:00 Prime Video Documentary: Europe's Greatest Train Journeys (FL) 2:30 Go 4 Life Walking Group (30 mins.) (OUT) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:00 DRAWING SESSION: "Love Birds" (Tutorial Using Coloured Pencils) (AR) 6:00 Netflix Movie: Crooked House (PG13-Film Noir/Mystery)(Agatha Christie) (FL)



INSPIRED
SENIOR LIVING

April 2025

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Virtual Church Service (PDR) 20 10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR) 1:00 Prime Video Documentary: Canada Untold (FL) 2:30 Card Games (Lounge) (FL) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Disney+ Movie: The Secret Life of Bees (Drama) (FL)	EASTER MONDAY 21 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Fit Minds (PDR) 1:30 Giant Crossword with Brenda (GR) 2:00 Get To Know Your Neighbours (For Old & New Residents to Connect & Share) (PDR) 3:30 Kings in the Corner Card Game (FL) 6:00 Disney+ Movie: Young Woman and the Sea (Based on a True Story of the First Woman to Swim Across the English Channel) (2 hours 15 mins.) (FL)	HAIR SALON OPEN 22 EARTH DAY 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 11:00 Flower Arranging (B) 1:30 Van to Walk the Arbutus Greenway (W. 52 to W. 57 Ave.) (OUT) 2:00 Pet Therapy Visit (Olga & Pup, Sasha) (FL) 2:30 Bridge Group (FL) 2:30 Chef Food Demo with Cindy Low (GR) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 6:00 Netflix Movie: Set It Up (Swoonworthy, Witty) (FL)	HEARING CLINIC 12pm - 3:30pm 23 10:00 Let's Get Moving Fitness Class with Michel (GR) 11:00 Giant Crossword with Brenda (GR) 12:00 Hearing Clinic On-Site (12:00pm-3:30pm) (G) 2:00 15-Minute Power Fit Class to Music (OUT) 2:30 Tea & Cookies Served (B) 3:00 Java Music Sing-a-long (PDR) 3:30 BINGO with Prizes! (GR) 6:00 Prime Video Movie: Fargo (Black Comedy Crime Film 1996) (2X Oscar Winner) (Starring Frances McDormand) (FL)	10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 24 10:30 Van to Shoppers Drug Mart - Senior's Day (DUNBAR LOCATION) (OUT) 11:00 Resident Coffee & Hot Chocolate Social Chat (B) 1:00 Wellness Clinic w/ Ayne (BP & Weight)(1pm to 3pm) (PDR) 1:30 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 2:00 Card Games (FL) 3:00 Happy Hour: Peter Williams (Piano & Vocals) (FL) 6:00 Netflix Movie: Breathe (Inspiring, Emotional) (FL)	RUMMAGE SALE @ 2:30pm 25 FOOT CARE NURSE 10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Spring Rummage Sale For Residents & Staff (2:30pm to 4:00pm) (GR) 2:30 Bridge Group (FL) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Movie: Once Upon a Time in the West (PG-13, Gritty, Dark Western) (FL)	10:30 Tappercise Seated Tap Dance with Beryl (10:30am START TIME) (GR) 26 1:00 Prime Video Documentary: Spitfire, The Plane That Saved The World (FL) 2:30 Go 4 Life Walking Group (30 mins.) (OUT) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:00 Educational Talk: Financial Fraud Prevention, Presented by Charles Kim (Chief Program Officer) @ Gal Senior Care Foundation (GR) 3:30 Card Games (FL) 6:00 Disney+ Movie: Die Hard (Action Drama Starring Bruce Willis) (FL)
10:00 Virtual Church Service (PDR) 27 10:30 Qigong Fitness Class with Anita Wong (10:30am START TIME) (GR) 1:00 Prime Video Documentary: Patagonia - Life on the Edge of the World (FL) 2:30 Card Games (Lounge) (FL) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Disney+ Movie: Hope Floats (Drama Romance Starring Sandra Bullock & Harry Connick Jr.) (FL)	ARTFUL ENRICHMENT WEEK 28 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Fit Minds (PDR) 1:30 Van to Walk Around Shannon Park (@ W. 61st Ave. & Adera St.) (OUT) 1:30 Art Therapy with Rebecca Kwan (1:30, 2:30 & 3:30pm) (AR) 2:30 CRAFT: Make Colourful Paper Beads with Brenda (GR) 3:30 Bean Bag Toss Game (FL) 6:00 Disney+ Movie: Adventures in Babysitting (1987 Action & Adventure) (FL)	HAIR SALON OPEN 29 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Watercolour Painting: Beach Scene w/ Palm Trees (AR) 1:00 Flower Arranging (B) 1:30 15-Minute Power Fit Class to Music (OUT) 2:00 Sketching Foundations - 2D and 3D Shapes (AR) 2:30 Bridge Group (FL) 3:00 Educational Presentation by Christopher Hebb: "The World Stage Today" (PDR) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 6:00 Netflix Movie: Blacklight (Starring Liam Neeson) (Rogue Cop) (FL)	10:00 Let's Get Moving Fitness Class with Michel (GR) 30 11:00 Giant Crossword with Brenda (GR) 11:15 Van to Lunch at Red Tuna Japanese Restaurant (OUT) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 2:30 Tea & Cookies Served (B) 3:00 Java Music Sing-a-long (PDR) 3:30 BINGO with Prizes! (GR) 6:00 Netflix Movie: Holiday in the Wild (Starring Rob Lowe & Kristin Davis) (FL)	SATURDAY APRIL 12 Passover (12-20)		
SUNDAY APRIL 20 Easter		Be Heard		Locations Legend Fireplace Lounge (FL) Great Room (GR) Outside (OUT) Private Dining Room (PDR) Bistro (B) Fine Arts Room (AR) Games Room (G) Dining room (DR)		Calendar Legend Outing Special Program Living, Loving, Local Signature Program Artful Enrichment Drumfit