Verve INSPIRED SENIOR LIVING

January 2026

Granville Gardens

GRANVILLE GARDENS
INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				**1** NEW YEARS DAY 10:00 DVD Seated Yoga Fitness Class (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 1:30 Play Farkle with Sara, Our Office Manager (Dice Game) (GR) 2:15 Kings in the Corner Card Game (FL) 3:00 Happy Hour: Kurt Von Hahn (Piano/Vocals) (FL) 6:00 Netflix Movie Series: Downton Abbey (Series 6, Episodes 1 & 2) (Period Piece, Understated) (FL)	**2** 10:00 DRUM FIT to Music (30 mins.) (GR) 10:30 Indoor Bocce with Shirley S. & Brenda C. (Volunteers) (FL) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Monthly Life Enrichment Meeting - Discuss Events/Outings (PDR) 3:00 Word Games: Memory Tray & Spelling Bee (Word Games) (PDR) 3:30 Group Walk (OUT) 4:00 Crossword Handouts (FL) 6:00 DVD Movie: High Society (Starring Bing Crosby, Grace Kelly & Frank Sinatra) (1956 Musical Romantic Comedy) (FL)	**3** 10:00 DVD Fitness Class (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Card Games (Lounge) (FL) 1:30 Netflix Food Show: School of Chocolate (PDR) 1:30 Group Walk (OUT) 3:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Netflix Movie: The Family Stone (Starring Diane Keaton) (Bittersweet Romantic Comedy) (FL)
4 9:30 Virtual Church Service (PDR) 10:30 DVD Seated Yoga Fitness Class (GR) 1:30 Netflix Food Show: K-foodie Meet J-foodie (FL) 2:30 Card Games (Lounge) (FL) 3:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 3:30 Socializing & Coffee in the Bistro (B) 6:00 Prime Video Movie: The Jazz Singer (Golden Globes 3X Nominee) (Neil Diamond's Soundtrack) (FL)	**5** 10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Prizes (GR) 2:30 ART/CRAFT: Cuban Dancing Ladies (AR) 3:30 Kings in the Corner Card Game (FL) 4:00 Lemon Water & Hot Chocolate in the Bistro (B) 6:00 Prime Video Movie: The Big Country (1958 Classic Western, Starring Gregory Peck) (FL)	**6** NAT'L TECHNOLOGY DAY 10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 11:00 Flower Arranging (B) 1:00 Pet Therapy Dog Visit (FL) 1:30 TED TALK: What Is Artifical Intelligence? (PDR) 2:00 NO BAKE FOOD DEMO with Brenda: "Snow Logs" Celery Sticks Stuffed with Cranberry & Pistachio Cream Cheese (PDR) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 4:30 Living Loving Local, Farm To Table Dinner (Featuring Beans and Lentils) (DR) 6:00 Disney+ Movie: Beaches (Musical Comedy Drama) (FL)	**7** HAIR SALON OPEN 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:00 Giant Crossword (GR) 1:00 ART/COLLAGE: Create an Elvis Presley Collage (While Listening to Elvis' Music) (AR) 1:45 Play Farkle with Brenda (Fun, Easy Dice Game) (GR) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 6:00 Netflix Movie: A Knight's Tale (Exciting, Adventure, Witty, Action) (FL)	**8** ELVIS PRESLEY'S BDAY SEATED CHAIR MASSAGES TODAY (SIGN UP) 9:30 Seated Massages (Sign Up) (G) 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 10:30 EMBROIDERY CLASS/CROSS STITCH with Simin in the PDR (PDR) 1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT) 3:00 Happy Hour: Cherelle Jardine (Vocals/Guitar) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Movie Series: Downton Abbey (Series 6, Episodes 3 & 4) (Period Piece, Understated) (FL)	**9** 10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 10:30 Indoor Bocce with Shirley S. & Brenda C. (Volunteers) (FL) 1:00 Group Walk (OUT) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 DRUM FIT to Music (30 mins.) (GR) 3:00 15-Minute Guided Audio Relaxation Circle (PDR) (PDR) 3:30 Crossword Handouts (FL) 4:00 Socializing in the Bistro (B) 6:00 Disney+ Movie: Romancing the Stone (Action Adventure) (Starring Michael Douglas & Kathleen Turner) (FL)	**10** 10:00 DVD Fitness Class (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL) 1:30 Group Walk (OUT) 2:00 Netflix Documentary: Secret World of Sound (With David Attenborough) (PDR) 3:30 Go 4 Life Walking Group (30 mins.) (OUT) 4:00 Card Games (Lounge) (FL) 6:00 Disney+ Movie: Hamilton (Musical, History) (2 hrs. 45 mins.) (FL)
11 9:30 Virtual Church Service (PDR) 10:30 DVD Seated Yoga Fitness Class (GR) 1:00 Netflix Food Show: With Love, Meghan (Holiday Celebration Cooking with Meghan Markle) (PDR) 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: 9 to 5 (1980 Buddy Comedy) (Starring Dolly Parton, Lily Tomlin & Jane Fonda) (FL)	**12** 10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:30 Van Trip to Shop at Dollarama (Kerrisdale) (OUT) 2:30 Word Games, Around the World, Big Mouth & Scattergories (Brain Games) (PDR) 3:00 15-Minute Guided Audio Relaxation Circle (PDR) (PDR) 3:15 Card Games in the Lounge (FL) 3:30 Lemon Water & Hot Chocolate in the Bistro (B) 6:00 Prime Video Movie: Some Like It Hot (1959 Crime Comedy Starring Marilyn Munroe, Jack Lemmon & Tony Curtis) (FL)	**13** 10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR) 11:00 Flower Arranging (B) 1:30 BINGO with Prizes (GR) 2:30 PAINTING: Meet Me at The MoMA (Robert Colquhoun, Scottish Painter, Set Designer & Printmaker) (AR) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 4:00 Socializing & Coffee in the Bistro (B) 6:00 Disney+ Movie: The Book Thief (History, WW2, Drama) (FL)	**14** HAIR SALON OPEN 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:00 Giant Crossword (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 1:30 Play Farkle with Brenda (Dice Game) (GR) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 6:00 Disney+ Movie: The Guardian (Drama, Action, Adventure) (Starring Kevin Costner & Ashton Kutcher) (FL)	**15** 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 10:30 EMBROIDERY CLASS/CROSS STITCH with Simin in the Private Dining Room (PDR) 1:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT) 2:00 Resident General Meeting (GR) 2:30 Chef Chat with Chef Gary (30 mins.) (GR) 3:00 Happy Hour: Bob Collins (Guitar/Vocals) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Movie Series: Downton Abbey (Series 6, Episodes 5 & 6) (Period Piece, Understated) (FL)	**16** 10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 10:30 Indoor Bocce with Shirley S. & Brenda C. (Volunteers) (FL) 1:00 Group Walk (OUT) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 DRUM FIT to Music (30 mins.) (GR) 3:00 Socializing in the Bistro (B) 4:00 Crossword Handouts (FL) 6:00 Disney+ Movie: Mr. Holland's Opus (Music, Drama) (Starring Richard Dryfuss) (FL)	**17** 10:00 DVD Fitness Class (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL) 1:30 Group Walk (OUT) 2:00 Netflix Documentary: Barbra (Streisand Music Documentary) (PDR) 3:30 Go 4 Life Walking Group (30 mins.) (OUT) 4:00 Card Games (Lounge) (FL) 6:00 Netflix Movie: Catch Me If You Can (Starring Tom Hanks and Leonardo Di Caprio) (Crime Comedy-Drama, Slick) (FL)

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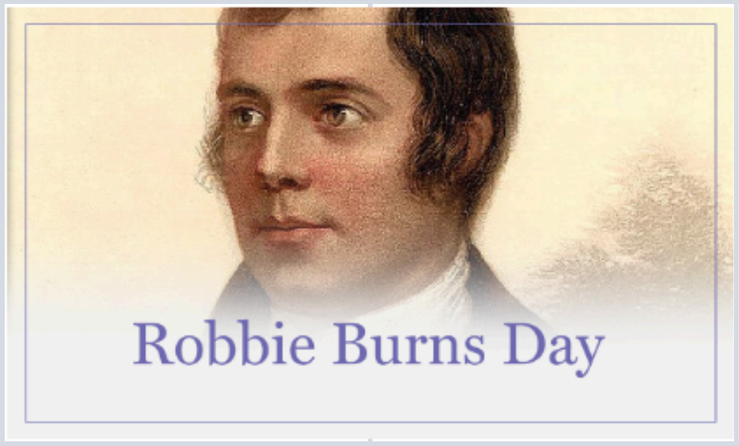
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 9:30 Virtual Church Service (PDR) 10:30 Qigong Fitness Class with Anita Wong (60 mins.) (GR) 12:45 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 1:00 Netflix Food Show: Five Star Chef (PDR) 1:30 Card Games (Lounge) (FL) 2:30 Coffee & Hot Chocolate in the Bistro (B) 3:00 OneKey Youth Classical Music Performance (Piano, Cello, Violin) (FL) 6:00 Netflix Movie: Live Twice, Love Once (Drama, Comedy) (FL)	**19** MARTIN LUTHER KING JR. DAY NAT'L POPCORN DAY 10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Prizes (Great Room) (GR) 2:45 Popcorn Tasting (Try Different Varieties of Popcorn!) (PDR) 3:00 Resident Photos - Slide Show in the Private Dining Room (PDR) 3:30 Socializing & Tea in the Bistro (B) 6:00 Netflix Movie: The Blind (Inspiring, Sincere, Faith & Spirituality) (FL)	**20** 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Flower Arranging (B) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Pet Therapy Dog Visit (FL) 1:30 PAINTING: Meet Me at The MoMA (Clarke Reynolds, Braille Artist) (AR) 2:30 TONY'S TRAVEL SHOW - "Beautiful British Columbia" (GR) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 4:00 Socializing in the Bistro (B) 6:00 Netflix Movie: Sahara (Explosive, Exciting, Action Comedy) (Starring Matthew McConaughey) (FL)	**21** HAIR SALON OPEN 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:00 Giant Crossword (GR) 1:30 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 2:00 Winter Spelling Bee (PDR) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:15 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 6:00 Netflix Movie: Champagne Problems (Heartfelt Charming Comedy) (FL)	**22** 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 10:30 EMBROIDERY CLASS/CROSS STITCH with Simin in the Private Dining Room (PDR) 1:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT) 2:00 Socializing & Coffee in the Bistro (B) 3:00 Happy Hour: Ken & Judy Hackwell Perform (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Movie Series: Downton Abbey (Series 6, Episodes 7 & 8) (Period Piece, Understated) (FL)	**23** FOOT CARE NURSE HERE 10:00 Seated "Zumba Gold" with Julia Chilcott (30 mins.) (GR) 10:30 Indoor Bocce with Shirley S. & Brenda C. (Volunteers) (FL) 1:00 Group Walk (OUT) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Socializing & Tea in the Bistro (B) 3:00 Kings in the Corner Card Game (FL) 4:00 Crossword Handouts (FL) 6:00 Netflix Movie: Mango (Sincere, Drama, Sentimental) (FL)	**24** 10:00 DVD Fitness Class (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL) 1:30 Group Walk (OUT) 2:00 POETRY CORNER: Pablo Neruda (Hand-Out Sheets @ Reception) (PDR) 3:00 Piano Music by Anita Du, Accompanited by Violin & Cello (30 Minutes) (FL) 3:30 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 DVD Movie: West Side Story (1961 Academy Award Winner, Drama, American Musical) (FL)
25 ROBBIE BURNS DAY 9:30 Virtual Church Service (PDR) 10:30 Qigong Fitness Class with Anita Wong (60 mins.) (GR) 1:00 Prime Video Travel Show: Frankie Boyle's Tour of Scotland (PDR) 2:00 Card Games (Lounge) (FL) 3:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 4:30 Scottish Themed Dinner for Robbie Burns Day (DR) 6:00 Disney+ Movie: Jewel of the Nile (Action Adventure Comedy) (Starring Michael Douglas & Kathleen Turner) (FL)	**26** 10:00 Tai Chi Class with Eric Liu (60 mins.) (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:30 Card Games (Lounge) (FL) 2:00 Play Farkle with Sara, Our Office Manager (Dice Game) (PDR) (GR) 3:00 Coffee & Hot Chocolate in the Bistro (B) 6:00 Disney+ Movie: The Finest Hours (Drama, Action, Adventure) (Based on a True Story) (FL)	**27** NAT'L CHOCOLATE CAKE DAY 10:00 DVD Fitness Class (GR) 10:30 Flower Arranging (B) 11:00 Socializing & Coffee in the Bistro (B) 1:30 Card Games (Lounge) (FL) 2:30 Guest Speaker, John Garland TOPIC: Vision Health for Seniors (GR) 3:30 Indoor Bocce w/ Stella & Layla (Volunteers) (FL) 6:00 Netflix Movie: Top Gun (Starring Tom Cruise) (FL)	**28** HAIR SALON OPEN 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 2:00 Chef Food Demo with Chef Gary (30 minutes) (PDR) 2:30 Tea & Cookies Served (B) 3:00 Socializing in the Bistro (B) 3:00 Card Games (Lounge) (FL) 6:00 Disney+ Movie: Behind Enemy Lines (Action, Adventure) (Starring Gene Hackman & Owen Wilson) (FL)	**29** 10:00 Gentle Fitness with Sarah Groberman (30 mins.) (GR) 10:30 EMBROIDERY CLASS/CROSS STITCH with Simin in the Private Dining Room (PDR) 1:00 Play Farkle with Sara, Our Office Manager (Dice Game) (GR) 1:00 Wellness Clinic with Nurse Ayne (1pm - 3pm) (Sign Up) (PDR) 3:00 Happy Hour: Mike Kinal Performs (Guitar & Vocals) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Movie Series: Downton Abbey (Series 6, Episodes 9 The Finale) (Period Piece, Understated) (FL)	**30** 10:00 DVD Seated Yoga Fitness Class (GR) 10:30 Indoor Bocce with Shirley S. & Brenda C. (Volunteers) (FL) 11:00 Group Walk (OUT) 1:00 Educational Nurses Talk with Ayne, TOPIC: Dementia (Symptoms, Behaviour Changes and Memory Loss) (GR) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 Socializing & Coffee in the Bistro (B) 3:00 Crossword Handouts (FL) 6:00 Netflix Movie: The Fablemans (Nostalgic Drama) (FL)	**31** 10:00 DVD Fitness Class (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Bean Bag Toss Game with Lia & Lilly (Volunteers) (FL) 1:30 Group Walk (OUT) 2:00 BINGO with our Manager, Shaun (GR) 3:00 Netflix Documentary: Living with Leopards (Captivating, Visually Striking) (PDR) 3:15 Go 4 Life Walking Group (30 mins.) (OUT) 4:00 Card Games (Lounge) (FL) 6:00 Disney+ Movie: Miracle at Midnight (Drama, History) (FL)





Locations Legend

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

Calendar Legend

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