




INSPIRED SENIOR LIVING

July 2026 Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="font-size: 2em; color: #4a7ebb; margin-top: 10px;">Canada Day</p>						
<p>9:30 Virtual Church Service (PDR) 5</p> <p>10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (GR)</p> <p>11:00 Card Games (Lounge) (FL)</p> <p>1:00 Sunday Group Walk w/ Volunteer, Deborah followed by Sketching Class (30 mins.) (OUT)</p> <p>2:00 Disney+ Documentary: Elephant (Animals & Nature) (PDR)</p> <p>3:30 Bean Bag Toss Game with Pippa & Clementine (Volunteers) (FL)</p> <p>6:00 Prime Video Movie: The Iron Lady (2X Oscar Winner) (Starring Meryl Streep as Margaret Thatcher) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 6</p> <p>10:30 Van to the Kerrisdale Library (Bring ID if you want a Library Card) (OUT)</p> <p>12:30 CABI CLOTHING SALE (Sale 50% to 70% Off) (In Our Lounge) (FL)</p> <p>1:30 BINGO with Prizes (GR)</p> <p>2:30 Resident "Show & Tell" (Bring An Item to Show and Tell the Group About) (PDR)</p> <p>3:00 Ice Cream Sandwiches Served on the Patio (OUT)</p> <p>6:00 Prime Video Movie: Shall We Dance? (Starring Richard Gere, Jennifer Lopez and Susan Sarandon) (FL)</p>	<p>HAIR SALON OPEN 7</p> <p>WORLD CHOCOLATE DAY</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 Van to Walk the Arbutus Greenway (W. 52 to W. 57 Ave.) & Shop @ Choices Market (OUT)</p> <p>2:30 Chef Demo - Chocolate Dipped Strawberries (GR)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Virgin River Series (Season 1, E. 1 & E. 2) (Filmed in Vancouver, Squamish, Bowen Island & New Westminster) (FL)</p>	<p>CANADA DAY & BBQ 1</p> <p>WEAR RED AND/OR WHITE</p> <p>10:00 DVD Fitness Class (GR)</p> <p>10:30 Canadian Trivia, Memory Tray & Scattergories Game (PDR)</p> <p>11:30 Canada Day Salmon BBQ (OUT)</p> <p>1:30 Life Enrichment Meeting & Singing O Canada (PDR)</p> <p>2:00 Group Readings of Rudyard Kipling's Poem "If" & Jenny Joseph's Poem "Warning" (PDR)</p> <p>2:30 Iced Coffees and Maple Cookies Served (PDR)</p> <p>2:45 Socializing on the Patio (Music By Anne Murray) (OUT)</p> <p>6:00 Prime Video Movie: Stanley & Iris (Starring Robert DeNiro & Jane Fonda) (Romantic Drama) (FL)</p>	<p>10:00 (YouTube) Seated Fitness Class (GR) 2</p> <p>10:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT)</p> <p>10:30 CRAFT: Felt, Embroidery & Cross Stitch Class (AR)</p> <p>1:30 PAINTING CLASS: Paint a Vibrant Portugese Sardines Poster (OUT)</p> <p>3:00 Happy Hour: Matthew Ma (Classical Piano) (FL)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: Downton Abbey (New Episodes) (FL)</p>	<p>10:00 Seated Functional Fitness Class with Brenda (Hand Weights, Cardio Boxing & Grip Work) (GR) 3</p> <p>10:30 Indoor Bocce with Shirley! (FL)</p> <p>1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 Play Farkle, Dice Game (GR)</p> <p>3:00 "Hands of Time" Hand Photography Project (Black & White Photos Taken) (GR)</p> <p>3:30 Patio Time! (OUT)</p> <p>6:00 Netflix Series: The Good Doctor (Season 1, E. 17 & E. 18) (FL)</p>	<p>10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 4</p> <p>10:00 CANADA (FIFA) WORLD CUP SOCCER GAME @ 10:00AM (FL)</p> <p>2:00 Technology Assistance with Nathan (iPads, iPhones, Laptops) (Sign Up) (GR)</p> <p>3:00 Disney+ Documentary: India From Above (National Geographic) (Documentary of a Nation and it's People) (PDR)</p> <p>4:00 Group Walk (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: Inherit The Wind (Golden Globe Winner) (Starring Jack Lemmon & George C. Scott) (FL)</p>
<p>9:30 Virtual Church Service (PDR) 5</p> <p>10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (GR)</p> <p>11:00 Card Games (Lounge) (FL)</p> <p>1:00 Sunday Group Walk w/ Volunteer, Deborah followed by Sketching Class (30 mins.) (OUT)</p> <p>2:00 Disney+ Documentary: Elephant (Animals & Nature) (PDR)</p> <p>3:30 Bean Bag Toss Game with Pippa & Clementine (Volunteers) (FL)</p> <p>6:00 Prime Video Movie: The Iron Lady (2X Oscar Winner) (Starring Meryl Streep as Margaret Thatcher) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 6</p> <p>10:30 Van to the Kerrisdale Library (Bring ID if you want a Library Card) (OUT)</p> <p>12:30 CABI CLOTHING SALE (Sale 50% to 70% Off) (In Our Lounge) (FL)</p> <p>1:30 BINGO with Prizes (GR)</p> <p>2:30 Resident "Show & Tell" (Bring An Item to Show and Tell the Group About) (PDR)</p> <p>3:00 Ice Cream Sandwiches Served on the Patio (OUT)</p> <p>6:00 Prime Video Movie: Shall We Dance? (Starring Richard Gere, Jennifer Lopez and Susan Sarandon) (FL)</p>	<p>HAIR SALON OPEN 7</p> <p>WORLD CHOCOLATE DAY</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 Van to Walk the Arbutus Greenway (W. 52 to W. 57 Ave.) & Shop @ Choices Market (OUT)</p> <p>2:30 Chef Demo - Chocolate Dipped Strawberries (GR)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Virgin River Series (Season 1, E. 1 & E. 2) (Filmed in Vancouver, Squamish, Bowen Island & New Westminster) (FL)</p>	<p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 8</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT)</p> <p>1:00 15-Minute Power Fit Class Out Front, Under Cover (OUT)</p> <p>1:30 Play Farkle, Dice Game (GR)</p> <p>2:30 Birthday Cake Served to Celebrate Resident & Staff July Birthdays Including Violet's 103rd Birthday (FL)</p> <p>3:00 Java Music Sing-a-Long (PDR)</p> <p>3:30 Patio Time! (OUT)</p> <p>6:00 Prime Video Movie: Blue Sky (Oscar Winner) (Starring Jessica Lange and Tommy Lee Jones) (FL)</p>	<p>NAT'L PINA COLADA DAY 9</p> <p>10:00 Seated Functional Fitness w/ Brenda (30 Mins.)(Hand Weights, Cardio Boxing & Grip Work) (GR)</p> <p>10:30 CRAFT: Felt, Embroidery & Cross Stitch Class (AR)</p> <p>2:00 DRINK DEMO: Pina Coladas (Private Dining Room/Patio) (PDR)</p> <p>3:00 Happy Hour: Charles Johnson (Guitar/Piano/Vocals) (FL)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: Downton Abbey (New Episodes) (FL)</p>	<p>10:00 DVD Fitness Class (GR) 10</p> <p>10:30 Socializing & Coffee in the Bistro (B)</p> <p>1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 TONY'S TRAVEL SHOW - Mexico (San Miguel de Allende and Mexico City), Assiniboine Park BC & South West France (GR)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: The Good Doctor (Season 2, E. 1 & E. 2) (FL)</p>	<p>10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 11</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>2:00 Disney+ Documentary: Incredible Animal Journeys (National Geographic) (PDR)</p> <p>3:00 Indoor Bocce with Nathan! (FL)</p> <p>4:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: Downton Abbey: The Grand Finale (Movie) (FL)</p>
<p>9:30 Virtual Church Service (PDR) 12</p> <p>10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (GR)</p> <p>11:00 Card Games (Lounge) (FL)</p> <p>1:00 Sunday Group Walk w/ Volunteers, Deborah & Joanna followed by Sketching Class (30 mins.) (OUT)</p> <p>2:00 Disney+ Documentary: Dolphins Up Close (PDR)</p> <p>3:30 Bean Bag Toss Game with Pippa & Clementine (FL)</p> <p>6:00 Netflix Movie: Gerry & Marge Go Large (Drama, Sincere, Comedy) (Starring Annette Bening & Bryan Cranston) (FL)</p>	<p>10:00 TAI CHI CLASS WITH LINDA SOO (GR) 13</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Van to Shop at Dollarama in Kerrisdale (OUT)</p> <p>2:30 PAINTING: Watercolour Pansies (AR)</p> <p>3:30 Educational Nurses Talk TOPIC: Heat & Dehydration (30 Mins.) (GR)</p> <p>4:00 Patio Time! (OUT)</p> <p>6:00 Netflix Movie: Finding Forrester (Inspiring, Heartfelt, Sports) (2 hrs.) (FL)</p>	<p>LLL DINNER (Featuring Raspberries) 14</p> <p>HAIR SALON OPEN</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 Pet Therapy Dog Visit (FL)</p> <p>1:30 BINGO with Prizes (GR)</p> <p>2:30 TED TALK: The Formula for Successful Aging Gary Small (PDR)</p> <p>3:00 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>6:00 Virgin River Series (Season 1, E. 3 & E. 4) (FL)</p>	<p>FOOT CARE NURSE 15</p> <p>9:00 Bread Making Using The Bread Machine (PDR)</p> <p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Group Walk (30 mins.) (OUT)</p> <p>1:30 Play Farkle, Dice Game (GR)</p> <p>2:30 Tea, Rosemary Bread & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-Long (PDR)</p> <p>3:15 (Spotify) Guided Audio Meditation "A Positive Mindset" (GR)</p> <p>6:00 Disney+ Movie: RED (Action Adventure Comedy) (Starring Morgan Freeman, Bruce Willis & Helen Mirren) (FL)</p>	<p>NAT'L HOT DOG DAY 16</p> <p>BBQ LUNCH TODAY</p> <p>10:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT)</p> <p>10:00 DVD Seated Yoga Fitness Class (GR)</p> <p>10:30 CRAFT: Felt, Embroidery & Cross Stitch Class (AR)</p> <p>11:30 BBQ Lunch Served (11:30am-1:00pm) (DR)</p> <p>2:00 Resident General Meeting (GR)</p> <p>2:30 Chef Chat with Chef Gary (GR)</p> <p>3:00 Happy Hour: Cherelle Jardine (Guitar & Vocals) (FL)</p> <p>6:00 Netflix Series: Downton Abbey (New Episodes) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 17</p> <p>10:30 Indoor Bocce with Shirley! (FL)</p> <p>1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 Travel Show with Brenda - Hornby Island, BC (30 Mins.) (GR)</p> <p>3:00 CRAFT: Paint Ladybug & Bee Rocks & Make a Tic-Tac-Toe Game Board (AR)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: The Good Doctor (Season 2, E. 3 & E. 4) (FL)</p>	<p>10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 18</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>2:00 Disney+ Documentary: Secrets of the Bees (Animals & Nature) (National Geographic) (FL)</p> <p>3:00 Patio Time! (Meet on the Back Patio Under the Umbrellas) (OUT)</p> <p>4:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Prime Video Movie: I'll Find You (WWII Love Story) (16+) (2 hrs.) (FL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Virtual Church Service (PDR) 19</p> <p>10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (GR)</p> <p>11:00 Card Games (Lounge) (FL)</p> <p>1:00 Sunday Group Walk w/ Volunteers, Deborah & Joanna followed by Sketching Class (30 mins.) (OUT)</p> <p>2:00 Disney+ Documentary: World Eats Bread (National Geographic) (PDR)</p> <p>3:30 Bean Bag Toss Game with Pippa & Clementine (FL)</p> <p>6:00 Prime Video Movie: Tender Mercies (2X Oscar Winner) (Starring Robert Duvall) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 20</p> <p>10:30 Coffee Social in the Bistro (B)</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 Wellness Clinic On-Site (1pm - 3pm) (Sign Up) (PDR)</p> <p>1:30 BINGO with Prizes (GR)</p> <p>2:30 PAINTING: Meet Me at The MoMA (Featuring Emily Carr, Canadian Artist, Indigenous & Nature Painting) (AR)</p> <p>3:30 Ice Cream Sandwiches on the Patio (OUT)</p> <p>6:00 Prime Video Movie: Still of the Night (Starring Meryl Streep) (Murder Mystery) (FL)</p>	<p>HAIR SALON OPEN 21</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>10:45 Flower Arranging (B)</p> <p>11:00 Van to Lunch at Shota Sushi & Grill (on Yew Street in Kerrisdale) (OUT)</p> <p>1:30 Monthly Resident Committee Meeting (30 mins.) (GR)</p> <p>2:00 Staff DEI Potluck Lunch - Private Function (PDR)</p> <p>3:00 15-Minute Power Fit Class Out Front, Under Cover (OUT)</p> <p>3:15 Socializing & Popsicles Served on the Patio (OUT)</p> <p>6:00 Virgin River Series (Season 1, E. 5 & E. 6) (FL)</p>	<p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 22</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Piano Performance by Sunny Zheng (Recent Graduate of the Juilliard School of Music) (OUT)</p> <p>2:30 Tea & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:15 15-Minute Guided Meditation (Relaxation Circle via Audio Spotify) (PDR)</p> <p>6:00 Prime Video Movie: The Last Word (Starring Shirley MacLaine) (Comedy Drama) (FL)</p>	<p>SEATED MESSAGES TODAY 23</p> <p>9:30 Seated Messages Begin (Sign Up) (G)</p> <p>10:00 Kerrisdale Van Shuttle (Starbucks & London Drugs) (OUT)</p> <p>10:00 DVD Seated Yoga Fitness Class (GR)</p> <p>10:30 CRAFT: Felt, Embroidery & Cross Stitch Class (AR)</p> <p>2:00 15-Minute Power Fit Class Out Front, Under Cover (OUT)</p> <p>3:00 Happy Hour: Luke Sandford (Piano/Vocals) (FL)</p> <p>6:00 Netflix Series: Downton Abbey (New Episodes) (FL)</p>	<p>10:00 Seated Functional Fitness w/ Brenda (30 Mins.)(Hand Weights, Cardio Boxing & Grip Work) (GR) 24</p> <p>10:45 Word Games and Brain Games (PDR)</p> <p>1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 PAINTING CLASS: Rainbow Valley (Watercolours on Watercolour Paper) (AR)</p> <p>3:30 Socializing on the Patio - Lemonade Served (OUT)</p> <p>6:00 Netflix Series: The Good Doctor (Season 2, E. 5 & E. 6) (FL)</p>	<p>10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 25</p> <p>11:00 Socializing & Coffee in the Bistro (B)</p> <p>2:00 Disney+ Documentary: Shohei Ohtani, Beyond the Dream (PDR)</p> <p>3:00 Indoor Bocce with Nathan! (FL)</p> <p>4:00 Go 4 Life Walking Group (30 mins.) (OUT)</p> <p>6:00 Disney+ Movie: Dante's Peak (Action, Adventure) (Starring Pierce Bronson) (FL)</p>
<p>9:30 Virtual Church Service (PDR) 26</p> <p>10:30 (YouTube) Full Chair Workout For Seniors (Seated) - 35 Minutes, Beginner - Exercise Every Area of Your Body (GR)</p> <p>1:00 Sunday Group Walk w/ Volunteers, Deborah & Joanna followed by Sketching Class (30 mins.) (OUT)</p> <p>2:00 Disney+ Documentary: The Lost Treasures of the Maya (History) (PDR)</p> <p>3:30 Bean Bag Toss Game with Pippa & Clementine (FL)</p> <p>6:00 Disney+ Movie: Kiss Me Goodbye (Drama Romance) (Starring Jeff Bridges & Sally Field) (FL)</p>	<p>10:00 TAI CHI CLASS WITH LINDA SOO (GR) 27</p> <p>11:00 Fit Minds (Brain Games) (PDR)</p> <p>1:00 BINGO with Prizes (GR)</p> <p>2:00 PAINTING: Summer Sunflowers (Using Acrylic Paints) (AR)</p> <p>3:00 Who Am I Game (Identify the Famous Person/Powerpoint) (PDR)</p> <p>3:30 Socializing on the Patio (OUT)</p> <p>6:00 Prime Video Movie: Fort Apache (1948 Western Starring Henry Fonda and John Wayne) (FL)</p>	<p>HAIR SALON OPEN 28</p> <p>10:00 Tappercise Seated Tap Dance with Beryl (60 mins.) (GR)</p> <p>11:00 Flower Arranging (B)</p> <p>1:00 Pet Therapy Dog Visit (FL)</p> <p>1:30 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT)</p> <p>2:00 TED TALK: Your Body Language Shapes Who You Are (Amy Cuddy) (GR)</p> <p>2:30 Wine & Cheese Social & With Non-Alcoholic Options (Music by Ella Fitzgerald) (OUT)</p> <p>6:00 Virgin River Series (Season 1, E. 7 & E. 8) (FL)</p>	<p>9:00 Bread Making Using The Bread Machine (PDR) 29</p> <p>10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR)</p> <p>11:00 Giant Crossword (GR)</p> <p>1:00 Group Walk (30 mins.) (OUT)</p> <p>2:00 Play Farkle, Dice Game (GR)</p> <p>2:30 Tea, Rosemary Bread & Cookies Served (B)</p> <p>2:45 Java Music Sing-a-long (PDR)</p> <p>3:15 TED TALK: The New Bionics That Let Us Run, Climb and Dance (18 mins.) (OUT)</p> <p>6:00 Disney+ Movie: The Amateur (Action, Adventure, Espionage, Spies) (PG-13) (2 hrs.) (FL)</p>	<p>BBQ LUNCH TODAY 30</p> <p>10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT)</p> <p>10:00 DVD Fitness Class (GR)</p> <p>10:30 CRAFT CLASS: Felt, Embroidery & Cross Stitch Class (AR)</p> <p>11:30 BBQ Lunch Served (11:30am-1:00pm) (DR)</p> <p>2:00 Seated Functional Fitness w/ Brenda (30 Mins.)(Hand Weights, Cardio Boxing & Grip Work) (GR)</p> <p>3:00 Happy Hour: Mike Kinal Performs (Guitar & Vocals) (FL)</p> <p>4:00 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: Downton Abbey (New Episodes) (FL)</p>	<p>10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 31</p> <p>10:30 Indoor Bocce with Shirley! (FL)</p> <p>1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL)</p> <p>2:30 Bridge Group (FL)</p> <p>2:30 Summer Spelling Bee & Brain Games (PDR)</p> <p>3:00 Malibu Rum & Pineapple Juice Served on the Patio with Music by Julio Iglacias (Spanish/Latin Music) (OUT)</p> <p>3:30 Kings in the Corner Card Game (FL)</p> <p>6:00 Netflix Series: The Good Doctor (Season 2, E. 7 & E. 8) (FL)</p>	



Locations Legend

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

Calendar Legend

- Outing
- Special Program
- Drumfit
- Meet Me at the MOMA
- Signature Program
- Artful Enrichment