



INSPIRED
SENIOR LIVING

August 2026

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Civic Holiday		 Banana Split Day		 Friendship Day		
9:30 Virtual Church Service (PDR) 2 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Sunday Group Walk with our Volunteer, Deborah followed by Adult Colouring Pages (30 mins.) (OUT) 2:00 Netflix Baking Show: Bake Squad (Feel-Good, Reality) (PDR) 3:00 Card Games (Lounge) (FL) 6:00 Netflix Movie: Deepwater Horizon (PG-13) (Explosive, Fast-Paced, Adrenaline Rush) (FL)	CIVIC HOLIDAY, BC DAY 3 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 10:30 Play Farkle with Sara, Our Office Manager (Dice Game) (PDR) 1:00 Prime Video: Bob Ross, The Joy of Painting (Season 1 - "A Walk in the Woods" and Alaska's "Mt. McKinley") (2 Paintings) (PDR) 2:30 Fit Minds (Pick Up Your Hand-Out Sheet at Reception) (PDR) 3:00 Scrabble Board Game in the Lounge (FL) 3:30 Socializing on the Patio (PATI) 6:00 Netflix Movie: Hachi: A Dog's Tale (Based on a True Story) (Starring Richard Gere) (FL)	HAIR SALON OPEN 4 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 10:45 Monthly Life Enrichment Meeting - Discuss Events and Outings (PDR) 1:00 Van to Save-On-Foods & Dollarama (Kerrisdale, West Boulevard) (OUT) 2:30 Piano Performance by Colton Yee (45 mins.) (Final Stage of His Accreditation with the Royal Conservatory of Music) (FL) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Virgin River Series (Season 1, E. 9 & E. 10) (FL)	ROOT BEER FLOATS TODAY 5 10:00 Let's Get Moving Fitness with Michel (60 mins.) (GR) 11:00 Giant Crossword (GR) 1:30 Play Farkle, Dice Game (GR) 2:30 Root Beer Floats Served (with Elvis Music) (PDR) 2:45 Java Music Sing-a-long (PDR) 3:15 Spelling Bee, Memory Game, Scattergories & Trivia (Brain Games) (PDR) 6:00 Prime Video Movie: Hail Mary (Action Drama) (2026 New Release Starring Ryan Gosling) (FL)	10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights, Cardio Boxing & Grip Strengthening) (GR) 6 10:30 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 Van to Starbucks & London Drugs (OUT) 3:00 Happy Hour: Kurt Von Hahn (Piano) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Prime Video Movie: Downton Abbey: The Grand Finale (Movie) (FL)	10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 7 10:30 Indoor Bocce with Shirley! (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 Bridge Group (FL) 2:30 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 3:00 Art Appreciation: Mark Maggiori (Evocative depictions of the American West) (GR) 3:15 Play Kings in the Corner with Brenda (FL) 6:00 Netflix Series: The Good Doctor (Season 2, E. 9 & E. 10) (FL)	10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 8 11:00 Socializing & Coffee in the Bistro (B) 2:00 Disney+ Nature: Born in China (Animals, Nature) (FL) 3:00 Indoor Carpet Bocce Game with Nathan (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Thirteen Lives (True Story of a Thai Soccer Team Trapped in a Cave) (2 1/2 hrs.) (FL)
9:30 Virtual Church Service (PDR) 9 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 11:00 Card Games (Lounge) (FL) 1:00 Sunday Group Walk w/ Volunteer, Joanna followed by Sketching Class (30 mins.) (OUT) 2:00 Netflix Food Show: Street Food Asia "Vietnam" (PDR) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Netflix Movie: The Four Seasons (Romantic Comedy) (Starring Alan Alda & Carol Burnett) (FL)	10:00 TAI CHI CLASS WITH LINDA SOO (GR) 10 10:30 Coffee Social in the Bistro (B) 11:00 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Prizes (GR) 2:30 Play UNO with Brenda (Card Game) (FL) 3:15 YouTube: Life Lessons from 100 Year Olds Who Didn't Expect to Live So Long (15 Mins) (GR) 3:30 Patio Time & Smooth Saxophone Instrumental Music (OUT) 6:00 Netflix Movie: The Bounty Hunter (Goofy Romantic Action-Comedy) (Starring Jennifer Aniston & Gerard Butler) (FL)	HAIR SALON OPEN 11 10:00 DVD Seated Yoga Fitness Class (GR) 11:00 Flower Arranging (B) 1:00 Pet Therapy Dog Visit (FL) 1:30 15-Minute Power Fit Class Out Front, Under Cover (OUT) 2:00 Spelling Bee, Memory Game, Scattergories & Trivia (Brain Games) (PDR) 2:45 15-Minute Guided Meditation (Relaxation via Audio Spotify) (PDR) 6:00 Virgin River Series (Season 2, E. 1 & E. 2) (FL)	FOOT CARE NURSE 12 9:00 Make Rosemary Bread (Add Ingredients to the Bread Machine) (PDR) 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) 2:30 Rosemary Bread, Tea & Cookies (B) 2:45 Java Music Sing-a-long (PDR) 3:15 Socializing on the Patio (PATI) 6:00 Netflix Movie: Strangers in the Park (Sentimental Witty Comedy) (FL)	BBQ LUNCH TODAY 13 10:00 Seated Functional Fitness w/ Brenda (30 Mins.)(Hand Weights, Cardio Boxing & Grip Work) (GR) 10:30 CRAFT CLASS: Embroidery & Cross Stitch (AR) 11:30 BBQ Lunch Served (11:30am-1:00pm) (DR) 1:00 Van to Starbucks & London Drugs (OUT) 3:00 Happy Hour: Greg Alcock (Classical Piano) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Movie: Forever My Girl (Romantic Drama) (FL)	10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 14 10:30 Indoor Bocce with Shirley! (FL) 1:30 Play Farkle, Dice Game (GR) 2:00 PAINTING: Lemon Tree (Watercolour) (AR) 2:30 Bridge Group (FL) 3:00 Trivia on the Big Screen (Great Room) (GR) 3:30 Socializing on the Patio (PATI) 6:00 Netflix Series: The Good Doctor (Season 2, E. 11 & E. 12) (FL)	10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 15 11:00 Socializing & Coffee in the Bistro (B) 2:00 Netflix Documentary: Our Planet II (with David Attenborough) (Emmy Award Winning) (PDR) 3:00 Indoor Carpet Bocce Game with Nathan (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Netflix Movie: La La Land (Romantic Musical Comedy) (Starring Ryan Gosling & Emma Stone) (FL)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Virtual Church Service (PDR) 16 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 11:00 Card Games (Lounge) (FL) 1:00 Sunday Group Walk w/ Volunteers, Deborah & Joanna followed by Sketching Class (30 mins.) (OUT) 2:00 Netflix Food Show: Chef's Table "France" (PDR) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Netflix Movie: Postcards from the Edge (Dark Comedy) (Starring Meryl Streep & Shirley MacLaine) (Rated "R") (FL)	10:00 Van to Walk the Track at West Point Grey High School (OUT) 17 10:00 DVD Fitness Class (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Prizes (GR) 2:30 Educational Nurses Talk TOPIC: Arthritis and the Benefits of Moving (GR) 3:00 TED TALK: 3 Questions to Help You Age Stronger, Healthier, and Happier (Dr. Brenda Lau) (12 mins.) (GR) 3:15 Play UNO with Brenda (Card Game) (FL) 6:00 Netflix Movie: Finding Forrester (Inspiring, Heartfelt, Sports) (2 hrs.) (FL)	LLL DINNER (Featuring Blueberries) 18 HAIR SALON OPEN 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 11:00 Flower Arranging (B) 1:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 1:30 CRAFT: Make Paper Tissue Paper Flowers (Artfull Enrichment) (AR) 2:30 Monthly "Resident Committee" Meeting (PDR) 2:30 Spelling Bee, Memory Game, Scattergories & Trivia (Brain Games) (PDR) 6:00 Virgin River Series (Season 2, E. 3 & E. 4) (FL)	BIRTHDAY CAKE TODAY 19 10:00 Seated Functional Fitness w/ Brenda (30 Mins.)(Hand Weights, Cardio Boxing & Grip Work) (GR) 10:45 Giant Crossword (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 1:30 Play Farkle, Dice Game (GR) 2:30 Birthday Cake Served to Celebrate Resident & Staff August Birthdays (GR) 2:45 Java Music Sing-a-long (PDR) 3:15 Crd Games with Brenda (FL) 6:00 Netflix Movie: The Wrong Paris (Charming Comedy) MOVIE MOVED TO THE PRIVATE DINING ROOM TONIGHT (PDR)	10:00 Van to Starbucks and London Drugs (OUT) 20 10:00 DVD Seated Chair Yoga (GR) 10:30 CRAFT CLASS: Embroidery & Cross Stitch (AR) 2:00 Resident General Meeting with Managers (GR) 2:30 Chef Chat with Chef Gary (GR) 3:00 Happy Hour: Charles Johnson (Guitar/Piano/Vocals) (FL) 6:00 Netflix Movie: Twisters (Adrenaline Rush, Exciting, Fast-Paced) (FL)	NATIONAL SENIOR CITIZEN DAY 21 10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 10:30 Indoor Bocce with Shirley! (FL) 11:00 Van to Lunch at Bufala Pizzeria (OUT) 2:30 Bridge Group (FL) 2:30 TONY'S TRAVEL SHOW - Iceland, Joshua Tree National Park, Cariboo, and South America (Argentina, Chile) (GR) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 2, E. 13 & E. 14) (FL)	10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 22 11:00 Socializing & Coffee in the Bistro (B) 2:00 Disney+ Documentary: Secrets of the Bees (Animals & Nature) (National Geographic) (FL) 3:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 3:00 Kings in the Corner Card Game (FL) 6:00 Netflix Movie: A Father's Miracle (Emotional Drama) (FL)
9:30 Virtual Church Service (PDR) 23 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Sunday Group Walk w/ Volunteers, Deborah & Joanna followed by Sketching Class (30 mins.) (OUT) 2:00 Netflix Cooking Show: Five Star Chef (PDR) 3:00 Piano School Performance (Melanie Yin & The Granville Youth Music Angels) (FL) 6:00 Netflix Movie: Back to the Future (Feel-Good, Imaginative) (Starring Michael J. Fox) (FL)	10:00 TAI CHI CLASS WITH LINDA SOO (GR) 24 11:00 Fit Minds (Brain Games) (PDR) 1:00 Wellness Clinic On-Site (1pm - 3pm) (Sign Up) (PDR) 1:30 BINGO with Prizes (GR) 2:30 NO BAKE: Make "No Bake" Protein Bars (Oats, Honey, Peanut Butter, Dark Chocolate, Sun Dried Cranberries) (GR) 3:30 Socializing on the Patio with Music by Tony Bennett (OUT) 6:00 Prime Video Movie: Silent Witness (Gripping Legal Drama) (FL)	HAIR SALON OPEN 25 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 10:45 Van to Save-On-Foods & Dollarama (Kerrisdale, West Boulevard) (OUT) 1:00 Pet Therapy Dog Visit (FL) 1:30 Flower Arranging (B) 2:30 15-Minute Guided Meditation (Relaxation via Audio Spotify) (PDR) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Virgin River Series (Season 2, E. 5 & E. 6) (FL)	PETTING ZOO TODAY! 26 10:00 Seated Functional Fitness w/ Brenda (30 Mins.)(Hand Weights, Cardio Boxing & Grip Work) (GR) 10:45 Giant Crossword (GR) 1:00 Play Farkle, Dice Game (GR) 2:00 Employee/Staff Summer BBQ Lunch - Back Patio (OUT) 2:30 Barnyard Snuggle Therapy "Goat Visits" (Petting Zoo in the Great Room) for Residents, Families & Employees (GR) 3:30 Socializing on the Patio (PATI) 6:00 Prime Video Movie: Here (2025 Drama, Starring Tom Hanks & Robin Wright) (FL)	BBQ LUNCH TODAY 27 SEATED MASSAGES TODAY 10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT) 10:00 DVD Seated Chair Yoga (GR) 10:30 CRAFT CLASS: Embroidery & Cross Stitch (AR) 11:00 BBQ Lunch Served (11:30am-1:00pm) (DR) 1:30 Learn to Play UNO with Brenda (Card Game) (FL) 3:00 Happy Hour: Liz and Steve Alexander (Guitar/Vocals) (FL) 6:00 Prime Video Movie: Midwinter Break (Drama, Northern Irish Couple, Commitment, Love) (FL)	10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 28 10:30 Indoor Bocce with Shirley! (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 Bridge Group (FL) 2:30 12-Minute Guided Meditation (Peace, Focus & A Positive Mind via Spotify Audio) (PDR) 3:00 Gin and Tonics (& Non-Alcoholic Drinks) Served on the Patio with Music by Etta James (OUT) 6:00 Netflix Series: The Good Doctor (Season 2, E. 15 & E. 16) (FL)	10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 29 11:00 Socializing & Coffee in the Bistro (B) 2:00 Disney+ Documentary: African Cats (National Geographic) (FL) 3:00 Scrabble Board Game in the Lounge (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Netflix Movie: Voicemails for Isabelle (Comedy Drama) (2 hrs.) (FL)
9:30 Virtual Church Service (PDR) 30 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 11:00 Card Games (Lounge) (FL) 1:00 Sunday Group Walk w/ Volunteer, Joanna followed by Sketching Class (30 mins.) (OUT) 2:00 Netflix Baking Show: School of Chocolate (PDR) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Prime Video Movie: Four Weddings and a Funeral (Golden Globe Winner)(16+) (FL)	BANANA SPLIT DAY 31 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 10:00 Van Trip - Walk at Spanish Banks by the Ocean (OUT) 1:30 BINGO with Prizes (GR) 2:30 Banana Splits Served (PDR) 3:00 PAINTING CLASS: "Watercolour Avacado" (AR) 4:00 Socializing on the Patio (PATI) 6:00 Netflix Movie: The Best of Enemies (Civil Rights, Inspiring Drama) (2 hrs.) (FL)	 Bacon Day		<u>Locations Legend</u> Fireplace Lounge (FL) Great Room (GR) Private Dining Room (PDR) Outside (OUT) Bistro (B) Fine Arts Room (AR) Patio (PATI) Dining room (DR)		<u>Calendar Legend</u> Outing Special Program Drumfit Signature Program Artful Enrichment