



INSPIRED
SENIOR LIVING

October 2026

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breast Cancer Awareness Month		 Thanksgiving		BREAST CANCER AWARENESS MONTH 1 10:00 Seated Functional Fitness Class with Brenda (30 Mins.)(Hand Weights, Boxing & Grip Strengthening) (GR) 10:45 Monthly Life Enrichment Meeting - Discuss Events and Outings (PDR) 1:00 Kerrisdale Van Shuttle (London Drugs & Starbucks) (OUT) 2:00 ART APPRECIATION TO MUSIC: Featuring Nicholas Bott & Roland Lee (GR) 3:00 Happy Hour: Greg Alcock (Classical Piano) (FL) 6:00 Netflix Series: The Crown (Season 1, E. 9 & E. 10) (FL)	VOTING BOOTH 9:30am-11:30am 2 9:30 Special Voting Booth for Municipal Election (9:30am to 11:30am) (FL) 10:00 (YouTube) Chair Yoga For Seniors (Seated) (GR) 10:30 USING OIL PASTELS: Featuring Wassily Kandinsky Art (AR) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 Maple Apple Cider Caffeine-Free Herbal Tea & Chocolate Digestive Cookies Served (PDR) 2:45 Spelling Bee, Memory Game & Scattergories (Brain Games) (PDR) 6:00 Netflix Series: The Good Doctor (Season 3, E. 7 & E. 8) (FL)	10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 3 11:00 Socializing & Coffee in the Bistro (B) 1:00 Prime Video Documentary: Dolly Parton: Here I Am (1 hr. 20 mins.) (PDR) 2:00 Indoor Carpet Bocce with Zehra & Francine (FL) 3:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (Needles, Hooks and Yarn Supplied) (FL) 3:30 Group Walk (30 mins.) (OUT) 6:00 Prime Video Movie: Irma La Deuce (1963 Comedy Starring Jack Lemmon and Shirley MacLaine) (FL)
9:30 Virtual Church Service (PDR) 4 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (Needles, Hooks and Yarn Supplied) (FL) 2:00 Prime Video Documentary: Hidden Ireland (Dublin, Belfast, Cliffs of Moher) (55 mins.) (PDR) 3:00 Work on the Jigsaw Puzzle (FL) 3:30 Card Games (FL) 6:00 Prime Video Movie: Greenfingers (British Comedy Starring Helen Mirren) (FL)	ACTIVE AGING WEEK 5 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Coffee Social in the Bistro (B) 10:45 Fit Minds (Brain Games) (PDR) 1:00 Van to Walk the Arbutus Greenway (OUT) 2:00 Bridge Group (FL) 2:00 Potato Chip BINGO (GR) 3:00 15-Minute Power Fit Class to Music (OUT) 6:00 Netflix Movie: Reagan (Rousing Drama Starring Dennis Quaid) (FL)	HAIR SALON OPEN OKTOBERFEST 6 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 10:45 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 Flower Arranging (B) 1:30 PAINTING: Meet Me at The MoMA (Featuring Winslow Homer) (AR) 2:30 Warm Soft Pretzels with Mustard & German Beer Served (PDR) 3:00 Kings in the Corner Card Game (FL) 6:00 Virgin River Series (Season 3, E. 7 & E. 8) (FL)	9:00 Make Rosemary Bread (Add Ingredients) (PDR) 7 10:00 Let's Get Moving Fitness (GR) 11:00 Giant Crossword (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 1:00 Disney+ Movie: (FL) 1:30 Play Farkle, Dice Game (GR) 2:30 Tea, Bread & Cookies Served (PDR) 2:45 Java Music Sing-a-long (PDR) 3:15 Word Search Handouts (FL) 6:00 Netflix Movie: Yeh, Ballet (Inspiring Indian Drama, Dance, Heartfelt) (FL)	HALLOWEEN SUITE DOOR DECORATING STARTS 8 10:00 Seated Functional Fitness Class with Brenda (30 Mins.)(Hand Weights, Boxing & Grip Strengthening) (GR) 10:30 Play UNO with Brenda (Card Game) (FL) 1:00 Kerrisdale Van Shuttle (London Drugs & Starbucks) (OUT) 3:00 Happy Hour: John Parsons (Guitar/Vocals) (FL) 6:00 Netflix Series: The Crown (Season 2, E. 1 & E. 2) (FL)	10:00 (YouTube) Chair Yoga For Seniors (Seated) (GR) 9 10:30 Indoor Carpet Bocce with Shirley (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 **NEW** - Fall Harvest Picture Bingo (GR) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 3, E. 9 & E. 10) (FL)	10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 10 11:00 Socializing & Coffee in the Bistro (B) 1:00 Netflix: Glitter & Gold, Ice Dancing (Season 1, Episode 1) (PDR) 2:00 Indoor Carpet Bocce with Zehra & Francine (FL) 3:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (Needles, Hooks and Yarn Supplied) (FL) 3:30 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Netflix Movie: Burlesque (Golden Globe Winner Starring Cher) (FL)
9:30 Virtual Church Service (PDR) 11 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (Needles, Hooks and Yarn Supplied) (FL) 1:30 Prime Video Documentary: New Zealand by Train (Season 1) (PDR) 2:30 Live Classical Music, Youth Musician & Artist Association (FL) 3:00 Work on the Jigsaw Puzzle (FL) 3:30 Card Games (FL) 6:00 Netflix Movie: 9 to 5 (Feel-Good Comedy Starring Dolly Parton, Lily Tomlin & Jane Fonda) (FL)	THANKSGIVING DAY 12 10:00 (YouTube) Chair Aerobics for Seniors Seated Cardio Workout (30 Minutes, Intermediate Level to Music) (GR) 10:30 Coffee Social in the Bistro (B) 1:30 Knitting/Crochet Group (FL) 2:00 Bridge Group (FL) 2:30 Adult Colouring Pages (at Reception) "Butterflies" (AR) 3:00 Peppermint Tea & Hot Chocolate in the Bistro (B) 4:30 Traditonal Turkey Thanksgiving Dinner (4:30pm to 6:00pm) (DR) 6:00 Prime Video Movie: Navigating the Heart (Based on Edith Iglauer's Autobiography) (FL)	LLL DINNER (Featuring Pumpkin) HAIR SALON OPEN 13 10:00 DRUM FIT to Music (30 mins.) (GR) 10:45 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 Flower Arranging (B) 1:00 Pet Therapy Dog Visit (Olga & Sasha) (FL) 1:30 BINGO with Prizes (GR) 2:30 PAINTING: Meet Me at The MoMA (Featuring Edward Gorey) (AR) 3:30 Socializing & Coffee in the Bistro (B) 6:00 Virgin River Series (Season 3, E. 9 & E. 10) (FL)	10:00 Let's Get Moving Fitness (GR) 14 11:00 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 October Birthdays (FL) 3:00 Java Music Sing-a-long (PDR) 3:30 15-Minute Power Fit Class to Music - Out Front, Under Cover (OUT) 6:00 Disney+ Movie: Water for Elephants (American Romantic Period Drama) (L)	MASSAGES TODAY 15 9:30 Seated Massages Begin (Sign Up) (G) 10:00 Kerrisdale Van Shuttle (London Drugs & Starbucks) (OUT) 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 1:00 CRAFT: Make Autumn Garlands (AR) 2:00 Resident General Meeting (GR) 2:30 Chef Chat with Chef Gary (30 mins.) (GR) 3:00 Happy Hour: Luke Sandford (Piano/Vocals) (FL) 6:00 Netflix Series: The Crown (Season 2, E. 3 & E. 4) (FL)	MANICURES & PEDICURES TODAY WITH MARY 16 10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 10:30 Indoor Carpet Bocce with Shirley (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 Fit Minds and Word Games (PDR) 3:15 Kings in the Corner Card Game (FL) 3:30 Socializing & Peppermint Tea in the Bistro (B) 6:00 Netflix Series: The Good Doctor (Season 3, E. 11 & E. 12) (FL)	10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 17 11:00 Cafe Lattes in the Bistro (B) 1:00 Netflix: Sparking Joy with Marie Kondo (Japanese Organizing Consultant, Relaxing, Lifestyle) (PDR) 2:00 Indoor Carpet Bocce with Zehra & Francine (FL) 3:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (FL) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Inherit the Wind (1960 Blistering Courtroom Drama) (FL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Virtual Church Service (PDR) 18 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (Needles, Hooks and Yarn Supplied) (FL) 2:00 Prime Video Documentary: Patagonia, Life on the Edge of the World (PDR) 3:00 Work on the Jigsaw Puzzle (FL) 3:30 Card Games (FL) 6:00 Netflix Movie: 2012 (Fast-Paced, Action-Packed Starring John Cusack) (FL)	10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 19 10:30 Coffee Social in the Bistro (B) 10:45 Fit Minds (Brain Games) (PDR) 1:30 Potato Chip BINGO (GR) 2:00 Bridge Group (FL) 2:30 Educational Nurses Talk TOPIC: Mental Health Awareness (GR) 3:00 PAINTING: Spooky Ghost in a Garden (Using Acrylic Paints) (AR) 6:00 Prime Video Movie: In The Grey (New Release) (16+) (FL)	HAIR SALON OPEN 20 10:00 Tappercise Seated Tap Dance to Music with Beryl (45 mins.) (GR) 10:45 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 Flower Arranging (B) 1:30 Monthly Resident Committee Meeting (PDR) 2:30 Showing "The Hands of Time" Photo Project Again (on the Big Screen) (GR) 3:00 Cinnamon Vanilla Caffeine-Free Herbal Tea & Trivia (PDR) 6:00 Virgin River Series (Season 4, E. 1 & E. 2) (FL)	FOOT CARE NURSE 21 9:00 Make Rosemary Bread (Add Ingredients) (PDR) 10:00 Let's Get Moving Fitness (GR) 11:00 Giant Crossword (GR) 1:30 Play Farkle, Dice Game (GR) 2:30 Tea, Bread & Cookies Served (PDR) 2:45 Java Music Sing-a-long (PDR) 6:00 Disney+ Movie: The Longest Ride (Drama, Romance) (FL)	WELLNESS CLINIC TODAY 22 10:00 (YouTube) Chair Aerobics for Seniors (GR) 10:00 Kerrisdale Van Shuttle (London Drugs & Starbucks) (OUT) 10:30 Play UNO with Brenda (Card Game) (FL) 1:00 Wellness Clinic On-Site (1pm - 3pm) (Sign Up) (PDR) 2:00 Hot Chocolate Bar in the Great Room (GR) 3:00 Happy Hour: Cherelle Jardine (Guitar & Vocals) (FL) 4:00 Card Games (FL) 6:00 Netflix Series: The Crown (Season 2, E. 5 & E. 6) (FL)	10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 23 10:30 BOCCE COMPETITION - Residents vs. Managers (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:45 **NEW - Play 'Kit Kat' Keno with Brenda (PDR) 3:15 Play UNO with Brenda (Card Game) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 3, E. 13 & E. 14) (FL)	10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 24 11:00 Cafe Lattes in the Bistro (B) 1:00 Netflix: Barbra - The Music, The Memories, The Magic (Feel-Good Entertainment) (PDR) 2:00 Indoor Carpet Bocce with Zehra & Francine (FL) 3:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (Needles, Hooks and Yarn Supplied) (FL) 3:30 Group Walk (30 mins.) (OUT) 6:00 Prime Video Movie: After the Promise (2 X Golden Globe Nominee) (FL)
PABLO PICASSO'S BIRTHDAY 25 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (Needles, Hooks and Yarn Supplied) (FL) 2:00 Prime Video Documentary: Britian's Most Historic Towns (Season 1) (PDR) 3:00 Work on the Jigsaw Puzzle (FL) 3:30 Card Games (FL) 6:00 Prime Video Movie: Saving Grace (Heartwarming Comedy Drama) (FL)	10:00 Van to Save-On-Foods & Dollarama (Purchase a Halloween Costume Here!) (OUT) 26 10:00 (YouTube) Chair Yoga For Seniors (Seated) (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:00 Potato Chip BINGO (GR) 2:00 Bridge Group (FL) 2:00 CRAFT: Painting Pumpkins for Display (AR) 3:00 Coffee & Hot Chocolate in the Bistro (B) 6:00 Disney+ Movie: You Again (Comedy Starring Betty White & Jamie Lee Curtis) (FL)	HAIR SALON OPEN 27 10:00 DRUM FIT to Music (30 mins.) (GR) 10:45 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 Pet Therapy Dog Visit (Olga & Sasha) (FL) 1:30 NUTRITION TALK: Nutrition for Healthy Bones and Eating for Energy! (Followed by Hand Massages) (GR) 2:30 Flower Arranging (B) 3:00 Word Games, Spot the Difference & Scattergories (B) 6:00 Virgin River Series (Season 4, E. 3 & E. 4) (FL)	10:00 Let's Get Moving Fitness (GR) 28 11:00 Giant Crossword (GR) 1:00 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 1:30 Play Farkle, Dice Game (GR) 2:30 Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:15 SketchingDrawing Class for Beginners and Cafe Lattes (PDR) 6:00 Disney+ Movie: Under The Tuscan Sun (Drama, Romance) (FL)	COSTUME CONTEST 2:30PM 29 10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT) 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 11:00 Word Games: Trivia & Memory Tray Game (GR) 2:15 Group Halloween Costume Photos! Meet in Lounge (FL) 2:30 Resident/Staff Costume Contest & Door Decorating Winners Announced (FL) 3:00 Happy Hour: The Music Variations Duo (FL) 6:00 Netflix Series: The Crown (Season 2, E. 7 & E. 8) (FL)	MANICURES & PEDICURES TODAY WITH MARY 30 10:00 Seated "Zumba Gold" Fitness with Julia Chilcott (30 mins.) (GR) 10:45 Word Games: Trivia & Memory Tray Game (GR) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:45 **NEW - Play 'Kit Kat' Keno with Brenda (PDR) 3:15 Cinnamon Apple Spice Tea & Poetry Readings (FL) 4:00 Card Games (FL) 6:00 Netflix Series: The Good Doctor (Season 3, E. 15 & E. 16) (FL)	HALLOWEEN 31 10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 1:00 Netflix Documentary: Sprint (Captivating, Athletics, Inspiring) (PDR) 2:00 Indoor Carpet Bocce with Zehra & Francine (FL) 3:00 Knitting/Crochet Group Meets (Resident-Led in the Lounge) (Needles, Hooks and Yarn Supplied) (FL) 3:30 Group Walk (30 mins.) (OUT) 6:00 Prime Video Movie: Funny Girl (Starring Barbra Steisand) (Musical Drama) (FL)



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

Calendar Legend
Outing
Special Program
Drumfit
Signature Program
Artful Enrichment