



INSPIRED
SENIOR LIVING

September 2026

Granville Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HAIR SALON OPEN 1 ARTHRITIS AWARENESS MONTH 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 11:00 Flower Arranging (B) 1:00 Pet Therapy Dog Visit (Olga & Sasha) (FL) 1:30 Monthly Life Enrichment Meeting - Discuss September Programs and Outings (PDR) 2:00 PAINTING: Van Gogh's Wheatfield (AR) 3:00 15-Minute Guided Meditation (Relaxation via Audio Spotify) (PDR) 3:15 Patio Time! (OUT) 6:00 Netflix: Virgin River Series (Season 2, E. 7 & E. 8) (FL)	2 10:00 (YouTube) Chair Aerobics for Seniors Seated Cardio Workout (30 Minutes, Intermediate Level to Music) (GR) 10:45 Giant Crossword (GR) 11:30 Private Function in PDR (PDR) 1:00 Group Walk (30 mins.) (OUT) 1:30 Play Farkle, Dice Game (GR) 2:30 Tea & Cookies Served (PDR) 2:45 Java Music Sing-a-long (PDR) 3:15 Back to School Spelling Bee then Socializing on the Patio & Music by Dolly Parton (PATI) 6:00 Prime Video Movie: Love, Weddings and Other Disasters (Comedy Starring Diane Keaton & Jeremy Irons) (FL)	3 10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights, Cardio Boxing & Grip Strengthening) (GR) 10:30 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 Kerrisdale Van Shuttle (London Drugs & Starbucks) (OUT) 3:00 Happy Hour: Peter Williams (Piano & Vocals) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Crown (Season 1, E. 1 & E. 2) (FL)	4 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Indoor Carpet Bocce with Shirley (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 White Wine or Root Beer & Name That Tune (PATI) 3:00 Jazz Music Enjoyed on the Patio (Louis Armstrong, Ella Fitzgerald, Duke Ellington, John Coltrane) (PATI) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 2, E. 17 & E. 18) (FL)	5 10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Indoor Carpet Bocce with Zehra & Francine (FL) 2:00 Netflix Documentary: Live to 100, Secrets of the Blue Zones (GR) 4:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: The Thomas Crown Affair (Romance, Suspense, Thrilling Heist) (FL)
	6 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Netflix Documentary: The Quilters (33 mins.) (Award Winning Short Documentary About Men in a Missouri Maximum-Security Prison) (GR) 2:00 Kings in the Corner Card Game (FL) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Netflix Movie: Ladder 49 (Emotional, Heartfelt) (PG-13) (FL)	7 LABOUR DAY STAT 10:00 YouTube - Seated Yoga Fitness Class (GR) 10:30 Back Patio Socializing (PATI) 1:00 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 1:30 Adult Colouring Sheets (in the Art Room) (AR) 2:00 Bridge Group (FL) 2:30 Scrabble Board Game in the Lounge (FL) 3:30 Coffee & Hot Chocolate in the Bistro (B) 6:00 Prime Video Movie: Strictly Ballroom (Golden Globe Nominee) (FL)	8 LLL DINNER (Featuring Pears) HAIR SALON OPEN 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 11:00 Flower Arranging (B) 1:00 Van to the Kerrisdale Library (OUT) 2:00 PAINTING: Budding Monarch Butterfly (Watercolour) (AR) 3:30 Neighbourhood Walk Around the Block - Resident-Led (30 mins.) (OUT) 6:00 Netflix: Virgin River Series (Season 2, E. 9 & E. 10) (FL)	9 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, Rosemary Bread & Cookies (PDR) 3:00 Java Music Sing-a-long (PDR) 3:15 Back Patio Socializing & Music by Neil Diamond (PATI) 6:00 Prime Video Movie: Avanti! (Golden Globe Winner, 1972 Starring Jack Lemmon & Juliet Mills) (FL)	10 10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights, Cardio Boxing & Grip Strengthening) (GR) 10:30 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 Kerrisdale Van Shuttle (London Drugs & Starbucks) (OUT) 2:00 Fit Minds (Brain Games) (PDR) 3:00 Happy Hour: The Fabulous Fera Brothers Duo (Guitars and Vocals) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Crown (Season 1, E. 3 & E. 4) (FL)	11 ROSH HASHANAH 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Indoor Carpet Bocce with Shirley (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 Potato Chip BINGO (GR) 3:30 Kings in the Corner Card Game (FL) 4:00 Patio Time! (OUT) 6:00 Netflix Series: The Good Doctor (Season 3, E. 1 & E. 2) (FL)
13 GRANDPARENTS DAY 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Netflix Documentary: Chef's Table BBQ (Lifestyle) (GR) 2:30 Live Classical Music, Youth Musician & Artist Association (FL) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Disney+ Movie: Three Men and a Baby (1987 Comedy) (FL)	14 MANICURES & PEDICURES TODAY WITH MARY 10:00 TAI CHI CLASS WITH LINDA SOO (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:00 Van to Save-On-Foods & Dollarama (OUT) 2:00 Bridge Group (FL) 2:30 Educational Nurses Talk TOPIC: Importance of Influenza & Covid Immunizations (GR) 3:00 Play Farkle, Dice Game (GR) 3:30 Popsicles on the Patio with 1950s Music (OUT) 6:00 Disney+ Movie: The Newton Boys (Drama, History) (FL)	15 HAIR SALON OPEN 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 11:00 Flower Arranging (B) 1:00 Potato Chip BINGO (GR) 2:00 Staff DEI Potluck Lunch - Private Function (PDR) 3:00 Word Games: Trivia, Memory Tray & Spelling Bee (GR) 3:30 I Was Once..... (Group Project/Video) (GR) 6:00 Netflix: Virgin River Series (Season 3, E. 1 & E. 2) (FL)	16 FOOT CARE NURSE (EVELYN) TODAY 10:00 Let's Get Moving Fitness (GR) 11:00 Giant Crossword (GR) 1:30 Go 4 Life Neighbourhood Walk (30 mins.) (OUT) 2:30 Birthday Cake Served to Celebrate Resident & Staff September Birthdays (GR) 2:45 Java Music Sing-a-long (PDR) 3:15 TED TALK: The Secret to Living Longer May Be Your Social Life (Blue Zones-15 Mins.) (B) 3:30 Back Patio Socializing & Music by Andy Williams (PATI) 6:00 Disney+ Movie: Before and After (Mystery, Drama - Starring Meryl Streep) (FL)	17 SEATED MESSAGES TODAY 9:30 Seated Messages Begin (Sign Up) (G) 10:00 Kerrisdale Van Shuttle (London Drugs & Starbucks) (OUT) 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 10:30 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 PAINTING: Paint a Fish Bookmark (Arcylic Paints) (AR) 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) 6:00 Netflix Series: The Crown (Season 1, E. 5 & E. 6) (FL)	18 MANICURES & PEDICURES TODAY WITH MARY 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:30 Indoor Carpet Bocce with Shirley (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 TONY'S TRAVEL SHOW - Norway - Cap Nord (North Cape) (GR) 3:30 Group Walk (30 mins.) (OUT) 6:00 Netflix Series: The Good Doctor (Season 3, E. 3 & E. 4) (FL)	19 10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Indoor Carpet Bocce with Zehra & Francine (FL) 2:00 Disney+ Documentary: Lion (National Geographic) (**NEW) (GR) 3:00 Go 4 Life Walking Group (30 mins.) (OUT) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Movie: Midway (Rousing, Epic, WWII Battle of Midway) (FL)



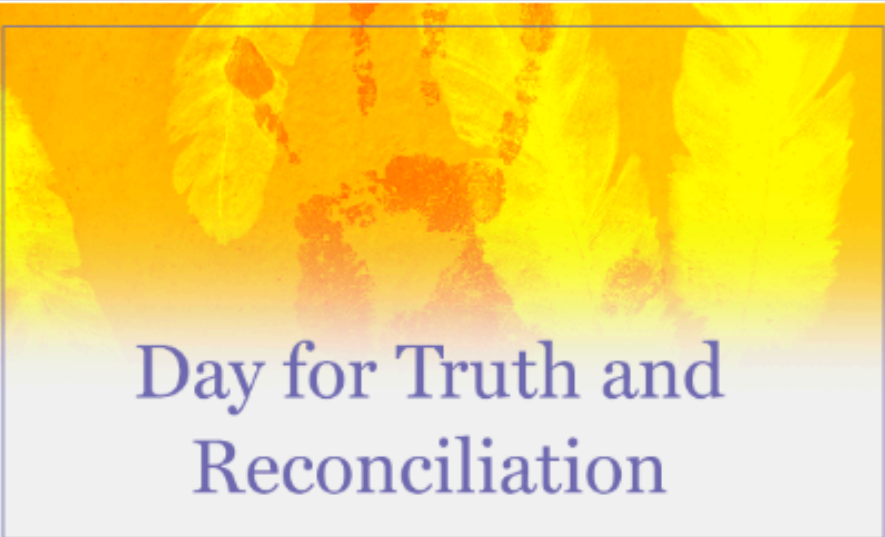
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOM KIPPUR 20 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Netflix Documentary: The Dinosaurs (Informative, Captivating) (GR) 2:00 Kings in the Corner Card Game (FL) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Prime Video Movie: Funny Money (2006 Comedy Starring Chevy Chase) (FL)	WORLD ALZHEIMER'S DAY 21 INT'L PEACE DAY 10:00 Van to Walk the Arbutus Greenway (W. 52 to W. 57 Ave.) (OUT) 10:00 (YouTube) Chair Yoga For Seniors (Seated) (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:30 Potato Chip BINGO (GR) 2:00 Bridge Group (FL) 2:30 CRAFT: Make Nature Collages for Peace Day (AR) 3:30 Latte's & Hot Chocolate in the Bistro (B) 6:00 Disney+ Movie: Speed (Starring Keanu Reeves & Sandra Bullock) (Action & Adventure, Rated "R") (FL)	HAIR SALON OPEN 22 GENDER EQUALITY WEEK 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 11:00 Flower Arranging (B) 11:00 Van Red Tuna Japanese Restaurant for Lunch (OUT) 2:00 PAINTING: Meet Me at The MoMA (Featuring Roland Lee "Cottages") (AR) 2:30 Monthly Resident Committee Meeting (PDR) 3:00 15-Minute Power Fit Class Out Front, Under Cover (OUT) 6:00 Netflix: Virgin River Series (Season 3, E. 3 & E. 4) (FL)	23 10:00 Let's Get Moving Fitness (GR) 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 (PDR) 2:45 Java Music Sing-a-long (PDR) 3:15 Back Patio Socializing & Music by Vera Lynn (PATI) 6:00 Prime Video Movie: Ruling of the Heart (Feel-Good Drama) (FL)	24 10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR) (OUT) 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 10:30 CRAFT CLASS: Embroidery & Cross Stitch (AR) 1:00 Wellness Clinic On-Site (1pm - 3pm) (Sign Up) (PDR) 2:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 3:00 Happy Hour: Matthew Ma (Classical Piano) (FL) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Crown (Season 1, E. 7 & E. 8) (FL)	9/25 Dolly Parton Day 25 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 CRAFTING WITH DEB PRICE: Make a Faux Rust Can with Fall Themed Stencils (Live Succulents Supplied) (GR) 3:30 Socializing & Dancing on the Patio to Dolly Parton Music (B) 6:00 Netflix Series: The Good Doctor (Season 3, E. 5 & E. 6) (FL)	26 10:00 30-Min Seated Chair Exercises for Seniors No equipment (YouTube) (GR) 11:00 Socializing & Coffee in the Bistro (B) 1:00 Indoor Carpet Bocce with Zehra & Francine (FL) 2:00 Netflix Documentary: Street Food, Latin America/Salvador, Brazil (GR) 3:00 Go 4 Life Walking Group (30 mins.) (OUT) 6:00 Prime Video Movie: Blue Valley Song Bird (Drama Starring Dolly Parton) (FL)
9:30 Virtual Church Service (PDR) 27 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 Netflix Documentary: Shark Whisperer (Riveting, Controversial) (GR) 2:00 Kings in the Corner Card Game (FL) 3:30 Bean Bag Toss Game with Pippa & Clementine (FL) 6:00 Netflix Movie: Max (A Military Working Dog Returns from Service in Afghanistan) (Exciting, Animals, Family) (FL)	28 10:00 TAI CHI CLASS WITH LINDA SOO (GR) 11:00 Fit Minds (Brain Games) (PDR) 1:00 Van to Walk the Arbutus Greenway (W. 52 to W. 57 Ave.) (OUT) 2:00 Potato Chip BINGO (GR) 2:00 Bridge Group (FL) 3:00 Play Farkle, Dice Game (GR) 3:30 Hot Chocolate & Trivia (PDR) 6:00 Netflix Movie: Deep Impact (World-Epic, Sci-Fi Drama) (Starring Morgan Freeman) (FL)	29 HAIR SALON OPEN 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 11:00 Flower Arranging (B) 2:00 CRAFT: Hydrangea Flower Pot Art (FL) 3:00 15-Minute Power Fit Class Out Front, Under Cover (OUT) 3:15 Scrabble Board Game in the Lounge (FL) 3:30 Socializing & Lattes on the Patio (B) 6:00 Netflix: Virgin River Series (Season 3, E. 5 & E. 6) (FL)	30 NAT'L DAY FOR TRUTH AND RECONCILIATION-ORANGE SHIRT DAY 10:00 Let's Get Moving Fitness (GR) 11:00 Giant Crossword (GR) 1:30 ART APPRECIATION: Featuring Norval Morrisseau, Indigenous Artist (On The Big Screen) (GR) 2:00 TED TALK: The History of Residential Schools (15 mins.) (PDR) 2:30 Tea & Cookies Served (PDR) 2:45 Java Music Sing-a-long (PDR) 6:00 Prime Video Movie: Red, White & Royal Blue (Romantic Comedy) (16+) (FL)	 Grandparent's Day		



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

Calendar Legend
Outing
Special Program
Drumfit
Signature Program
Artful Enrichment