Verve INSPIRED SENIOR LIVING

November 2026

Granville Gardens

GRANVILLE GARDENS
INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NAT'L DIABETES MONTH 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 The Knitting Group Meets (Resident-Led in the Lounge) (FL) 1:30 Group Walk (OUT) 2:00 Prime Video Documentary: Wild Isles (with David Attenborough) (PDR) 3:00 Work on the Jigsaw Puzzle (FL) 3:30 Card Games (FL) 6:00 Prime Video Movie: Autumn In New York (Romantic Drama) (FL)	**2** MOVEMBER FOR MEN'S HEALTH 10:00 Seated Functional Fitness Class with Brenda (30 Mins.) (Hand Weights, Boxing & Grip Strengthening) (GR) 10:30 Coffee Social in the Bistro (B) 10:45 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Prizes (GR) 2:00 Bridge Group (FL) 2:30 WATERCOLOUR: Floppy Poppies (Art Class, Step-By-Step) (AR) 3:30 Monthly Life Enrichment Meeting - Discuss Upcoming Van Trips, Live Music, Crafts & Programs (PDR) 6:00 Prime Video Movie: Begin Again (Oscar Nominee) (16+) (FL)	**3** QUAIL HATCHING PROGRAM BEGINS 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 10:45 Embroidery & Felt Sewing Class @ 10:45am (PDR) 1:00 Educational Presentation-Fire & Emergency Procedures (Vancouver Fire Rescue - Owen Hart, Captain) (GR) 2:00 EggUcation™ - Quail Hatching Program Starts Today! (PDR) 2:30 Word Games: Trivia & Memory Tray Game (GR) 3:00 Flower Arranging (B) 3:30 Tea in the Bistro (B) 6:00 Virgin River Series (Season 4, E. 5 & E. 6) (FL)	**4** HAIR SALON OPEN 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) 2:00 Tea & Indian Sweets Served for Diwali (PDR) 2:15 Diwali Culture Talk "Beautiful Indian Saris & Accessories" with Maureen (Health & Wellness Manager) (PDR) 3:00 Complete a Group Crossword Together in the PDR (FL) 6:00 Prime Video Movie: Dr. No (1962 Starring Sean Connery as 007) (FL)	**5** 10:00 Van to T & T Supermarket (Lansdowne Richmond) (Independent Trip) (OUT) 10:00 (YouTube) Chair Aerobics for Seniors (GR) 10:30 Kings in the Corner Card Game (FL) 11:00 Socializing & Cafe Lattes in the Bistro (B) 1:00 Group Walk (30 mins.) (OUT) 2:00 Java Music Sing-a-long (PDR) 3:00 Happy Hour: Roberto Risman (Guitar/Vocals) (FL) 4:00 Work on the Jigsaw Puzzle (FL) 6:00 Netflix Series: The Crown (Season 2, E. 9 & E. 10) (FL)	**6** EARLY REMEMBRANCE DAY SERVICE WITH PASTOR LEE TODAY 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 (Remembrance Day Service Today 1:30pm) (FL) 2:30 (YouTube) Doljit Dosanjh Banghra Dance Workshop (Seated Dance) (10 mins.) (FL) 2:45 Play KENO with Brenda (PDR) 3:15 Cinnamon Vanilla Herbal Tea & Socializing (B) 6:00 Netflix Series: The Good Doctor (Season 3, E. 17 & E. 18) (FL)	**7** 10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 11:00 Cafe Lattes in the Bistro (B) 1:00 Prime Video Documentary: Elizabeth Montgomery, A Bewitched Life (PDR) 2:00 Carpet Bocce with Zehra & Francine (FL) 3:00 The Knitting Group Meets with Volunteer, Cindy Zhou (Resident-Led in the Lounge) (FL) 3:30 Group Walk (30 mins.) (OUT) 6:00 Prime Video Movie: The Theory of Everything (Oscar Winner) (FL)
8 DIWALI 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 The Knitting Group Meets (Resident-Led in the Lounge) (FL) 1:30 Group Walk (OUT) 2:30 Live Classical Music, Youth Musician & Artist Association (FL) 3:30 Card Games (FL) 4:30 Special South Asian Dinner for Diwali (DR) 6:00 Netflix Movie: The Short Game (Inspiring, Feel-Good, Family) (FL)	**9** 10:00 TAI CHI CLASS WITH LINDA SOO (GR) 11:00 Van to Save-On-Foods & Dollarama (OUT) 1:30 BINGO with Prizes (GR) 2:00 Bridge Group (FL) 2:30 Quail Naming Contest & Guessing Which Egg Will Hatchet 1st, 2nd & 3rd (PDR) 3:00 15-Minute Power Fit Class to Music (OUT) 3:30 Peppermint Tea in the Bistro (B) 6:00 Prime Video Movie: Silver Linings Playbook (Starring Bradley Cooper & Jennifer Lawrence) (Romantic Drama) (FL)	**10** LLL DINNER (Featuring Honey) 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 10:45 Embroidery & Felt Sewing Class @ 10:45am (PDR) 12:45 Flower Arranging (B) 1:00 Pet Therapy Dog Visit (FL) 1:30 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 2:30 Military Memorabilia - Bring Stories & Photos to Share (GR) 3:30 Kings in the Corner Card Game (FL) 6:00 Virgin River Series (Season 4, E. 7 & E. 8) (FL)	**11** REMEMBRANCE DAY HAIR SALON OPEN 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 1:30 Singing of O Canada & Reading of In Flanders Fields (PDR) 1:35 CRAFT: Make Your Own Felt Poppy Pin (Beginners Felt & Button Craft) (PDR) 2:30 Tea & Cookies Served (B) 3:00 Go 4 Life Neighbourhood Walk (30 mins.) (Resident-Led) (OUT) 3:30 Scrabble Board Game in the Lounge (FL) 6:00 Prime Video Movie: Pressure (2026 War Drama Film) (FL)	**12** 10:00 (YouTube) Chair Aerobics for Seniors (GR) 10:30 Socializing & Coffee in the Bistro (B) 1:00 Play Kings in the Corner Card Game (FL) 1:30 Crossword Handouts (Get Handouts from Reception) (FL) 2:00 Knitting/Crochet Group Meets (Resident-Led) (FL) 2:30 Work on the Jigsaw Puzzle (FL) 3:00 Happy Hour: Randy & Jeff Duo (Country, Harmonies, Country Blues) (FL) 6:00 Netflix Series: The Crown (Season 3, E. 1 & E. 2) (FL)	**13** WORLD KINDNESS DAY 10:00 (YouTube) Seated "Stretching" Fitness Class (GR) 10:30 Indoor Carpet Bocce with Shirley (FL) 1:30 Work on the Jigsaw Puzzle (FL) 2:00 Play Farkle, Dice Game with Office Manager, Sara (GR) 3:00 Scrabble Board Game in the Lounge (FL) 3:30 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 3, E. 19 & E. 20) (FL)	**14** CLAUDE MONET'S BIRTHDAY 10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 11:00 Cafe Lattes in the Bistro (B) 1:00 Netflix Documentary: Sinatra, All Or Nothing At All (PDR) 2:00 Carpet Bocce with Zehra & Francine (FL) 3:00 The Knitting Group Meets with Volunteer, Cindy Zhou (Resident-Led in the Lounge) (FL) 4:00 Group Walk (30 mins.) (OUT) 6:00 Prime Video Movie: On The Beach (1959) (Starring Ava Gardner, Gregory Peck & Fred Astair) (FL)
15 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 The Knitting Group Meets (Resident-Led in the Lounge) (FL) 1:30 Group Walk (OUT) 2:00 Disney+ Documentary: Incredible Animal Journeys (National Geographic) (PDR) 3:00 Work on the Jigsaw Puzzle (FL) 3:30 Bean Bag Toss Game with Lia (FL) 6:00 Prime Video Movie: A Room With A View (3X Oscar Winner) (1986) (16+) (FL)	**16** MEET OUR NEW GM @ 1:30PM 10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 10:45 Fit Minds (Brain Games) (PDR) 1:30 WELCOME MEETING WITH GENERAL MANAGER, STUART (GR) 2:00 Bridge Group (FL) 2:30 Educational Nurses Talk TOPIC: Safe Mobility (GR) 3:00 CRAFT: Flower Arranging (B) 3:30 Peppermint Tea & Socializing in the Bistro (B) 6:00 Netflix Movie: White Bird: A Wonder Story (PG-13 Sentimental, Emotional) (Starring Helen Mirren) (FL)	**17** VENDOR MARKET (1pm-3pm) VACCINATION DAY (10am-12pm) 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 10:00 Vaccination Clinic (PDR) 10:45 Embroidery & Felt Sewing Class @ 10:45am (AR) 1:00 Nov 17 - Winter Vendor Market (Great Room 1pm to 3pm) (GR) 1:30 Food Demo & Tasting by Chef Gary (GR) 2:00 15-Minute Power Fit Class to Music with Brenda (FL) 6:00 Virgin River Series (Season 4, E. 9 & E. 10) (FL)	**18** HAIR SALON OPEN FOOTCARE CLINIC 9:00 Make Rosemary Bread (Add Ingredients) (PDR) 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 Birthday Cake Served to Celebrate Resident & Staff November Birthdays (FL) 3:00 Java Music Sing-a-long (PDR) 6:00 Prime Video Movie: Blade Runner (Starring Harrison Ford) (BAFTA Awards 3X Winner) (FL)	**19** SEATED MASSAGES TODAY 9:30 Seated Massages Begin (Sign Up) (G) 10:00 Van to London Drugs Shopping Trip (OUT) 10:00 (YouTube) Chair Aerobics for Seniors (GR) 11:00 Peppermint Tea in the Bistro (B) 1:00 Watch Dance Compilations (Waltz, Swing, Jive, Tap) (PDR) 2:00 Monthly Resident General Meeting with the Managers (GR) 2:30 Chef Chat with Chef Gary (30 mins.) (GR) 3:00 Happy Hour: Liz and Steve Alexander (Guitar/Vocals) (FL) 6:00 Netflix Series: The Crown (Season 3, E. 3 & E. 4) (FL)	**20** 10:00 Seated Yoga with Sarah De Lucca (60 minutes) (GR) 11:00 Indoor Carpet Bocce with Shirley (FL) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 PAINTING: Meet Me at The MoMA (Richard Jack, Fisherman's Huts) (AR) 3:00 Group Walk (30 mins.) (OUT) 3:30 Socializing & Hot Chocolate in the Bistro (B) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 4, E. 1 & E. 2) (FL)	**21** 10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 11:00 Cafe Lattes in the Bistro (B) 1:00 Netflix Documentary: Bogart, Life Comes in Flashes (PDR) 2:00 Carpet Bocce with Zehra & Francine (FL) 3:00 The Knitting Group Meets with Volunteer, Cindy Zhou (Resident-Led in the Lounge) (FL) 3:30 Group Walk (30 mins.) (OUT) 6:00 Prime Video Movie: The Immigrant (Period Drama Film Starring Joaquin Phoenix) (FL)

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22 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 The Knitting Group Meets (Resident-Led in the Lounge) (FL) 1:30 Group Walk (OUT) 2:00 Disney+ Documentary: WILD Australia (National Geographic) (PDR) 3:00 Music & Dance Performance by "Speak With Arts Foundation" (FL) 4:00 Card Games (FL) 6:00 Prime Video Movie: Never Say Never Again (16+ Golden Globe Nominee) (007 Starring Sean Connery) (FL)	**23** 10:00 TAI CHI CLASS WITH LINDA SOO (GR) 11:00 Coffee Social in the Bistro (B) 1:00 CRAFT: Flower Arranging (B) 2:00 Bridge Group (FL) 2:00 BINGO with Prizes (GR) 3:00 Resident Committee Meeting w/ General Manager, Stuart (PDR) 3:30 Kings in the Corner Card Game (FL) 6:00 Prime Video Movie: Sommersby (Starring Jodie Foster and Richard Gere) (FL)	**24** 10:00 Tappercise Seated Tap Dance with Beryl (45 mins.) (GR) 10:45 Embroidery & Felt Sewing Class @ 10:45am (PDR) 1:00 Pet Therapy Dog Visit (Olga & Sasha) (FL) 1:30 CRAFT: Make a Sock Snowman with Deb Price (GR) 2:30 SKETCHBOOK FOUNDATIONS/DRAWING: Black Ink Line Art (GR) 3:30 15-Minute Power Fit Class to Music with Brenda (OUT) 4:00 Socializing & Coffee in the Bistro (B) 6:00 Virgin River Series (Season 4, E. 11 & E. 12) (FL)	**25** HAIR SALON OPEN 9:00 Make Rosemary Bread (Add Ingredients) (PDR) 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) 3:00 Java Music Sing-a-long (PDR) 6:00 Prime Video Movie: Point Break (Action Drama Surfing Heist) (Starring Keanu Reeves & Patrick Swayze) (FL)	**26** 10:00 Van to Shoppers Drug Mart - Senior's Day (DUNBAR LOCATION) (OUT) 10:00 (YouTube) Chair Aerobics for Seniors (GR) 11:00 Socializing & Coffee in the Bistro (B) 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) 6:00 Netflix Series: The Crown (Season 3, E. 5 & E. 6) (FL)	**27** 10:00 Seated Yoga with Sarah De Lucca (60 minutes) (GR) 11:00 Van to Dim Sum at Golden Ocean Restaurant (OUT) 1:30 Hymn Sing & Faith Exploration with Pastor Lee (FL) 2:30 TONY'S TRAVEL SHOW - Outback Australia (GR) 3:30 Art Appreciation: Meet Me at The MoMA (George Campbell Tinning) (PDR) 4:00 Kings in the Corner Card Game (FL) 6:00 Netflix Series: The Good Doctor (Season 4, E. 3 & E. 4) (FL)	**28** 10:00 30-Min Seated Chair Exercises for Seniors (YouTube) (GR) 11:00 Cafe Lattes in the Bistro (B) 1:00 Netflix Documentary: (PDR) 2:00 Carpet Bocce with Zehra & Francine (FL) 3:00 The Knitting Group Meets with Volunteer, Cindy Zhou (Resident-Led in the Lounge) (FL) 3:30 Group Walk (30 mins.) (OUT) 6:00 Prime Video Movie: Emma (Prime Time Emmys 2X Winner) (FL)
29 9:30 Virtual Church Service (PDR) 10:30 (YouTube) Full Chair Workout For Seniors (Seated) (GR) 1:00 The Knitting Group Meets (Resident-Led in the Lounge) (FL) 1:30 Group Walk (OUT) 2:00 Prime Video Documentary: Kiss the Ground (Climate Change, Inspiring) (PDR) 3:00 Work on the Jigsaw Puzzle (FL) 3:30 Bean Bag Toss Game with Lia (FL) 6:00 Prime Video Movie: Marty (1955) (Starring Ernest Borgnine) (FL)	**30** 10:00 (YouTube) Chair Aerobics for Seniors (GR) 10:30 Coffee Social in the Bistro (B) 10:45 Fit Minds (Brain Games) (PDR) 1:30 BINGO with Prizes (GR) 2:00 Bridge Group (FL) 2:30 ACRYLIC PAINTING: Safari Sunrise (AR) 3:30 CRAFT: Flower Arranging (B) 4:00 Group Crossword Together (PDR) 6:00 Prime Video Movie: Two Weeks Notice (Starring Hugh Grant & Sandra Bullock) (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
- Drumfit
- Signature Program
- Artful Enrichment