



INSPIRED SENIOR LIVING

# February 2024

## Carp Commons Retirement Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Black History Month</b></p>	 <p><b>Lunar Year Dragon</b></p>	<p><b>Heart and Stroke Month</b> <b>Black History Month</b> <b>Crystal Ball Competition Starts!</b></p> <p>10:00 Church Service(In-person) (T) 11:00 Strength &amp; Endurance Exercise Class (CK) 2:00 Fitminds Stay Sharp Brain Health (ACW) 2:00 Resident Run: Cribbage Game (PB) 3:00 Scrabble Games! (PB) 3:00 Fast 1 Trivia Question Contest and Freshly Baked Goods being served in the Pub/Bistro from our Baking Club (PB) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 *NEW* Social Hour and Games Night: Learn to play a new game: Skipbo (Resident Run) (PB) 7:00 Romance Movie Night: The Notebook (T)</p>	<p><b>Ground Hog Day!</b></p> <p>10:00 <b>Memory Care Scenic Country Drive 10:30am-11:30am (RSVP)</b> 10:30 Chair Yoga (T) 1:30 Tai Chi Exercise (CK) 2:00 Learn to Play Euchre! (PB) 2:00 *NEW*Virtual Orchestra Concert: Virtual Orchestra Symphony Of Unity   Tomorrowland 2023 (T) 3:00 Wine and Say Cheese Social! (PB) 4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Movie Night: Groundhog Day! (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 9:30 The most talked about DAILY New York Times Wordle Game (T) (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Indoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 *NEW* Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (Theatre) (T) 2:30 MUSICAL Bingo (PB) 7:00 Award Winning Films (T)</p>		
<p>9:00 Exercise Class with Steven Ristow from the (LHIN) (NEW) (CK) <b>4</b> 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 *NEW* Weekend Virtual Exercise (T) 9:30 Exercise Class with Steven Ristow from the (LHIN) (NEW) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:30 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Life Long Learning- Meet me at the MoMA Discussion and Presentation: Jin-me Yoon (Korea/Canadian) (T) 7:00 Sunday Night Classics (T)</p>	<p>Hair Salon with Kelly (SS) <b>5</b> 10:30 Strength &amp; Endurance Exercise Class (CK) 11:00 Canadian Canuckle &amp; Wordle (CK) 11:30 <b>Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</b> 2:00 B-I-N-G-O! (PB) 3:00 Happy Hour on the Life Enrichment Team and Billiards (PB) 3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Learn to Play Pool with Locks (PB) 7:00 Documentary: China (Chinese New Year) (T)</p>	<p><b>Chinese New Year! *Year of the Dragon*</b> <b>6</b> 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength &amp; Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 1:30 <b>Memory Care Scenic Country Drive! (RSVP)</b> 2:00 Artfull Workshop: Cherry Blossom (ACW) 3:00 Food for Thought Meeting with Rob, Darren and Kim (T) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 6:30 Chinese New Year Dance Troupe Performance (CK)</p>	<p>9:30 The most talked about DAILY New York Times Wordle Game (T) <b>7</b> 10:00 Vendor: Mary Kay (GF) 10:00 Meditation with Susan*NEW* (Trial) (T) 10:30 Crummiest Cakes Baking Club (CK) 11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL) 12:30 Resident Council Meeting (Resident Council Members) (B) 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with Jammed Fingers (Adam Cwinn) (CK) 4:00 Half Price Happy Hour Social and Billiards: Frosted Snow Cocktail (PB) 6:00 Resident Run Evening Euchre (PB) 7:00 Movie Night: Your Pick! (T)</p>	<p>9:30 <b>Outing: Walmart Shopping- Fernbank (RSVP)</b> <b>8</b> 10:30 Strength &amp; Endurance Exercise Class (CK) 11:00 Word in a Word (T) 2:00 Fitminds Stay Sharp Brain Health (ACW) 2:00 Resident Run: Cribbage Game (PB) 3:00 Scrabble Games! (PB) 3:00 Fast 1 Trivia Question Contest and Freshly Baked Goods being served in the Pub/Bistro from our Baking Club (PB) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 *NEW* Social Hour and Games Night: Learn to play a new game: Mexican Train (Resident Run) (PB) 7:00 Romance Movie Night: A Star is Born (T)</p>	<p><b>Crystal Ball Competition Sheets DUE</b> <b>9</b> 10:30 Chair Yoga (T) 10:45 Exercise (Assisted Living) (2AR) 2:00 *NEW* Virtual Orchestra Concert: Beethoven: Symphony No. 1 in C major   Pekka Kuusisto &amp; NCO (T) 3:00 Learn to Play Euchre! (PB) 3:00 Wine and Say Cheese Social (PB) 3:30 Latin Chair Dancing with Michael (CK) 4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) <b>10</b> 9:30 The most talked about DAILY New York Times Wordle Game (T) (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Indoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 *NEW* Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (Theatre) (T) 2:30 MUSICAL Bingo (PB) 7:00 Award Winning Films (T)</p>
<p><b>SUPERBOWL SUNDAY- Wear your Favorite Sports Attire-</b> <b>11</b> 9:00 Exercise Class with Steven Ristow from the (LHIN) (NEW) (CK) 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (NEW) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:30 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Trivia: All About February &amp; Sports Trivia (T) 6:00 Super bowl Sunday Social/Party *Beer and Snacks being served in the Pub* (CK) 7:00 Sunday Night Classics: An Affair to Remember (T)</p>	<p>Hair Salon with Kelly (SS) <b>12</b> 10:30 Strength &amp; Endurance Exercise Class (CK) 11:00 Canadian Canuckle &amp; Wordle (CK) 11:30 <b>Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</b> 2:00 B-I-N-G-O! (PB) 3:00 Happy Hour on the Life Enrichment Team and Billiards (PB) 3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Learn to Play Pool with Locks (PB) 7:00 Romance Movie Night: Crazy Stupid Love (T)</p>	<p><b>Shrove Tuesday!</b> <b>13</b> <b>Galentines Day! Let's celebrates Women's Friendship Wear Plaid!</b> 9:30 <b>Outing: Walmart Shopping- Fernbank (RSVP)</b> 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength &amp; Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 2:00 Artfull Workshop: Candy Heart Card (ACW) 3:00 *NEW*Ladies Coffee and Chat (B) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 6:30 Resident Run Play Shuffleboard (PB) 7:00 Romance Movie Night: LA LA Land (T)</p>	<p><b>Valentine's Day</b> <b>14</b> <b>Wear Pink, Red and White!</b> 9:30 The most talked about DAILY New York Times Wordle Game (T) 10:00 Meditation with Susan*NEW* (T) 10:30 Crummiest Cakes Baking Club (CK) 11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (T) 3:00 <b>Valentines Day Live Music w/ Spencer Scharf! (CK)</b> 4:00 Half Price Happy Hour Social and Billiards: Frosted Snow Cocktail (PB) 6:00 Resident Run Evening Euchre (PB) 7:00 Romance Movie Night: Valentine's Day (T)</p>	<p>10:00 Church Service(In-person) (T) <b>15</b> 10:00 <b>Memory Care Scenic Drive! (RSVP)</b> 11:00 Strength &amp; Endurance Exercise Class (CK) 11:30 <b>Outing: Silver Woods Indoor Golf and Lounge (Lunch and Golfing) (Private Lounge) (RSVP)</b> 2:00 Fitminds Stay Sharp Brain Health (ACW) 2:00 Resident Run: Cribbage Game (PB) 3:00 Scrabble Games! (PB) 3:00 Fast 1 Trivia Question Contest and Freshly Baked Goods being served in the Pub/Bistro from our Baking Club (PB) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 *NEW* Social Hour and Games Night: Learn to play a new game: Quidler (Resident Run) (PB) 7:00 Romance Movie Night: Pretty Woman (T)</p>	<p><b>16</b> 10:30 Chair Yoga (T) 10:45 Exercise Class (Assisted Living) (2AR) 1:30 Tai Chi Exercise (CK) 2:00 Lianne Harris History Presentation (T) 3:00 Learn to Play Euchre! (PB) 3:00 Wine and Say Cheese Social! (PB) 4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) <b>17</b> 9:30 The most talked about DAILY New York Times Wordle Game (T) (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Indoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 *NEW* Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (Theatre) (T) 2:30 MUSICAL Bingo (PB) 7:00 Award Winning Films (T)</p>



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## Carp Commons Retirement Village



### Sunday

**9:00 Exercise Class with Steven Ristow from the (LHIN) (NEW) (CK) 18**

**9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)**

**9:30 Exercise Class with Steven Ristow from the (LHIN) (NEW) (2AR)**

**10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)**

**10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)**

**10:30 Non- Denominational TV Church Service and Hymn Sing (T)**

**1:30 Afternoon Movie Matinee (T)**

**2:00 Resident Run: Rummikub in the Bar! (PB)**

**3:00 Life Long Learning: Meet me at the MoMA Presentation and Discussion: Jinny Yu (T)**

**7:00 Sunday Night Classics (T)**

### Monday

**Hair Salon with Kelly (SS) 19**

**Family Day Holiday**

**10:30 Strength & Endurance Exercise Class (CK)**

**11:00 Canadian Canuckle & Wordle (CK)**

**2:00 B-I-N-G-O! (PB)**

**3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)**

**3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK)**

**4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)**

**6:30 Learn to Play Pool with Locks (PB)**

**7:00 Romance Movie Night: Love at First Sight (T)**

### Tuesday

**10:00 Carp Commons Men's Group! (B) 20**

**10:30 Gentle Exercise Class (Low Impact) (CK)**

**11:00 Outing: Lunch at the Mandarin in Kanata(Chinese Buffet) (RSVP)**

**11:15 Strength & Stretch (Assisted Living) (2AR)**

**1:30 Resident Run Bridge (PB)**

**2:00 Meet me at the MoMA Painting Session: Artist: Jinny Yu or Jin-me Yoon (ACW)**

**3:00 Seated Volleyball Competition! (CK)**

**3:45 Let's Dance with a Zumba Class! (CK)**

**4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)**

**6:30 Resident Run Play Shuffleboard (PB)**

**7:00 Romance Movie Night: Titanic (T)**

### Wednesday

**9:30 The most talked about DAILY New York Times Wordle Game (T) 21**

**10:00 Meditation with Susan\*NEW\* (T)**

**10:30 Crummiest Cakes Baking Club (CK)**

**11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)**

**2:00 Drumfit Exercise Class! (T)**

**3:00 Live Entertainment with Bruce Baker (CK)**

**4:00 Half Price Happy Hour Social and Billiards: Frosted Snow Cocktail (PB)**

**6:00 Resident Run Evening Euchre (PB)**

**7:00 Movie Night: Your Pick! (T)**

### Thursday

**National Margarita Day! 22**

**9:30 Outing: Walmart Shopping- Fernbank (RSVP)**

**10:30 Strength & Endurance Exercise Class (CK)**

**11:00 Memory Concentration! (CK)**

**2:00 It's all about Elvis! Live Elvis Entertainment (CK)**

**2:00 Resident Run: Cribbage Game (PB)**

**3:00 Scrabble Games! (PB)**

**3:00 Margaritas Social! (PB)**

**3:00 Fast 1 Trivia Question Contest and Freshly Baked Goods being served in the Pub/Bistro from our Baking Club (PB)**

**3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)**

**4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)**

**6:30 \*NEW\* Social Hour and Games Night: Learn to play a new game (Resident Run) (PB)**

**7:00 Romance Movie Night: The Proposal (T)**

### Friday

**10:00 Memory Care Scenic Country Drive 10:30am-11:30am (RSVP) 23**

**10:30 Chair Yoga (T)**

**2:00 Black History Month Guest Speaker: Ryan Uytdevilligen CINEMA To Kill a Mocking Bird (T)**

**3:00 Learn to Play Euchre! (PB)**

**3:00 Wine and Say Cheese Social (PB)**

**3:30 Latin Chair Dancing with Michael (CK)**

**4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)**

**7:00 Friday Night You Pick Movie Night (T)**

### Saturday

**9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 24**

**9:30 The most talked about DAILY New York Times Wordle Game (T) (T)**

**10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)**

**10:00 Indoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO)**

**10:30 \*NEW\* Weekend Virtual Exercise (T)**

**1:30 Resident Run Bridge (Theatre) (T)**

**2:30 MUSICAL Bingo (PB)**

**7:00 Award Winning Films (T)**

**9:00 Exercise Class with Steven Ristow from the (LHIN) (NEW) (CK) 25**

**9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)**

**9:30 Exercise Class with Steven Ristow from the (LHIN) (NEW) (2AR)**

**10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)**

**10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)**

**10:30 Non- Denominational TV Church Service and Hymn Sing (T)**

**1:00 Outing: SF Station Theatre: See How They Run Tickets from \$25-\$30 (RSVP)**

**1:30 Afternoon Movie Matinee (T)**

**2:00 Resident Run: Rummikub in the Bar! (PB)**

**3:00 Jeopardy Labs! \*NEW\* (T)**

**7:00 Sunday Night Classics (T)**

**Hair Salon with Kelly (SS) 26**

**10:30 Strength & Endurance Exercise Class (CK)**

**11:00 Canadian Canuckle & Wordle (CK)**

**11:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)**

**2:00 B-I-N-G-O! (PB)**

**3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)**

**3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK)**

**4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)**

**6:30 Learn to Play Pool with Locks (PB)**

**7:00 Romance Movie Night: Sleepless in Seattle (T)**

**9:30 Outing: Walmart Shopping- Fernbank (RSVP) 27**

**10:00 Carp Commons Men's Group! (B)**

**10:30 Gentle Exercise Class (Low Impact) (CK)**

**11:00 Vendor: Maggie's Designs (11-2) (GF)**

**11:15 Strength & Stretch (Assisted Living) (2AR)**

**1:30 Resident Run Bridge (PB)**

**2:00 Artfull Workshop: Winter Chickdee (ACW)**

**3:00 \*NEW\*Ladies Coffee Chat (B)**

**3:00 Active Minds-Learning Series- The Everyday Guide to Spirits and Cocktails: Tastes and Traditions \*Learn and then create your cocktail (PB)**

**3:45 Let's Dance with a Zumba Class! (CK)**

**4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)**

**6:30 Resident Run Play Shuffleboard (PB)**

**7:00 Romance Movie Night: The Fault in our Stars (T)**

**9:30 The most talked about DAILY New York Times Wordle Game (T) 28**

**10:00 Meditation with Susan\*NEW\* (T)**

**10:30 Crummiest Cakes Baking Club (CK)**

**11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)**

**2:00 Drumfit Exercise Class! (T)**

**3:00 Live Entertainment with Gary Matthews (CK)**

**4:00 Half Price Happy Hour Social and Billiards: Frosted Snow Cocktail (PB)**

**6:00 Resident Run Evening Euchre (PB)**

**7:00 Movie Night: Your Pick! (T)**

**10:00 Church Service(In-person) (T) 29**

**11:00 Strength & Endurance Exercise Class (CK)**

**11:30 Read between the Wines Book Club Lunch & Movie (T)**

**2:00 Fitminds Stay Sharp Brain Health (ACW)**

**2:00 Resident Run: Cribbage Game (PB)**

**3:00 Scrabble Games! (PB)**

**3:00 Fast 1 Trivia Question Contest and Freshly Baked Goods being served in the Pub/Bistro from our Baking Club (PB)**

**3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)**

**4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)**

**6:30 \*NEW\* Social Hour and Games Night: Learn to play a new game (Resident Run) (PB)**

**7:00 Romance Movie Night: Serendipity (T)**



**Calendar Legend**

**Outing**

**Special Program**

**Vendor**

**Theme Day**

**Living, Loving, Local**

**Signature Program**

**Highlight**



**Locations Legend**

**Theatre (T)**

**Pub/Bistro (PB)**

**Country Kitchen (CK)**

**Outing (RSVP)**

**Meet in the Lobby (LO)**

**2nd Floor Activity Room (2AR)**

**Art and Craft Workshop (ACW)**

**Suite-to-Suite (STS)**

**IN THE VILLAGE (VILL)**

**Boardroom (B)**

**Salon/Spa (SS)**

**Library/Lounge (LL)**

**Ground Floor (GF)**