



INSPIRED SENIOR LIVING

April 2024



INSPIRED SENIOR LIVING WITH Verve

Carp Commons Retirement Village

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Artful Presentation: Female Artists Cartoist Pottery Class</p>	<p>Hair Salon with Kelly\$ (SS) 1 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 Movie Night: To Kill a Mockingbird (T)</p>	<p>Carp Commons Men's Group! (B) 2 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 2:00 Food for Thought Meeting with Rob, Darren and Kim (T) 2:00 Crafters Corners: Spring Centerpieces (ACW) 3:00 Ladies Friendship Circle (Ladies Group) (T) 3:00 Cribbage Game & 3\$ Beers (PB) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 6:30 Resident Run Play Shuffleboard (PB) 7:00 Movie Night: Chinatown (T)</p>	<p>The most talked about DAILY New York Times Wordle Game (T) 3 10:00 Guided Meditation w/Susan (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) 2:00 Artful Enrichment Painting Workshop: Just in Time for the Eclipse! (ACW) 3:00 Live Entertainment with Bob & Don (CK) 4:00 Half Price Happy Hour Social and Billiards: Caesars! (PB) 6:30 Resident Run Evening Euchre (PB) 7:00 Movie Night: Your Pick! (T)</p>	<p>Outing: Walmart Shopping\$ - Fernbank (RSVP) 4 10:00 Church Service(In-person) (T) 11:00 Strength & Endurance Exercise Class (CK) 2:00 Special Guest Speaker: Fraud Prevention for Seniors with Stephanie Senecal (T) 3:00 Townhall Meeting with Darren & Mgmt Team (CK) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 3:30 Freshly Baked Goods being served in the Pub/Bistro from our Baking Club (PB) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 Card Games: Evening Bridge (PB) 7:00 Romance Movie: The African Queen(1951) (T)</p>	<p>Memory Care Scenic Country Drive 10:30am-11:30am (RSVP) 5 10:30 Chair Yoga (CK) 1:30 Tai Chi Exercise Class (CK) 2:00 Guest Speaker: Solar Eclipse with Astronomer- Gary Boyle (In-person) (T) 3:00 Learn to Play Euchre! (PB) 3:00 Orchestra Concert Series: A Beethoven with the National Youth Orchestra of Germany (T) 3:15 Wine and Say Cheese Social! (PB) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night (T)</p>	<p>Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 6 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 Outdoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (Theatre) (T) 2:30 MUSICAL Bingo (PB) 7:00 Award Winning Film: Rain Man (T)</p>
<p>National Beer Day- We are celebrating on Tuesday- 7 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) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Active Minds Trivia: Planet Earth Trivia *45 Min Session* (T) 7:00 Sunday Night Classic Movie: Rear Window(1954) (T)</p>	<p>Hair Salon with Kelly\$ (SS) 8 Rare Solar Eclipse Sweeps Across Ontario 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) 3:00 Rare Solar Eclipse Sweeps Across Ontario *Come Pick up your Special Glasses to View* In Ottawa, the Moon will start obscuring the Sun at 2:11pm ET, will reach a maximum coverage of a whopping 98% totality at 3:25 pm and finish at 4:35 pm ET. (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Learn to Play Pool with Locks (PB) 7:00 Solar Eclipse Movie Night: 2001: A Space Odyssey(1968) (T)</p>	<p>National Beer Day Celebration (PB) 9 9:30 Outing: Walmart Shopping-Fernbank (RSVP) 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 2:00 Crafters Corners: Painted Mugs (ACW) 3:00 Ladies Friendship Circle (Ladies Group) (T) 3:00 National Beer Day- Local Craft Beer Tasting- (PB) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 6:30 Resident Run Play Shuffleboard (PB) 7:30 West Carleton Garden Club Virtual Guest Speaker: Sandra Black on "Design" (T)</p>	<p>The most talked about DAILY New York Times Wordle Game (T) 10 10:00 Guided Meditation w/Susan (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 Spencer Scharf! (CK) 4:00 Half Price Happy Hour Social and Billiards: Caesars! (PB) 6:30 Resident Run Evening Euchre (PB) 7:00 Movie Night: Roman Holiday(1953) (T)</p>	<p>Strength & Endurance Exercise Class (CK) 11 10:30 Outing: Memory Care Scenic Drive (RSVP) 11:00 Living, Loving Local Trivia *30 Min Trivia Session* (T) 2:00 Fitminds Stay Sharp Brain Health (ACW) 2:00 New Game: Crokinole *Come Try It* (PB) 3:00 Scrabble Games! (PB) 3:00 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: Wizard with Bob S (Resident Run) (PB) 7:00 Romance Movie: It Happened One Night(1934) (T)</p>	<p>The most talked about DAILY New York Times Wordle Game (T) (T) 12 10:30 Chair Yoga (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 2:00 Lianne Harris History Presentation (T) 3:00 Learn to Play Euchre! (PB) 3:15 Wine and Say Cheese Social! (PB) 3:30 Latin Chair Dancing with Michael (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night (T)</p>	<p>Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 13 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 Outdoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (Theatre) (T) 2:30 MUSICAL Bingo (PB) 7:00 Award Winning Film: Moonstruck (T)</p>
<p>Exercise Class with Steven Ristow from the (LHIN) (NEW) (CK) 14 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 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Meet Me at the MoMA: Art History Lecture: RE-MIXING AFRICAN PHOTOGRAPHY (T) 7:00 Sunday Night Classics: Sabrina (T)</p>	<p>Hair Salon with Kelly\$ (SS) 15 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 Drama Movie: The Curious Case of Benjamin Button (T)</p>	<p>Carp Commons Men's Group! (B) 16 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 11:30 Outing: Brunch at the Arnprior Truck Stop and Shopping in Arnprior (RSVP) 1:30 Resident Run Bridge (PB) 2:00 Artful Talks Presentation & Discussion: Spanish Art (T) 3:00 Ladies Friendship Circle (Ladies Group) (T) 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 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 6:30 Resident Run Play Shuffleboard (PB) 7:00 Drama Movie Night: The Thomas Crown Affair (T)</p>	<p>The most talked about DAILY New York Times Wordle Game (T) 17 10:00 Guided Meditation w/Susan (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 The Classics (CK) 4:00 Half Price Happy Hour Social and Billiards: Caesars! (PB) 6:30 Resident Run Evening Euchre (PB) 7:00 Movie Night: Your Pick! (T)</p>	<p>Outing: Walmart Shopping\$ - Fernbank (RSVP) 18 10:00 Church Service(In-person) (T) 11:00 Strength & Endurance Exercise Class (CK) 2:00 Fitminds Stay Sharp Brain Health (ACW) 2:00 Kings in the Corner Game! (PB) 3:00 Scrabble Games! (PB) 3:00 Freshly Baked Goods being served in the Pub/Bistro from our Baking Club (PB) 3:00 Garden Club Meeting *Everyone is Welcomed* (B) 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 Card Games: Evening Bridge (PB) 7:00 Romance Movie: Anthony Adverse(1936) (T)</p>	<p>Memory Care Scenic Country Drive 10:30am-11:30am (RSVP) 19 10:30 Chair Yoga (CK) 1:30 Tai Chi Exercise Class (CK) 2:00 In-Person Guest Speaker Mireille Awad: Presentation on Hypertension(from CareRX) (T) 3:00 Learn to Play Euchre! (PB) 3:00 Virtual Orchestra Concert - André Rieu Live in Vienna (Nov 2023) (T) 3:15 Wine and Say Cheese Social! (PB) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night (T)</p>	<p>Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 20 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 Outdoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (Theatre) (T) 2:30 MUSICAL Bingo (PB) 7:00 Artful Enrichment Film: Renoir (T)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Exercise Class with Steven Ristow from the (LHIN) (NEW) (CK) 21</p> <p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)</p> <p>9:30 Exercise Class with Steven Ristow from the (LHIN) (NEW) (2AR)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</p> <p>1:00 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run: Rummikub in the Bar! (CK)</p> <p>3:00 Earth Day Ted Talk and Discussion (T)</p> <p>7:00 Artfull Enrichment Film: Painted Land: In Search of the Group of Seven (T)</p>	<p>Hair Salon with Kelly\$ (SS) 22</p> <p>Volunteer Appreciation Week</p> <p>Artful Enrichment Week</p> <p>Earth Day!</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Canadian Canuckle & Wordle (CK)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</p> <p>2:00 Artful Week: Guest(Amanda West Lewis): Author Readings/Presentations : Jazz and The Tempest for Artfull Enrichment Week (T)</p> <p>3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK)</p> <p>3:00 Earth Day B-I-N-G-O w/ Earth Day Prizes (PB)</p> <p>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</p> <p>6:30 Learn to Play Pool with Locks (PB)</p> <p>7:00 Planet Earth- Earth Day Documentary (T)</p>	<p>Volunteer Appreciation Week 23</p> <p>Artful Enrichment Week</p> <p>Carp Commons Annual Art Show (CK)</p> <p>10:00 Carp Commons Men's Group! (B)</p> <p>10:00 Carp Commons Art Gallery Opens (CK)</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength & Stretch (Assisted Living) (2AR)</p> <p>11:45 Read between the Wines Book Club Lunch & Movie (T)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Artfull Enrichment Painting: Underwater Turtles (ACW)</p> <p>3:00 Ladies Friendship Circle *Tena Products Guest (T)</p> <p>3:45 Let's Dance with a Zumba Class! (CK)</p> <p>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>6:30 Resident Run Play Shuffleboard (PB)</p> <p>7:00 Artfull Enrichment Film: Loving Vincent (T)</p>	<p>Volunteer Appreciation Week 24</p> <p>Artful Enrichment Week</p> <p>9:30 The most talked about DAILY New York Times Wordle Game (T)</p> <p>10:00 The Art of Relaxation and the Mind: Guided Meditation w/Susan (T)</p> <p>10:30 The Art of Baking (CK)</p> <p>11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)</p> <p>2:00 The Art of Rhythm and Music: Drumfit (T)</p> <p>3:00 The Art of Music: Live Entertainment with Graham Lindsey (GF)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Caesars! (PB)</p> <p>6:30 Resident Run Evening Euchre (PB)</p> <p>7:00 Artfull Enrichment Film: Basquiat (T)</p>	<p>Volunteer Appreciation Week 25</p> <p>Artful Enrichment Week</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Artfull Minds: Trivia (T)</p> <p>12:00 Volunteer Appreciation Luncheon (PB)</p> <p>2:00 New Game: Crokinole *Come Try It* (PB)</p> <p>2:00 Artfull Week: H2o Tiles Workshop with Special Guest, Emily (CK)</p> <p>3:00 Scrabble Games! (PB)</p> <p>3:00 Freshly Baked Goods being served in the Pub/Bistro from our Baking Club (PB)</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</p> <p>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</p> <p>6:30 *NEW* Social Hour and Games Night: Learn to play a new game: Wizard with Bob S (Resident Run) (PB)</p> <p>7:00 Artfull Enrichment Film: Surviving Picasso (T)</p>	<p>Volunteer Appreciation Week 26</p> <p>Artful Enrichment Week</p> <p>10:00 Memory Care Scenic Country Drive 10:30am-11:30am (RSVP)</p> <p>10:30 Chair Yoga (CK)</p> <p>1:30 Monthly Euchre Tournament 1:30pm-3:30pm (PB)</p> <p>2:00 The Art of Music: Orchestra Concert Series: Kirill Petrenko conducts Mozart, Berg and Brahms(Mozart's Symphony No. 29) (T)</p> <p>3:15 Wine and Say Cheese Social! (PB)</p> <p>3:30 Latin Chair Dancing with Michael (CK)</p> <p>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>7:00 Artfull Enrichment Film: Girl with a Pearl Earring (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 27</p> <p>9:30 The most talked about DAILY New York Times Wordle Game (T) (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:00 Outdoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO)</p> <p>10:30 Weekend Virtual Exercise (T)</p> <p>1:30 Resident Run Bridge (Theatre) (T)</p> <p>2:30 MUSICAL Bingo (PB)</p> <p>7:00 Artfull Enrichment Week Movie: Frida (Artist) (T)</p> <p>7:00 Award Winning Films: The King's Speech (T)</p>
<p>9:00 Exercise Class with Steven Ristow from the (LHIN) (NEW) (CK) 28</p> <p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)</p> <p>9:30 Exercise Class with Steven Ristow from the (LHIN) (NEW) (2AR)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</p> <p>1:00 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run: Rummikub in the Bar! (PB)</p> <p>3:00 Meet me at the MoMA: Rembrandt Van Rijn (T)</p> <p>7:00 Sunday Night Classics: On Golden Pond (T)</p>	<p>Hair Salon with Kelly\$ (SS) 29</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Canadian Canuckle & Wordle (CK)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</p> <p>2:00 B-I-N-G-O! (PB)</p> <p>3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)</p> <p>3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK)</p> <p>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</p> <p>6:30 Learn to Play Pool with Locks (PB)</p> <p>7:00 Movie Night: The Searchers (T)</p>	<p>9:30 Outing: Walmart Fernbank (RSVP) 30</p> <p>10:00 Carp Commons Men's Group! (B)</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength & Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Artful Enrichment: Silhouette Painting of a caged bird, inspired by Maya Angelou's Poem Caged Bird (ACW)</p> <p>3:00 Ladies Friendship Circle (Ladies Group) (T)</p> <p>3:00 Cribbage Game & 3\$ Beers (PB)</p> <p>3:45 Let's Dance with a Zumba Class! (CK)</p> <p>3:45 Read between the Wines Book Club Book and Movie Discussion (B)</p> <p>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>6:30 Resident Run Play Shuffleboard (PB)</p> <p>7:00 Drama Movie Night: Second Hand Lions (T)</p>	 <p>SUNDAY APR 21 National Volunteer Week</p>		 <p>MONDAY APR 22 Earth Day</p>	

Calendar Legend

- Artful Enrichment Week
- Outing
- Special Program
- 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)
- Suite-to-Suite (STS)
- IN THE VILLAGE (VILL)
- Boardroom (B)
- Art and Craft Workshop (ACW)
- Salon/Spa (SS)
- Library/Lounge (LL)
- Ground Floor (GF)