COURTYARD GARDENS

September 2020
Assisted Living

Verve INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COURTYARD GARDENS INSPIRED SENIOR LIVING WITH Verve		**1** **All programs are limited to a maximum of 10 residents!** 10:00 Chair Yoga [DR] 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 2:30 **Happy Hour Group Session One - 10 residents at a time [DR]** 3:30 **Happy Hour Group Session Two - 10 residents at a time [DR]**	**2** **All programs are limited to a maximum of 10 residents!** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 **Java Music Club [DR]** 3:30 Scattergories [DR]	**3** **All programs are limited to a maximum of 10 residents!** 10:30 **FIT MINDS [DR]** 2:30 **Bingo - Small Group: All players must bring 10 quarters! [DR]** 7:00 **Bingo - Small Group: All players must bring 10 quarters! [DR]**	**4** **All programs are limited to a maximum of 10 residents!** **Outside Entertainment (Weather permitting)** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 Trivia [DR] 3:00 **Tunemakers Performing in the Courtyard [Ctyd]**	**5** **All programs are limited to a maximum of 10 residents!** 10:00 **Physical Games Activities [DR]** 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 1:30 **Go4 Life Walking - Get Your Daily Walk** 1:30 **Wellness Clinic** 2:00 Music Bingo [DR] 3:30 Bananagrams [DR]
6 **All programs are limited to a maximum of 10 residents!** 10:00 **Catholic Mass Service on TV [DR]** 2:00 **United Church Service on TV [DR]**	**7** **All programs are limited to a maximum of 10 residents!** **Labour Day** 10:00 Exercises [DR] 11:00 Exercises [DR] 1:30 Wii Game [DR] 2:00 Knit, Stitch and Visit - Social Distance [DR] 3:30 Crosswords [DR]	**8** **All programs are limited to a maximum of 10 residents!** 10:00 Chair Yoga [DR] 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 2:30 **Happy Hour Group Session One - 10 residents at a time [DR]** 3:30 **Happy Hour Group Session Two - 10 residents at a time [DR]**	**9** **All programs are limited to a maximum of 10 residents!** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 **Java Music Club [DR]** 3:30 Scattergories [DR]	**10** **All programs are limited to a maximum of 10 residents!** 10:30 **FIT MINDS [DR]** 2:00 Beanbag Shuffleboard [Ctyd] 2:30 **Bingo - Small Group: All players must bring 10 quarters! [DR]** 7:00 **Bingo - Small Group: All players must bring 10 quarters! [DR]**	**11** **All programs are limited to a maximum of 10 residents!** **Outside Entertainment (Weather permitting)** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 Trivia [DR] 3:00 **Peter Montgomery Performing in the Courtyard [Ctyd]**	**12** **All programs are limited to a maximum of 10 residents!** 10:00 **Physical Games Activities [DR]** 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 1:30 **Go4 Life Walking - Get Your Daily Walk** 1:30 **Wellness Clinic** 2-3:30 **Take Out Ice Cream! [Ctyd]**
13 **All programs are limited to a maximum of 10 residents!** **Grandparent's Day!** 10:00 **Catholic Mass Service on TV [DR]** 2:00 **United Church Service on TV [DR]**	**14** **All programs are limited to a maximum of 10 residents!** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 **Welcome & Birthday Tea Party - By Invitation Only [DR]** 3:15 **Welcome & Birthday Tea Party - By Invitation Only [DR]**	**15** **All programs are limited to a maximum of 10 residents!** 10:00 Chair Yoga [DR] 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 2:30 **Happy Hour Group Session One - 10 residents at a time [DR]** 3:30 **Happy Hour Group Session Two - 10 residents at a time [DR]**	**16** **All programs are limited to a maximum of 10 residents!** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 **Meet Me at MoMa- Lecture & Presentation [DR]** 3:30 Hangman-Jeopardy Style [DR]	**17** **All programs are limited to a maximum of 10 residents!** 10:30 **FIT MINDS [DR]** 2:30 **Bingo - Small Group: All players must bring 10 quarters! [DR]** 7:00 **Bingo - Small Group: All players must bring 10 quarters! [DR]**	**18** **All programs are limited to a maximum of 10 residents!** **Outside Entertainment (Weather permitting)** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 Trivia [DR] 3:00 **Vonda Sinclair Performing in the Courtyard [Ctyd]**	**19** **All programs are limited to a maximum of 10 residents!** 10:00 **Physical Games Activities [DR]** 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 1:30 **Go4 Life Walking - Get Your Daily Walk** 1:30 **Wellness Clinic** 2:00 Front Porch Travels: A Taste of Thailand! [DR] 3:30 Bananagrams Game [DR]
20 **All programs are limited to a maximum of 10 residents!** 10:00 **Catholic Mass Service on TV [DR]** 2:00 **United Church Service on TV [DR]**	**21** **All programs are limited to a maximum of 10 residents!** 10:00 Exercises [DR] 11:00 Exercises [DR] 1:30 Wii Game [DR] 2:00 Knit, Stitch and Visit - Social Distance [DR] 3:30 Crosswords [DR]	**22** **All programs are limited to a maximum of 10 residents!** **First Day of Autumn!** 10:00 Chair Yoga [DR] 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 2:30 **Happy Hour Group Session One - 10 residents at a time [DR]** 3:30 **Happy Hour Group Session Two - 10 residents at a time [DR]**	**23** **All programs are limited to a maximum of 10 residents!** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 **Meet Me at MoMa- Art Class [DR]**	**24** **All programs are limited to a maximum of 10 residents!** 10:30 **FIT MINDS [DR]** 2:30 **Bingo - Small Group: All players must bring 10 quarters! [DR]** 7:00 **Bingo - Small Group: All players must bring 10 quarters! [DR]**	**25** **All programs are limited to a maximum of 10 residents!** **Outside Entertainment (Weather permitting)** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 Trivia [DR] 3:00 **Allen & Sharon Boolinoff Performing in the Courtyard [Ctyd]**	**26** **All programs are limited to a maximum of 10 residents!** 10:00 **Physical Games Activities [DR]** 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 1:30 **Go4 Life Walking - Get Your Daily Walk** 1:30 **Wellness Clinic** 2:30 Craftworks
27 **All programs are limited to a maximum of 10 residents!** 10:00 **Catholic Mass Service on TV [DR]** 2:00 **United Church Service on TV [DR]**	**28** **All programs are limited to a maximum of 10 residents!** 10:00 Exercises [DR] 11:00 Exercises [DR] 1:30 Wii Game [DR] 2:00 Knit, Stitch and Visit - Social Distance [DR] 3:30 Crosswords [DR]	**29** **All programs are limited to a maximum of 10 residents!** 10:00 Chair Yoga [DR] 11:00 Daily Chronicles and Word Games - residents can pick up from Dogwood Room [DR] 2:30 **Happy Hour Group Session One - 10 residents at a time [DR]** 3:30 **Happy Hour Group Session Two - 10 residents at a time [DR]**	**30** **All programs are limited to a maximum of 10 residents!** 10:00 Exercises [DR] 11:00 Exercises [DR] 2:00 **FIT MINDS with Charlene [DR]**	Emotional Intellectual Physical Purposeful Social Spiritual		

Created on Friday, September 4, 2020 1:42 PM