




INSPIRED SENIOR LIVING

August 2023 Courtyard Gardens




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY AUG 6</p> <p>National Friendship Day</p>		<p>10:00 Armchair Yoga (Virtual Event) (DR) 1</p> <p>1:00 Pick up Books to be Returned - Outreach Program from Public Library (RES)</p> <p>2:00 Resident Forum (DR)</p> <p>3:30 Ice Cream Social with Megan! (FL)</p> <p>4:30 Manicures by Mariyam (CRM)</p>	<p>10:00 Exercises (DR) 2</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>11:30 Library Outreach Program - Deliver New Books to Residents Rooms (RES)</p> <p>3:30 Trivia (DR)</p>	<p>10:30 Word Games with Megan (DR) 3</p> <p>1:30 Shopping Bus - Ironwood Plaza - Sign Up Sheet at Reception (MEE)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR) 4</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live Music w/ Music Variations (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) 5</p> <p>2:00 Wellness Clinic - Walk In (No appt necessary) (CRM)</p> <p>2:00 Scenic Drive (RECE)</p> <p>3:30 Pink Lemonade Social (FL)</p>
<p>National Friendship Day 6</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:30 You Be The Judge (DR)</p>	<p>10:00 British Columbia Documentary- Darkwoods Nature Conservation (DR) 7</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Adult Coloring Books (CRM)</p> <p>3:30 Popsicle Social (FL)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>10:00 Armchair Yoga (Virtual Event) (DR) 8</p> <p>10:00 Foreshore Park- Bag Lunch Provided (MEE)</p> <p>2:00 Knit Stitch & Visit w/ Margaret (CRM)</p> <p>3:30 Ice Cream Sandwich Social (FL)</p> <p>4:30 Manicures by Mariyam (CRM)</p>	<p>10:00 Exercises (DR) 9</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>3:30 Trivia (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) 10</p> <p>10:30 Tri-Bike Rides with Wendy J (OUT)</p> <p>1:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR) 11</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live Music w/ The Shoe Makers (New Group) (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) 12</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Tombola Game - Italian Type Bingo (DR)</p> <p>3:30 Italian Soda Social (FL)</p>
<p>2:00 Lutheran Church Service - In Person (DR) 13</p>	<p>10:00 Drum Fit Exercises- Summer Theme (DR) 14</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Adult Coloring Books (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>10:00 Armchair Yoga (Virtual Event) (DR) 15</p> <p>2:30 A Traditional Birthday & Welcome Party (DR)</p> <p>4:30 Manicures by Mariyam (CRM)</p>	<p>10:00 Exercises (DR) 16</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Explore Polymer Clay with Allison (CRM)</p> <p>3:30 Trivia (DR)</p>	<p>National Dog Day 17</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:00 Ears to You - Mobile Hearing Clinic (Sign up at Reception) (CRM)</p> <p>11:00 Picnic to Centennial Beach - Boundary Bay - Sign Up Sheet at Reception (MEE)</p> <p>2:30 Armchair Travel - China with Food Sampling (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR) 18</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live Music w/ Peter Williams (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 19</p> <p>2:00 Summer Virtual Concert Series: Featuring "The Bee Gees" (DR)</p> <p>3:30 Cherry Coke Ice Cream Float Social (FL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 United Church Service - Virtual (New Time for today Only) (DR) 20</p> <p>12:00 Private Function in Dogwood Room (DR)</p> <p>2:00 Meaningful Topics: Building a healthy lifestyle (CRM)</p>	<p>10:00 Exercises (DR) 21</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Adult Coloring Books (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>10:00 Armchair Yoga (Virtual Event) (DR) 22</p> <p>2:00 Knit Stitch & Visit w/ Margaret (CRM)</p> <p>4:30 Manicures by Mariyam (CRM)</p>	<p>10:00 Exercises (DR) 23</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Cool Treat Social (FL)</p> <p>3:30 Trivia (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) 24</p> <p>10:30 Fit Minds (DR)</p> <p>1:30 Shopping Bus - Garden City Save on Foods - Sign Up Sheet at Reception (MEE)</p> <p>6:45 Sizzling Summer Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR) 25</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) 26</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Summer Virtual Concert Series: Featuring "Kenny Rogers" (DR)</p> <p>3:30 You Be The Judge (DR)</p>
<p>10:00 Gentle Exercises (DR) 27</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:30 Java Music Club (DR)</p>	<p>10:00 Exercises (DR) 28</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Adult Coloring Books (CRM)</p> <p>2:00 Live Music w/ John Dean (New Entertainer to Courtyard) (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>10:00 Armchair Yoga (Virtual Event) (DR) 29</p> <p>2:00 Knit Stitch & Visit w/ Margaret (CRM)</p> <p>2:00 Scenic Drive - Sign Up at Reception (MEE)</p> <p>3:30 Healthy Lifestyle Discussion with Food Sampling (DR)</p> <p>4:30 Manicures by Mariyam (CRM)</p>	<p>10:00 Exercises (DR) 30</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Peachy Keen Ice Cream Sundae Social (FL)</p> <p>3:30 Trivia (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) 31</p> <p>10:30 Fit Minds (DR)</p> <p>1:30 Shopping Bus - Dollarama & Michaels Crafts (Bridgeport)-Sign up Sheet at Reception (MEE)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	 <p>International Cat Day</p>	



National Dog Day

WEDNESDAY
AUG 26



National Red Wine Day

WEDNESDAY
AUG 28

Locations Legend

Dogwood Room (DR)
Carnation Room (CRM)
Fireside Lounge (FL)
Reception (RECE)

Meet in Lobby (MEE)
Residents Room (RES)
Outside in the Round About (OUT)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program