



INSPIRED SENIOR LIVING

# September 2023

## Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>World Alzheimer's Month</b></p>		<p><b>Grandparent's Day</b></p>			<p>10:00 Exercises (DR) <b>1</b></p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Performance by Martin Adcock (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>2</b></p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 "Barbie" Theme Ice Cream Floats (FL)</p> <p>3:30 You Be The Judge-Discussion (DR)</p>
<p>10:00 Chair Yoga Dance (DR) <b>3</b></p> <p>10:40 Catholic Mass on TV (DR)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 Modified Beer Pong with water (FL)</p> <p>3:30 Sundae Ice Cream Social (FL)</p>	<p>10:00 Exercises (DR) <b>4</b></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 Labour Day Discussion (GAR)</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) <b>5</b></p> <p>10:00 "Mindfulness Session" w/ Harmeeek (CRM)</p> <p>1:30 Bloedel Conservatory Visit (Queen Elizabeth Park) - Sign up at Reception (MEE)</p> <p>2:00 Knit Stitch &amp; Visit w/ Margaret (CRM)</p> <p>2:30 Let's Start A 'Book Club' (LIB)</p> <p>4:30 Manicures by Mariyam (CRM)</p>	<p>10:00 Drum Fit Exercises (DR) <b>6</b></p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Resident Forum (DR)</p> <p>3:30 Trivia (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>7</b></p> <p>10:00 Ears to You - Mobile Hearing Clinic (Sign up at Reception) (CRM)</p> <p>11:00 Picnic to Deas Island Regional Park (MEE)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Drumfit with Mona (DR) <b>8</b></p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Who Am I ? (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>9</b></p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Fitness Trivia - Cellular Life (DR)</p> <p>3:30 Travelogue - Fashion Capital of the World Milan, Italy (DR)</p>
<p><b>National Grandparents Day 10</b></p> <p>10:10 Drumfit with Mona (DR)</p> <p>2:00 Lutheran Church Service - In Person (DR)</p> <p>3:30 Herbal Lemonade Social (DR)</p>	<p>10:00 Drum Fit Exercises (DR) <b>11</b></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 Grandparent Day Social with tea and treats (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Cribbage (CRM)</p>	<p>10:00 Armchair Yoga (Virtual Event) (DR) <b>12</b></p> <p>1:30 Scenic Drive: Chinatown &amp; Gastown - Sign up at Reception (MEE)</p> <p>2:30 Family Feud - Game (DR)</p> <p>4:30 Manicures by Mariyam (CRM)</p>	<p>10:00 Exercises (DR) <b>13</b></p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:30 Java Music Club with Mona (DR)</p> <p>3:30 Trivia (CRM)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>14</b></p> <p>10:30 Food Forum (DR)</p> <p>1:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Ladder Ball Game (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR) <b>15</b></p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live Music w/ Roberto Risman (FL)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>16</b></p> <p>1:00 Verve International Fair - Open House (FL)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Artfull Enrichment - Wreath Making (GAR)</p> <p>3:30 Tropical Drink Social (FL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:00 Exercises (DR) 17</b> <b>2:00 United Church Service (Virtual Event) (DR)</b> <b>3:00 Young Musicians and Artists Performance (FL)</b>	<b>10:00 Exercises (DR) 18</b> <b>10:30 Fifth Ave Jewellery Sale (FL)</b> <b>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</b> <b>2:00 Adult Coloring Books (CRM)</b> <b>3:30 Giant Crosswords (DR)</b> <b>6:45 Cribbage - Moved to Carnation Room (CRM)</b>	<b>10:00 Armchair Yoga (Virtual Event) (DR) 19</b> <b>2:30 A Traditional Birthday &amp; Welcome Party (DR)</b> <b>4:30 Manicures by Mariyam (CRM)</b>	<b>10:00 Drumfit with Wendy.B (Gr) 20</b> <b>11:00 Go 4 Life Walk (FL)</b> <b>2:00 Herbal Tea Tasting &amp; Health Benefits (DR)</b> <b>3:30 Trivia (DR)</b>	<b>9:30 Tai Chi w/ Eric Lui (DR) 21</b> <b>10:30 Let's Play Cornhole! (DR)</b> <b>1:30 Shopping Bus - Ironwood Plaza - Sign Up Sheet at Reception (MEE)</b> <b>2:30 Word Games with Megan (DR)</b> <b>6:45 Bingo - Bring 10 quarters! (DR)</b>	<b>10:00 Exercises (DR) 22</b> <b>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</b> <b>2:00 Name That Tune (GAR)</b> <b>3:15 Happy Hour (DR)</b>	<b>First Day of Autumn! 23</b> <b>10:00 Roll - O - Trump (DR)</b> <b>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</b> <b>2:00 Scenic Drive - Sign up at Reception (MEE)</b> <b>3:30 Tombola Game - Italian type Bingo (DR)</b>
<b>2:00 United Church Service (Virtual Event) (DR) 24</b> <b>3:30 Java Music Club- Autumn (DR)</b>	<b>10:00 Drum Fit Exercises (DR) 25</b> <b>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</b> <b>2:00 Adult Coloring Books (CRM)</b> <b>3:30 Giant Crosswords (DR)</b> <b>6:45 Cribbage - Moved to Carnation Room (CRM)</b>	<b>10:00 Armchair Yoga (Virtual Event) (DR) 26</b> <b>10:30 Library Outreach Program-Pick up Books from Resident Suites (RES)</b> <b>1:30 Shopping Bus - Dollarama &amp; Michaels Crafts - Sign up at Reception (MEE)</b> <b>2:00 Knit Stitch &amp; Visit w/ Margaret (CRM)</b> <b>3:30 Let's Play Petanque! (DR)</b> <b>4:30 Manicures by Mariyam (CRM)</b>	<b>10:00 Exercises (DR) 27</b> <b>11:00 Go 4 Life Walk (FL)</b> <b>11:30 Deliver New Library Books - Outreach Library Program (RES)</b> <b>2:00 Felting Workshop (CRM)</b> <b>3:30 Trivia (DR)</b>	<b>9:30 Tai Chi w/ Eric Lui (DR) 28</b> <b>10:30 Fit Minds - Wacky Word Games (DR)</b> <b>1:30 Shopping Bus - Garden City - Sign Up Sheet at Reception (MEE)</b> <b>2:30 Dress up and Be part of Courtyard's Fashion Show (FL)</b> <b>6:45 Bingo - Bring 10 quarters! (DR)</b>	<b>10:00 Exercises (DR) 29</b> <b>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</b> <b>3:15 Happy Hour (DR)</b>	<b>Orange Shirt Day - Wear Orange 30</b> <b>10:00 Roll - O - Trump (DR)</b> <b>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</b> <b>2:00 Let's Reminisce: Things that are Gone but NOT Forgotten! (DR)</b> <b>3:30 National Truth And Reconciliation day information session. (FL)</b>



Be you

### Locations Legend

- Dogwood Room (DR)
- Carnation Room (CRM)
- Fireside Lounge (FL)
- Reception (RECE)
- Meet in Lobby (MEE)
- Gardenside Lounge (GAR)
- Residents Room (RES)
- Library on 2nd Floor (LIB)
- Garden Lounge (Gr)

### Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program