



INSPIRED SENIOR LIVING

October 2023

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
International Coffee Day 1 10:00 Morning Exercise and Mingle with treats (DR) 10:45 Fit Minds (DR) 2:00 United Church Service (Virtual Event) (DR) 3:00 Private Function in Dogwood Room - Anne Goertz (DR)	Active Aging Week 2 Nourish Your Spirit Day 10:00 Drum Fit Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Active Aging - Men's Group - Making Homemade Hungry Mans Pizza Lunch - Sign Up @ Reception (DR) 2:00 Adult Coloring Books (CRM) 3:30 Giant Crosswords (DR) 6:45 Cribbage - Moved to Carnation Room (CRM)	Maintain Your Emotional Wellness Day 3 10:00 Active Aging - "Mindfulness Session" with Harmeeek (DR) 2:00 Knit Stitch & Visit w/ Margaret (CRM) 2:00 Scenic Drive - Sign up at Reception (MEE) 3:30 Active Aging - Ted Talks - Feeling good as you grow older (DR) 4:30 Manicures by Mariyam (CRM)	Strengthen Your Mind Day 4 10:00 Active Aging - Strengthen your Mind and Exercise Class (DR) 11:00 Go 4 Life Walk (FL) 2:00 Active Aging - Fit Minds (DR) 3:30 Active Aging - Trivia - Jeopardy Edition (FL)	9:30 Tai Chi w/ Eric Lui (DR) 5 10:30 Active Aging - Creative Corner with Special Friends (DR) 1:30 Shopping Bus - Safeway, Seafair - Sign Up Sheet at Reception (MEE) 2:00 You Be The Judge - Discussion (DR) 3:00 Active Aging - Let's Play Cornhole (DR) 6:45 Bingo - Bring 10 quarters! (DR)	10:00 Exercises (DR) 6 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Music w/ Music Variations (FL) 3:15 Happy Hour (DR)	Move Your Body Day 7 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:30 Pumpkin Spice Latte Social (FL)
Move Your Body 8 10:00 Gentle Fit Exercise (DR) 10:40 Catholic Mass on TV (DR) 2:00 Lutheran Church Service - In Person (DR) 2:30 Minute to Win it Games - Ping Pong Toss (FL)	Happy Thanksgiving! 9 10:00 Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Afternoon Matinee - Planes, Trains and Automobiles (DR) 6:45 Cribbage - Moved to Carnation Room (CRM)	10:00 Armchair Yoga (Virtual Event) (DR) 10 2:00 Scenic Drive - Sign up at Reception (MEE) 3:30 Blind Taste Testing - Halloween Edition (DR) 4:30 Manicures by Mariyam (CRM)	11:00 Go 4 Life Walk (FL) 11 1:30 Resident Autumn Photo Fun! Dress Autumn Colors (DR) 3:30 Trivia (DR)	9:30 Tai Chi w/ Eric Lui (DR) 12 9:45 Shopping Trip to Garden City - Sign up at Reception (MEE) 2:15 Bingo Marathon - Session #1- Bring 10 Quarters! (DR) 6:45 Bingo Marathon - Session #2- Bring 10 Quarters! (DR)	10:00 Exercises (DR) 13 10:00 Avon Services (FL) 10:30 Catholic Mass in Person (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Oktoberfest Party with Live music by Peter Paulus - Dress for the occasion! (DR)	10:00 Roll - O - Trump (DR) 14 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Fun October Jeopardy with Sweets (FL) 3:30 Sing A Long in the Lounge (FL)
10:00 Catholic Mass - Virtual (DR) 15 10:30 Corn Hole Game (DR) 2:00 United Church Service (Virtual Event) (DR) 2:15 Java Music Club with Mona (FL) 3:30 Young Musicians and Artists Performance (FL)	10:00 Exercises (DR) 16 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Birthday Party and Welcome Tea (DR) 3:30 Giant Crosswords (DR) 6:45 Cribbage - Moved to Carnation Room (CRM)	10:00 Armchair Yoga (Virtual Event) (DR) 17 10:30 Food Forum (DR) 1:30 Richmond Country Farms: Autumn Food Shopping - Sign up at Reception (MEE) 2:00 Knit Stitch & Visit w/ Margaret (CRM) 3:00 You be the Judge! (FL) 4:30 Manicures by Mariyam (CRM)	10:00 Haunted Halloween - A discussion about the origins of Halloween (FL) 18 11:00 Go 4 Life Walk (FL) 2:00 Let's Bake - Magic Surprise Cookies (CRM) 3:30 Trivia (FL)	10:00 Flu Shot Clinic (DR) 19 1:30 Shopping Bus - Ironwood Plaza - Sign Up Sheet at Reception (MEE) 2:00 Autumn Craft - Decoupage Pumpkins - Sign up @ Reception (CRM) 6:45 Bingo - Bring 10 quarters! (DR)	10:00 Drumfit with Wendy.B (DR) 20 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Music with Peter Williams (FL) 3:15 Happy Hour (DR)	10:00 Roll - O - Trump (DR) 21 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Tombola Game - Italian Type Bingo (DR) 3:30 English Toffee Warm Drink Social (FL)



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<p>10:15 Gentle Exercises (DR) 22</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:30 'The Price Is Right' Game - Enjoy the Fun and Win Prizes (FL)</p>	<p>10:00 Exercises (DR) 23</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 'Reading' Presented by CYG Book Club (LIB)</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) 24</p> <p>10:00 Halloween Costume Shopping @ Spirit Store - Sign up at Reception (MEE)</p> <p>2:00 Knit Stitch & Visit w/ Margaret (CRM)</p> <p>4:30 Manicures by Mariyam (CRM)</p>	<p>10:00 Drum Fit Exercises (DR) 25</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) 26</p> <p>10:30 Who, What, Where Am I? (DR)</p> <p>2:00 Scenic Drive - Sign up at Reception (MEE)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR) 27</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Let's Play Pentanque! (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) 28</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:30 Warm Drink Social with Cozy Music (FL)</p> <p>3:30 1 on 1 visits with Mona (RES)</p>
<p>10:00 Gentle Fit Exercises (DR) 29</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:00 Halloween Movie Matinee- "The Munsters" (DR)</p>	<p>10:00 Exercises (DR) 30</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Painting Class with Greta (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>Halloween Costume Party! 31</p> <p>10:00 Armchair Yoga (Virtual Event) (DR)</p> <p>2:00 Halloween Party with Live Music by Michael Kinal (DR)</p> <p>4:30 Manicures by Mariyam (CRM)</p>				



Locations Legend

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

Calendar Legend

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