




INSPIRED SENIOR LIVING

November 2023

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Family Caregivers Month</p>						
			<p>10:00 Exercises (DR) 1</p> <p>10:30 Avon Services with Janice (FL)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:30 Guided Meditation & Herbal Tea (Virtual) (DR)</p> <p>3:30 Trivia (FL)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) 2</p> <p>10:30 Shopping Bus - Semiahmoo Shopping Center (MEE)</p> <p>2:00 Fit Minds (FL)</p> <p>3:30 Let's Play Cornhole! (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Exercises - 50's Theme (DR) 3</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 50's Theme - Games, Quizzes and Trivia (FL)</p> <p>3:15 Happy Hour - 50's Nostalgia (DR)</p>	<p>10:00 Roll - O - Trump (DR) 4</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Make Your Own Poppy with Wendy J (DR)</p> <p>3:30 Tombola Game - (Italian type Bingo) (DR)</p>
<p>2:00 United Church Service (Virtual Event) (DR) 5</p> <p>3:30 Performance Young Musicians (FL)</p>	<p>10:00 Exercises (DR) 6</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Adult Coloring Books (CRM)</p> <p>2:30 Guided Meditation & Herbal Tea (Virtual) (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) 7</p> <p>11:15 Country Meadows Lunch Outing- Sign up at Reception. (MEE)</p> <p>2:00 Knit Stitch & Visit w/ Margaret (CRM)</p> <p>2:30 Christmas Card Creations with Wendy J (DR)</p>	<p>10:00 Exercises (DR) 8</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Guest Speaker Kim Hall - Discussion on Better Backs and Balance (DR)</p> <p>2:30 Painting Class; Fabrics, Totes and T's. (CRM)</p> <p>3:30 Trivia (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) 9</p> <p>10:30 Food Forum (DR)</p> <p>1:30 Shopping Bus - Ironwood Plaza - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Corn Hole Game (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Drum Fit Exercises (DR) 10</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 Netflix Documentary- World War 2 in Color- The Road to Victory (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>9:30 Roll - O - Trump (DR) 11</p> <p>10:30 Televised Remembrance Day Service (DR)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>3:00 Gingerbread Sugar Hand Scrub- *Sign up @ Reception (DR)</p>
<p>10:00 Exercises (DR) 12</p> <p>10:30 Catholic Mass on TV (DR)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 Discussion What is Diwali with food served (FL)</p>	<p>10:00 Exercises (DR) 13</p> <p>10:45 1 on 1 visits with Mona (RES)</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) 14</p> <p>2:00 Knit Stitch & Visit w/ Margaret (CRM)</p> <p>2:30 Resident Forum and Warm Drinks Social (DR)</p>	<p>10:00 Exercises (DR) 15</p> <p>10:30 1:1 Visits with Megan (RES)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Mosaic Tile Workshop (CRM)</p> <p>3:30 Trivia (FL)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) 16</p> <p>10:30 Banagrams (CRM)</p> <p>1:30 Shopping Bus - Walmart (MEE)</p> <p>3:30 Ladder Ball Game (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:00 Drum Fit Exercises (DR) 17</p> <p>10:30 Catholic Communion and Prayers (CRM)</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) 18</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:30 Book Club Short Story Reading 'The Nose' by Nikolai Gogol (LIB)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>10:00 Let's Play Cornhole! (DR)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 Trivia with Warm Drink (FL)</p> <p>3:30 Java Music Club with Mona (FL)</p>	<p>20</p> <p>10:00 Exercises (DR)</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>21</p> <p>10:00 Armchair Yoga (Virtual Event) (DR)</p> <p>10:15 Library Outreach Program-Pick up Books from Resident Suites (RES)</p> <p>11:00 Altavida Fashions Clothing Sale - Brighten up your Wardrobe (Credit, Debit or Cash Payment) (DR)</p> <p>2:30 November Birthday & Welcome Tea (DR)</p>	<p>22</p> <p>10:00 Exercises (DR)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>11:00 Deliver New Library Books - Outreach Library Program (RES)</p> <p>2:00 Painting Class; Fabrics, Totes and T's. Continued (CRM)</p> <p>3:30 Trivia (FL)</p>	<p>23</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Great Debates- Discussion Group (FL)</p> <p>1:30 Shopping Bus -Garden City Save on Foods (MEE)</p> <p>2:00 Men's Dinner Club- Cooking & Dining with Laslo & Wendy B (Hungarian Goulash)- *Sign up at Reception (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>24</p> <p>10:00 Exercises (DR)</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 Name that Tune with Linda (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>25</p> <p>10:00 Roll - O - Trump (DR)</p> <p>11:00 Scattergories Board Game (DR)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Autumn Scenic Drive- Queen Elizabeth Park (MEE)</p>
<p>26</p> <p>10:00 Drumfit with Mona (DR)</p> <p>10:45 1 on 1 visits with Mona (RES)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:00 Afternoon Movie - Popcorn or chips will be served (FL)</p>	<p>27</p> <p>10:00 Exercises (DR)</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 Meet Me at MoMa Presentation with Local Artist Merle Mckee (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>28</p> <p>10:00 Armchair Yoga (Virtual Event) (DR)</p> <p>2:00 Knit Stitch & Visit w/ Margaret (CRM)</p> <p>2:00 Scenic Drive - Sign up at Reception (MEE)</p> <p>3:00 Rainy day board games and snacks! (DR)</p>	<p>29</p> <p>10:00 Exercises (DR)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>1:00 Let's get ready for Christmas! - Staff starting to decorate (AA)</p> <p>3:30 Trivia (FL)</p>	<p>30</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Word Games (FL)</p> <p>1:30 Shopping Bus- Safeway Seafair - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Create your own Holiday Wreath (DR)</p> <p>3:30 Christmas Setup (AA)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>		



Locations Legend

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

Calendar Legend

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