



INSPIRED SENIOR LIVING

# December 2023

## Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>MONDAY</b> <b>DEC 25</b> <b>Christmas Day</b></p>	 <p><b>SUNDAY</b> <b>DEC 31</b> <b>New Years Eve</b></p>				<p>9:30 Drum Fit Exercises (DR) <b>1</b></p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Let's Make Christmas Centerpieces (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Tree Trimming Party! (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 Tombola Game - Italian type Bingo (DR)</p> <p>3:30 Christmas Ornament Creations (DR)</p>
<p>10:00 Exercises (DR) <b>3</b></p> <p>10:45 1 on 1 visits with Mona (RES)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:00 Richmond Music School Concert (FL)</p>	<p>9:30 Exercises (DR) <b>4</b></p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Resident Forum (DR)</p> <p>2:00 Coloring, Painting and Personal Projects (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>5</b></p> <p>10:30 Avon Services with Janice (FL)</p> <p>2:30 December Birthday &amp; Welcome Tea - Happy 100th Birthday to Thelma! (DR)</p> <p>6:45 Evening Movie - How the Grinch Stole Christmas (Jim Carrey Version) (DR)</p>	<p>9:30 Drum Fit Exercises (DR) <b>6</b></p> <p>10:30 Guided Meditation (Virtual) (DR)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Let's Play Petanque (DR)</p> <p>3:00 A Woodward's Christmas-Memories &amp; More (WW Santa Button Draws) (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>7</b></p> <p>9:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE)</p> <p>10:00 Knitt-a-bella Sale (CRM)</p> <p>2:15 Christmas Bingo Marathon - Refreshments Served- Bring 10 quarters! (DR)</p> <p>6:45 Christmas Bingo Marathon- Free Prize Draws- Bring 10 Quarters! (DR)</p>	<p>9:30 Exercises (DR) <b>8</b></p> <p>10:00 Visit from Bowling Green Road Children's Centre - Christmas Cookie Decorating (DR)</p> <p>10:30 Catholic Mass (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live Music w/ The Music Variations (FL)</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 Fit Minds - Word Games (FL)</p> <p>3:30 Warm Drink Social with Cozy Music (FL)</p>
<p>2:00 Lutheran Church Service - In Person (DR) <b>10</b></p> <p>2:00 A visit from The 28th Richmond Scouts Group (FL)</p>	<p>9:30 Drum Fit Exercises (DR) <b>11</b></p> <p>10:45 Decorating for Gala (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live Music w/ Liz &amp; Steve (DR)</p> <p>2:00 Christmas Gala - Celebrate with friends and family (DR)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>12</b></p> <p>10:30 A California Disney Parade (Virtual) (DR)</p> <p>1:30 Charlies Chocolate Factory-Christmas Shopping- Sign up at Reception (MEE)</p> <p>2:00 Knit Stitch &amp; Visit w/ Margaret (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Evening Movie - A Christmas Carol (DR)</p>	<p>9:30 Excercises (DR) <b>13</b></p> <p>10:30 FIT MINDS-Interactive Program (FL)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Let's Make Ugly Christmas Shirts (DR)</p> <p>3:30 Trivia (FL)</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 - Garden City Save on Foods - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Kenny Roger's Concert in the Fireside Lounge (FL)</p> <p>2:30 1 on 1 visits with Mona (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Exercises (DR) <b>15</b></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 Ugly Christmas T-shirt/Sweater Party with Live Music by Peter Williams (GARD)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>16</b></p> <p>1:00 A visit and caroling from Richmond Bible Baptist Church (FL)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>3:00 Gingerbread House Decorating (DR)</p>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2:00 United Church Service (Virtual Event) (DR) <b>17</b></p> <p>2:30 Christmas Caroling in the Dogwood Room (DR)</p> <p>3:30 Young Musicians and Artists (FL)</p>	<p>9:30 Drum Fit Exercises (DR) <b>18</b></p> <p>10:30 Random Trivia (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>9:30 Armchair Yoga (Virtual Event) (DR) <b>19</b></p> <p>10:30 12 Days of Christmas &amp; Hidden Meanings (GAR)</p> <p>2:00 Knit Stitch &amp; Visit w/ Margaret (CRM)</p> <p>2:00 The Nutcracker Ballet &amp; Egg Nog - Virtual (DR)</p> <p>3:30 You Be The Judge- Discussion (DR)</p> <p>6:45 Evening Movie - Elf! (DR)</p> <p>7:00 Christmas Light Tour - Sign Up at Reception (weather dependent) (MEE)</p>	<p>9:30 Excercises (DR) <b>20</b></p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Andre Rieu - Home for Holidays Video (DR)</p> <p>3:30 Trivia - Test your Holiday Knowledge ! (FL)</p> <p>6:00 Fit Minds - Christmas Edition (FL)</p> <p>7:00 Christmas Visit and Sing-A-Long with Gospel Tabernacle Church (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>21</b></p> <p>10:30 Funny Christmas Drawing Game with Wendy J (DR)</p> <p>1:30 Shopping Bus -Dollarama at South West Marine Drive - Sign up at Reception (MEE)</p> <p>2:00 'The Price Is Right' Game (FL)</p> <p>3:30 Warm Drink Social with Cozy Music (FL)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Exercises (DR) <b>22</b></p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Guided Meditation (Virtual) (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Christmas Sing A-Long &amp; Warm Drinks (FL)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>23</b></p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Who or What Am I? (DR)</p> <p>3:30 Holiday Humour and Drink Social (FL)</p>
<p>10:00 Exercise with Christmas Music (DR) <b>24</b></p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 Afternoon Movie with snacks - It's a Wonderful Life! (FL)</p>	<p>11:00 Go For Life Walk - Remember your Daily Walk (RECE) <b>25</b></p> <p>2:00 Adult Coloring Books (CRM)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>26</b></p> <p>2:00 Boxing Day Bingo! (Bring 10 quarters) (DR)</p>	<p>9:30 Exercises (DR) <b>27</b></p> <p>10:45 News and Views (DR)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Meet Me at the MoMa (DR)</p> <p>3:30 Trivia (FL)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>28</b></p> <p>10:30 Fit Minds - Word Games (FL)</p> <p>1:30 Scenic Drive (MEE)</p> <p>3:30 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Drum Fit Exercises (DR) <b>29</b></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 - A Year in Review (Bring pictures or stories to tell from the year 2023) (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>30</b></p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Artfull Enrichment (CRM)</p> <p>3:00 Bananagrams Resident Run (DR)</p>
<p>11:00 Decorating for New Year's Eve Party (DR) <b>31</b></p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:00 New Year's Eve Party with Live Music from Peter Williams (DR)</p>				<p><b>Locations Legend</b></p> <p>Dogwood Room (DR) Fireside Lounge (FL) Carnation Room (CRM) Reception (RECE)</p> <p>Meet in Lobby (MEE) Residents Room (RES) Gardenside (GARD) Gardenside Lounge (GAR)</p>		<p><b>Calendar Legend</b></p> <p>Outing Special Program Living, Loving, Local Signature Program</p>