




INSPIRED SENIOR LIVING

# January 2024 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:30 Drum Fit Exercises (DR) <b>1</b></p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Therapeutic Coloring (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>2</b></p> <p>2:00 Knit Stitch &amp; Visit w/ Margaret (CRM)</p> <p>2:00 Let's Play Cornhole! (DR)</p> <p>3:30 Afternoon Movie Matinee (DR)</p>	<p>9:30 Exercises (DR) <b>3</b></p> <p>10:30 Book Club Meeting (LIB)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Coffee and Calendars (room to room visits) (RES)</p> <p>3:30 Let's Play Petanque! (DR)</p>	<p>National Trivia Day <b>4</b></p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Life Long Learning - Raising children now vs then discussion group (FL)</p> <p>1:30 Shopping Bus - Save On Foods - Sign Up Sheet at Reception (MEE)</p> <p>3:30 Trivia - National Trivia Day (FL)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Exercises (DR) <b>5</b></p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Coffee and Calendars (room to room visits) (RES)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live music w/ Greg Alcock (FL)</p> <p>3:15 Happy Hour (DR)</p>	<p>9:30 Roll - O - Trump (DR) <b>6</b></p> <p>11:00 January Jeopardy Trivia (FL)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Warm Drink Social with "Chicago Band Music Concert" (FL)</p> <p>4:00 Minute to Win It Games - Ping Pong Toss (FL)</p>
<p>9:30 Drumfit with Mona (DR) <b>7</b></p> <p>10:30 1 on 1 visits with Mona (RES)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 Afternoon Movie Matinee (FL)</p>	<p>9:30 Exercises (DR) <b>8</b></p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 January Birthday &amp; Welcome Tea w/ Elvis Presley Theme and live music w/ the Shoe Shakers (DR)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>3:30 Giant Crosswords (FL)</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>9</b></p> <p>10:30 News and Views (DR)</p> <p>2:00 Knit Stitch &amp; Visit w/ Margaret (CRM)</p> <p>2:00 Scenic Drive - Sign up at Reception (MEE)</p> <p>3:30 Let's Play Cornhole! (DR)</p> <p>6:45 Evening Movie - Elton John - Farewell to Dodger Stadium (DR)</p>	<p>10:00 Exercises with Linda (DR) <b>10</b></p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Resident Forum (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (CRM)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>11</b></p> <p>10:30 Let's Play Petanque! (DR)</p> <p>1:30 Shopping Bus - Wal-Mart (sign up at reception) (MEE)</p> <p>2:00 Men's Group- Pub &amp; Grub (DR)</p> <p>3:30 Ladder Bean Bag Toss Game (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Exercises (DR) <b>12</b></p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Hot Seat Game (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Bocce Ball (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>9:30 Roll - O - Trump (DR) <b>13</b></p> <p>11:00 Fit Minds (FL)</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 Chai Latte Drink Social (FL)</p>
<p>10:00 Gentle Exercises (DR) <b>14</b></p> <p>2:00 Lutheran Church Service - In Person (DR)</p> <p>3:00 Java Music Club with Mona (FL)</p>	<p>Martin Luther King Jr day <b>15</b></p> <p>9:30 Exercises (DR)</p> <p>10:30 Remembering Martin Luther King (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Interview Resident Artist for upcoming MoMA Presentation (CTY)</p> <p>2:00 Therapeutic Coloring (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>16</b></p> <p>10:30 Fit Minds (FL)</p> <p>2:00 Knit Stitch &amp; Visit w/ Margaret (CRM)</p> <p>2:00 Painting with Bob Ross (DR)</p> <p>3:30 Warm Drink Social (GAR)</p> <p>6:45 Evening Movie - Ferris Buellers Day Off (DR)</p>	<p>9:30 Exercises (DR) <b>17</b></p> <p>10:30 Guided Meditation (Virtual) (DR)</p> <p>10:30 Wellness Clinic and chats with Harmeeek for 1st floor Residents (CRM)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Java Music Club - New Beginnings (DR)</p> <p>3:30 Trivia (FL)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>18</b></p> <p>10:30 Food Forum (DR)</p> <p>1:30 Shopping Bus - Ironwood Plaza (sign up at reception) (MEE)</p> <p>2:00 Bananagrams (CRM)</p> <p>3:00 Andre Rieu Virtual Concert (FL)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Drum Fit Exercises (DR) <b>19</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 Fireside Chat with the Leadership team (FL)</p> <p>3:15 Happy Hour with popcorn bar for National Popcorn Day (DR)</p>	<p>9:30 Roll - O - Trump (DR) <b>20</b></p> <p>10:30 Random Trivia (FL)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Afternoon Movie Matinee (FL)</p> <p>2:30 1 on 1 visits with Mona (RES)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Gentle Exercises (DR) <b>21</b></p> <p>11:00 Random Trivia (DR)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:30 Young Musicians and Artists (FL)</p>	<p>9:30 Exercises (DR) <b>22</b></p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Painting with Bob Ross (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>23</b></p> <p>10:30 Fit Minds (DR)</p> <p>1:30 Scenic Drive - Sign Up at Reception (MEE)</p> <p>2:00 Knit Stitch &amp; Visit w/ Margaret (2ND)</p> <p>6:45 Evening Movie - Patch Adams (DR)</p>	<p>9:30 Drum Fit Exercises (DR) <b>24</b></p> <p>10:30 Drama Club (DR)</p> <p>10:30 Wellness Clinci with Harmeeek for 2nd floor residents (2ND)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Robbie Burns- Interesting Facts &amp; Scottish Snacks (DR)</p> <p>3:30 Trivia (FL)</p>	<p>Wear Your Plaids Today- Happy Robbie Burns Day <b>25</b></p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>9:30 Shopping Bus -Blundell Centre (Sign Up Sheet at Reception) (MEE)</p> <p>10:30 Corn Hole Game (DR)</p> <p>2:00 Bag Pipe Performance by John Ralston (DR)</p> <p>3:30 Hot Apple Cider Social (Gr)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Exercises (DR) <b>26</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 Live Music w/ Mike Kinal (FL)</p> <p>3:15 Happy Hour (DR)</p>	<p>9:30 Roll - O - Trump (DR) <b>27</b></p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:30 All About Tea - Learn and Taste about different tea! (DR)</p> <p>4:00 Who, What or Where am I? (FL)</p>
<p>2:00 United Church Service (Virtual Event) (DR) <b>28</b></p> <p>2:30 Random Trivia (FL)</p> <p>3:30 Ladder Bean Bag Toss Game (DR)</p>	<p>9:30 Exercises (DR) <b>29</b></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 Winter Baking- "Hot Apple Taquitos" (DR)</p> <p>2:00 Therapeutic Coloring (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>30</b></p> <p>10:30 Drama Club (DR)</p> <p>2:00 Knit Stitch &amp; Visit w/ Margaret (CRM)</p> <p>2:00 Let's Play Cornhole! (DR)</p> <p>3:30 Cards and Dice Games (3RD)</p> <p>4:30 Dinner Outing to Legends Pub - Sign up at Reception (MEE)</p> <p>6:45 Evening Movie - Forrest Gump (DR)</p>	<p>9:30 Exercises with Mona (DR) <b>31</b></p> <p>10:30 Fit Minds (FL)</p> <p>10:30 Health and Wellness Clinic for 3rd floor residents (3RD)</p> <p>11:00 Go 4 Life Walk (FL)</p> <p>2:00 Farmer's Market Event (FL)</p> <p>3:30 Trivia (FL)</p>	 <p>MONDAY JAN 1 New Year's Day</p>		



MONDAY  
JAN 15  
Martin Luther King Jr. Day

Be your best self

**Locations Legend**

Dogwood Room (DR)	3rd Floor Lounge (3RD)
Fireside Lounge (FL)	Library on 2nd Floor (LIB)
Carnation Room (CRM)	Courtyard (CTY)
Reception (RECE)	Gardenside Lounge (GAR)
Meet in Lobby (MEE)	Garden Lounge (Gr)
Residents Room (RES)	
2nd Floor Library (2ND)	

**Calendar Legend**

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