





INSPIRED SENIOR LIVING

February 2024

Courtyard Gardens




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>		 <p>Lunar Year Dragon</p>		<p>National Therapeutic Recreation Awareness Week 1 Mona S2 AL , Wendy. J am BUS / Allison GS / Megan coming in at 10:30 9:30 Tai Chi w/ Eric Lui (DR) 1:30 Shopping Bus to Garden City Save-On-Foods - Sign Up Sheet at Reception (MEE) 2:30 Java Music Club (FL) 3:30 Coffee and Calendars (room to room visits) (RES) 6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>National Therapeutic Recreation Awareness Week 2 Wendy.B GS / Allison AL 10:00 Tai Chi w/ Eric Lui (2nd Session) (DR) 10:45 News & Views (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Music w/ Music Variations (FL) 3:15 Happy Hour (DR)</p>	<p>National Therapeutic Recreation Awareness Week 3 Wendy.B AL / Wendy.J GS 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Random Trivia (FL) 3:00 Guest Speakers - Teens Teach Technology (DR)</p>
<p>National Therapeutic Recreation Awareness Week 4 Wendy.B AL / Mona GS 10:00 Excercises (DR) 11:00 Guided Meditation (Virtual) (DR) 2:00 United Church Service (Virtual Event) (DR) 3:00 Valentines Craft- Chocolate Roses & Cards (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>National Therapeutic Recreation Awareness Week 5 Wendy.B GS / Mona AL 9:30 Gentle Exercise Class (DR) 10:30 Putting the Past in order - Discussion in honor of Black History Month (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Avon Services with Janice (FL) 2:00 Therapeutic Coloring (CRM) 2:30 Informational Session: Common Nutritional Concerns in Older Adults (FL) 3:30 Giant Crosswords (FL) 6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>National Therapeutic Recreation Awareness Week 6 Mona GS in AM , AL in PM / Wendy.J GS 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Special guest speaker - Cheryl Bain - Talking about Therapeutic Recreation (DR) 2:00 Carnation room in use - Private Function for Staff 2:30 February Birthday & WelcomeTea (DR) 6:45 Evening Movie - Mandela: Long Walk to Freedom (DR)</p>	<p>National Therapeutic Recreation Awareness Week 7 Mona GS / Allison AL / Megan 1-9pm 9:30 Exercises (DR) 10:30 Health and Wellness forum with Harmeeek (DR) 11:00 Go 4 Life Walk (FL) 2:00 Meet Me Presentation with CYG Artist "Paul Leung" (CRM) 3:30 Trivia (FL) 6:30 You be the Judge - Discussion Group (FL) 7:30 Shuffle Board (DR)</p>	<p>National Therapeutic Recreation Awareness Week 8 Wendy.b S2 BUS / Wendy.J GS / Allison AL 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Food Forum (DR) 1:30 Shopping Bus -IronWood (Sign Up Sheet at Reception) (MEE) 2:00 Watercolour Painting Class (CRM) 3:30 Let's Play Petanque ! (DR) 6:45 Valentines Theme Bingo - Bring 10 quarters! (DR)</p>	<p>WendyB AL in AM , assist with GS bus in PM / Allison GS bus 9 9:30 Drumfit (DR) 10:30 Catholic Mass in Person (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Scattergories Board Game (CRM) 2:00 New Program - Curling (DR) 3:15 Happy Hour (DR)</p>	<p>Wendy.B GS / Mona AL 10 Happy Chinese New Year 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 All About Chinese New Year (FL) 3:30 Java music club with warm drinks (FL)</p>
<p>Mona AL / Wendy.b VAC / Allison GS 11 9:30 Gentle Exercises with Mona (DR) 1:30 Private Function in Carnation Room - Peggy. N and family (CRM) 2:00 United Church Service (Virtual Event) (DR) 2:30 Informational Sessions: Socialization and Mental Health (FL) 3:30 Super Bowl Game- Live TV + snacks and games. (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Mona GS / Megan AL 12 9:30 Drumfit (DR) 10:30 Life Long Learning - The Rise and Shine of Breakfast (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (FL) 6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>Mona GS in AM (Admin time 130-430pm) / Wendy.J S4 AL scenic drive + GS in PM 13 Mardi Gras 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Travelogue - Destination New Orleans for Mardi Gras + Discussion (DR) 1:30 Scenic Drive - Sign up at Reception (MEE) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 3:30 Table top games - Shuffle board (DR) 6:45 Netflix Series - Downtown Abbey - New Episode every week! (DR)</p>	<p>Wendy.B AL / Allison GS / Happy Valentine's Day 14 9:30 Exercises (DR) 10:30 Trivia - Valentines Day Edition (FL) 11:00 Go 4 Life Walk (FL) 2:00 Valentines Day Party with Live Music by the ShoeShakers (DR)</p>	<p>Wendy.B S2 AL BUS / Wendy.J GS / Megan AL in AM 15 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Fit Minds (FL) 1:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE) 2:00 PBS Documentary - 1996 Disaster -Storm over Everest (DR) 3:30 Table Top Games - Bowling (DR) 6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Wendy,B GS(Admin time (9-12) / Mona GS in AM / ALin PM 16 10:00 Tai Chi w/ Eric Lui (2nd Session) (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Fireside Chat with the Leadership team (FL) 3:15 Happy Hour (DR)</p>	<p>Wendy.B AL / Mona GS 17 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 The Secrets of Elephants & Discussion- Virtual (DR) 3:30 You Be The Judge- Discussion (DR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mona GS / Allison AL 18 10:00 Excercises (DR) 2:00 Lutheran Church Service - In Person (DR) 3:30 Young Musicians and Artists Performance (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Family Day 19 Mona AL / Allison GS / Megan off 9:30 Exercise (DR) 10:30 Who, What, When, Quessing Game (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring (CRM) 2:00 1 on 1 with Mona (RES) 3:30 Giant Crosswords (FL) 6:45 Cribbage - Moved to Carnation Room (CRM)	Wendy.B GS / Wendy.J OFF / Allison AL scenic drive (admin time 9-12) 20 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Brain Games - Sudoku (FL) 1:30 Shopping Bus -Lansdowne (T &T Grocery and Dollar Sore) (MEE) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 6:45 Evening Movie - The Help (DR)	Analyn GS / Megan AL / Wendy.B VAC 21 9:30 Excercises (DR) 11:00 Go 4 Life Walk (FL) 2:00 Resident Forum (DR) 3:30 Trivia (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Wendy.J OFF / Mona GS / Analyn 1-9pm 22 National Margarita Day 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Fit Minds (FL) 2:00 Let's Play Petanque (DR) 3:30 Margarita (Non-Alcoholic) Social with snacks for National Margarita Day! (FL) 6:45 Bingo - Bring 10 quarters! (DR)	Wendy.B GS bus / Mona AL (admin time from 9am-12pm) 23 9:30 Drumfit (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Music w/ Roberto Risman (FL) 3:15 Happy Hour (DR)	Wendy.J AL / Mona GS 24 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Tombola Game - Italian type Bingo (DR) 3:30 Warm Drink Social - Cafe Mochas! (FL)
Mona AL/GS 25 10:00 Excercises (DR) 2:00 United Church Service (Virtual Event) (DR) 3:30 Musical Performance by Leading Tone Education Society. (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Wendy.B GS / Allison AL 26 9:30 Excercises (DR) 10:30 Pokeno- Instruction Class (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Book Club Reading "The Little Prince" (LIB) 3:30 Giant Crosswords (FL) 6:45 Cribbage - Moved to Carnation Room (CRM)	Wendy.B GS/ Wendy.J S4 GS / Allison AL bus 27 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Noggin Exercises; What is Wordle? (FL) 2:00 Scenic Drive - Sign up at Reception (MEE) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 6:45 Evening Movie -Green Book (DR)	Wendy.B AL / Mona GS / Megan 1-9pm 28 Pink Shirt Day! 9:30 Ball Fit Exercises (DR) 10:30 Yahtzee Board Game (CRM) 11:00 Go 4 Life Walk (FL) 2:00 Hot Caramel Ice Cream Sundae Social (FL) 3:30 Trivia (FL) 6:30 Paint Night - Virtual (DR)	Wendy.B S2 AL BUS / Mona GS / Allison AL 29 9:30 Tai Chi w/ Eric Lui (DR) 1:30 Shopping Bus -Seafair Shopping Centre (Sign up at Reception) (MEE) 2:00 Java Club- New Beginnings (DR) 3:30 You be the Judge - Discussion Group (DR) 6:45 Bingo - Bring 10 quarters! (DR)	 <p>MONDAY FEB 19 Family Day</p>	



THURSDAY
FEB 22
National Margarita Day



Locations Legend

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

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program