



INSPIRED SENIOR LIVING

March 2024 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------



FRIDAY
MAR 8

International Women's Day



SUNDAY
MAR 17

St. Patrick's Day

THURSDAY
MAR 21

FRIDAY
MAR 22

- 10:00 Tai Chi w/ Eric Lui (2nd Session) (DR) 1
- 10:30 Catholic Communion and Prayers (CRM)
- 10:30 1 on 1 visit with Mona (RES)
- 11:00 Go For Life Walk - Remember your Daily Walk (RECE)
- 2:00 Java Music Club with Mona (FL)
- 3:15 Happy Hour (DR)

SATURDAY
MAR 23

- 10:00 Roll - O - Trump (DR) 2
- 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)
- 2:00 Easter Card Creations (DR)
- 3:30 Warm Drink Social (DR)

SUNDAY
MAR 24

- 10:00 Exercise (DR) 3
- 2:00 United Church Service (Virtual Event) (DR)
- 2:30 Pokeno (\$3.40 in nickels) (DR)
- 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)

MONDAY
MAR 25

- 9:30 Excercises (DR) 4
- 10:30 Therapeutic Coloring (CRM)
- 11:00 Go For Life Walk - Remember your Daily Walk (RECE)
- 2:00 March Birthday & Welcome Tea (DR)
- 3:30 Giant Crosswords (FL)
- 6:45 Bananagrams (CRM)

TUESDAY
MAR 26

- 9:30 Armchair Yoga (Virtual Event) (DR) 5
- 10:30 Fit Minds (FL)
- 2:00 Ladies Group with Margaret - Coffee and Chats (CRM)
- 3:00 Richmond Cares, Richmond Gives - Guest Speaker - Carol Dickson (DR)
- 6:45 Evening Movie - Peter Pan and Wendy (DR)

WEDNESDAY
MAR 27

- 9:30 Drumfit (CRM) 6
- 10:30 Health and Wellness forum with Harmeeek and Ana (DR)
- 11:00 Go 4 Life Walk (FL)
- 2:30 Drama Club (CRM)
- 3:30 Trivia (FL)

THURSDAY
MAR 28

- 9:30 Shopping Bus - Semiahmoo Shopping Center (MEE) 7
- 10:30 Corn Hole Game (FL)
- 2:00 Afternoon Concert in the Lounge (FL)
- 3:30 Visit with life enrichment staff to complete resident assessments (RES)
- 6:45 Bingo - Bring 10 quarters! (DR)

FRIDAY
MAR 29

- 10:00 Tai Chi w/ Eric Lui (DR) 8
- 10:30 International Women's Day Discussion (FL)
- 10:30 Catholic Mass (CRM)
- 11:00 Go For Life Walk - Remember your Daily Walk (RECE)
- 3:15 Happy Hour (DR)

SATURDAY
MAR 30

- 10:00 Roll - O - Trump (DR) 9
- 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)
- 2:00 Random Trivia (FL)
- 3:30 Table Top Bowling Game (DR)

SUNDAY
MAR 31

- 2:00 United Church Service (Virtual Event) (DR) 10
- 3:30 Corn Hole Game (DR)
- 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)

MONDAY
APR 1

- 9:30 Exercises (DR) 11
- 10:30 Fit minds - Word game edition (FL)
- 11:00 Go For Life Walk - Remember your Daily Walk (RECE)
- 11:00 Fifth Ave Jewellery Sale (FL)
- 2:00 Resident Forum (DR)
- 3:00 Therapeutic Coloring (CRM)
- 3:30 Giant Crosswords (FL)
- 6:45 Cribbage - Moved to Carnation Room (CRM)

TUESDAY
APR 2

- 9:30 Armchair Yoga (Virtual Event) (DR) 12
- 10:30 Life long Learning - What makes a Genius (FL)
- 3:30 You be the Judge (DR)
- 6:45 Netflix Series - Downton Abbey - New Episode every week! (DR)

WEDNESDAY
APR 3

- 9:30 Exercises (DR) 13
- 10:30 Word Game 'Wordle'. (FL)
- 11:00 Go 4 Life Walk (FL)
- 2:00 Resident Forum (DR)
- 3:30 Trivia (FL)

THURSDAY
APR 4

- National Potato Chip Day 14
- 9:30 Tai Chi w/ Eric Lui (DR)
- 10:30 Food Forum (DR)
- 1:30 Shopping Bus - Ironwood Plaza - Sign Up Sheet at Reception (MEE)
- 3:30 The History of Potato Chips - With Tasting Testing involved (FL)
- 6:45 Bingo - Bring 10 quarters! (DR)

FRIDAY
APR 5

- 9:30 Ears to You - Mobile Hearing Clinic (Sign up at Reception) (CRM) 15
- 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)
- 11:00 Fit Minds (FL)
- 2:00 St. Patrick's Day Party with Live music by Peter Paulus (DR)
- 3:30 Irish Trivia and Jokes (FL)

SATURDAY
APR 6

- 10:00 Roll - O - Trump (DR) 16
- 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)
- 2:00 Tombola Game - (Italian type Bingo) (DR)
- 3:30 Hot Chocolate & Irish Cream Social (FL)



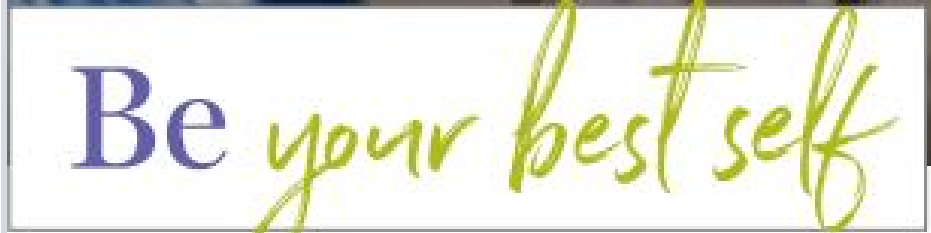
INSPIRED SENIOR LIVING

March 2024 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Saint Patricks day! 17 9:30 Gentle Exercise Class (DR) 10:30 Irish Coffee and Tunes (FL) 2:00 Lutheran Church Service - In Person (DR) 2:00 Irish Movie - Michael Collins (1996) (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	18 10:00 Drum Fit Exercise (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Relaxation & Meditation (DR) 2:00 Therapeutic Coloring (CRM) 2:30 Java Music Club (FL) 3:30 Giant Crosswords (FL) 6:45 Cribbage - Moved to Carnation Room (CRM)	19 9:30 Armchair Yoga (Virtual Event) (DR) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 2:00 Sing and Spin: Academy Award Songs (DR) 3:30 Warm Drink Social with Cozy Music (FL) 6:45 Evening Movie - The Princess Bride (DR)	20 9:30 Exercises (DR) 11:00 Go 4 Life Walk (FL) 3:30 Trivia (FL)	21 Cruise Week Port of Call - Spain Theme for the Day - Dress in Captains Attire 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Cruise Week Kick Off - Scavenger Hunt (AA) 1:30 Shopping Bus - Garden City Mall - Sign Up Sheet at Reception (MEE) 2:00 Travelogue- Barcelona, Spain (DR) 2:30 Minute to Win it - Ping Pong Toss (FL) 3:00 Fiesta Craft-Colorful Tissue Flowers (CRM) 3:30 Cruise week Photo booth with drinks, mocktails and a Churro Taste Test! (FL) 6:45 Bingo Cruise Week Edition - Bring 10 quarters! (DR)	22 Cruise Week Port of Call - Morrocco 9:30 Drum Fit Exercise- Cruise Theme (DR) 10:15 Golf Putting- Cruise Ship Style (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Cruise Ship Cornhole (FL) 2:00 Travelogue- Morrocco (DR) 3:15 Happy Hour - Moroccan Style (DR)	23 Cruise Week Port of Call - Italy 9:30 Let's Play Bocce! (DR) 10:30 Travelogue - Italy (DR) 1:00 National Verve Open House (AA) 1:30 Learn all about Italy (Trivia, fun facts and learn basic Italian words) (FL) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Artful Enrichment - Floral Painted Glass (DR) 3:00 Live music by Peter Williams with Italian Wine Tasting (FL) 4:00 Coin Toss into the Trevi Fountain Cart (Chance to win Prizes) (FL)
24 Cruise Week Port of Call - Turkiye 9:30 Drum Fit Exercise (DR) 10:30 Turkiye- Fun Facts (DR) 2:00 United Church Service (Virtual Event) (DR) 3:00 Turkey Travelogue & Discussion (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	25 Cruise Week Port of Call - Greece 10:00 Armchair Travel to Greece! (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Greek Superstitions and Mythology (FL) 2:00 Therapeutic Coloring - Greek Style (CRM) 2:30 Drink Social and Minute to win it games (FL) 3:30 Giant Crosswords (FL) 6:45 Evening Movie - My Big Fat Greek Wedding! (DR)	26 Cruise Week Port of Call - Croatia 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Travelogue to Croatia (DR) 11:00 Minute to win it - Cup stack (FL) 2:00 Food Demo with Lorne (FL) 3:30 Cruise Week Casino Afternoon (DR) 6:45 Movie Night - Rick Steves' Cruising the Med (DR)	27 Cruise Week Port of Call - France 9:30 Exercises (DR) 10:00 All Day "French Cafe" (CRM) 10:30 Travelogue to France (DR) 11:00 Go 4 Life Walk (FL) 11:00 Minute to Win Games - Perrier Bottle Ring Toss (FL) 2:00 Performance by the Suede Dogs (DR) 3:30 Trivia - Cruise Week edition (FL)	28 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Word Games (FL) 1:30 Shopping Bus Wal-Mart (MEE) 2:00 Afternoon Movie Matinee (DR) 3:30 Lets Chat about Cruise Week (FL) 6:45 Bingo - Bring 10 quarters! (DR)	29 10:00 Gentle Exercises (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Fit Minds (DR) 2:00 Drama Club (DR) 3:15 Happy Hour (DR)	30 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Java Music Club with Mona (FL) 3:30 1 on 1 visits with Mona (RES)

31 10:00 Excercises (DR) 2:00 United Church Service (Virtual Event) (DR) 2:30 MoMA Art Slide Show Presentation "Paul Leung" (CRM) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)



Locations Legend		
Dogwood Room (DR)	Reception (RECE)	Fireside Lounge (FL)
Fireside Lounge (FL)	Dogwood Room (DR)	Residents Room (RES)
Carnation Room (CRM)	Meet in Lobby (MEE)	All Around (AA)