



INSPIRED SENIOR LIVING

# April 2024 Courtyard Gardens





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:30 Sit and Stretch Exercise (DR) <b>1</b></p> <p>10:30 All About April Fools Trivia (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>2:30 Let's play Petanque (DR)</p> <p>3:30 Giant Crosswords</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>2</b></p> <p>10:30 Coffee and Calendars (FL)</p> <p>3:30 Cornhole with Wendy J! (DR)</p> <p>6:45 Evening Movie - Pinocchio - The remake (DR)</p>	<p>9:30 Drum Fit with Megan (DR) <b>3</b></p> <p>10:30 Health and Wellness forum with Harmeeek (DR)</p> <p>11:00 Go 4 Life Walk</p> <p>2:00 Let's make Spring Center Pieces for the Dining Room. (CRM)</p> <p>3:30 Trivia</p> <p>4:20 Learn about Ramadan - Program will be held just before dinner (FL)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>4</b></p> <p>10:30 Crafting: Crepe Paper Thistles (DR)</p> <p>1:30 Scenic Drive - Cherry Blossoms and Coffee (Bring \$5)- Sign Up Sheet at Reception (MEE)</p> <p>2:00 Warm drink served with Highland Oat Balls (FL)</p> <p>3:30 Fit Minds - Brain Games (FL)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Excercises (DR) <b>5</b></p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 New Program - Drumming Circle - Sign up with Megan (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live music by Peter Williams (FL)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>6</b></p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Artfull Enrichment - Spring Painting (DR)</p> <p>3:30 'Who or What Am I?' with Wendy J</p>
<p>10:00 Excercises (DR) <b>7</b></p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:00 Spiritual Puzzle- The Story of Noah (CRM)</p> <p>3:00 Musical Performance by Rheanne Kuo (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>9:30 Exercise (DR) <b>8</b></p> <p>10:30 Let's Play Cornhole (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>2:30 Education on Alligators- Virtual, Discussion Group (DR)</p> <p>3:30 Giant Crosswords</p> <p>6:45 Cribbage - Moved to Carnation Room (CRM)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>9</b></p> <p>2:00 April Birthday and Welcome Tea -Teddy Bear Picnic Theme (DR)</p> <p>3:30 Sing-A-Long and music trivia with Linda (FL)</p> <p>6:45 Netflix Series - Downton Abbey - New Episode every week! (DR)</p>	<p>9:30 Excercises (DR) <b>10</b></p> <p>10:30 Fit Minds (DR)</p> <p>11:00 Go 4 Life Walk</p> <p>2:00 Wacky Wednesday Bingo- Bring 10 Quarters! (DR)</p> <p>3:30 Trivia</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>11</b></p> <p>10:30 Food Forum (DR)</p> <p>1:30 Shopping Bus - Lansdowne Mall - Sign up at reception (MEE)</p> <p>2:00 Arts &amp; Crafts Room Open (Independent Projects) (CRM)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Drumfit (DR) <b>12</b></p> <p>10:30 Life Long Learning - Remembering Scouting (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 by Allen.B (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>13</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 Word Game &amp; Drink Social (FL)</p>
<p>10:00 Excercises (DR) <b>14</b></p> <p>11:00 Brain Fitness Games - Sudoku</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:30 Musical Performance by Leading Tone Education Society</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>9:30 Exercise (DR) <b>15</b></p> <p>10:30 Brain Fitness Game 'Wordly'</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</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 Drama Club (DR)</p> <p>1:30 Shopping Bus to Dollarama (Bridgeport) (Outi)</p> <p>2:00 Ladies Group with Margaret - Coffee and Chats (CRM)</p> <p>3:00 Health Promotion - Healthy Eating with samplings (FL)</p> <p>4:00 April- Word puzzle with Prizes (FL)</p> <p>6:45 Evening Movie - Dirty Dancing (DR)</p>	<p>9:30 Excercises (DR) <b>17</b></p> <p>10:30 Resident Forum - Rebooked from cancelled one on the 02nd (DR)</p> <p>11:00 Go 4 Life Walk</p> <p>2:00 Springtime Ice Cream Floats (FL)</p> <p>3:30 Trivia</p> <p>7:00 Bananagrams (CRM)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>18</b></p> <p>10:30 Let's Play Petanque! (DR)</p> <p>1:30 Shopping Bus -Ironwood Plaza -Sign Up Sheet at Reception (MEE)</p> <p>2:00 Banagrams (CRM)</p> <p>3:30 Life Enrichment Forum - Talking about programs/events you want to see at Courtyard! (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>10:30 Catholic Communion and Prayers (CRM) <b>19</b></p> <p>10:30 Drumming Circle (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live music by the Music Variations (DR)</p> <p>3:15 Happy Hour (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>20</b></p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Living Loving Local - All about eggs! Tasting Required! (DR)</p> <p>3:00 April Jeopardy Trivia and Iced Coffee Social (FL)</p>



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# April 2024 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> 10:00 Excercises (DR) 2:00 United Church Service (Virtual Event) (DR) 3:30 Young Musicians and Artists performing 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	<b>22</b> 9:30 Gentle Exercise Class (DR) 10:30 Earth Day Discussion (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring Artfull Enrichment Coloring Pages (CRM) 3:30 Giant Crosswords 6:45 Cribbage - Moved to Carnation Room (CRM)	<b>23</b> 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Book Club (2ND) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 2:00 Trip to the Art Museum - Sign up required + Bring 10 dollars (MEE) 6:45 Evening Movie - TBA (DR)	<b>24</b> 9:30 Drumfit with Megan (DR) 10:30 Trivia 11:00 Go 4 Life Walk 2:00 Painting Class Virtual- Sign up with Megan (DR) 3:30 Ice cream Social (FL)	<b>25</b> 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Fit Minds with Wendy J (DR) 11:00 Altavida Fashions Clothing Sale - Brighten up your Wardrobe (Credit, Debit or Cash Payment) (CRM) 1:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE) 3:30 Courtyard Gardens Spelling Bee - Prizes Included (FL) 6:45 Bingo - Bring 10 quarters! (DR)	<b>26</b> 9:30 Exercise with Linda (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Drumming Circle (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Performance Richmond's Singers Ensemble (FL) 3:15 Happy Hour (DR)	<b>27</b> 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Scenic Drive - Sign up at reception (MEE)
<b>28</b> 10:00 Excercises (DR) 2:00 United Church Service (Virtual Event) (DR) 2:30 Book Club Reading from the Home from the 'Vinyl Cafe' (LIB) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	<b>29</b> 10:00 Excercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring (CRM) 3:30 Giant Crosswords 6:45 Cribbage - Moved to Carnation Room (CRM)	<b>30</b> 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Fit Minds (FL) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 2:30 Let's Play Petanque (DR) 3:00 Tri-Bike Rides (Weather permitting) - Sign up with Megan (MEE) 7:00 Evening Movie - Mama Mia 2 (DR)	 <p>Parkinson's Awareness Month</p>		 <p>SUNDAY APR 21 Tea Day</p>	



MONDAY  
APR 29  
Dance Day

Be Proud

**Locations Legend**

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

**Calendar Legend**

Outing
Special Program
Living, Loving, Local
Signature Program