

April 2024

Courtyard Gardens



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

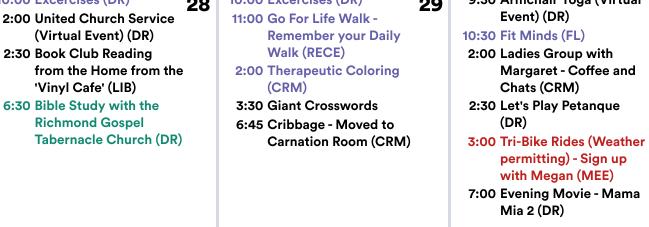


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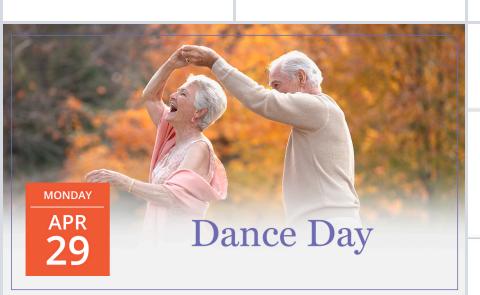


		GARDENS				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Excercises (DR) 2:00 United Church Service (Virtual Event) (DR) 3:30 Young Musicians and Artists performing 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	9:30 Gentle Exercise Class (DR) 10:30 Earth Day Discussion (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)	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)	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)	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)	9:30 Exercise with Linda (DR) 26 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)	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)
10:00 Excercises (DR) 2:00 United Church Service (Virtual Event) (DR) 2:30 Book Club Reading from the Home from the	10:00 Excercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring	9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Fit Minds (FL) 2:00 Ladies Group with				











Locations Legend

Dogwood Room (DR)
Carnation Room
(CRM)
Dogwood Room (DR)
Fireside Lounge (FL)
Reception (RECE)

Meet in Lobby (MEE)
Outing (Outi)
2nd Floor Library
(2ND)
Library on 2nd Floor
(LIB)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program