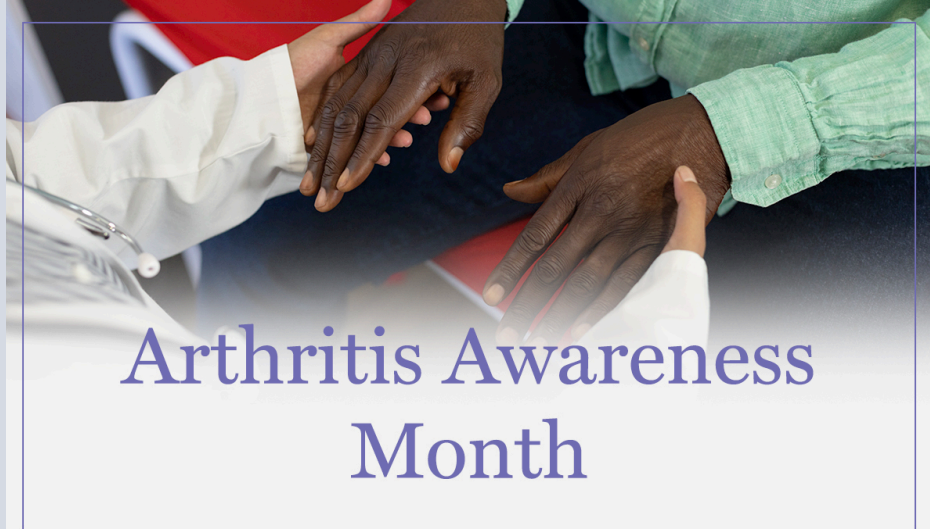




INSPIRED SENIOR LIVING

May 2024 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Arthritis Awareness Month</p>			<p>9:30 Exercises (DR) 1</p> <p>10:30 Monthly Calendar review and 1:1 visits - Let's Talk about what is happening in May. (FL)</p> <p>11:00 Go 4 Life Walk</p> <p>2:00 Monthly Calendar Review in Chinese : 中文講解 月刊活動 (DR)</p> <p>3:30 Trivia (FL)</p>	<p>9:30 Exercises (DR) 2</p> <p>11:00 Riddles with Answers (FL)</p> <p>1:30 Shopping Bus -Wal-Mart-Sign Up Sheet at Reception (MEE)</p> <p>2:00 Drama Club (DR)</p> <p>3:30 Cornhole Game (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Move for life! (DR) 3</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Drumming Circle (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Cinco De Mayo Party with live music by the Music Variations - (DR)</p> <p>6:45 Friday Night Scrabble (CRM)</p>	<p>10:00 Roll - O - Trump (DR) 4</p> <p>1:30 Scenic Drive (MEE)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Dominoes (CRM)</p> <p>3:30 Ice Cream Sandwich Social (FL)</p>
		<p>Cinco De Mayo 5</p> <p>10:00 Gentle Exercise (DR)</p> <p>11:00 Sunday Morning Random Trivia (FL)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 Craft - Photo Hoop Door Decor (DR)</p> <p>4:00 Cold Drink Social (FL)</p> <p>5:00 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>9:30 Sit and be Fit (DR) 6</p> <p>10:30 Fit Minds (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Monthly Birthday Party and Welcome Tea (DR)</p> <p>3:30 Giant Crosswords</p> <p>6:45 Netflix Series - Downton Abbey - New Episode every week! (DR)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) 7</p> <p>10:30 Life Long Learning - Drive-In Movies Timeless Appeal (DR)</p> <p>2:00 Ladies Group with Margaret - Coffee and Chats (CRM)</p> <p>3:30 Bananagrams (CRM)</p> <p>6:45 Evening Movie - Going in Style (DR)</p>	<p>9:30 Exercises (DR) 8</p> <p>10:30 Health and Wellness forum with Harmeeek and Ana (DR)</p> <p>11:00 Go 4 Life Walk</p> <p>2:00 Minoru Seniors Glee Club Performance (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Chess/Checkers (CRM)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) 9</p> <p>10:00 Tri-Bike Rides with Wendy J (OUT)</p> <p>1:30 Shopping Bus -Garden City-Sign Up Sheet at Reception (MEE)</p> <p>2:30 Let's Learn how to play SkipBo! (CRM)</p> <p>3:30 Let's Play Petanque ! (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>
<p>Happy Mother's Day! 12</p> <p>9:30 Sunday Sit and Stretch (DR)</p> <p>11:00 Mother's Day Buffet - Sign up with reception if bringing guests (DIN)</p> <p>1:30 Let's reminisce about Mother's Day (FL)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:00 Afternoon Movie - Mother's Day - Starring Jennifer Aniston, Julia Roberts and Kate Hudson (DR)</p> <p>5:00 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>9:30 Exercises (DR) 13</p> <p>10:30 Therapeutic Coloring - Mother's Day Theme (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Mother's Day High Tea with Live Music by the ShoeShakers (DR)</p> <p>3:30 Giant Crosswords</p> <p>6:45 Netflix Series - Downton Abbey - New Episode every week! (DR)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) 14</p> <p>10:30 Game of Scattergories (DR)</p> <p>2:00 Resident Forum (DR)</p> <p>3:30 Guess the definition of new words! (FL)</p> <p>6:45 Evening Movie - Steel Magnolias (DR)</p>	<p>9:30 Drumfit (DR) 15</p> <p>10:30 You be the Judge - Discussion Group (DR)</p> <p>11:00 Go 4 Life Walk - Meet Megan in the lobby (RECE)</p> <p>2:00 Artfull Enrichment - Indigenous Australian Dot Paintings (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Chess/Checkers (CRM)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) 16</p> <p>10:30 Tiptoe Through the Skagit Valley Tulip Festival (DR)</p> <p>1:30 Shopping Bus - Ironwood Plaza - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Ladder Bean Bag Toss Game (DR)</p> <p>3:30 Drama Club (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 Exercises (DR) 17</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Drumming Circle (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 1 on 1 visits with Mona (RES)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Scrabble (CRM)</p>	<p>10:00 Roll - O - Trump (DR) 18</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Courtyard "Drive-In" Concert in Fireside Lounge (FL)</p> <p>3:30 Saturday Afternoon Fit minds (FL)</p>



INSPIRED SENIOR LIVING

May 2024 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Excercises (DR) 19 2:00 Lutheran Church Service - In Person (DR) 3:30 Young Musicians and Artist Performance (FL) 5:00 Bible Study with the Richmond Gospel Tabernacle Church (DR)	World Bee Day 20 Victoria Day 10:00 Therapeutic Coloring (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Fit Minds (FL) 2:00 A Brief History on Honey (CRM) 2:30 Honey Waffle Ice Cream Cones (CRM) 3:30 Giant Crosswords 6:45 Netflix Series - Downton Abbey - New Episode every week! (DR)	National Tea Day 21 9:30 Armchair Yoga (Virtual Event) (DR) 10:00 Walking Club Outing 'West Dyke Recreational Trail' (MEE) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 3:00 Specialty Tea Tasting (FL) 5:00 Men's Dinner Outing - Sign up at Reception (MEE) 6:45 Evening Movie - TBA (DR)	9:30 Exercises (CRM) 22 10:30 Living Loving Local - Rhubarb Hour (CRM) 11:00 Go 4 Life Walk 2:00 Drama Club (CRM) 3:30 Trivia (FL) 6:45 Chess/Checkers (CRM)	National Turtle Day 23 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Never Have I Ever Game (FL) 1:30 Shopping Bus to Lansdowne Mall- Sign up at reception (MEE) 2:30 Thursday Afternoon Roll-O-Trump (DR) 3:30 Reminiscing about Lemonade Stands - Tasting Required! (FL) 6:45 Bingo - Bring 10 quarters! Good Neighbor Prizes: Chocolate Turtles (DR)	9:30 Excercises (DR) 24 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 Name that Tune + Karaoke (DR) 3:15 Happy Hour (DR) 6:45 Friday Night Scrabble (CRM)	10:00 Roll - O - Trump (DR) 25 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Tombola Game - (Italian type Bingo) (DR) 3:30 Italian Soda Social (FL)
10:00 Excercises (DR) 26 2:00 United Church Service (Virtual Event) (DR) 2:30 Book Club, CBC's Canada Reads 2024 Selection, 'The Future' (2ND) 5:00 Bible Study with the Richmond Gospel Tabernacle Church (DR)	9:30 Exercises (DR) 27 10:30 Therapeutic Coloring (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Brain Fitness Game 'Wordly' (FL) 2:00 Artfull Enrichment -Fake Bake: Lavender Lemon Cake, Session #1- Sign up with Megan/Wendy B. By May 20th (DR) 3:30 Giant Crosswords 6:45 Netflix Series - Downton Abbey - New Episode every week! (DR)	9:30 Armchair Yoga (Virtual Event) (DR) 28 10:30 Fit Minds (FL) 11:00 Lunch Outing - Tugboat Annie's Pub & Grille - Sign up at Reception (MEE) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 6:45 Evening Movie - TBA (DR)	National Golf Day 29 9:30 Exercises (DR) 10:30 Putting on The Green (DR) 11:00 Go 4 Life Walk 2:00 Artfull Enrichment - Fake Bake: Lavender Lemon Cake, Session #2 (DR) 3:30 Trivia (FL) 6:45 Chess/Checkers (CRM)	9:30 Tai Chi w/ Eric Lui (DR) 30 10:30 Tri-Bike Rides with Wendy J (Weather Permitting) (OUT) 1:30 Shopping Bus to Richmond Country Farms - Sign up at reception (MEE) 2:00 Let's Play Bocce! (DR) 3:45 Smoothie Social (FL) 6:45 Bingo - Bring 10 quarters! (DR)	9:30 Drumfit (DR) 31 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 Chinese Calligraphy with Mona (DR) 2:30 Fireside Chat with the Leadership team (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Scrabble (CRM)	



Locations Legend

Dogwood Room (DR)	Outside in the Round About (OUT)
Carnation Room (CRM)	Residents Room (RES)
Fireside Lounge (FL)	Dining room (DIN)
Dogwood Room (DR)	2nd Floor Library (2ND)
Reception (RECE)	
Meet in Lobby (MEE)	

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program