



INSPIRED SENIOR LIVING

August 2025 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MONDAY AUG 4 Civic Holiday</p>	 <p>SUNDAY AUG 3 Friendship Day</p>				<p>Tea, coffee and snacks available in the Country Kitchen 1</p> <p>9:30 Exercise (DR)</p> <p>10:30 Mindfulness & Music making with Purple (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Let's Play Cornhole! (DR)</p> <p>3:15 Happy Hour in the Courtyard - with mini dogs to celebrate National Beer Day! (DR)</p> <p>6:45 Friday Night Movie - TBA (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 2</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Saturday Scenic Drive (MEE)</p> <p>6:45 Bananagrams (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 3</p> <p>9:00 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM)</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Wordle Word Games (DR)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 Courtyard Bocce Game & Iced Tea Refreshments (CTY)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 4</p> <p>10:00 DrumFit (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Let's Play Uno (CRM)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>2:30 Music Trivia (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Netflix Series- Virgin river (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 5</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Fit Minds (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Resident Forum + Food Forum (combined) (DR)</p> <p>3:30 Tuesday Afternoon Roll-O- Trump (DR)</p> <p>6:45 Evening Movie - Dumplin' (Comedy Starring Jennifer Aniston) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 6</p> <p>Pick up Library Books (RES)</p> <p>10:00 Exercise (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 News and Views (DR)</p> <p>2:00 Trivia (Please note change of time) (FL)</p> <p>3:00 Tech Workshops- Recognizing Scams and AI calls (DR)</p> <p>6:45 Evening Movie - Like Father (Feel Good Comedy Starring Kirsten Bell & Kelsey Grammer) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 7</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Drama Club- Skit Readings (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus - Ironwood Plaza - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Tree of Life: Milestones & Memories - Group Project (DR)</p> <p>4:00 Cool Down Popcycle Social (CTY)</p> <p>6:45 Bingo - Brina 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 8</p> <p>9:30 Exercises in the Courtyard (DR)</p> <p>10:30 Mindfulness & Music making with Purple (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 Java Music Sing-A-Long (DR)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - The Hill (Based on the true story of baseball star Rickey Hill) Starring Dennis Quaid (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 9</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 You Be The Judge - Discussion Group (DR)</p> <p>3:00 Netflix Series - Dolly Parton's Heartstrings - Stories inspired by Dolly Parton's iconic songs (DR)</p> <p>6:45 Bananagrams (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 10</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:15 Fit Minds - Word Games (DR)</p> <p>2:00 Afternoon Movie - "Diana" - Based on Kate Snell's 2001 book Diana: Her Last Love, the film focuses on the final two years of Diana's life (DR)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 11</p> <p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 20 Questions (FL)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Netflix Series- Virgin river (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 12</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Who Wants to Be A Millionaire? (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Cornhole in the Courtyard! (CTY)</p> <p>3:30 Art Project - Bee Bookmarks (CRM)</p> <p>6:45 Netflix Movie - Whitney Houston - I wanna dance with somenody! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 13</p> <p>10:00 Drum Fit Exercise- (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>12:00 Lunch Club in the Courtyard - Chicken and Potato Salad - Sign up with reception (CTY)</p> <p>2:00 Just Like Family Home Care Senior Focused Presentation by Bill Klassen : Topic -Fall Prevention (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Disney Movie - Mary Poppins Returns (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 14</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 FitMinds (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Disney Documentary - Betty White Goes Wild! - A look into Betty Whites passions- Big Cats (DR)</p> <p>4:00 Ice Cream Social with Megan! (FL)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 15</p> <p>9:30 Exercises in the Courtyard (DR)</p> <p>10:15 Tri-Bike Rides (RECE)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Mindfulness & Music making with Purple (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live Music by Greg Alcock (FL)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Date Night (Comedy) - Ft. Steve Carrell + Tina Fey (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 16</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:30 Block Printing Workshop (CRM)</p> <p>4:00 Cold Drink Social (FL)</p> <p>6:45 Bananagrams (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tea, coffee and snacks available in the Country Kitchen 17</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>11:00 Morning Minoru Walk in the Park (RECE)</p> <p>2:00 Let's learn about writing shorthand (CRM)</p> <p>3:30 Word Games (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 18</p> <p>9:30 Excercises (DR)</p> <p>10:30 Giant Crosswords (Please note change in time) (DR)</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 Tri-Bike Rides (RECE)</p> <p>6:45 Netflix Series- Virgin river (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 19</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Penny Ante Game (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Scenic Drive (MEE)</p> <p>2:00 1:1 Visits with Life Enrichment Staff (RES)</p> <p>4:00 Would You Rather Game (FL)</p> <p>6:45 Evening Movie - Life or something like it Starring Angelina Jolie (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 20</p> <p>10:00 DrumFit (DR)</p> <p>10:30 FitMinds (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Casual Chic Couture Clothing Sale (CRM)</p> <p>2:00 Emergency Preparedness Presentation by Chris (DR)</p> <p>3:00 1:1 Visits with Life Enrichment Staff (RES)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - The Week of (Comedy) Starring Adam Sandler (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 21</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Cornhole in the Courtyard! (CTY)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus - Garden City Mall - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Education Hour - Lets Learn about our oceans (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 22</p> <p>9:30 Excercises in the Courtyard (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Mindfulness & Music making with Purple (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>6:45 Friday Night Movie - Passengers (Sci-Fi/Drama) Starring Chris Pratt and Jennifer Lawrence (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 23</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Tombola Game - (Italian type Bingo) (DR)</p> <p>4:00 Rootbeer Float Social in the Courtyard (CTY)</p> <p>6:45 Bananagrams (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 24</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 FitMinds (FL)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>3:30 Java Music Club (DR)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 25</p> <p>9:30 Excercises (DR)</p> <p>10:30 Farkle - Dice Game (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>2:00 Tri-Bike Rides (RECE)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Netflix Series- Virgin river (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 26</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Drama Club- Skit Readings (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Picnic Outing - Sign up at Reception (MEE)</p> <p>2:00 Afternoon Drumfit (DR)</p> <p>3:30 Fresh Fruit Kabobs + Scattergories (FL)</p> <p>6:45 Evening Movie - The Naked Gun (Comedy/Satire) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 27</p> <p>9:30 Excercises (GAR)</p> <p>10:30 Act it Out - Charades Game (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Artfull Enrichment - Paint Class (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - Disney's Christpoher Robbin -(Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life.) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 28</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Let's Play Uno (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Thursday Afternoon Roll-O- Trump (DR)</p> <p>3:30 Armchair Travel: Europe (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 29</p> <p>9:30 Excercises in the Courtyard (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Mindfulness & Music making with Purple (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Live music by the Shoe Shakers (DR)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Into the Woods (Action/Adventure) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 30</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Scenic Drive (MEE)</p> <p>6:45 Bananagrams (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 31</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Sunday Morning Group walk (MEE)</p> <p>2:00 Pokeno - Bring \$3.40 in nickels (DR)</p> <p>4:00 Cold Drink Social (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>			<h3>Calendar Legend</h3> <p>Outing (Red)</p> <p>Special Program (Green)</p> <p>Cruise Week (Blue)</p> <p>Living, Loving, Local Signature Program (Purple)</p>		<h3>Locations Legend</h3> <p>Dogwood Room (DR)</p> <p>Reception (RECE)</p> <p>Carnation Room (CRM)</p> <p>Fireside Lounge (FL)</p> <p>Meet in Lobby (MEE)</p> <p>Courtyard (CTY)</p> <p>Residents Room (RES)</p> <p>Gardenside Lounge (GAR)</p>	