




INSPIRED  
SENIOR LIVING

# October 2025

## Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div>WEDNESDAY</div><div>OCT 1</div></div><div>Breast Cancer Awareness Month</div></div>			<div>Tea, coffee and snacks available in the Country Kitchen <b>1</b></div> <div>9:30 <a href="#">Excercises (DR)</a></div> <div>10:30 Let's Make Fall Centerpieces for the Dining Room! (CRM)</div> <div>11:00 You be the Judge (CRM)</div> <div>2:00 Pumpkin Spice Latte + Muffins Social (FL)</div> <div>2:30 Mahjong (CRM)</div> <div>2:30 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>3:30 Trivia (FL)</div> <div>6:45 Disney Movie - Lilo and Stitch (2025 remake) (DR)</div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>2</b></div> <div>9:30 <a href="#">Tai Chi w/ Eric Lui (DR)</a></div> <div>10:00 <a href="#">Shopping Bus - Semiahmoo Shopping Center (MEE)</a></div> <div>10:15 Jeopardy (FL)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 <a href="#">Java Music Club (DR)</a></div> <div>3:30 Let's Play Petanque! (DR)</div> <div>6:45 Bingo - Bring 10 quarters! (DR)</div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>3</b></div> <div>9:30 <a href="#">Excercises (DR)</a></div> <div>10:30 <a href="#">Mindfulness &amp; Music making with Purple (DR)</a></div> <div>10:30 Catholic Communion and Prayers (CRM)</div> <div>11:00 <a href="#">Calendar Review with Megan (FL)</a></div> <div>1:30 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 Performance by Hands over Heart (FL)</div> <div>3:15 <a href="#">Happy Hour (DR)</a></div> <div>6:45 Friday Night Movie - TBA (DR)</div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>4</b></div> <div>10:00 Roll - O - Trump (DR)</div> <div>2:00 Mahjong (CRM)</div> <div>2:00 <a href="#">All About Apples - Tasting Included!! (DR)</a></div> <div>3:30 Tombola Game (Italian type Bingo) (DR)</div> <div>6:45 Bananagrams (DR)</div> <div>7:00 Bible study with Vincent (CRM)</div>
<div>Tea, coffee and snacks available in the Country Kitchen <b>5</b></div> <div>9:30 <a href="#">Sunday Morning Yoga! (DR)</a></div> <div>10:30 Good News Network with Hailey! (DR)</div> <div>2:00 Performance for the Mid-Autumn Festival - Chinese instruments played by students. (DR)</div> <div>3:30 Craft: Beaded Harvest Corn (CRM)</div> <div>6:30 <a href="#">Bible Study with the Richmond Gospel Tabernacle Church (DR)</a></div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>6</b></div> <div>Active Aging Week</div> <div>9:30 <a href="#">Excercises (DR)</a></div> <div>10:30 Active Aging Week Kick Off - Scavenger Hunt (FL)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 Active Aging Week - Let's make no bake granola bites (DR)</div> <div>3:30 Giant Crosswords - Timed challenge (DR)</div> <div>6:45 Netflix Series- Virgin River (DR)</div>	<div>Active Aging Week <b>7</b></div> <div>Tea, coffee and snacks available in the Country Kitchen</div> <div>9:30 Armchair Yoga (Virtual Event) (DR)</div> <div>10:45 Balloon Volleyball (DR)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 'Active Aging Week' Discussion (FL)</div> <div>2:30 Mahjong (CRM)</div> <div>3:30 Therapeutic Coloring / find the hidden objects / Word Games ** Self directed packages in the CRM (CRM)</div> <div>6:45 Evening Movie - Rudy (Based on a true story - Starring Sean Astin) (DR)</div>	<div>Active Aging Week <b>8</b></div> <div>Tea, coffee and snacks available in the Country Kitchen</div> <div>9:30 <a href="#">Excercises (DR)</a></div> <div>10:30 Farkle - Dice Game (CRM)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 Resident Forum + Food Forum (combined) (DR)</div> <div>3:30 Trivia (FL)</div> <div>6:45 Evening Movie-October Sky (Drama Starring Jake Gyllenhaal) (DR)</div>	<div>Active Aging Week <b>9</b></div> <div>Tea, coffee and snacks available in the Country Kitchen</div> <div>9:30 <a href="#">Tai Chi w/ Eric Lui (DR)</a></div> <div>10:15 Facts &amp; Memories About Thanksgiving (FL)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 Let's Play Cornhole (DR)</div> <div>3:30 Meditation and Relaxation (DR)</div> <div>6:45 Bingo - Bring 10 quarters! (DR)</div>	<div>Active Aging Week <b>10</b></div> <div>Tea, coffee and snacks available in the Country Kitchen</div> <div>10:00 <a href="#">DrumFit (DR)</a></div> <div>10:30 Catholic Mass (CRM)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 Java Music Sing-A-long and warm drink social (FL)</div> <div>3:15 <a href="#">Happy Hour (DR)</a></div> <div>6:45 Friday Night Movie - Grease (DR)</div>	<div>Active Aging Week <b>11</b></div> <div>Tea, coffee and snacks available in the Country Kitchen</div> <div>10:00 Roll - O - Trump (DR)</div> <div>2:00 Mahjong (CRM)</div> <div>2:00 <a href="#">Scenic Drive (Outi)</a></div> <div>4:00 Word Games (FL)</div> <div>7:00 Bible study with Vincent (CRM)</div>
<div>Active Aging Week <b>12</b></div> <div>Tea, coffee and snacks available in the Country Kitchen</div> <div>9:30 <a href="#">Sunday Morning Yoga! (DR)</a></div> <div>10:30 Morning Word Games (FL)</div> <div>11:30 Thanksgiving Buffet - Sign up with reception if bringing guests. (FL)</div> <div>2:30 Painting Our "Lotus Clay Flowers" (CRM)</div> <div>6:30 <a href="#">Bible Study with the Richmond Gospel Tabernacle Church (DR)</a></div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>13</b></div> <div>Happy Thanksgiving!</div> <div>9:30 Morning Exercises (DR)</div> <div>10:45 Who Wants to Be A Millionaire? (FL)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 <a href="#">Artfull Enrichment - Watercolor Pumpkins (CRM)</a></div> <div>3:30 Giant Crosswords (DR)</div> <div>6:45 Netflix Series- Virgin River (DR)</div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>14</b></div> <div>9:30 Armchair Yoga (Virtual Event) (DR)</div> <div>10:30 Word Games (FL)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 Artfull Enrichment - Fall Wreathes/Centerpieces (CRM)</div> <div>3:30 Tuesday Afternoon Roll-O-Trump (DR)</div> <div>6:45 Evening Movie - Practical Magic (Comedy/Romance -Starring Sandra Bullock and Nicole Kidman) (DR)</div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>15</b></div> <div>9:30 Exercise (DR)</div> <div>10:30 Mahjong (CRM)</div> <div>10:45 Balloon Volleyball (DR)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 <a href="#">Senior Talk with Bill Klassen : Topic: Nutrition (DR)</a></div> <div>3:30 Trivia (FL)</div> <div>6:45 Netflix Movie - Murder Mystery (Comedy/Action - Starring Adam Sandler and Jennifer Aniston) (DR)</div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>16</b></div> <div>9:30 <a href="#">Tai Chi w/ Eric Lui (DR)</a></div> <div>10:30 Let's Play Cornhole! (DR)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>1:30 <a href="#">Shopping Bus - Ironwood - Sign Up Sheet at Reception (MEE)</a></div> <div>2:00 Drama Club- Skit Readings (CRM)</div> <div>3:30 Disney Documentary - Titanic (DR)</div> <div>6:45 Bingo - Bring 10 quarters! (DR)</div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>17</b></div> <div>10:00 <a href="#">DrumFit (DR)</a></div> <div>10:30 <a href="#">Mindfulness &amp; Music making with Purple (DR)</a></div> <div>10:30 Catholic Communion and Prayers (CRM)</div> <div>11:00 <a href="#">Go For Life Walk - Remember your Daily Walk (RECE)</a></div> <div>2:00 Glee Club - Sing A Long "Everyone's Invited!" (FL)</div> <div>3:15 <a href="#">Happy Hour (DR)</a></div> <div>6:45 Friday Night Movie - Murder Mystery 2 (Action Comedy)Starring Adam Sandler and Jennifer Aniston (DR)</div>	<div>Tea, coffee and snacks available in the Country Kitchen <b>18</b></div> <div>10:00 Roll - O - Trump (DR)</div> <div>2:00 Mahjong (CRM)</div> <div>2:00 Group Craft - Halloween Decoration (DR)</div> <div>3:30 Warm Drinks and Word Games! (FL)</div> <div>6:45 Bananagrams (DR)</div> <div>7:00 Bible study with Vincent (CRM)</div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tea, coffee and snacks available in the Country Kitchen <b>19</b> 9:30 Sunday Morning Yoga! (DR) 10:30 Uno Card Game (CRM) 2:00 Visits from House of Love Society (DR) 3:30 Warm Drinks and Random Trivia (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen <b>20</b> 9:30 Excercises (DR) 10:30 Giant Crosswords - Please note change in time (DR) 11:00 Altavida Fashions Clothing Sale (Credit/Debit or Cash Accepted) (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Monthly Birthday Party with Performance by the Suede Dogs (DR) 3:30 Therapeutic Coloring (CRM) 6:45 Netflix Series- Virgin River (DR)	Tea, coffee and snacks available in the Country Kitchen <b>21</b> 9:30 Armchair Yoga (Virtual Event) (DR) 10:45 Who Am I? (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Cornhole Game (DR) 3:30 You Be the Judge (CRM) 6:45 Beetlejuice (Dark Comedy Starring Michael Keaton) (DR)	Tea, coffee and snacks available in the Country Kitchen <b>22</b> 9:30 Excercises (DR) 10:45 Presentation by Michael from Flo True Balance - Open-Ear Bone Conduction Headphones with Amplification (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Mahjong (CRM) 2:00 1:1 Visits with Life Enrichment Staff (RES) 3:30 Trivia (FL) 6:45 Evening Movie - Beetlejuice 2 (Dark Comedy - Starring Michael Keaton + Wionna Ryder) (DR)	Tea, coffee and snacks available in the Country Kitchen <b>23</b> 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Let's Play Petanque! (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE) 2:00 Where in the world is that? Guess the landmark game (FL) 3:00 National Geographic Documentary - Lost Treasures of Egypt (DR) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen <b>24</b> 10:00 DrumFit (DR) 10:30 Mindfulness & Music making with Purple (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Music Appreciation Hour (DR) 3:15 Happy Hour (DR) 6:45 Netflix Movie - We have a Ghost (Family Movie/Comedy) (DR)	Tea, coffee and snacks available in the Country Kitchen <b>25</b> 10:00 Roll - O - Trump (DR) 2:00 Mahjong (CRM) 2:30 Pottery - Hand Built "Tea Cups" (CRM) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen <b>26</b> 9:30 Sunday Morning Yoga! (DR) 10:30 Farkle - Dice Game (CRM) 2:00 United Church Service (Virtual Event) (DR) 2:30 Sunday Scenic Drive (MEE) 4:00 Word Games (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen <b>27</b> 9:30 Exercise (DR) 10:45 Washer Toss Game (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:30 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (DR) 6:45 Netflix Series- Virgin River (DR)	Tea, coffee and snacks available in the Country Kitchen <b>28</b> 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Drama Club- Skit Readings (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Let's Play Cornhole! (DR) 3:00 Spa Afternoon - Pumpkin Facials with Life Enrichment! (CRM) 6:45 Netflix Movie - The Adam Project (Sci-Fi/Action/Comedy -Starring Ryan Reynolds) (DR)	Tea, coffee and snacks available in the Country Kitchen <b>29</b> 9:30 Exercise (DR) 10:45 Armchair Travel - Fiji (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Men's group with Juliano (DR) 2:30 Mahjong (CRM) 3:30 Trivia - Halloween Edition (FL) 6:45 Netflix Movie - Thunder Force (Comedy Starring Melissa McCarthy) (DR)	Tea, coffee and snacks available in the Country Kitchen <b>30</b> 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Word Games with Wendy - Halloween Themed! (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus - Garden City Mall - Sign Up Sheet at Reception (MEE) 2:00 Afternoon Matinee with Soda Bar & Popcorn "Hocus Pocus" (DR) 4:00 Random Trivia and Facts (FL) 6:45 Bingo - Bring 10 quarters! (DR)	Happy Halloween! <b>31</b> Tea, coffee and snacks available in the Country Kitchen 10:00 DrumFit (DR) 10:30 Arts & Crafts with the students of Bowling Green Preschool (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Halloween Costume Party with music by Allison Berry - Prizes for best costumes! (DR) 6:45 Friday Night Movie - Hocus Pocus 2 (DR)	



WEDNESDAY

OCT 1

International Day of Seniors

Be Colourful

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

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program