



INSPIRED SENIOR LIVING

# March 2026

## Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Sunday Morning Yoga! (DR) <b>1</b></p> <p>10:30 'Squaredle' Word Game (FL)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 Watercolour Painting (DR)</p> <p>3:30 Afternoon walk to Minoru Park for Stroll around the track. (MEE)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>9:30 Exercises: Spring Stretching w/ Violeta (DR) <b>2</b></p> <p>10:45 Drama Club (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Altavida Fashions Clothing Sale (Credit/Debit or Cash Accepted) (CRM)</p> <p>2:00 Artfull Enrichment - (Art Program) (DR)</p> <p>3:30 Giant Crosswords (FL)</p> <p>6:45 Netflix Series - Virgin River (DR)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>3</b></p> <p>10:45 TRIVIA Tuesday (virtual) (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Cornhole! (DR)</p> <p>3:30 Table Games - Tic Tac Toe (CRM)</p> <p>6:45 Evening Movie - The last Laugh (Starring Chevy Chase) (DR)</p>	<p>9:30 Excercises (DR) <b>4</b></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 Resident Forum + Food Forum (combined) (DR)</p> <p>3:30 Trivia (FL)</p> <p>7:00 Roll-O-Trump with Megan (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>5</b></p> <p>10:30 You be the Judge! (DR)</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 Therapeutic Coloring (CRM)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 DrumFit (DR) <b>6</b></p> <p>10:30 Mindfulness &amp; 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 Kierah Raymond- Classic Celtic Fiddler (FL)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Ordinary Angels (Starring Hilary Swank) (DR)</p>	<p>10:00 Roll - O - Trump <b>7</b> (DR)</p> <p>2:00 Afternoon Exercises with Sonia (DR)</p> <p>3:00 Speaks with Art - Musical Performance (FL)</p> <p>6:45 Bananagrams (DR)</p>
<p>9:30 Sunday Morning Yoga! (DR) <b>8</b></p> <p>10:30 New 'Squaredle' Word Game (FL)</p> <p>2:30 Guest Speak - David Darling The Struggle for Women's Civil Rights (DR)</p> <p>3:30 Sparkling Local Cider Tasting (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>9:30 Excercises (DR) <b>9</b></p> <p>10:30 High-Low card game (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Wii Bowling (virtual experience) (DR)</p> <p>3:30 Giant Crosswords (FL)</p> <p>6:45 Netflix Series - Virgin River (DR)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>10</b></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 Balloon Volleyball (DR)</p> <p>3:30 Maple Cream Coffee Social (FL)</p> <p>6:45 Evening Movie - Whitney Houstons "I wanna dance with somebody" (DR)</p>	<p>9:30 Excercises (DR) <b>11</b></p> <p>10:45 Drama Club - Skit Readings (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Marvelous Maple- Facts &amp; Maple Tastings (FL)</p> <p>3:30 Trivia (FL)</p> <p>7:00 Paint Night: Monet's Water Lillies (CRM)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>12</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>1:30 Shopping Bus - Landsdowne - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Manicures with Megan (Bring \$1) (CRM)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 DrumFit (DR) <b>13</b></p> <p>10:30 Mindfulness &amp; 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>11:00 Fifth Ave Jewellery Sale (FL)</p> <p>2:00 Java Music Sing-A-Long: 50's,60's,70's Memory Lane (DR)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Springsteen "Deliver me from nowhere" - Movie based on Bruce Springsteens' life (DR)</p>	<p>10:00 Roll - O - Trump <b>14</b> (DR)</p> <p>2:00 Afternoon Movie - "The Sound of Music" (DR)</p> <p>2:30 Clay Slab "Spring" Embossing Workshop (CRM)</p> <p>6:45 Bananagrams (DR)</p>
<p>9:30 Sunday Morning Yoga! (DR) <b>15</b></p> <p>10:30 Wordle Word Games (FL)</p> <p>2:00 Student Piano Performance (FL)</p> <p>3:30 Ice Cream Cone Social (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>9:30 Exercises: Keep Fit, Feel Lit .. (DR) <b>16</b></p> <p>10:45 Jeopardy (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Let's Play Cornhole! (DR)</p> <p>3:30 Giant Crosswords (FL)</p> <p>6:45 Netflix Series - Virgin River (DR)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>17</b></p> <p>10:30 Table Curling game (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Expressive Arts (Spring Theme) (CRM)</p> <p>3:15 St.Patricks Day Party with live music by Mark Wilson (DR)</p> <p>6:45 Evening Movie - E.T (Starring Drew Barrymore) (DR)</p>	<p>9:30 Excercises (DR) <b>18</b></p> <p>10:30 Life Long Learning - 20 questions from your 20's (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Cupcake Flower Collage (CRM)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - Rented Family (Starring Brendan Fraser) (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>19</b></p> <p>10:30 Let's Play Petanque! (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus - Ironwood - Sign Up Sheet at Reception (MEE)</p> <p>2:30 Therapeutic Coloring (CRM)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 DrumFit (DR) <b>20</b></p> <p>10:30 Mindfulness &amp; 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>1:30 Outing to Gilmore Gardens - Courtyard VS Gilmore Jeopardy Game and Happy Hour (Sign up with reception) (MEE)</p> <p>2:00 Farkle - Dice Game (CRM)</p> <p>3:30 Name That Tune (DR)</p> <p>6:45 Friday Night Movie - Catch me if you can (Starring Leonard DiCaprio) (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>21</b></p> <p>2:00 Tombola Game (Italian type Bingo) (DR)</p> <p>3:30 Warm Drink Social (FL)</p> <p>4:00 Questions for Conversation or Debate? (FL)</p> <p>6:45 Bananagrams (DR)</p>



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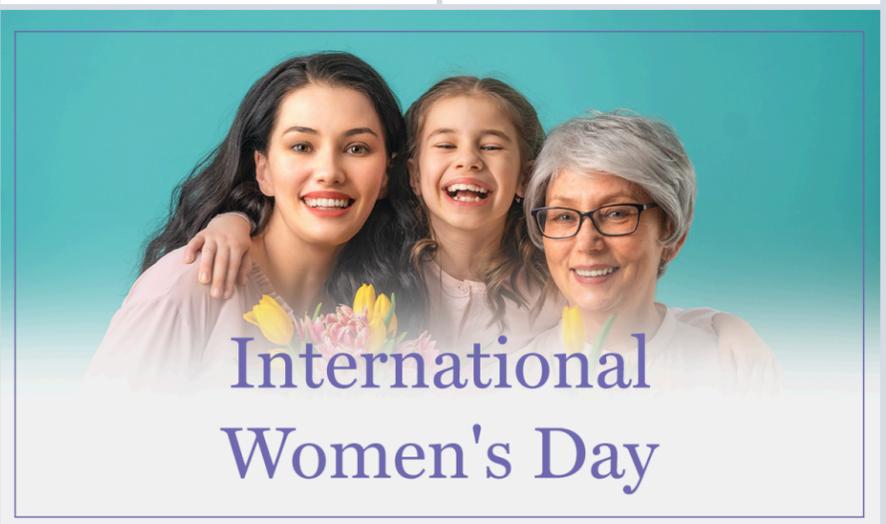


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Sunday Morning Yoga! (DR) <b>22</b></p> <p>10:30 Penny Ante Game (CRM)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:15 Finishing Art Projects - Workshop (CRM)</p> <p>3:30 Bocce Ball (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>9:30 Excercises (DR) <b>23</b></p> <p>10:30 Calligraphy Class (CRM)</p> <p>2:00 Origami with 'Sonia' (CRM)</p> <p>3:30 Therapeutic Coloring (CRM)</p> <p>3:30 Go For Life Walk with Sonia (RECE)</p> <p>6:45 Netflix Series - Virgin River (DR)</p>	<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>24</b></p> <p>10:45 ABC of Kind Words Game (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Let's Play Balloon Badminton (DR)</p> <p>3:30 Giant Crosswords ** please note change in day** (FL)</p> <p>6:45 Evening Movie - Top Gun (Starring Tom Cruise) (DR)</p>	<p>9:30 Exercises: Keep Fit, Feel Lit .. (DR) <b>25</b></p> <p>10:45 Scrable Game ( change of lacion anytime) (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Roll - O - Trump (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - Mamma Mia (DR)</p>	<p>9:30 Tai Chi w/ Eric Lui (DR) <b>26</b></p> <p>10:15 All About Springtime (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Manicures (Bring \$1) (CRM)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>9:30 DrumFit (DR) <b>27</b></p> <p>10:30 Mindfulness &amp; 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 Live Music by Peter Tam (FL)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Breakfast ar Tiffany's (DR)</p>	<p>10:00 Roll - O - Trump (DR) <b>28</b></p> <p>2:30 Saturday Scenic Drive (MEE)</p> <p>4:00 Lemonade Social (FL)</p> <p>6:45 Bananagrams (DR)</p>

<p>9:30 Sunday Morning Yoga! (DR) <b>29</b></p> <p>10:30 Good News Network with Hailey! (DR)</p> <p>2:00 Easter Egg Decorating (CRM)</p> <p>3:30 Giant Crosswords *** please note change of day*** (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>
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<p>9:30 Morning Exercises: Movement Matters (DR) <b>30</b></p> <p>10:30 Drama Club - Skit Readings (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:30 Monthly Birthday &amp; Welcome Tea: "Spring Theme" - With live music by Sincerly Yours (DR)</p> <p>6:45 Netflix Series - Virgin River (DR)</p>
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<p>9:30 Armchair Yoga (Virtual Event) (DR) <b>31</b></p> <p>10:45 Uno Card Game (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Balloon Volleyball (DR)</p> <p>3:30 Who Wants to Be A Millionaire? (DR)</p> <p>6:45 Evening Movie - A night at the Museum (Starring Ben Stiller) (DR)</p>
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Locations Legend	
Dogwood Room (DR)	Reception (RECE)
Carnation Room (CRM)	Meet in Lobby (MEE)
Fireside Lounge (FL)	Residents Room (RES)

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

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Special Program
Cruise Week
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