






INSPIRED SENIOR LIVING

April 2026 Courtyard Gardens




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Easter</p>		 <p style="text-align: center;">Earth Day</p>	<p>Tea, coffee and snacks available in the Country Kitchen 1</p> <p>9:30 Exercises: Keep Fit, Feel Lit .. (DR)</p> <p>10:30 Catholic Communion and Prayers ** please note change in day ** (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>3:00 Calendar Review with Megan! (FL)</p> <p>3:30 Trivia (DR)</p> <p>6:45 Evening Movie - Million Dollar Arm (A sports agent tries to turn cricket players in major league baseball players). (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 2</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:00 Let's Play Uno! (CRM)</p> <p>10:45 Wii Tennis (Virtual Experience) (CRM)</p> <p>1:30 Shopping Bus - Wal-Mart- Sign Up Sheet at Reception (MEE)</p> <p>2:00 Cribbage (CRM)</p> <p>3:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 3</p> <p>Good Friday</p> <p>9:30 DrumFit (DR)</p> <p>10:15 Let's Play Scrabble (CRM)</p> <p>11:00 Go For Life Walk - Meet in lobby (weather dependent) (RECE)</p> <p>2:00 Name that Tune and Sing-A-long (DR)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Easter Parade (1948 film) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 4</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Games Galore - Easter Eggstravaganza! (DR)</p> <p>3:30 Cranberry Kiss Drink Social (FL)</p> <p>6:45 Bananagrams (DR)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 5</p> <p>Easter Sunday</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:00 Easter Bunny Hunt is On! Enjoy! (AA)</p> <p>10:30 Japorady Trivia (FL)</p> <p>2:00 Afternoon Movie - Miranda (1948 Comedy Fantasy Glynis Johns, Googie Withers, Griffith Jones, Margaret Rutherford) (DR)</p> <p>2:30 Painting Clay Tiles Workshop (CRM)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 6</p> <p>9:30 Exercises: Keep Fit, Feel Lit .. (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>2:00 Creative Hands (Arts & Crafts) (CRM)</p> <p>3:30 Bean Bag Games (DR)</p> <p>6:45 Netflix Series - Virgin River (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 7</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Math Games (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - (RECE)</p> <p>2:00 Resident+ Food Forum (DR)</p> <p>3:30 Giant Crosswords *** please note change of day*** (FL)</p> <p>6:45 Evening Movie - A complete unknown (Story about Bob Dylan) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 8</p> <p>9:30 Exercises (DR)</p> <p>10:30 Rock Painting with the children from Bowling Green Pre-School (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception (RECE)</p> <p>2:00 Trivia *** Please note change in time*** (FL)</p> <p>3:30 Balloon Volleyball (DR)</p> <p>6:45 Evening Movie - The Book Thief (A young girls transforms life around her during WW II in Germany) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 9</p> <p>10:00 Tai Chi w/ Eric Lui (DR)</p> <p>10:45 Let's Play Cornhole! (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>2:00 Thursday Afternoon Roll-O-Trump (DR)</p> <p>3:30 Manicures (Bring \$1) (CRM)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 10</p> <p>9:30 DrumFit (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 - Sign up with Reception or Come See Megan (RECE)</p> <p>2:00 Live Entertainment by Mark Kinal (FL)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie -The Greatest Hits (A love story centering on the connection between music and memory and how they transport us, sometimes literally.) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 11</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Let's Play Farkle (dice game) (CRM)</p> <p>3:00 Color Me Calm - Therapeutic Coloring (CRM)</p> <p>3:30 Bocce Ball (FL)</p> <p>6:45 Bananagrams (DR)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 12</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:15 Penny Ante Game (CRM)</p> <p>2:00 United Church Service (Virtual Event) (DR)</p> <p>2:30 National Geographic Documentary - The lost city of Machu Picchu (DR)</p> <p>3:30 Let's Play Tic Tac Toe (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 13</p> <p>9:30 Excercises (DR)</p> <p>10:30 Tax Clinic - Sign up with reception (CRM)</p> <p>10:30 Wordle Word Games (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE)</p> <p>2:00 Giant Crosswords ** please note change in time ** (FL)</p> <p>6:45 Netflix Series - Virgin River (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 14</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 - Sign up with Reception or Come See Megan (RECE)</p> <p>2:00 Let's Play Floor Curling (DR)</p> <p>3:30 Fit Minds: Building Words (FL)</p> <p>6:30 Pokeno - Bring \$3.40 in nickels Change available at door (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 15</p> <p>9:30 DrumFit (DR)</p> <p>10:30 FitMinds: Letter Scramble (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE)</p> <p>2:00 Trivia *** Please note change in time*** (FL)</p> <p>3:30 Roll-o-Trump! (DR)</p> <p>6:45 Evening Movie - Rise of the Planet of the Apes (2011 remake) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 16</p> <p>Cruise Week Start! - Port of Mexico</p> <p>Cruise Week Kick off Gala Dinner - Dress to Impress</p> <p>10:00 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Cruise Week Kick Off - Scavenger Hunt! (AA)</p> <p>10:45 Cruise Week- Learn how to Play Mexican Train Dominoes (CRM)</p> <p>1:30 Shopping Bus - Garden City Mall - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Come paint your own Terracotta Pot (CRM)</p> <p>3:15 Margarita Social with Snacks! (FL)</p> <p>4:00 Deck Games - Prizes Included! (FL)</p> <p>6:45 Bingo - Cruise Themed - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 17</p> <p>Cruise Week - Aruba</p> <p>10:00 Seated Chair Zumba (DR)</p> <p>10:30 Mindfulness & Music making with Purple (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Seashell Painting (CRM)</p> <p>2:00 Beach Volleyball (DR)</p> <p>3:15 Cruise Week Happy Hour and Trivia Challenge at the Tiki Bar (FL)</p> <p>4:00 Deck Games - Prizes Included ! (FL)</p> <p>6:45 Friday Night Movie - Romance on the High Seas (1948 classic film starring Jack Carson , Doris Day and Janice Paige) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 18</p> <p>National Verve Open House (AA)</p> <p>Cruise Week - Jamaica</p> <p>10:00 Cruise Week Roll - O - Trump (DR)</p> <p>1:00 Cruise Week Artfull Enrichment Paint Class - Beachy Starfish or Pink Flamingo (DR)</p> <p>2:00 Live Music by Jennifer Lauren + Cocktail/Mocktail Hour (FL)</p> <p>3:30 Travelogue to Jamaica! (DR)</p> <p>6:45 Bananagrams (DR)</p>



INSPIRED SENIOR LIVING

April 2026 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tea, coffee and snacks available in the Country Kitchen 19</p> <p>Cruise Week - Belize</p> <p>9:30 Cruise Week Sunday Morning Yoga! (DR)</p> <p>10:30 Let's Learn how to Fold towels into animals! (CRM)</p> <p>11:45 Captains Lunch - Please attend your regular seating time (DIN)</p> <p>2:30 Musical Performance by the Youth Musician and Artist Association Group (FL)</p> <p>3:30 Travelogue to Belize + Mocktails (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 20</p> <p>Cruise Week - Turks and Cacios</p> <p>10:00 Cruise Week Drumfit! (DR)</p> <p>10:30 Marbling the Gorgeous Colours of Turks and Cacios (CRM)</p> <p>11:00 Walking the plank -- morning walk with Megan (meet in lobby) (RECE)</p> <p>2:00 April Birthday and Weclome Party - Tiki Bar Social and Performance by the Suede Dogs (DR)</p> <p>4:00 Deck Games - Prizes Included! (FL)</p> <p>6:45 Evening Movie - Out to Sea (Comedy Starring Jack Lemmon & Walter Matthau) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 21</p> <p>Cruise Week - Bahamas</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:45 Travelogue to the Bahamas (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception (RECE)</p> <p>2:00 Cruise Week Casino Afternoon (DR)</p> <p>3:15 Cruise Week Afternoon Social - Bahama Mama's and Shrimp Bowls! (FL)</p> <p>4:00 Deck Games - Prizes Included ! (FL)</p> <p>4:45 Captains Farwell Gala Dinner - Please come at your regular seating time</p> <p>6:30 Bocce Ball Tournament (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 22</p> <p>Cruise Week- Return to Canada</p> <p>Wear your Red and White Attire</p> <p>9:30 Exercise: Cruisin' Stretching (DR)</p> <p>10:30 Passport Hand in (FL)</p> <p>10:40 Canadian Words and Expressions! (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Make your own Caesar Bar & Canadian Trivia! (FL)</p> <p>3:30 Travelogue - Canada (DR)</p> <p>6:45 Evening Movie - North of Normal (After being raised in the wilderness, a teenage girl moves to the city hoping for a normal life with her anything but normal mother.) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 23</p> <p>10:00 Tai Chi w/ Eric Lui (DR)</p> <p>10:45 Thursday Morning Tombola Game (Italian type Bingo) (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception (RECE)</p> <p>1:30 Shopping Bus - Landsdowne Mall - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Giant Crosswords *** please note change of day and time *** (FL)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 24</p> <p>9:30 DrumFit (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Farkle! (FL)</p> <p>2:00 Live music by Hands over Heart (FL)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Wicked (Part 2) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 25</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Afternoon Excercises with Teena (DR)</p> <p>3:00 Glee Club - Sing A Long "Everyone's Invited!" (FL)</p> <p>4:00 Cold Drink Social (FL)</p> <p>6:45 Bananagrams (DR)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 26</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Jeporady Trivia (FL)</p> <p>2:30 Scenic Drive (Outi)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 27</p> <p>Artfull Enrichment Week</p> <p>9:30 Exercises: Keep Fit, Feel Lit .. (DR)</p> <p>10:30 Drama Club - Skit Readings (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception (RECE)</p> <p>2:00 Artfull Enrichment - (Art Program) (CRM)</p> <p>3:30 Giant Crosswords (FL)</p> <p>6:45 Netflix Series - Virgin River (DR)</p>	<p>Artfull Enrichment Week 28</p> <p>Tea, coffee and snacks available in the Country Kitchen</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Scrable Challenge.. (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception (RECE)</p> <p>2:00 Table Curling game (FL)</p> <p>3:00 Come Test your Bird knowledge (Virtual Trivia) (CRM)</p> <p>3:30 Afternoon Documenatry - Alive Inside: A Story of Music and Memory [2014] (DR)</p> <p>6:45 Roll-o-Trump Game! (DR)</p>	<p>Artfull Enrichment Week 29</p> <p>Tea, coffee and snacks available in the Country Kitchen</p> <p>9:30 Excercises (DR)</p> <p>10:30 Men's Group - Coffee and Chats (CRM)</p> <p>10:30 Meditations Series 1 Breath Awareness with Megan (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception (RECE)</p> <p>2:00 Artfull Enrichment Paint Class - Sunset Mountains (CRM)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - Lust for Life - Movie about Vincent Van Gogh (DR)</p>	<p>Artfull Enrichment Week 30</p> <p>Tea, coffee and snacks available in the Country Kitchen</p> <p>10:00 Tai Chi w/ Eric Lui (DR)</p> <p>10:45 Discussion: the Telephone from Past to Present (GAR)</p> <p>1:30 Shopping Bus - Blundell Centre - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE)</p> <p>2:30 Literary Greats Book Club ** New program ** (CRM)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	 <p>World Health Day</p>	



April Fool's Day

Be Welcomed

- Locations Legend**
- Dogwood Room (DR)
 - Fireside Lounge (FL)
 - Carnation Room (CRM)
 - Reception (RECE)
 - Meet in Lobby (MEE)

- Residents Room (RES)
- All Around (AA)
- Dining room (DIN)
- Outing (Outi)
- Gardenside Lounge (GAR)

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