






INSPIRED SENIOR LIVING

May 2026

Courtyard Gardens




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Victoria Day</p>	 <p>National Nurses Week (12-18)</p>	 <p>Personal Support Worker Day</p>			<p>Tea, coffee and snacks available in the Country Kitchen 1</p> <p>9:30 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Mindfulness & Music making with Purple (DR) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 2:00 Meet me at the MoMA - Georgia O'Keefe (Spring landscape) (DR) 2:30 Calendar Review with Megan! (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - True Spirit (A tenacious Australian teen chases her dreams and faces her fears, as she sets out to become the youngest person to sail solo around the world.) (DR)</p>	<p>Tea, coffee and snacks available 2 in the Country Kitchen</p> <p>10:00 Roll - O - Trump (DR) 2:00 Wii Bowling (virtual experience) (DR) 3:15 Name That Tune (DR) 4:00 Ice Cream Social (FL) 6:45 Bananagrams (DR)</p>
<p>Tea, coffee and snacks available 3 in the Country Kitchen</p> <p>9:30 Sunday Morning Yoga! (DR) 10:30 Wordle Word Games (FL) 2:00 United Church Service (Virtual Event) (DR) 2:00 New "Shape Up" Puzzle Game (CRM) 3:00 Creative Hands: Arts & Crafts (CRM) 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>9:30 Exercises: Keep Fit, Feel Lit .. (DR) 10:30 Drama Club - Skit Readings (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 2:00 Creative Hands : arts & crafts (CRM) 3:30 Floor Curling (DR) 6:45 Netflix Series - ***New Series*** - Sullivan's Crossing (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 5</p> <p>9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Let's Play Scrabble (DR) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 11:00 Altavida Fashions Clothing Sale (Credit/Debit or Cash Accepted) (CRM) 2:00 May Birthday Party & Welcome Tea - Cinco De Mayo Theme!!! - with live music by the Fera Brothers (DR) 3:30 1:1 Visits with Life Enrichment Staff (RES) 3:30 Afternoon Manicures with Allison (CRM) 6:45 Roll-o-Trump! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 6</p> <p>9:30 Excercises (DR) 10:30 Giant Crosswords ** please note change in day and time ** (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Resident Forum (DR) 3:30 Trivia (FL) 6:45 Evening Movie - Liar, Liar (Ft. Jim Carey) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 7</p> <p>10:00 Tai Chi w/ Eric Lui (DR) 10:30 Farkle - Dice Game (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 2:00 Bingo Marathon Session #1 - Bring 10 Quarters! (Proceeds going to Alzheimer's Walk) - Prizes will be given out! (DR) 3:30 1:1 Visits with Life Enrichment Staff (RES) 4:00 Lemonade Social (FL) 6:45 Bingo Marathon- Session #2 - Bring 10 Quarters! (Proceeds going to Alzheimer's Walk) - Prizes will be given out! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 8</p> <p>9:30 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Brain Health Presentaton by Johnathan Askholm (DR) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 2:00 Let's make pipe cleaner flowers for Mother's day! (CRM) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - The Intern (The story told in "The Intern" is about elderly citizen Ben Whitaker (played by Robert De Niro), a widower who keeps himself busy as retirement proved to be not his thing) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 9</p> <p>10:00 Roll - O - Trump (DR) 2:00 Fit Minds - Word Games (DR) 3:00 Afternoon Movie - The Dig (An archaeologist embarks on the historically important excavation of Sutton Hoo in 1938.) (DR) 4:00 Therapeutic Coloring (CRM) 6:45 Bananagrams (DR)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 10</p> <p>Happy Mother's Day! 9:30 Sunday Morning Yoga! (DR) 10:30 Walking Group with Violeta (weather permitting) (MEE) 12:00 Mother's Day Brunch - Sign up with reception if bringing guests (DIN) 2:00 Mother's Day Tea Social (DR) 3:30 Scrabble Challenge (CRM) 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 Morning Walk (DR) 11:00 Wordle Word Games (FL) 2:00 Facts about Rhubarb + taste testing (CRM) 3:30 Giant Crosswords (FL) 6:45 Netflix Series - ***New Series*** - Sullivan's Crossing (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 12</p> <p>9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Virtual Trivia - Around the World (FL) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 2:00 Performance by the Richmond Singers Ensemble (DR) 3:30 Let's Play Floor Curling (DR) 6:45 Pokeno (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 13</p> <p>9:30 Exercises: Keep Fit, Feel Lit .. (DR) 10:30 Fit Minds: Building Words (FL) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 2:00 Trivia *** Please note change in time*** (FL) 3:30 Afternoon Zumba - Seated Chair Dancing (DR) 6:45 Evening Movie - The Secretariat (Penny Chenery Tweedy and colleagues guide her long-shot but precocious stallion to three unbeatable Triple Crown speed records) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 14</p> <p>10:00 Tai Chi w/ Eric Lui (DR) 10:45 Let's Play Petanque! (DR) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 1:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE) 2:00 Therapeutic Coloring (CRM) 3:30 1:1 Visits with Life Enrichment Staff (RES) 6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 15</p> <p>9:30 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Mindfulness & Music making with Purple (DR) 11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE) 1:45 Walker and Wheelchair Wash in the Courtyard (\$5 donation - Proceeds go to the Alzheimer's Society) (CTY) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Rebel without a cause (Starring James Dean) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 16</p> <p>10:00 Roll - O - Trump (DR) 2:00 Jeopardy Trivia (FL) 3:30 Cornhole Game! (DR) 6:45 Bananagrams (DR)</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>10:30 Wordle Word Games (FL)</p> <p>2:30 Musical Performance by the Youth Musician and Artist Association Group (FL)</p> <p>3:45 Ice Cream Sandwiches in the Garden (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 18</p> <p>Victoria Day Holiday</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 or Come See Megan (RECE)</p> <p>2:00 Creative Hands: Arts & Crafts (CRM)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Netflix Series - ***New Series*** - Sullivan's Crossing (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 Finish the Song Lyrics (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 (FL)</p> <p>3:30 Reminiscing Golf: Let's play Floor Golf (DR)</p> <p>6:00 Pub Night with live music by Mike Kinal (Burger & Beer \$10 charge - All proceeds go our Alzheimer's Charity Drive) - Please sign up with reception) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 20</p> <p>9:30 Exercises (DR)</p> <p>10:45 Pass the story (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 Trivia *** Please note change in time*** (FL)</p> <p>3:30 Balloon Volleyball (DR)</p> <p>6:45 Evening Movie - The Queen (Starring Helen Mirren) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 21</p> <p>10:00 Tai Chi w/ Eric Lui (DR)</p> <p>10:45 Name That Tune (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE)</p> <p>1:30 Shopping Bus - Ironwood - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Tri-Bike Rides - Sign up with reception (weather depending) (MEE)</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 22</p> <p>9:30 DrumFit (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 - Sign up with Reception or Come See Megan (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 - The young Victoria (A dramatization of the turbulent first years of Queen Victoria's rule, and her enduring romance with Prince Albert.) (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>3:30 Cool Drink Social (GAR)</p> <p>4:00 Riddle Me This (FL)</p> <p>6:45 Bananagrams (DR)</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 Performance by Sonore Music Society - "May Melodies" (FL)</p> <p>3:30 Virtual Trivia (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 Morning Exercise (DR)</p> <p>10:30 Shake Loose Memories Game (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 Alzheimer's Walk for the Cure - Come Walk, Roll or Push! - Meet in Lobby (MEE)</p> <p>2:30 Therapeutic Coloring (CRM)</p> <p>3:30 Rootbeer Float Social in the Courtyard (CTY)</p> <p>6:45 Netflix Series - ***New Series*** - Sullivan's Crossing (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 Farkle! (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 Scenic Drive (MEE)</p> <p>3:00 Giant Crosswords ** please note change in day ** (FL)</p> <p>6:45 Bocce Ball (FL)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 27</p> <p>9:30 Exercises (DR)</p> <p>10:45 Men's Group - Coffee and Chats (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE)</p> <p>2:30 Trivia *** Please note change in time*** (FL)</p> <p>3:30 Balloon Volleyball (DR)</p> <p>6:45 Evening Movie - Red Notice (Starring Ryan Reynolds and Dwayne Johnson) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 28</p> <p>10:00 Tai Chi w/ Eric Lui (DR)</p> <p>10:00 Tri-Bike Rides with Wendy J (Weather Permitting) (OUT)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk - Sign up with Reception or Come See Megan (RECE)</p> <p>1:30 Shopping Bus - Garden City Mall - Sign Up Sheet at Reception (MEE)</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 29</p> <p>9:30 DrumFit (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 - Sign up with Reception or Come See Megan (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 - 27 Nights (Based on a true story) (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 Afternoon Walk to Minoru Park - Stroll around the track (MEE)</p> <p>3:30 Creative moments - Still Life Drawing (CRM)</p> <p>6:45 Bananagrams (DR)</p>	
<p>Tea, coffee and snacks available in the Country Kitchen 31</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Jeopardy Trivia (FL)</p> <p>2:30 Sunday Scenic Drive (MEE)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	 <p>Mother's Day</p>					<p>Calendar Legend</p> <p>All Day</p> <p>Outing</p> <p>Special Program</p> <p>Cruise Week</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	<p>Locations Legend</p> <p>Dogwood Room (DR)</p> <p>Fireside Lounge (FL)</p> <p>Carnation Room (CRM)</p> <p>Reception (RECE)</p> <p>Meet in Lobby (MEE)</p> <p>Residents Room (RES)</p> <p>Courtyard (CTY)</p> <p>Dining room (DIN)</p> <p>Gardenside Lounge (GAR)</p> <p>Outside in the Round About (OUT)</p>

Be
Among
Friends