



INSPIRED SENIOR LIVING

December 2025

The Village Langley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>2</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>3</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>4</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>5</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>6</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	
<p>7</p> <p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC)</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>8</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 House Visits with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>9</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 House Visits with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>10</p> <p>Christmas Card Day (OCC)</p> <p>10:15 Music with Meg, Music Therapist (AL)</p> <p>10:30 Christmas Theme Drum fit with Natalie (OCC)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>1:00 Coffee and Friends with Hannah (OCC)</p> <p>2:15 Nurturing Therapy with Hannah (CE)</p> <p>3:15 Fireside Spa with Hannah (CY)</p> <p>6:00 Artful Enrichment - Christmas Card Making with Karen (OCC)</p> <p>6:30 Family Council *Virtual (OCC)</p>	<p>11</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 House Visits with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>12</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 House Visits with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	
<p>14</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Santa Hat Day *Wear Santa hat or headband (VC)</p> <p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC)</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>15</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Candy Cane Day (VC)</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Candy Cane Hunt (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (AR)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>16</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Christmas Sock Day (VC)</p> <p>10:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>1:30 Coffee and Friends with Hannah (OCC)</p> <p>3:00 House Program with Natasha (AL)</p> <p>3:15 Sing Fit with Hannah (CE)</p> <p>4:00 Helping Hands at the Barn with Natasha (BN)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>17</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Gingerbread Day (VC)</p> <p>10:15 Music with Meg, Music Therapist (AL)</p> <p>10:30 Christmas Theme Drum fit with Natalie (OCC)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>1:00 Christmas Cookie Decorating (OCC)</p> <p>3:15 Fireside Spa with Hannah (CY)</p> <p>6:00 Games Night: Bingo (OCC)</p>	<p>18</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Dress like a Christmas Character (VC)</p> <p>11:00 CanFit Pro: Yoga with Natalie (BN)</p> <p>1:00 Family Support Group with Karen Tyrell (virtual) (VC)</p> <p>1:00 Christmas Caroling with Meg (AH)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>2:00 Coffee & Friends with Hannah (OCC)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>3:15 Sensory Experience (CY)</p>	<p>19</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Christmas Sweater Day (VC)</p> <p>10:00 Helping Hands: Christmas Baking (AL)</p> <p>10:30 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>2:00 Fit Minds: Coffee Club with Natalie (OCC)</p> <p>2:00 House Program with Hannah (CE)</p> <p>3:00 Sing Fit *Christmas Songs Edition with Hannah (CY)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>6:00 Christmas Movie Night (AH)</p>	
<p>20</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Jingle Bell Day (VC)</p> <p>9:45 1:1 Visits (AH)</p> <p>11:00 TVL Christmas Luncheon (OCC)</p> <p>6:00 Creative Hands: Arts and Crafts with Nik (ArSt)</p>	<p>21</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Tinsel & Sparkle Day *Wear Glitter, Gold or Silver (VC)</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>1:00 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Happy Hour with Live Music by The Shoe Shakers (OCC)</p> <p>6:00 Creative Hands: Arts and Crafts with Nik (ArSt)</p>	<p>22</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Tinsel & Sparkle Day *Wear Glitter, Gold or Silver (VC)</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>1:00 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Happy Hour with Live Music by The Shoe Shakers (OCC)</p> <p>6:00 Creative Hands: Arts and Crafts with Nik (ArSt)</p>	<p>23</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Tinsel & Sparkle Day *Wear Glitter, Gold or Silver (VC)</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>1:00 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Happy Hour with Live Music by The Shoe Shakers (OCC)</p> <p>6:00 Creative Hands: Arts and Crafts with Nik (ArSt)</p>	<p>24</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Tinsel & Sparkle Day *Wear Glitter, Gold or Silver (VC)</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>1:00 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Happy Hour with Live Music by The Shoe Shakers (OCC)</p> <p>6:00 Creative Hands: Arts and Crafts with Nik (ArSt)</p>	<p>25</p> <p>12 Days of Christmas Countdown (VC)</p> <p>Christmas Spirit Day: Tinsel & Sparkle Day *Wear Glitter, Gold or Silver (VC)</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>1:00 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Happy Hour with Live Music by The Shoe Shakers (OCC)</p> <p>6:00 Creative Hands: Arts and Crafts with Nik (ArSt)</p>	



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December 2025

The Village Langley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>12 Days of Christmas Countdown (VC) 21</p> <p>Christmas Spirit Day: Christmas Pajama Day (AH)</p> <p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC)</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>12 Days of Christmas Countdown (VC) 22</p> <p>Christmas Spirit Day: Wear Red & Green (VC)</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 House Visits with Natasha (AL)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>12 Days of Christmas Countdown (VC) 23</p> <p>Music with Meg, Music Therapist (One to Ones) (AH)</p> <p>Christmas Spirit Day: Santa's Helpers (OCC)</p> <p>10:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>1:30 Coffee and Friends with Hannah (OCC)</p> <p>3:00 House Program with Natasha (AL)</p> <p>3:15 Sing Fit with Hannah (CE)</p> <p>3:30 Townhall Meeting (Community Center) (OCC)</p> <p>4:00 Helping Hands at the Barn with Natasha (BN)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>12 Days of Christmas Countdown (VC) 24</p> <p>Christmas Eve (VC)</p> <p>Christmas Spirit Day: Holiday Best *Wear your best festive outfit (VC)</p> <p>10:30 Christmas Theme Drum fit with Natalie (OCC)</p> <p>1:00 Coffee and Friends with Hannah (OCC)</p> <p>2:00 Helping Hands: Santa's Helpers (AH)</p> <p>6:00 Christmas Eve - Short Stories (AH)</p>	<p>Christmas Day (VC) 25</p> <p>9:30 Christmas Morning Open Stockings (All Households) (AH)</p> <p>1:00 All Day Christmas Movies Marathon (AH)</p> <p>4:30 Christmas Dinner (AH)</p> <p>6:00 Christmas Evening Reminsing (AH)</p>	<p>11:00 Drumfit (OCC) 26</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>2:00 Fit Minds: Coffee Club with Natalie (OCC)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>6:30 Tea Talk (AH)</p>	<p>10:30 Drumfit with Simran (OCC) 27</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 House Visit with Nik (CE)</p> <p>2:00 Active Game: Bowling with Simran (OCC)</p> <p>3:00 Walk 4 Life: Village Stroll with Simran (VC)</p> <p>6:00 Creative Hands: Arts and Crafts with Nik (ArSt)</p>	
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 28</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>10:00 Prayer Group (AL) 29</p> <p>10:00 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Fitness with Natasha (CE)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>3:00 House Visit with Natasha (ARAL)</p> <p>4:15 Helping Hands at the Barn with Natasha (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>10:00 Helping Hands at the Barn with Natasha (OCC) 30</p> <p>11:00 Fun & Fitness with Natasha (OCC)</p> <p>12:30 Coffee and Friends with Hannah (OCC)</p> <p>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>3:00 House Program with Natasha (AL)</p> <p>3:15 Sing Fit with Hannah (CE)</p> <p>4:00 Helping Hands at the Barn with Hannah (BN)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>New Year's Eve (VC) 31</p> <p>12:45 Coffee and Friends with Hannah (OCC)</p> <p>2:15 Nurturing Therapy with Hannah (CE)</p> <p>3:15 Fireside Spa with Hannah (CY)</p> <p>6:00 New Year's Eve Party with Live Music by The TimeLiners (OCC)</p>	<p><u>Life Enrichment Programs Requiring Sign Up and Special Events</u></p> <p>Christmas Coloring Contest! December 1st to December 24th</p> <p>12 Days Countdown of Christmas *Spirit Week for Staff & Villagers (December 13th to December 24th)</p> <p>Every Thursday: Christmas Caroling in The Village</p> <p>December 17th at 6pm- Pub Night with Brian Zalo</p> <p>Saturday, December 20th at 11:30am - TVL Christmas Luncheon</p> <p>December 31st at 6pm - New Year's Eve Party with The TimeLiners</p> <p><i>*Life enrichment programs schedule may vary. Please check daily life enrichment whiteboard for any program changes.</i></p>			



Be Colourful

Oakwood
Community Centre (OCC)
Village Community (VC)
All Households (AH)
Cedar (CE)

Locations Legend

Alder (AL)
Barn (BN)
Cypress (CY)
Arbutus (AR)
Community Outing (CO)

Art Studio (ArSt)
Hawthorne (HA)
Cedar/Cypress (CECY)
Arbutus/Alder (ARAL)

Calendar Legend

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