



INSPIRED SENIOR LIVING

March 2026

The Village Langley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 1</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>3:45 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>10:00 Prayer Group (AL) 2</p> <p>10:00 Fitness with Natasha (CE)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:45 Sensory Experience with Natasha (CY)</p> <p>6:00 Evening Short Stories *Program time may vary depending on house routine (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 3</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</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 (AR)</p> <p>3:15 Sing Fit with Hannah (AL)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>10:15 Music with Meg, Music Therapist (AL) 4</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>11:00 Drum Fit with Natalie (OCC)</p> <p>12:30 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 Games Night with Hannah: Music Bingo! (OCC)</p>	<p>10:00 CanFit Pro: Yoga with Natalie (OCC) 5</p> <p>12:30 Coffee & Friends with Hannah (OCC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>1:30 Helping Hands - Grocery Delivery with Hannah (VC)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>3:30 House Program with Hannah (AL)</p> <p>6:00 Java Music Club with Hannah (AR)</p>	<p>10:00 Helping Hands: Baking (AL) 6</p> <p>11:00 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>2:30 SingFit with Hannah (AR)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>6:00 Movie Night *Program time may vary depending on the house routine (AH)</p>	<p>10:30 Drumfit with Hannah (OCC) 7</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 R.E Mountain Secondary School: Student Music Performance (OCC)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Creative Hands: Scrapbook Club with Nik (HO)</p>
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 8</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>3:45 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>10:00 Prayer Group (AL) 9</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>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:30 Sensory Experience with Natasha (CY)</p> <p>6:00 Evening Short Stories *Program time may vary depending on house routine (AH)</p>	<p>10:30 Fun & Fitness with Natasha (OCC) 10</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 Hannah (AL)</p> <p>3:15 Sing Fit with Natasha (AR)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>Take a Walk in the Park Day (VC) 11</p> <p>10:00 Sing Along with Natalie (AL)</p> <p>10:30 Fireside Spa with Nik (CY)</p> <p>10:30 Drum Fit with Hannah (OCC)</p> <p>12:30 Outing: Nature Walk at Brydon Lagoon (CO)</p> <p>3:15 Nurturing Therapy with Hannah (CE)</p> <p>4:30 Restaurant Dining Experience with Hannah & Nik (OCC)</p> <p>6:30 Family Council *Virtual (OCC)</p>	<p>10:00 CanFit Pro: Yoga with Natalie (OCC) 12</p> <p>12:30 Coffee & Friends with Hannah (OCC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>1:30 Helping Hands - Grocery Delivery with Hannah (VC)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>3:30 Sensory Experience with Hannah (CY)</p> <p>6:00 Java Music Club with Hannah (AL)</p>	<p>10:00 Helping Hands: Baking (AL) 13</p> <p>11:00 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>2:30 SingFit with Hannah (AR)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>6:00 Movie Night *Program time may vary depending on house routine (AH)</p>	<p>National Potato Chip Day (OCC) 14</p> <p>9:15 Helping Hands at the Barn with Hannah (BN)</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Happy Hour: Potato Chip Tasting (OCC)</p> <p>3:00 Helping Hands: Mail Delivery with Hannah (VC)</p> <p>4:30 Helping Hands at the Barn with Nik (OCC)</p> <p>6:00 Creative Hands: Scrapbook Club with Nik (HO)</p>
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 15</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>11:30 Helping Hands at the Barn with Nik (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:00 Helping Hands: Mail Delivery with Volunteers (VC)</p> <p>4:00 Helping Hands at the Barn with Nik (OCC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>9:30 Helping Hands at the Barn with Natalie (BN) 16</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:30 Sensory Experience with Natasha (CY)</p> <p>4:00 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories *Program time may vary depending on house routine (AH)</p>	<p>St. Patrick's Day *Wear Green (VC) 17</p> <p>9:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>2:00 St. Patrick Day Social (OCC)</p> <p>3:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>3:30 Sing Fit with Hannah (AR)</p> <p>4:00 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>9:15 Helping Hands at the Barn with Natalie (OCC) 18</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>11:00 Drum Fit with Natalie (OCC)</p> <p>12:30 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>4:00 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Games Night with Hannah: Music Bingo! (OCC)</p>	<p>10:00 CanFit Pro: Yoga with Natalie (OCC) 19</p> <p>11:30 Helping Hands at the Barn with Hannah (BN)</p> <p>12:30 Coffee & Friends with Hannah (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Hannah (VC)</p> <p>1:30 Sing Along with Natalie (CE)</p> <p>2:15 Sing Along with Natalie (CY)</p> <p>3:30 House Program with Hannah (AL)</p> <p>4:00 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Java Music Club with Hannah (HA)</p>	<p>First Day of Spring 20</p> <p>9:00 Helping Hands at the Barn with Hannah (BN)</p> <p>10:00 Helping Hands: Baking (AL)</p> <p>11:00 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>2:30 SingFit with Hannah (AR)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>3:30 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Movie Night *Program time may vary depending on house routine (AH)</p>	<p>9:15 Helping Hands at the Barn with Hannah (BN) 21</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Active Game with Hannah: Bowling (OCC)</p> <p>2:00 House Visit: Disco Dance Party with Nik (CE)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Creative Hands: Scrapbook Club with Nik (HO)</p>



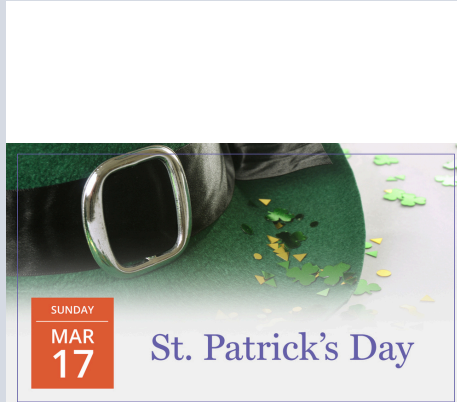
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The Village Langley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 22</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>11:30 Helping Hands at the Barn with Nik (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:45 Helping Hands: Mail Delivery with Volunteers (VC)</p> <p>4:00 Helping Hands at the Barn with Nik (OCC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>9:30 Helping Hands at the Barn with Natalie (BN) 23</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:30 Sensory Experience with Natasha (CY)</p> <p>4:00 Helping Hands at the Barn with Natalie (BN)</p> <p>6:00 Evening Short Stories *Program time may vary depending on house routine (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 24</p> <p>9:15 Helping Hands at the Barn with Natalie (BN)</p> <p>9:30 Helping Hands at the Barn with Natalie (BN)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</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 (AR)</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>10:15 Music with Meg, Music Therapist (AL) 25</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>11:00 Drum Fit with Natalie (OCC)</p> <p>11:30 Helping Hands at the Barn with Natalie (BN)</p> <p>12:30 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 Pub Night with Ivan Boudreau (OCC)</p> <p>6:15 Helping Hands at the Barn with Hannah (BN)</p>	<p>10:00 CanFit Pro: Yoga with Natalie (OCC) 26</p> <p>11:30 Helping Hands at the Barn with Natalie (BN)</p> <p>12:30 Coffee & Friends with Hannah (OCC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>1:30 Helping Hands - Grocery Delivery with Hannah (VC)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>3:30 Sensory Experience with Hannah (CY)</p> <p>4:30 Helping Hands at the Barn with Hannah (BN)</p> <p>6:00 Java Music Club with Hannah (HO)</p>	<p>9:00 Helping Hands at the Barn with Hannah (BN) 27</p> <p>10:00 Helping Hands: Baking (AL)</p> <p>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>2:00 Townhall Meeting (Community Center) (OCC)</p> <p>2:30 SingFit with Hannah (AR)</p> <p>2:30 Fit Minds: Coffee Club with Natalie (OCC)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>3:30 Helping Hands at the Barn with Natalie (BN)</p> <p>6:00 Movie Night *Program time may vary depending on house routine (AH)</p>	<p>9:15 Helping Hands at the Barn with Hannah (BN) 28</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Active Game: Bocce Ball with Nik (LWN)</p> <p>2:00 House Visit: Disco Dance Party with Hannah (CE)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>3:30 Helping Hands at the Barn with Nik (OCC)</p> <p>6:00 Creative Hands: Scrapbook Club with Nik (HO)</p>	
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 29</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>11:30 Helping Hands at the Barn with Nik (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:45 Helping Hands: Mail Delivery with Nik (VC)</p> <p>4:00 Helping Hands at the Barn with Nik (BN)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>9:30 Helping Hands at the Barn with Natalie (BN) 30</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natalie (VC)</p> <p>2:00 Meet Me at the MOMA - Art Appreciation with Natasha (HO)</p> <p>3:45 Go 4 Life Walking: Village Strolls with Natasha (CY)</p> <p>6:00 Evening Short Stories *Program time may vary depending on house routine (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 31</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</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 (AR)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>Life Enrichment Special Events & Programs that Require Sign Up</p> <p>Saturday, March 7th at 2pm (Community Center) - Music Performance by R.E. Mountain Secondary Students</p> <p>Wednesday, March 11th at 12:30pm - Outing: Nature Walk at Brydon Lagoon *Sign up required by Monday, March 9th via email: lem.tvl@verveseniorliving.com</p> <p>Wednesday, March 11th at 4:30pm (Bistro) - Restaurant Dining Experience *Sign up required by Monday, March 9th via email: lem.tvl@verveseniorliving.com **\$20.00 per guest for a 3-course meal.</p> <p>Tuesday, March 17th at 2pm (Community Center) - St. Patrick's Day Social **Wear Green</p> <p>Wednesday, March 25th at 6pm (Community Center)- Pub Night with Ivan Boudreau</p>				<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Cruise Week</p> <p>Living, Loving, Local</p> <p>Signature Program</p>



Be Welcomed

Oakwood
Community Centre (OCC)
Village Community (VC)
Alder (AL)

Locations Legend

Barn (BN)
Cedar (CE)
Cypress (CY)
Arbutus (AR)
All Households (AH)
Holly (HO)

Community Outing (CO)
Cedar/Cypress (CECY)
Hawthorne (HA)
Arbutus Lawn (LWN)