



INSPIRED SENIOR LIVING

# July 2021 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Don't forget to stay hydrated ! <b>4</b></p> <p>10:00 Catholic Mass - Virtual 1:30 Banagrams Word Game 2:00 United Church Service (Virtual)</p>	<p>Don't forget to stay hydrated ! <b>5</b></p> <p>10:00 Exercises 11:00 Go For Life Walk- Walk Daily 2:00 Helping Hands w/ Charlene 3:30 Giant Crosswords 6:45 Cribbage -</p>	<p>Don't forget to stay hydrated ! <b>6</b></p> <p>10:00 Armchair Yoga (Virtual) 1:00 Wii Game 2:00 Scenic Drive-Please sign up at Reception 3:00 Trivia 3:00 Amplifon Hearing Consultants -Appts. (sign up sheet in Ana office)</p>	<p>Don't forget to stay hydrated ! <b>7</b></p> <p>10:00 Exercises 11:00 Gentle Exercises 2:00 Meet Me at the MoMa- Lecture and Discussion 3:30 Entertainment Hour- Brian Zalo</p>	<p>Don't forget to stay hydrated ! <b>8</b></p> <p>10:30 Canadian Trivia- How Canadian are You! Prizes will be awarded 2:00 Canada Day Celebration- Colleen Durdon performing 3:00 Ice Cream Social in Courtyard</p> <p>10:30 Resident Forum 1:00 Afternoon Walks 1:30 Shopping Bus -Ironwood Plaza ( Sign Up Sheet at Reception ) 7:00 Bingo - Please bring 10 quarters!</p>	<p>Don't forget to stay hydrated ! <b>9</b></p> <p>10:00 Exercises 11:00 Go For Life Walk- Walk Daily 2:00 String Quartet performance 3:30 Happy Hour</p>	<p>Don't forget to stay hydrated ! <b>3</b></p> <p>10:00 Roll - O - Trump Game 11:00 Daily Chronicles /Word Games Packages-Residents pick up 1:30 Wellness Clinic</p>
<p>Don't forget to stay hydrated ! <b>11</b></p> <p>9:00 Foot Care Nurse Services- Sign Up Sheet in Ana's office 10:00 Catholic Mass - Virtual 1:30 Banagrams Word Game 2:00 United Church Service (Virtual)</p>	<p>Don't forget to stay hydrated ! <b>12</b></p> <p>10:00 Exercises 11:00 Go For Life Walk- Walk Daily 2:00 Name That Tune Marathon 3:30 Giant Crosswords 6:45 Cribbage -</p>	<p>Don't forget to stay hydrated ! <b>13</b></p> <p>10:00 Armchair Yoga (Virtual) 2:30 July Birthday &amp; Welcome Tea ( Everyone Welcome)</p>	<p>Don't forget to stay hydrated ! <b>14</b></p> <p>10:00 Exercises 11:00 Java Music Club- Discussion 2:00 Artworks with Allison 3:30 Trivia Challenge</p>	<p>Don't forget to stay hydrated ! <b>15</b></p> <p>10:30 Resident Food Forum 1:00 Afternoon Walks 1:30 Shopping Bus -Ironwood Plaza ( Sign Up Sheet at Reception ) 7:00 Bingo - Please bring 10 quarters!</p>	<p>Don't forget to stay hydrated ! <b>16</b></p> <p>10:00 Exercises 11:00 Go For Life Walk- Walk Daily 2:00 Entertainment Hour w/ Kurt von Hahn 3:30 Happy Hour</p>	<p>Don't forget to stay hydrated ! <b>10</b></p> <p>10:00 Roll - O - Trump Game 11:00 Daily Chronicles /Word Games Packages-Residents pick up 1:30 Wellness Clinic 2:00 Scenic Drive - Sign Up at Reception 3:30 New Game! Tombola - (Italian type Bingo)</p>
<p>Don't forget to stay hydrated ! <b>18</b></p> <p>10:00 Catholic Mass - Virtual 1:30 Banagrams Word Game 2:00 United Church Service (Virtual)</p>	<p>Don't forget to stay hydrated ! <b>19</b></p> <p>10:00 Exercises 11:00 Go For Life Walk- Walk Daily 2:00 Helping Hands with Charlene 3:30 Giant Crosswords 6:45 Cribbage -</p>	<p>Don't forget to stay hydrated ! <b>20</b></p> <p>10:00 Armchair Yoga (Virtual) 1:00 Wii Game 2:00 Scenic Drive-Please sign up at Reception 3:30 Trivia ( Please note time change for today)</p>	<p>Don't forget to stay hydrated ! <b>21</b></p> <p>10:00 Exercises 11:00 Gentle Exercises 1:30 Music Works with Lorri-Virtual 3:00 Ice Cream Floats in the Courtyard</p>	<p>Don't forget to stay hydrated ! <b>22</b></p> <p>9:30 Tai Chi Video 9:30 Shopping Bus -Blundell Centre ( Sign Up Reception) 10:30 FIT MINDS-Interactive Program 1:00 Afternoon Walks 7:00 Bingo - Please bring 10 quarters!</p>	<p>Don't forget to stay hydrated ! <b>23</b></p> <p>10:00 Exercises 11:00 Go For Life Walk- Walk Daily 2:00 Parade of Nations Walk- Residents carrying Flags of their home Countries 3:30 Happy Hour 4:00 Opening Ceremonies- ( Virtual )</p>	<p>Don't forget to stay hydrated ! <b>17</b></p> <p>10:00 Roll - O - Trump Game 11:00 Daily Chronicles /Word Games Packages-Residents pick up 1:30 Wellness Clinic 5:00 Lemonade Social</p>
<p>Don't forget to stay hydrated ! <b>25</b></p> <p>10:00 Catholic Mass - Virtual 1:30 Banagrams Word Game 2:00 United Church Service (Virtual)</p>	<p>Don't forget to stay hydrated ! <b>26</b></p> <p>10:00 Exercises 11:00 Go For Life Walk- Walk Daily 2:00 Ladder Ball/ Flamingo Toss Competition ( Managers vs Residents ) 3:30 Giant Crosswords 6:45 Cribbage -</p>	<p>Don't forget to stay hydrated ! <b>27</b></p> <p>10:00 Armchair Yoga (Virtual) 1:00 Wii Game 3:00 Olympic Trivia- Pick your Country</p>	<p>Don't forget to stay hydrated ! <b>28</b></p> <p>10:00 Exercises 11:00 Olympic Chair Dancing - Don't leave your chair 1:30 Classical Music Concert- Virtual 3:00 Men's Social Hour</p>	<p>Don't forget to stay hydrated ! <b>29</b></p> <p>9:30 Tai Chi Video 10:30 FIT MINDS-Interactive Program 1:00 Afternoon Walks 1:30 Shopping Bus -Ironwood Plaza ( Sign Up Sheet at Reception ) 7:00 Bingo - Please bring 10 quarters!</p>	<p>Don't forget to stay hydrated ! <b>30</b></p> <p>10:00 Exercises 11:00 Go For Life Walk- Walk Daily 2:00 Entertainment Hour w/ Paramount performing ( New Duo to Courtyard ) 3:30 Happy Hour</p>	<p>Don't forget to stay hydrated ! <b>24</b></p> <p>10:00 Roll - O - Trump Game 11:00 Daily Chronicles /Word Games Packages-Residents pick up 1:30 Wellness Clinic 3:00 Armchair Travel- Japan ( You Tube Virtual )</p>
						<p>Don't forget to stay hydrated ! <b>31</b></p> <p>10:00 Roll - O - Trump Game 11:00 Daily Chronicles /Word Games Packages-Residents pick up 1:30 Wellness Clinic 2:00 Scenic Drive - Sign Up at Reception</p>