




INSPIRED SENIOR LIVING

# June 2021 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>10:00 Armchair Yoga (Virtual) (DR)</p> <p>11:00 Daily Chronicles/Word Games Packages-Residents pick up Reception (RECE)</p> <p>2:00 <b>Scenic Drive - Please see Charlene if you'd like to join (FRO)</b></p> <p>3:00 Trivia (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Gentle Exercises (DR)</p> <p>2:00 Meet Me at the MoMa - Lecture (DR)</p> <p>4:00 2. Fit Minds (DR)</p>	<p>10:30 <b>Resident Forum (DR)</b></p> <p>1:00 Afternoon Walks (FL)</p> <p>1:30 <b>Shopping Bus - Ironwood Plaza ( Please contact Charlene ) (MEE)</b></p> <p>7:00 Bingo - Please bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk-Walk Daily (FL)</p> <p>2:00 <b>Live Music w/ Martin Adcock (DR)</b></p> <p>3:30 <b>Happy Hour (DR)</b></p>	<p>10:00 Roll - O - Trump Game (DR)</p> <p>11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC)</p> <p>1:30 Wellness Clinic (ANA)</p> <p>3:30 New Game! Tombola - (Italian tvne Bingo) (DR)</p>
<p>10:00 Catholic Mass - Virtual (DR)</p> <p>2:00 United Church Service (Virtual) (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk- Walk Daily (FL)</p> <p>2:00 World's Most Extraordinary Homes - Virtual (DR)</p> <p>3:30 Giant Crosswords (DR)</p>	<p>10:00 Armchair Yoga (Virtual) (DR)</p> <p>11:00 Daily Chronicles/Word Games Packages-Residents pick up Reception (RECE)</p> <p>1:00 Wii Game (DR)</p> <p>3:00 Trivia (DR)</p>	<p>10:00 Exercises (DR)</p> <p>1:30 Music Works with Lorri - Virtual (DR)</p> <p>3:00 Ice Cream Treats- (DR)</p>	<p>10:30 <b>Food Forum- New and Exciting (DR)</b></p> <p>1:00 Afternoon Walks (FL)</p> <p>1:30 <b>Trio Bike Taxi Rides- Call Charlene (Weather permitting) (OUT)</b></p> <p>7:00 Bingo - Please bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk-Walk Daily (FL)</p> <p>2:00 <b>Live Music with Brian Zallo (CTY)</b></p> <p>3:30 <b>Happy Hour (DR)</b></p>	<p>10:00 Roll - O - Trump Game (DR)</p> <p>11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC)</p> <p>1:30 Wellness Clinic (ANA)</p> <p>2:00 <b>Scenic Drive (OUT)</b></p>
<p>10:00 Catholic Mass - Virtual (DR)</p> <p>2:00 United Church Service (Virtual) (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk-Walk Daily (FL)</p> <p>2:30 <b>Birthday &amp; Welcome Gathering (DR)</b></p> <p>4:00 Giant Crosswords (DR)</p>	<p>10:00 Armchair Yoga (Virtual) (DR)</p> <p>11:00 Daily Chronicles/Word Games Packages-Residents pick up Reception (RECE)</p> <p>1:00 Wii Game (DR)</p> <p>2:00 <b>Scenic Drive (FRO)</b></p> <p>3:00 Trivia (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Gentle Exercises (DR)</p> <p>1:30 Music Works with Lorri - Virtual (DR)</p> <p>3:00 Family Feud Game (DR)</p>	<p>9:30 Tai Chi Video (DR)</p> <p>10:30 FIT MINDS (DR)</p> <p>1:00 Afternoon Walks (FL)</p> <p>3:00 Bingo - Please bring 10 quarters! ( Time change for today) (DR)</p> <p>7:00 Bingo - Please bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk-Walk Daily (FL)</p> <p>2:00 <b>Live Music with Allen Boolinoff (DR)</b></p> <p>3:30 <b>Happy Hour (DR)</b></p>	<p>10:00 Roll - O - Trump Game (DR)</p> <p>11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC)</p> <p>1:30 Wellness Clinic (ANA)</p> <p>2:00 Artworks with Allison (DR)</p>
<p>10:00 Catholic Mass - Virtual (DR)</p> <p>12:00 <b>Father's Day Social Lunch (DR)</b></p> <p>2:00 United Church Service (Virtual) (DR)</p> <p>2:00 <b>Ice Cream Truck (OUT)</b></p>	<p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk-Walk Daily (FL)</p> <p>1:30 <b>Making Strawberry Jam (DR)</b></p> <p>3:30 Giant Crosswords (DR)</p>	<p>10:00 Armchair Yoga (Virtual) (DR)</p> <p>11:00 Daily Chronicles/Word Games Packages-Residents pick up Reception (RECE)</p> <p>1:00 Wii Game (DR)</p> <p>2:00 <b>Scenic Drive (FRO)</b></p> <p>3:00 Trivia (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Gentle Exercises (DR)</p> <p>1:30 Music Works with Lorri - Virtual (DR)</p> <p>3:00 Word Games (DR)</p>	<p>9:30 Tai Chi Video (DR)</p> <p>10:30 FIT MINDS (DR)</p> <p>1:00 Afternoon Walks (FL)</p> <p>1:30 <b>Shopping Bus-Ironwood Plaza (MEE)</b></p> <p>7:00 Bingo - Please bring 10 quarters! (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk-Walk Daily (FL)</p> <p>2:00 Sing-a-long with Suzie Q (DR)</p> <p>3:30 <b>Happy Hour (DR)</b></p>	<p>10:00 Roll - O - Trump Game (DR)</p> <p>11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC)</p> <p>1:30 Wellness Clinic (ANA)</p> <p>2:00 Weekend Bingo (DR)</p>
<p>10:00 Catholic Mass - Virtual (DR)</p> <p>2:00 United Church Service (Virtual) (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Go For Life Walk-Walk Daily (FL)</p> <p>2:00 <b>Decorating for Canada Day (DR)</b></p> <p>3:30 Giant Crosswords (DR)</p>	<p>10:00 Armchair Yoga (Virtual) (DR)</p> <p>11:00 Daily Chronicles/Word Games Packages-Residents pick up Reception (RECE)</p> <p>1:00 Wii Game (DR)</p> <p>2:00 <b>Scenic Drive (FRO)</b></p> <p>3:00 Trivia (DR)</p>	<p>10:00 Exercises (DR)</p> <p>11:00 Gentle Exercises (DR)</p> <p>1:30 Trio Bike Taxi Rides- Call Charlene (Weather permitting) (OUT)</p>	<p><u>Dimensions Of Wellness Legend</u></p> <ul style="list-style-type: none"> <li><span style="color: green;">■</span> Physical</li> <li><span style="color: purple;">■</span> Intellectual</li> <li><span style="color: blue;">■</span> Social</li> <li><span style="color: red;">■</span> Emotional</li> <li><span style="color: cyan;">■</span> Purposeful</li> <li><span style="color: yellow;">■</span> Spiritual</li> </ul>		

