






INSPIRED SENIOR LIVING

# August 2021 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 10:00 Catholic Mass - Virtual (DR) 1:30 Banagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR)	<b>2</b> B.C Day ( Civic Holiday ) 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 11:45 BC Town/City Word Game (DR) 2:00 Spotlight on a BC Legend: Dal Richards (DR) 2:00 Knit, Stitch @ Visit ( Welcome Back Volunteer: Margaret ) (CRM) 3:30 Giant Crosswords (DR) 6:45 Cribbage (DR)	<b>3</b> 10:00 Armchair Yoga (Virtual) (DR) 1:00 Wii Game (DR) 2:00 Scenic Drive-Please sign up at Reception (FRO) 3:00 Trivia (DR) 3:30 Color Me Calm (DR)	<b>4</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 2:00 Family Feud Game (DR) 3:00 Ice Coffee Cart (CTY)	<b>5</b> 10:30 Resident Forum and Coffee Social (DR) 1:00 Go4 Life Walk (OUT) 1:30 Shopping Bus -Ironwood Plaza -Sign Up Sheet at Reception (MEE) 7:00 Bingo - Please bring 10 quarters! (DR)	<b>6</b> 10:00 Exercise (GAR) 11:00 Go For Life Walk- Walk Daily (CTY) 2:00 Sing-a-long with Susie Q (DR) 3:30 Happy Hour (DR)	<b>7</b> 9:00 Foot Care Nurse Services-Sign Up Sheet in Ana's office (CRM) 10:00 Roll - O - Trump Game (DR) 11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC) 1:30 Wellness Clinic (ANA) 2:00 Bingo - Please bring 10 quarters! (DR) 3:30 Ice Tea Social in the Courtyard (CTY)	
<b>8</b> 10:00 Catholic Mass - Virtual (DR) 1:30 Banagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR) 3:00 Sunday Casino (DR)	<b>9</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 2:00 Music Bingo- Songs from 40's, 50's & 60's (DR) 2:00 Knit, Stitch @ Visit (CRM) 3:30 Giant Crosswords (DR)	<b>10</b> 10:00 Baby Grand Piano will be Tuned! Quiet if Fireside Loune (FL) 10:00 Armchair Yoga (Virtual) (DR) 1:00 Wii Game (DR) 2:00 Scenic Drive-Please sign up at Reception (FRO)	<b>11</b> 10:00 Exercises (DR) 11:00 Java Music Club and Coffee Social (CRM) 11:00 Go For Life Walk- Walk Daily (CTY) 2:00 Artworks with Allison (DR) 3:00 Scattergories Game (CRM)	<b>12</b> 10:30 Food Forum- New and Exciting (DR) 1:00 Go4 Life Walk (OUT) 1:30 Shopping Bus -Ironwood Plaza -Sign Up Sheet at Reception (MEE) 2:00 Trio Bike Rides! (FRO) 7:00 Bingo - Please bring 10 quarters! (DR)	<b>13</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 2:30 Pacific Chamber Music Academy Students Performance (FL) 3:30 Happy Hour (DR)	<b>14</b> 10:00 Roll - O - Trump Game (DR) 11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC) 1:30 Wellness Clinic (ANA) 3:30 Ladder Ball (CTY)	
<b>15</b> 10:00 Catholic Mass - Virtual (DR) 1:30 Banagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR)	<b>16</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 2:00 Life Stories with Linda (DR) 2:00 Knit, Stitch @ Visit (Cancelled) (CRM) 3:30 Giant Crosswords (DR) 6:45 Cribbage (DR)	<b>17</b> 10:00 Armchair Yoga (Virtual) (DR) 11:30 Lunch Outing to Whitespot ( Sign Up Sheet at Reception ) (FRO) 1:00 Wii Game (DR) 3:00 Trivia (DR)	<b>18</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 11:00 Wow! Word Games (DR) 2:00 Meet Me at the Moma (DR) 3:00 Ice Cream Treats (DR)	<b>19</b> 9:30 Tai Chi Video (DR) 9:30 Shopping Bus -Blundell Centre (Sign Up Sheet at Reception) (FRO) 1:00 Go4 Life Walk (OUT) 2:00 Afternoon Bingo- Residents Request (DR) 7:00 Bingo - Please bring 10 quarters! (DR)	<b>20</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 2:00 Jennifer Lauren performing (FL) 3:30 Happy Hour (DR)	<b>21</b> 10:00 Roll - O - Trump Game (DR) 11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC) 1:30 Wellness Clinic (ANA) 3:00 Young Musicians and Artists performing (CTY) 3:00 Lemonade Social (CTY)	
<b>22</b> 10:00 Catholic Mass - Virtual (DR) 1:30 Banagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR)	<b>23</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 3:30 Giant Crosswords (DR) 6:45 Cribbage (DR)	<b>24</b> 10:00 Armchair Yoga (Virtual) (DR) 11:00 Pick up Audio Books & Tapes (RES) 2:30 August Birthday and Welcome Tea. (Everyone Welcome) (DR)	<b>25</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 11:00 Library Outreach Program-Deliver new Books to Residents room (RES) 1:30 Pineapple Xmas Tree Decorating Contest ( Supplies will be Provided ) (DR) 3:00 Hawaii Drink Social (CTY)	<b>26</b> 9:30 Tai Chi Video (DR) 10:30 FIT MINDS-Interactive Program (DR) 1:00 Go4 Life Walk (OUT) 1:30 Shopping Bus -Ironwood Plaza -Sign Up Sheet at Reception (MEE) 7:00 Bingo - Please bring 10 quarters! (DR)	<b>27</b> Christmas in Summer (WB) 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 2:00 Christmas in Hawaii Entertainment Hour w/ Peter Williams (DR) 3:30 Happy Hour (DR) 4:45 Hawaiian Christmas Dinner (DIN)	<b>28</b> 10:00 Roll - O - Trump Game (DR) 11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC) 1:30 Wellness Clinic (ANA) 3:00 Afternoon Matinee (DR)	
<b>29</b> 10:00 Catholic Mass - Virtual (DR) 1:30 Banagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR)	<b>30</b> 10:00 Exercises (DR) 11:00 Go For Life Walk- Walk Daily (CTY) 3:30 Giant Crosswords (DR) 6:45 Cribbage (DR)	<b>31</b> 10:00 Armchair Yoga (Virtual) (DR) 1:00 Wii Game (DR) 2:00 Scenic Drive-Please sign up at Reception (FRO) 3:00 Trivia (DR)	  			<u>Dimensions Of Wellness Legend</u> Physical Intellectual Social Spiritual Purposeful Emotional	