



Courtyard onnection

Assisted Living | September 2022

A Few Words from Camila,

September is a beautiful month where nature starts to show its life cycle with beautiful colors and tones. It is also the month of the hummingbird; these birds always fascinate me as I cannot fathom how they move so fast and never tire.

With Autumn just around the corner, I have learnt to appreciate not to grieve the summer as much, considering how hot our past few summers have been. Autumn brings us hearty foods, cozy weather, and pumpkin flavors that exude wonderful memories.

On another note, our wonderful team is working around the clock to make your stay at Courtyard Gardens second to none. I hope you enjoy your days and if you spot any hummingbirds in our community, let me know!

Take care everyone!



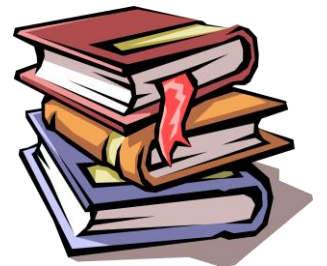
Alzheimer's Coffee Break

Thursday, September 15th
2:30 p.m.
Dogwood Room

Donations for Alzheimer's

National Read a Book Day September 6th

Thank you to our library helpers,
Eda Salewski and Shirley Bakaway for keeping our library neat and organized!



Lunch outing to Legend's Pub

Thursday,
September 22nd
Departing at 11:30 a.m.
Sign up at reception

DINING DELIGHTS AT CYG

Join us, as we highlight & feature our love for corn!



We invite you to visit and attend any of our featured dining events with friends and family. Stay for a meal in our private dining room!

Make a reservation anytime!
604-273-1225

FEATURED LIFE ENRICHMENT EVENTS IN SEPTEMBER

- ❖ Live Music w/ John Dean (New Entertainer) – Saturday, September 3rd 2:00 p.m.
- ❖ Introduction to Labor History (Documentary video) – Monday, September 5th 3:00 p.m.
- ❖ Movie Night: Inside the Mind of a Cat Documentary – Tuesday, September 6th 6:45 p.m.
- ❖ Live Music w/ Brian Zalo – Friday, September 9th 2:00 p.m.
- ❖ Mindfulness Session w/ Harmeeek – Tuesday, September 13th 10:00 a.m.
- ❖ Birthday & Welcome Tea Party (Sunflower themed) – Tuesday, September 13th 2:30 p.m.
- ❖ Ceramic Painting Class – Wednesday, September 14th 2:00 p.m.
- ❖ Shopping bus to Walmart – Thursday, September 15th 9:30 a.m.
- ❖ Alzheimer's Coffee Break Day – Thursday, September 15th 2:30 p.m.
- ❖ Live Music w/ Robert Risman – Friday, September 16th 2:00 p.m.
- ❖ Doe Bender Jazz – Saturday, September 17th 1:30 p.m.
- ❖ Artful Enrichment Demonstration Class – Saturday, September 17th 2:00 p.m.
- ❖ Germany Travelogue w/ Treats – Sunday, September 18th 3:00 p.m.
- ❖ Altavida Fashions Clothing Sale – Tuesday, September 20th 11:00 a.m.
- ❖ Introduction to Silk Painting – Wednesday, September 21st and 27th 2:00 p.m.
- ❖ Lunch Outing to Legends – Thursday, September 22nd 11:30 p.m.
- ❖ Oktoberfest Party w/ Live Music from Vonda & Grant – Friday, September 23rd 2:00 p.m.
- ❖ Java Music Club – Saturday, September 24th 3:30 p.m.
- ❖ Armchair Travel: Wendy's Trip to Iceland! – Tuesday, September 27th 2:30 p.m.