



# Courtyard onnection

*Be Kind*

Assisted Living | November 2022

## A few words from Camila,

Dear Residents and Family,

We are all looking forward to some great activities in November, we'll be getting ready for the holidays with the various events coming at the end of the year. With flu and cold season upon us, we are very thankful for everyone who participated in the Flu/Covid clinic.

On another note, we will be showing the Remembrance Day Service on the TV in the Dogwood Room in honor of the brave soldiers.

As always, if you see me around, please say hello. If you have any questions or concerns, or even a compliment, my door is always open.

Stay safe, stay healthy, and take care.  
Until next time!

## Paula's fashionable handmade accessories!

Come to the Carnation Room on Monday, November 28<sup>th</sup> at 11am to buy Paula's handmade scarfs, shawls, and accessories!!

## Daylight Savings

On November 5<sup>th</sup>, please remember to turn your clocks **BACK** one hour!!



## Ethnicity & Immigration in Canada – Virtual Platform

Join us in the Dogwood Room at 1pm. Bring your questions and enjoy a meaningful discussion!

## Foot Care

Foot Care Nurse is coming on November 20<sup>th</sup> 9:00 am – 12:00 p.m. Please sign up at reception!



## Get Crafty this Month!

Calligraphy Class w/ Paulen & Allison – **Wednesday, November 9<sup>th</sup> 2:00 p.m.**  
Gingerbread Hand Scrub – **Wednesday, November 23<sup>rd</sup> 2:00 p.m.**  
Christmas Card Creations – **Saturday, November 26<sup>th</sup> 2:00 p.m.**



Join us, as we highlight & feature our love for salmon this month!



We are excited to announce Courtyard Gardens' next brunch buffet on **Sunday, November 13<sup>th</sup>**

## DINING DELIGHTS AT CYG



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 NOVEMBER

- Meet Me at the MoMa Lecture – **Wednesday, November 2<sup>nd</sup> 2:00 p.m.**
- Java Music Club: Gratitude – **Thursday, November 3<sup>rd</sup> 2:30 p.m.**
- Live Music w/ Peter & Rockin All-stars – **Friday, November 4<sup>th</sup> 2:00 p.m.**
- Weekend Bingo w/ Resident Cheryl – **Saturday, November 5<sup>th</sup> 2:00 p.m.**
- Drum Fit w/ Charlene – **Monday, November 7<sup>th</sup> 2:00 p.m.**
- Men's Social Hour – **Tuesday, November 8<sup>th</sup> 3:30 p.m.**
- Symbols of BC: Educational Presentation from Legislative Library in Victoria – **Wednesday, November 9<sup>th</sup> 2:00 p.m.**
- Remembrance Day on TV - **Friday, November 11<sup>th</sup> 10:30 a.m.**
- Live Remembrance Day Music w/ Kyle Windjack - **Friday, November 11<sup>th</sup> 2:00 p.m.**
- Lemon Tea & Trumpets: Vancouver Symphony Orchestra (virtual) – **Saturday, November 12<sup>th</sup> 2:00 p.m.**
- Bananagrams Word Game – **Sunday, November 13<sup>th</sup> 1:30 p.m.**
- A Very Berry Birthday & Welcome Tea Party – **Tuesday, November 15<sup>th</sup> 2:30 p.m.**
- Old Time Detective Radio Shows & International Coffee – **Thursday, November 17<sup>th</sup> 2:00 p.m.**
- Live Music w/ Patricia Coletta – **Friday, November 18<sup>th</sup> 2:00 p.m.**
- Altavida Fashions Clothing Sale – **Tuesday, November 22<sup>nd</sup> 11:00 a.m.**
- Autumn Craft: Gingerbread Hand Scrub – **Wednesday, November 23<sup>rd</sup> 2:00pm (sign up required)**
- Christmas Card Creations – **Saturday, November 26<sup>th</sup> 2:00pm**
- Homemade Cinnamon Buns – **Sunday, November 27<sup>th</sup> 2:30 p.m. (sign up required)**

