




INSPIRED SENIOR LIVING

July 2025 Courtyard Gardens




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Tea, coffee and snacks available in the Country Kitchen 1 Canada Day! 8:00 Canada Day Parade (MEE) 9:30 Armchair Yoga (Virtual Event) (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Canada Day Party with Live music by Peter Williams (CTY) 6:45 Evening Movie -Canada Untold (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 2 10:00 Rise & Shine Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Drama Club- Skit Readings (3RD) 2:00 Summer Popsicles In The Gardens (CTY) 3:30 Trivia (FL) 6:45 Evening Movie - Mack and Rita - Starring Diane Keaton (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 3 9:30 Tai Chi w/ Eric Lui (DR) 10:15 Name that tune (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus -Dollarama & Michaels @ Bridgeport-Sign Up Sheet at Reception (MEE) 2:00 Calendar Review with Megan (FL) 2:30 Afternoon Movie - Westside Story (DR) 3:30 Mahjong (CRM) 6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 4 10:00 DrumFit (DR) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Let's Play Petanque! (GAR) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Jumanji the next level - Starring Dwayne Johnson (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 5 10:00 Roll - O - Trump (DR) 2:00 Saturday Matinee - Johnny English Reborn - Starring Rowan Atkinson (DR) 3:30 Saturday Afternoon Trivia in the Courtyard (FL) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)</p>	
<p>Tea, coffee and snacks available in the Country Kitchen 6 9:00 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) 9:30 Sunday Morning Yoga! (DR) 11:00 Sounds a bit Fishy - True or False Game (FL) 11:00 Sounds a bit Fishy - True or False Game (FL) 2:00 Tri-Bike Rides -Sign Up with reception (MEE) 3:30 1:1 Visits with Life Enrichment Staff (RES) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 7 9:30 Morning Exercises (DR) 10:30 Fit Minds (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 History of Chocolate - Tasting included! (FL) 3:00 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (DR) 6:45 Netflix Movie - Nonnas - Starring Vince Vaughn and Susan Sarandon (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 8 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Java Music Club (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Scenic Drive - Sign up at Reception (MEE) 3:30 Tuesday Afternoon Roll-O- Trump (DR) 6:45 Netflix Movie - Moneyball - Starring Brad Pitt (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 9 10:00 Ball Fit Exercise- Disco Music (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Living Loving Local- Razzling Raspberry (DR) 2:30 Orange Creamsicle Ice Cream Floats (CTY) 3:30 Trivia (FL) 6:45 Netflix Movie - The long Game - Starring Dennis Quaid (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 10 9:30 Tai Chi w/ Eric Lui (DR) 10:15 Food Forum 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus -Ironwood Plaza -Sign Up Sheet at Reception (MEE) 2:00 Corn Hole Game (DR) 3:30 Drama Club- Skit Reading (DR) 6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 11 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Visit from the students at bowling green preschool. (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Music by Mike Kinal (FL) 3:15 Happy Hour (DR) 6:45 Netflix Movie - The Book Club - Starring Diane Keaton and Jane Fonda (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 12 10:00 Roll - O - Trump (DR) 2:00 Tombola Game - (Italian type Bingo) (DR) 3:30 Cold Drinks and Cornhole in the Courtyard! (CTY) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 13 9:30 Sunday Morning Yoga! (DR) 10:30 Minoru Track Walking with Allison (RECE) 2:00 United Church Service (Virtual Event) (DR) 2:30 "En Plein Art" in the Garden (CTY) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 14 9:30 Morning Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (DR) 6:45 Netflix Movie - Ticket to Paradise - Starring George Clooney and Julia Roberts (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 15 9:30 Armchair Yoga (Virtual Event) (DR) 10:00 Clark Shoes - Shoe Sale (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Resident Forum (DR) 3:30 Tuesday Afternoon Roll-O- Trump (DR) 6:45 Netflix Movie - Fatherhood - Starring Kevin Hart (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 16 9:30 Morning Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Drama Club- Skit Readings (DR) 2:00 Health and Wellness Chats with Michelle (DR) 3:30 Trivia (FL) 5:45 Summer Concert in the Plaza at Minoru - Sign up with reception (We will be walking) (MEE)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 17 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Bananagrams (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:30 Lunch Club - Picnic in the Courtyard -Kentucky Fried Chicken (\$5 per resident) - Sign up with reception - Limited seats. (CTY) 1:30 Shopping Bus -Walmart -Sign Up Sheet at Reception (MEE) 4:00 Sing-A-Long with Linda (FL) 6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 18 10:00 DrumFit (DR) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Petanque in the Courtyard ! (CTY) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - TBA (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 19 10:00 Roll - O - Trump (DR) 2:30 Garden Sing A-Long and Cool Snacks (CTY) 4:00 Farkle (CRM) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tea, coffee and snacks available in the Country Kitchen 20</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Wordle Word Games (DR)</p> <p>2:30 "En Plein Art" in the Garden (CTY)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 21</p> <p>10:00 Morning Exercises (DR)</p> <p>10:30 Life Long Learning - Buying into Thrifting - Learn how thrifting has evolved over the years (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>2:00 Monthly Birthday Party and Welcome Tea - Teddy Bear Picnic Theme (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Disney+ Movie - Remember the Titans - Starring Denzel Washington (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 22</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:00 Altavida Fashions Clothing Sale - Brighten up your Wardrobe (Credit, Debit or Cash Payment) (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Picnic outing to Centennial Beach - Sign up with Reception (MEE)</p> <p>2:00 Netflix Documentary - The Shark Whisperer (DR)</p> <p>6:45 Evening Movie - Clambake - Starring Elvis Presley (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 23</p> <p>10:00 Drum Fit Exercise- Disco Music (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Fit Minds- Summer Trivia (DR)</p> <p>2:30 Cherry Coke Ice Cream Floats (CTY)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - The Starling - Starring Melissa McCarthy (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 24</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Jingle Bells in July - Discussion Group (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus to Garden City Save-On-Foods - Sign Up at Reception (MEE)</p> <p>2:30 Tri-Bike Rides - Sign Up with reception (MEE)</p> <p>4:00 Word Games with Linda (FL)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 25</p> <p>9:30 Exercise (DR)</p> <p>10:30 Music Therapy with Sydney (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Meet Me at the MoMA - Virtual visit to the Museum of Modern Art History and discussion (DR)</p> <p>3:15 Happy Hour in the Courtyard (DR)</p> <p>6:45 Friday Night Movie - The Peanut Butter Falcon - Starring Shia LaBeouf (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 26</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Afternoon Outing to Dairy Queen! (Sign up at Reception) (Outi)</p> <p>4:00 'Who or What Am I?' with Wendy J (FL)</p> <p>6:45 Bananagrams (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 27</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Minoru Track Walking with Allison (RECE)</p> <p>2:30 Open Artworks Studio Time (CRM)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 28</p> <p>9:30 Exercise (DR)</p> <p>10:30 Cornhole (GAR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Artfull Enrichment - Paint Class- Grumpy Cats (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Evening Movie - Radio - Starring Cuba Gooding jr & Ed Harris (Based on a true story) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 29</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 FitMinds (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:30 Picnic Outing - Sign up at Reception (MEE)</p> <p>2:00 Bananagrams (CRM)</p> <p>4:00 Comedy Hour - Short Jokes and One Liners (FL)</p> <p>6:45 Disney+ Movie - Armageddon - Starring Bruce Willis (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 30</p> <p>10:00 DrumFit (DR)</p> <p>10:30 Drama Club- Skit Readings (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Let's Make Friendship Bracelets! (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - Snow White (2025 version) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 31</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Tri-Bike Rides - Sign Up with reception (MEE)</p> <p>3:00 Thursday Afternoon Roll-O- Trump (DR)</p> <p>4:00 1 on 1 Visits (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	 <p>Culinary Arts Month</p>	



WEDNESDAY
JULY 16
National Hot Dog Day

Be Heard

Locations Legend

Dogwood Room (DR)	Gardenside Lounge (GAR)
Reception (RECE)	Residents Room (RES)
Carnation Room (CRM)	3rd Floor Lounge (3RD)
Fireside Lounge (FL)	Outing (Outi)
Meet in Lobby (MEE)	
Courtyard (CTY)	

Calendar Legend

- Outing
- Special Program
- Cruise Week
- Living, Loving, Local
- Signature Program