



INSPIRED SENIOR LIVING

January 2026 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Popcorn Day</p>	 <p>National Chocolate Cake Day</p>					
<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>4</p> <p>National Trivia Day</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Good News Network with Hailey! (DR)</p> <p>2:00 Musical Performance by Leading Tone Education Society (FL)</p> <p>3:30 Random Trivia and Facts to celebrate National Trivia Day (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>5</p> <p>9:30 Excercises (DR)</p> <p>10:30 Drama Club (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Let's Play Cornhole! (GAR)</p> <p>2:30 Therapeutic Coloring (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Netflix Series- This is Us (Drama Starring Mandy Moore) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>6</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Word Games (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Performance by Camili Quartet (FL)</p> <p>3:30 Afternoon Documentary - Lost on Everest (DR)</p> <p>6:45 Evening Movie - Catch me if you can (Starring Leonardo DiCaprio) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>7</p> <p>9:30 Excercises (DR)</p> <p>10:30 Card Games (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Resident Forum + Food Forum (combined) (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - Enola Holmes (A mystery movie about Sherlock Holmes little sister) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>8</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 FitMinds (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus - Wal-Mart - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Elvis appreciation in honor of Elvis's Birthday (FL)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>9</p> <p>9:30 DrumFit (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Meet Me at the MoMA - Virtual visit to the Museum of Modern Art History (DR)</p> <p>2:00 Go For Life Walk - Remember your Daily Walk - Sign up with Megan (RECE)</p> <p>2:00 'The Price Is Right' Game (FL)</p> <p>2:15 Mahjong - New Players Welcome - (3RD)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Fatherhood (Staring Kevin Hart) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>10</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Tombola Game (Italian type Bingo) (DR)</p> <p>3:30 Tim Horton's French Vanilla Cappuccino Social (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</p> <p>11</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>11:00 Wordle Word Games (FL)</p> <p>2:30 Let's Play Bocce! (FL)</p> <p>4:00 Farkle - Dice Game (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</p> <p>12</p> <p>9:30 Excercises (DR)</p> <p>10:30 Drama Club (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Snowball Toss + Minute to Win it Games (FL)</p> <p>2:30 Therapeutic Coloring (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Netflix Series- This is Us (Drama Starring Mandy Moore) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>13</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Who Wants to Be A Millionaire? (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>12:00 Lunch Club - Pizza! (Sign up with Megan -\$5 cost) (DR)</p> <p>2:00 Scrabble (CRM)</p> <p>3:30 Balloon Volleyball (DR)</p> <p>6:45 Evening Movie - Sully (Staring Tom Hanks) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>14</p> <p>9:30 Exercises (DR)</p> <p>10:45 UNO - Card Game (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Washer Toss (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - The Help (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>15</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Let's Play Cornhole! (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus - Garden City Mall - Sign Up Sheet at Reception (MEE)</p> <p>2:00 FitMinds (FL)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>16</p> <p>9:30 DrumFit (DR)</p> <p>10:30 Mindfulness & Music making with Purple (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Name That Tune (DR)</p> <p>2:15 Mahjong - New Players Welcome - (3RD)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Invincible (Staring Mark Wahlberg) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen</p> <p>17</p> <p>10:00 Roll - O - Trump (DR)</p> <p>1:30 Afternoon Movie - Titanic (DR)</p> <p>2:30 Bus Outing (MEE)</p> <p>6:45 Bananagrams (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>

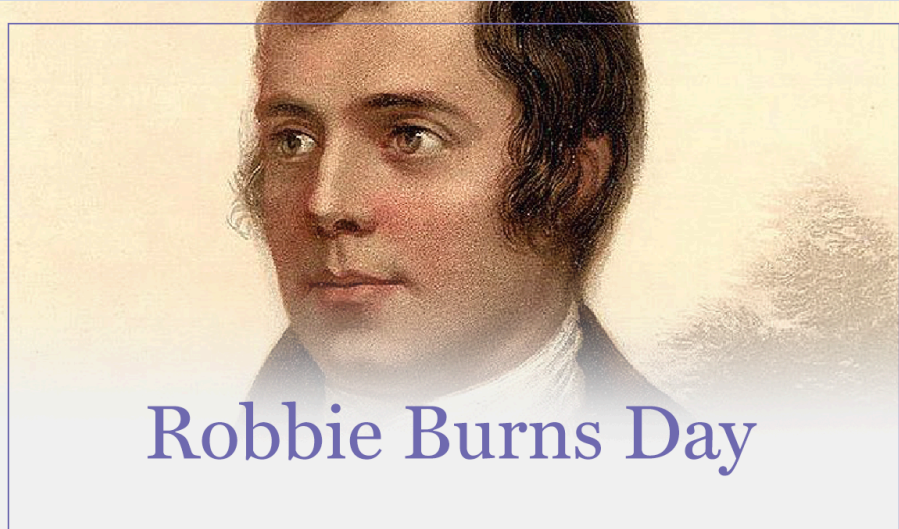


INSPIRED SENIOR LIVING

January 2026 Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tea, coffee and snacks available in the Country Kitchen 18</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Make your own Crest (CRM)</p> <p>2:30 Musical Performance by the Youth Musician and Artist Association Group (FL)</p> <p>4:00 Random Trivia and Facts (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 19</p> <p>9:30 Exercises (DR)</p> <p>10:45 You Be The Judge- Discussion (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 January Birthday & Welcome Tea - Winter Wonderland Theme with Live music by The Suede Dogs (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Netflix Series- This is Us (Drama Starring Mandy Moore) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 20</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 FitMinds - Word Games (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Artfull Enrichment - (Art Program) (DR)</p> <p>3:30 Tuesday Afternoon Roll-O-Trump (DR)</p> <p>6:45 Evening Movie - Big (Staring Tom Hanks) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 21</p> <p>9:30 Excercises (DR)</p> <p>10:30 Let's Make Sock Snowmen (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Bell Let's Talk Day - Java Music Club (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - Saving Mr Banks (Staring Tom Hanks) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 22</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 'Who or What Am I?' with Wendy (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus - Ironwood Plaza - Sign Up Sheet at Reception (MEE)</p> <p>2:00 Jeopardy (FL)</p> <p>3:30 1:1 Visits with Life Enrichment Staff (RES)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 23</p> <p>9:30 DrumFit (DR)</p> <p>10:30 Mindfulness & Music making with Purple (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Karoke Sing-a-long (DR)</p> <p>2:15 Mahjong - New Players Welcome - (3RD)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Gifted (Staring Chris Evans) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 24</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>3:00 Afternoon Documentary - Stonehenge Decoded (DR)</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 25</p> <p>Wear Your Plaids Today- Happy Robbie Burns Day</p> <p>9:30 Sunday Morning Yoga! (DR)</p> <p>10:30 Let's Learn About Robbie Burns (DR)</p> <p>2:00 Performance by Sonore Music Society (FL)</p> <p>3:45 Scottish Snacks and Warm Drink Social (FL)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 26</p> <p>9:30 Excercises (DR)</p> <p>10:30 FitMinds (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Let's Play Cornhole! (DR)</p> <p>2:30 Therapeutic Coloring (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Netflix Series- This is Us (Drama Starring Mandy Moore) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 27</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Farkle - Dice Game (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Artfull Enrichment - (Art Program) (DR)</p> <p>3:30 Tuesday Afternoon Roll-O-Trump (DR)</p> <p>6:45 Evening Movie - Cruella (Staring Emma Stone) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 28</p> <p>9:30 Exercises (DR)</p> <p>10:45 Balloon Volleyball (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Arm chair travel - Sweden (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Evening Movie - Oz the Great and Powerful (Staring James Franco) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 29</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Let's Play Petanque! (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus - Lansdowne Mall - Sign Up Sheet at Reception (MEE)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 30</p> <p>10:30 Mindfulness & Music making with Purple (DR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>2:00 Word Games (FL)</p> <p>2:15 Mahjong - New Players Welcome - (3RD)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - The Devil Wears Prada (Staring Meryl Streep) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 31</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Afternoon Drumfit (DR)</p> <p>3:00 Therapeutic Coloring (CRM)</p> <p>6:45 Bananagrams (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>



Robbie Burns Day

Be Welcomed

Locations Legend

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

Calendar Legend

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