



INSPIRED SENIOR LIVING

July 2026

The Village Langley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Life Enrichment Program Highlights & Programs Requiring Sign Up</u></p> <p>July 1st @ 2pm- Canada Day Performance by the Amazing Choir ' Capital Choir' (Community Center)</p> <p>July 7th @1:30pm- Wine and Cheese Social (Cedar/Cypress & Community Center)</p> <p>July 8th @4:30pm- Restaurant Experience (Bistro) Sign Up Required. RSVP via email: lem.tvl@hotmail.com by July 6th</p> <p>July 9th - Special Guest, Gregory Charles Visit *See Newsletter for Details</p> <p>July 15th @12:30pm- Beach Outing: Crescent Beach *Sign Up Required. RSVP via email: lem.tvl@verveseniorliving.com by July 13th</p> <p>July 29th @6pm- Pub Night with Brian Zalo (Community Center)</p>			<p>Canada Day (VC) 1</p> <p>10:15 Music with Meg, Music Therapist (AL)</p> <p>10:30 Sound Bowl Therapy with Tracy Riley (CE)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>12:30 Fit Minds with Hannah (OCC)</p> <p>2:00 Canada Day Performance: Capital Choir (OCC)</p> <p>4:15 Helping Hands at the Barn with Hannah (BN)</p> <p>6:00 Games Night: Canada Day Themed Bingo (OCC)</p>	<p>10:00 Walk 4 Life: Village Stroll with Ashlyn (VC) 2</p> <p>10:30 Drumfit with Ashlyn (OCC)</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Hannah (VC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>2:00 Sing Fit with Ashlyn (AL)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>3:15 Helping Hands - Mail Delivery with Ashlyn (OCC)</p> <p>4:15 Helping Hands at the Barn with Hannah (BN)</p> <p>6:00 Java Music Club with Hannah (AR)</p>	<p>9:00 Helping Hands at the Barn with Nik (BN) 3</p> <p>10:00 Helping Hands: Flower Picking & Arrangements with Nik (VC)</p> <p>12:30 Coffee/Tea Talk with Volunteer (OCC)</p> <p>1:00 Outing: Walk the Block with Nik (CO)</p> <p>2:00 Active Lawn Games: Corn Hole with Nik (HAWL)</p> <p>3:00 Helping Hands - Mail Delivery with volunteer (OCC)</p> <p>6:00 Movie Night *Program time may vary depending on house routine (AH)</p>	<p>9:00 Helping Hands at the Barn with Natalie (BN) 4</p> <p>10:30 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Fit Minds at the Bistro with Nik (OCC)</p> <p>2:00 Active Game: Parachute Game with Nik (OCC)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>4:15 Helping Hands at the Barn with Nik (BN)</p> <p>6:00 Creative Hands: Rock Painting (WKSP)</p>
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 5</p> <p>10:30 GCF: Nature and Gardening with Natasha (OCC)</p> <p>1:00 Fit Minds at the Bistro with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:00 Piano Music by Charis (volunteer) (OCC)</p> <p>4:15 Helping Hands: Mail Delivery with Volunteer (VC)</p> <p>4:30 Helping Hands at the Barn with Nik (BN)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>Green Care Farm (BN) 6</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 GCF: Barn Animals Visit (BN)</p> <p>10:30 GCF: Gardening (BN)</p> <p>11:00 Can Fit Pro: Outdoor Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:00 GCF: Nature Craft (BN)</p> <p>1:00 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (CE)</p> <p>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 7</p> <p>National Wine & Cheese Day (VC)</p> <p>9:45 Walk 4 Life: Village Stroll with Natasha (VC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>12:45 Walk 4 Life: Village Stroll with Hannah (VC)</p> <p>1:30 Wine and Cheese Social (OCC)</p> <p>3:00 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>3:15 Sing Fit with Hannah (AR)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>10:15 Music with Meg, Music Therapist (AL) 8</p> <p>10:30 Drum Fit with Hannah (OCC)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>12:30 Fit Minds with Hannah (OCC)</p> <p>2:00 Sound Bowl Therapy with Tracy Riley (CY)</p> <p>2:00 Patio Visit with Hannah (CE)</p> <p>3:15 Walk 4 Life: Village Stroll with Hannah (CY)</p> <p>4:30 Restaurant Dining Experience with Hannah & Natalie (OCC)</p> <p>6:30 Family Council *Virtual (OCC)</p>	<p>9:45 Walk 4 Life: Village Stroll with Natalie (VC) 9</p> <p>10:15 Music with Meg, Music Therapist (One to Ones) (AH)</p> <p>12:30 Sing Fit with Hannah (HH)</p> <p>1:15 Sing Along with The Song Birds Choir & with Special Guest Gregory Charles (OCC)</p> <p>3:15 CanFit Pro: Seated Yoga with Natalie (OCC)</p> <p>3:15 Helping Hands - Mail Delivery with Hannah (OCC)</p> <p>6:00 Java Music Club with Hannah (AL)</p>	<p>National Kitten and Puppy Day (OCC) 10</p> <p>10:00 Helping Hands: Flower Picking & Arrangements (VC)</p> <p>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>1:45 Cat and Puppy Visit (OCC)</p> <p>2:30 Helping Hands - Mail Delivery with Hannah (OCC)</p> <p>6:00 Movie Night *Program time may vary depending on house routine (AH)</p>	<p>10:30 Drumfit with Hannah (OCC) 11</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Fit Minds at the Bistro with Nik (OCC)</p> <p>2:00 Active Game: Bowling (OCC)</p> <p>2:00 House Visit: Disco Dance Party with Nik (CE)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Creative Hands: Rock Painting (WKSP)</p>
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 12</p> <p>10:30 GCF: Nature and Gardening with Natasha (OCC)</p> <p>1:00 Fit Minds at the Bistro with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:00 Piano Music by Charis (volunteer) (OCC)</p> <p>4:15 Helping Hands: Mail Delivery with Volunteer (VC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>Green Care Farm (BN) 13</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 GCF: Barn Animals Visit (BN)</p> <p>10:30 GCF: Gardening (BN)</p> <p>11:00 Can Fit Pro: Outdoor Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:00 GCF: Nature Craft (BN)</p> <p>1:00 Fit Minds: Coffee and Friends (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (CE)</p> <p>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 14</p> <p>9:45 Walk 4 Life: Village Stroll with Natasha (VC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>3:00 House Program with Natasha (AL)</p> <p>3:15 Sing Fit with Hannah (AR)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>3:15 Patio Visit with Hannah (CE) 15</p> <p>10:15 Music with Meg, Music Therapist (AL)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>11:00 Drum Fit with Natalie (OCC)</p> <p>12:30 Fit Minds with Hannah (OCC)</p> <p>12:30 Beach Outing: Crescent Beach (CO)</p> <p>2:00 Sound Bowl Therapy with Tracy Riley (CE)</p> <p>3:15 Patio Spa with Nik (CY)</p> <p>6:00 Games Night: Music Bingo! with Nik (OCC)</p> <p>6:00 Helping Hands at the Barn with Hannah (BN)</p>	<p>9:45 Walk 4 Life: Village Stroll with Natalie (VC) 16</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Hannah (VC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>1:30 CanFit Pro: Seated Yoga with Natalie (OCC)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>3:15 House Program with Hannah (AL)</p> <p>6:00 Java Music Club with Hannah (HA)</p>	<p>10:00 Helping Hands: Flower Picking & Arrangements (VC) 17</p> <p>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>2:15 Helping Hands - Mail Delivery with Hannah (OCC)</p> <p>2:30 Men's Club: Car Wash with Natalie (CE)</p> <p>3:00 Barn Visit & Egg Collecting with Hannah (BN)</p> <p>6:00 Movie Night *Program time may vary depending on house routine (AH)</p>	<p>10:30 Drumfit with Hannah (OCC) 18</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Fit Minds at the Bistro with Nik (OCC)</p> <p>2:00 House Visit: Disco Dance Party with Nik (CE)</p> <p>2:00 Active Lawn Game: Bocce Ball with Hannah (HAWL)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Creative Hands: Rock Painting (WKSP)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 19</p> <p>10:30 GCF: Nature and Gardening with Natasha (OCC)</p> <p>1:00 Fit Minds at the Bistro with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:00 Piano Music by Charis (volunteer) (OCC)</p> <p>4:15 Helping Hands: Mail Delivery with Volunteer (VC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p><i>Green Care Farm (BN)</i> 20</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 GCF: Barn Animals Visit (BN)</p> <p>10:30 GCF: Gardening (BN)</p> <p>11:00 Can Fit Pro: Outdoor Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:00 GCF: Nature Craft (BN)</p> <p>1:00 Fit Minds: Coffee and Friends (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (CE)</p> <p>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 21</p> <p>9:45 Walk 4 Life: Village Stroll with Natasha (VC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>3:00 House Program with Natasha (AL)</p> <p>3:15 Sing Fit with Hannah (AR)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>10:15 Music with Meg, Music Therapist (AL) 22</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>11:00 Drum Fit with Natalie (OCC)</p> <p>12:30 Fit Minds with Hannah (OCC)</p> <p>2:00 Sound Bowl Therapy with Tracy Riley (CY)</p> <p>2:00 Patio Visit with Hannah (CE)</p> <p>3:15 Patio Spa with Hannah (CY)</p> <p>6:00 Games Night: Music Bingo with Hannah (OCC)</p>	<p>9:45 Walk 4 Life: Village Stroll with Natalie (VC) 23</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Hannah (VC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>1:30 CanFit Pro: Seated Yoga with Natalie (OCC)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>3:00 House Program with Hannah (AL)</p> <p>6:00 Java Music Club with Hannah (HO)</p>	<p>10:00 Helping Hands: Flower Picking & Arrangements (VC) 24</p> <p>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>2:15 Helping Hands - Mail Delivery with Hannah (OCC)</p> <p>2:30 Men's Club: Car Wash with Natalie (CE)</p> <p>3:00 Barn Visit & Egg Collecting with Hannah (BN)</p> <p>6:00 Movie Night *Program time may vary depending on house routine (AH)</p>	<p>10:30 Drumfit with Hannah (OCC) 25</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Fit Minds at the Bistro with Nik (OCC)</p> <p>2:00 Active Lawn Game: Cornhole with Nik (OCC)</p> <p>2:00 House Visit: Disco Dance Party with Hannah (CE)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Creative Hands: Rock Painting (WKSP)</p>
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 26</p> <p>10:30 GCF: Nature and Gardening with Natasha (OCC)</p> <p>1:00 Fit Minds at the Bistro with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:00 Piano Music by Charis (volunteer) (OCC)</p> <p>4:15 Helping Hands: Mail Delivery with Volunteer (VC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p><i>Green Care Farm (BN)</i> 27</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 GCF: Barn Animals Visit (BN)</p> <p>10:30 GCF: Gardening (BN)</p> <p>11:00 Can Fit Pro: Outdoor Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:00 GCF: Nature Craft (BN)</p> <p>1:00 Fit Minds: Coffee and Friends (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Fitness with Natasha (CE)</p> <p>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 28</p> <p>9:45 Walk 4 Life: Village Stroll with Natasha (VC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:30 Helping Hands - Mail Delivery with Hannah (OCC)</p> <p>2:15 Meet Me at the MOMA - Art Appreciation with Natasha (HO)</p> <p>3:15 Sing Fit with Hannah (AR)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>10:15 Music with Meg, Music Therapist (AL) 29</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>11:00 Drum Fit with Natalie (OCC)</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>2:00 Sound Bowl Therapy with Tracy Riley (CE)</p> <p>2:00 Patio Visit with Hannah (CE)</p> <p>3:15 Patio Spa with Hannah (CY)</p> <p>6:00 Pub Night with Live Music - Brian Zalo (OCC)</p>	<p>9:45 Walk 4 Life: Village Stroll with Natalie (VC) 30</p> <p>12:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Hannah (VC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>1:30 CanFit Pro: Seated Yoga with Natalie (OCC)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>3:15 House Program with Hannah (AL)</p> <p>6:00 Java Music Club with Hannah (AR)</p>	<p>10:00 Helping Hands: Flower Picking & Arrangements (VC) 31</p> <p>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>12:30 Townhall Meeting (Community Center) (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>1:30 Fit Minds at the Bistro with Hannah (OCC)</p> <p>2:30 Helping Hands - Mail Delivery with Hannah (OCC)</p> <p>2:30 Men's Club: Car Wash with Natalie (CE)</p> <p>6:00 Movie Night *Program time may vary depending on house routine (AH)</p>	



Be *Among Friends*

Locations Legend

- Oakwood Community Centre (OCC)
- Village Community (VC)
- Cedar (CE)
- Barn (BN)
- Alder (AL)

Locations Legend

- All Households (AH)
- Arbutus (AR)
- Cypress (CY)
- Community Outing (CO)
- Cedar/Cypress (CECY)

Locations Legend

- Workshop (WKSP)
- Hawthorne Lawn (HAWL)
- Holly (HO)
- Hawthorn/Holly (HH)
- Hawthorne (HA)

Calendar Legend

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