COURTYARD GARDENS

April 2019

Verve INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**April Fools Day** **1** 7:30 Breakfast - Open Seating 11:00 **Modified OsteoFit Exercises** 11:00 Piano Music with Diane Babcock [FL] 11:45 Lunch 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 4:45 Dinner 7:00 **Cribbage [CRM]**	**Remember to Sign up for Shopping Bus** **2** 7:30 Breakfast - Open Seating 10:00 **Yoga for Seniors- Video [DR]** 11:00 **Shopping Bus to Tsawwassen Mills Shopping Centre** 11:45 Lunch 2:00 **Knit, Stitch and Visit [DR]** 3:00 **Specialty Coffee Social [FL]** 4:45 Dinner 6:45 **Rummy [CRM]**	7:30 Breakfast - Open Seating **3** 10:00 **Modified OsteoFit Exercises (New Time on Wednesdays) [DR]** 11:00 **Music Works w/ Lorri (New Music Therapy Program) [DR]** 11:45 Lunch 2:00 Hangman- Wheel Of Fortune Version [DR] 3:00 **Euchre [CRM]** 4:15 **Piano Music w/Mabon [FL]** 4:45 Dinner 7:00 **Pokeno ($3.40 in nickels) [DR]**	7:30 Breakfast - Open Seating **4** 10:00 **Go4 Life Walking Club** 10:30 **Resident Forum & Tea Social [DR]** 11:45 Lunch 2:00 **Courtyard's Got Talent Show Meeting [DR]** 2:30 What's My Line [DR] 3:30 **Tai Chi- New Day and Time [DR]** 4:45 Dinner 7:00 **Bingo (10 quarters) [DR]**	7:30 Breakfast - Open Seating **5** 10:00 **Catholic Communion [CRM]** 11:00 **Modified OsteoFit Exercises [DR]** 11:45 Lunch 2:00 Trivia [DR] 3:30 **Happy Hour w/ Jennifer Lauren performing [FL]** 4:45 Dinner	7:30 Breakfast - Open Seating **6** 10:30 **Modified OsteoFit Exercises [DR]** 11:45 Lunch 1:30 **Go4 Life Walking Club** 1:30 **Wellness Clinic** 2:00 Discussion Group: 'What's it Worth to You'? [DR] 3:00 **Scrabble w/ Christa [CRM]** 4:45 Dinner 6:45 **Movie Night-The Greatest Showman [DR]**
7:30 Breakfast - Open Seating **7** 11:45 Lunch 2:00 **Presbyterian Church Service [DR]** 3:00 Bridge [CRM] 3:00 **Wii Game - Tennis, Golf and Bowling [DR]** 4:45 Dinner	7:30 Breakfast - Open Seating **8** 11:00 **Modified OsteoFit Exercises** 11:00 Piano Music with Diane Babcock [FL] 11:45 Lunch 2:00 **Name That Spring Tune w/ Linda [DR]** 3:00 **Manicures with Sarah [CRM]** 3:30 Giant Crosswords [DR] 4:45 Dinner 7:00 **Cribbage [CRM]**	7:30 Breakfast - Open Seating **9** 9:00 **Foot Care Services [CRM]** 10:00 **Yoga for Seniors- Video [DR]** 11:00 **Pick up Audio Books and Tapes** 11:45 Lunch 2:30 **April Birthday & Welcome Tea w/ Peter Williams performing [DR]** 3:30 **Connect Hearing Consultants [CRM]** 4:45 Dinner 6:45 **Rummy [CRM]**	7:30 Breakfast - Open Seating **10** 10:00 **Modified OsteoFit Exercises (New Time on Wednesdays) [DR]** 11:00 **Carda Creations [CRM]** 11:15 **Music Works w/ Lorri (New Music Therapy Program) [DR]** 11:45 Lunch 2:00 **TED TALKS [DR]** 3:00 Euchre [CRM] 4:00 **Drop off Audio Books and Tapes** 4:15 **Piano Music w/Mabon [FL]** 4:45 Dinner 7:00 **Pokeno ($3.40 in nickels) [DR]**	**Remember to Sign up for Shopping Bus** **11** 7:30 Breakfast - Open Seating 10:00 **Health Talks- Cannabis [DR]** 11:00 Go4 Life Walking Club-Walk w/ Charlene 11:45 Lunch 2:00 **Shopping Bus- Ironwood Plaza** 3:30 **Tai Chi- New Day and Time [DR]** 4:45 Dinner 7:00 **Bingo (10 quarters) [DR]**	7:30 Breakfast - Open Seating **12** 10:00 **Catholic Mass [CRM]** 11:00 **Modified OsteoFit Exercises [DR]** 11:45 Lunch 2:00 Trivia [DR] 3:30 **Happy Hour w/ Music Variations performing [DR]** 4:45 Dinner	7:30 Breakfast - Open Seating **13** 10:30 **Modified OsteoFit Exercises [DR]** 11:45 Lunch 1:30 **Go4 Life Walking Club** 1:30 **Wellness Clinic** 2:00 **Scenic Drive** 3:00 **Scrabble w/ Christa [CRM]** 3:30 **Talent Show Rehearsal [DR]** 4:45 Dinner 6:45 **Movie Night-Sinatra to be Frank [DR]**
7:30 Breakfast - Open Seating **14** 11:45 Lunch 2:00 **Talent Show Rehearsal [DR]** 3:00 Bridge [CRM] 4:45 Dinner	7:30 Breakfast - Open Seating **15** 11:00 **Modified OsteoFit Exercises** 11:00 Piano Music with Diane Babcock [FL] 11:45 Lunch 2:00 **Crafts w/ Wendy [DR]** 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 4:45 Dinner 7:00 **Cribbage [CRM]**	7:30 Breakfast - Open Seating **16** 10:00 **Yoga for Seniors- Video [DR]** 11:45 Lunch 2:00 **Knit, Stitch and Visit [DR]** 2:00 **Scenic Drive** 4:45 Dinner 6:45 **Rummy [CRM]**	7:30 Breakfast - Open Seating **17** 10:00 **Modified OsteoFit Exercises (New Time on Wednesdays) [DR]** 11:00 **Music Works w/ Lorri (New Music Therapy Program) [DR]** 11:45 Lunch 2:00 **Richmond Singers Ensemble [FL]** 4:15 **Piano Music w/Mabon [FL]** 4:45 Dinner 7:00 **Pokeno ($3.40 in nickels) [DR]**	**Remember to Sign up for Shopping Bus** **18** 7:30 Breakfast - Open Seating 9:30 **Shopping Bus - Blundell Centre** 10:00 **Go4 Life Walking Club** 11:45 Lunch 2:00 **Expressive Art Workshop [DR]** 3:30 **Tai Chi- New Day and Time [DR]** 4:45 Dinner 7:00 **Bingo (10 quarters) [DR]**	**Good Friday** **19** **Passover Starts** 7:30 Breakfast - Open Seating 10:00 **Catholic Communion [CRM]** 11:00 **Modified OsteoFit Exercises [DR]** 11:45 Lunch 2:00 Trivia [DR] 3:30 **Happy Hour w/ Allen Boolinoff performing [DR]** 4:45 Dinner	7:30 Breakfast - Open Seating **20** 10:30 **Modified OsteoFit Exercises [DR]** 11:45 Lunch 1:30 **Go4 Life Walking Club** 1:30 **Wellness Clinic** 2:00 **Java Music Club- Discussion [DR]** 3:00 **Scrabble w/ Christa [CRM]** 4:45 Dinner 6:45 **Movie Night- Three Coins in a Fountain [DR]**
Easter Sunday **21** 11:00 **Easter Buffet** 2:00 **Lutheran Church Service [DR]** 3:00 Bridge [CRM] 4:45 Dinner	**Earth Day** **22** **Easter Monday** 7:30 Breakfast - Open Seating 11:00 **Modified OsteoFit Exercises** 11:45 Lunch 1:30 **Book Club Meeting [CRM]** 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 4:45 Dinner 7:00 **Cribbage [CRM]**	7:30 Breakfast - Open Seating **23** 10:00 **Yoga for Seniors- Video [DR]** 11:45 Lunch 2:00 **Knit, Stitch and Visit [DR]** 2:00 **Scenic Drive** 3:00 **Manicures with Sarah [CRM]** 4:45 Dinner 6:45 **Rummy [CRM]**	7:30 Breakfast - Open Seating **24** 9:00 **Foot Care Services [CRM]** 10:00 **Modified OsteoFit Exercises (New Time on Wednesdays) [DR]** 11:00 **Music Works w/ Lorri (New Music Therapy Program) [DR]** 11:45 Lunch 2:00 **Expressive Art Workshop [DR]** 4:15 **Piano Music w/Mabon [FL]** 4:45 Dinner 7:00 **Pokeno ($3.40 in nickels) [DR]**	7:30 Breakfast - Open Seating **25** 10:00 **Go4 Life Walking Club** 10:30 **Anglican Church Service [DR]** 11:00 **Java Music Club [DR]** 11:30 **Lunch Outing to White Spot (Bridgeport)** 11:45 Lunch 2:30 **Talent Show Final Rehearsal [DR]** 3:30 **Tai Chi- New Day and Time [DR]** 4:45 Dinner 7:00 **Bingo (10 quarters) [DR]**	7:30 Breakfast - Open Seating **26** 10:00 **Catholic Communion [CRM]** 11:00 **Modified OsteoFit Exercises [DR]** 11:30 **Avon Lady [FL]** 11:45 Lunch 2:00 **Courtyard's Got Talent Show [DR]** 3:30 **Happy Hour [FL]** 4:45 Dinner	7:30 Breakfast - Open Seating **27** 10:30 **Modified OsteoFit Exercises [DR]** 11:45 Lunch 1:30 **Go4 Life Walking Club** 1:30 **Wellness Clinic** 2:00 **Tiptoe Through the Tulips - an Tulip Tour! [DR]** 3:00 **Scrabble w/ Christa [CRM]** 4:45 Dinner 6:45 **Movie Night- The Favorite [DR]**
7:30 Breakfast - Open Seating **28** 11:45 Lunch 2:00 **United Church Service [DR]** 3:00 Bridge [CRM] 4:45 Dinner	7:30 Breakfast - Open Seating **29** 11:00 **Modified OsteoFit Exercises** 11:00 Piano Music with Diane Babcock [FL] 11:45 Lunch 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 4:45 Dinner 7:00 **Cribbage [CRM]**	7:30 Breakfast - Open Seating **30** 10:00 **Yoga for Seniors- Video [DR]** 11:45 Lunch 2:00 **Knit, Stitch and Visit [DR]** 2:00 **Scenic Drive** 4:45 Dinner 6:45 **Rummy [CRM]**	Emotional Intellectual Physical Purposeful Social Spiritual		COURTYARD GARDENS INSPIRED SENIOR LIVING WITH Verve	

Created on Thursday, March 28, 2019 10:55 PM