Verve INSPIRED SENIOR LIVING

September 2021

Courtyard Gardens

COURTYARD GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Name The Tune with Charlene (DR) 3:30 Trivia (DR)	2 10:30 Resident Forum and Coffee Social (DR) 1:00 Go4 Life Walk (OUT) 1:30 Shopping Bus -Ironwood Plaza - Sign Up Sheet at Reception (MEE) 3:00 Word Games - School Days Theme (DR) 7:00 Bingo - Please bring 10 quarters! (DR)	3 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Entertainment Hour w/ Daniel O'Donnell Music Video (DR) 3:15 Happy Hour (DR)	4 Please note Program Changes for Today 10:00 Roll - O - Trump Game (DR) 11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC) 1:30 Wellness Clinic (ANA) 2:00 What's My Line? (DR)
5 10:00 Catholic Mass - Virtual (DR) 1:30 Bananagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR) 3:00 Private Function in Dogwood Room (DR)	6 Rosh HaShanah, Jewish New Year Labor Day Holiday 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Technology Workshop- Learn all about our new Ipads (DR) 3:30 Giant Crosswords (DR) 6:45 Cribbage (DR)	7 10:00 Armchair Yoga (Virtual) (DR) 12:00 Planned Power Outrage (WB) 6:30 Movie Night- The Dig (DR)	8 10:00 Exercises (DR) 11:00 News and Views with Charlene (DR) 1:30 Music Works with Lorri - Virtual (DR) 3:30 Trivia (DR)	9 10:30 Food Forum- (DR) 1:00 Go4 Life Walk (OUT) 1:30 Shopping Bus - Ironwood Plaza -Sign Up Sheet at Reception (MEE) 7:00 Bingo - Please bring 10 quarters! (DR)	10 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Virtual Classical Music Concert (DR) 3:15 Happy Hour (DR)	11 10:00 Roll - O - Trump Game (DR) 11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC) 1:30 Wellness Clinic (ANA) 2:00 Scenic Drive- Sign Up at Reception (FRO)
12 Grandparents Day 9:00 Foot Care Nurse Services-Sign up Sheet posted in Ana's Office (CRM) 10:00 Catholic Mass - Virtual (DR) 10:00 Coffee and Conversation (CRM) 1:30 Bananagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR)	13 9:00 Voting Station- Federal Election (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Knit, Stitch , Crafts @ Visit (CRM) 3:30 Giant Crosswords (DR) 6:45 Cribbage (DR)	14 10:00 Armchair Yoga (Virtual) (DR) 2:30 September Birthday & Welcome Tea (Apple Theme (DR)	15 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 11:00 Chair Dancing -Don't leave your chair (DR) 2:00 Family Feud- Game (DR) 3:30 Trivia (DR)	16 9:30 Tai Chi Video (DR) 9:30 Shopping Bus -Seafair Shopping Centre (Sign up at Reception) (MEE) 2:00 FIT MINDS-Interactive Program (DR) 3:00 Hot Apple Cider Social (FL) 7:00 Bingo - Please bring 10 quarters! (DR)	17 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Entertainment Hour w/ Music Variations (DR) 3:15 Happy Hour (DR)	18 10:00 Roll - O - Trump Game (DR) 11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC) 1:30 Wellness Clinic (ANA) 2:00 Weekend Bingo (DR)
19 10:00 Catholic Mass - Virtual (DR) 10:30 Morning Walk w/ Mona (FRO) 1:30 Bananagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR) 3:30 Young Musicians and Artist Performance (FL)	20 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Mid Autumn Moon Festival Tea Social (DR) 3:30 Giant Crosswords (DR) 6:45 Cribbage (DR)	21 Ken & Barbara Foster's Wedding Anniversary 10:00 Armchair Yoga (Virtual) (DR) 2:00 Scenic Drive - Sign Up at Reception (MEE)	22 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Meet Me at the MoMa Discussion (DR) 3:30 Trivia (DR)	23 9:30 Tai Chi Video (DR) 10:30 FIT MINDS-Interactive Program (DR) 1:00 Go4 Life Walk (OUT) 1:30 Shopping Bus -Ironwood Plaza -Sign Up Sheet at Reception (MEE) 7:00 Bingo - Please bring 10 quarters! (DR)	24 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Entertainment Hour w/ Martin Adcock (DR) 3:15 Happy Hour (DR)	25 10:00 Roll - O - Trump Game (DR) 11:00 Daily Chronicles /Word Games Packages-Residents pick up (REC) 1:30 Wellness Clinic (ANA) 2:00 New Game! Tombola - (Italian type Bingo) (DR)
26 10:00 Catholic Mass - Virtual (DR) 1:30 Bananagrams Word Game (CRM) 2:00 United Church Service (Virtual) (DR)	27 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Knit, Stitch , Crafts @ Visit (CRM) 3:30 Giant Crosswords (DR) 6:45 Cribbage (DR)	28 Elfriede Dorge 100th Birthday 10:00 Armchair Yoga (Virtual) (DR) 11:30 Lunch Outing to Milltown Pub-Sign Up at Reception (MEE) 3:00 TED TALKS-Discussion (DR)	29 9:00 Foot Care Nurse Services-Sign Up Sheet in Ana's office (CRM) 10:00 Exercises (DR) 11:00 Go For Life Walk - Walk Daily (CTY) 2:00 Meet Me at the MoMa - Art Class (DR) 3:30 Trivia (DR)	30 9:30 Tai Chi Video (DR) 10:30 FIT MINDS-Interactive Program (DR) 1:00 Go4 Life Walk (OUT) 3:00 Armchair Travel- Germany (DR) 7:00 Bingo - Please bring 10 quarters! (DR)	Locations Legend Dogwood Room (DR) Courtyard (CTY) Carnation Room (CRM) Meet in Lobby (MEE) Outside (OUT) Reception (REC) Ana's Office (ANA) Front Entrance (FRO) Fireside Lounge (FL) Whole Building (WB)	Dimensions Of Wellness Legend Physical Intellectual Spiritual Purposeful Social Emotional