Verve INSPIRED SENIOR LIVING

March 2023
Courtyard Gardens

COURTYARD GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Exercises (DR) 11:00 Go 4 Life Walk (FL) 11:00 Fit Minds- Wacky Word Games (DR) 2:00 Gees Bend Quilters Discussion (DR) 3:30 Trivia (DR) **1**	9:30 Tai Chi w/ Eric Lui (DR) **2** 10:30 Resident Forum (DR) 1:30 Shopping Bus to Ironwood Plaza - Sign Up Sheet at Reception (MEE) 2:00 Java Music Club with Mona (DR) 6:45 Bingo - Bring 10 quarters! (DR)	10:00 Exercises (DR) **3** 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Music w/ Roberto Risman (DR) 3:15 Happy Hour (DR)	10:00 Roll - O - Trump Game (DR) **4** 2:00 Wellness Clinic - Walk In (No appt necessary) (HR's) 2:30 Richmond Music School Students Performance (FL) 3:30 Easter Card Creations (DR)
9:00 Foot Care Nurse Services-Sign Up at Reception (CRM) **5** 10:00 Gentle Exercise (DR) 1:30 Bananagrams Word Game (CRM) 2:00 United Church Service (Virtual Event) (DR) 3:15 Who Wants to Be A Millionaire? Game (DR)	10:00 Drum Fit Exercises (DR) **6** 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Adult Coloring Books (CRM) 2:00 Fashion History of the 1920's-1970's (DR) 3:30 Giant Crosswords (DR) 6:45 Cribbage - Moved to Carnation Room (CRM)	10:00 Armchair Yoga (Virtual Event) (DR) **7** 2:00 Knit Stitch & Visit w/ Margaret (CRM) 2:00 Afternoon Matinee-" New Release Movie" (DR) 3:30 Scrabble - Resident Run (CRM) 4:30 Manicures by Mariyam (CRM)	International Women's Day **8** 9:30 Ladies Coffee & Talk for International Women's Day! (Early Time) (CRM) 11:00 Go 4 Life Walk (FL) 11:00 Exercises- Note time change today (DR) 2:00 Acrylic Painting Class with Greta! (CRM) 3:30 Trivia (DR)	9:30 Tai Chi w/ Eric Lui (DR) **9** 10:30 Food Forum (DR) 1:30 Shopping Bus to Ironwood Plaza - Sign Up Sheet at Reception (MEE) 3:30 Gentle Exercises (DR) 6:45 Bingo - Bring 10 quarters! (DR)	10:00 Exercises (DR) **10** 10:30 Catholic Mass w/ Father Felix from St Paul's Church (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:30 Avon Services (FL) 2:00 Live Music w/Martin Adcock (DR) 3:15 Happy Hour (DR)	10:00 Roll - O - Trump Game (DR) **11** 2:00 Wellness Clinic - Walk In (No appt necessary) (HR's) 2:30 Super Saturday Bingo (DR)
Daylight Savings Time- Turn Your Clocks Forward **12** 10:00 Gentle Exercises (DR) 1:30 Bananagrams Word Game (CRM) 2:00 Lutheran Church Service - In Person (DR) 3:00 You Be The Judge (DR)	10:00 Exercises (DR) **13** 11:00 Go For Life Walk - Meet with Charlne (RECE) 1:30 Wii Game - Golf (DR) 2:00 Adult Coloring Books (CRM) 3:30 Giant Crosswords (DR) 6:45 Cribbage - Moved to Carnation Room (CRM)	10:00 Armchair Yoga (Virtual Event) (DR) **14** 2:00 Knit Stitch & Visit w/ Margaret (CRM) 3:00 Pop Up Candy Shop- $2.00 per Bag (DR) 3:30 Scrabble - Resident Run (CRM) 4:30 Manicures by Mariyam (CRM)	10:00 Exercises (DR) **15** 11:00 Go 4 Life Walk (FL) 2:00 Acrylic Painting Class with Greta! (CRM) 3:30 Trivia (DR)	9:30 Tai Chi w/ Eric Lui (DR) **16** 10:30 FIT MINDS - Interactive Program (DR) 1:30 Shopping Bus to Dollarama & Michaels Craft Store - Sign Up Sheet at Reception (MEE) 6:45 Bingo - Bring 10 quarters! (DR)	St.Patrick's Day **17** 10:00 Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Word Games- All Things " Irish" (DR) 2:00 St.Patrick's Day Sing-a-long (DR) 3:15 Happy Hour (DR)	10:00 Roll - O - Trump Game (DR) **18** 2:00 Wellness Clinic - Walk In (No appt necessary) (HR's) 2:00 Scenic Drive (RECE)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:00 Men's Coffee Social (FL) 1:30 Bananagrams Word Game (CRM) 2:00 United Church Service (Virtual Event) (DR) 3:00 Jeopardy Trivia with hot drink (FL)	**20** Spring Begins 10:00 Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Wii Game - Golf (DR) 2:00 Short & Funny Stories with Charlene (CRM) 3:30 Giant Crosswords (DR) 6:45 Cribbage - Moved to Carnation Room (CRM)	**21** 10:00 Armchair Yoga (Virtual Event) (DR) 2:30 Birthday & Welcome Tea - Spring Theme (DR) 3:30 Scrabble - Resident Run (CRM) 4:30 Manicures by Mariyam (CRM)	**22** 10:00 Exercises (DR) 11:00 Go 4 Life Walk (FL) 2:00 New - Corn Hole Game-with Charlene (DR) 3:30 Trivia (DR)	**23** First Day of Ramadan 9:30 Tai Chi w/ Eric Lui (DR) 10:30 FIT MINDS - Interactive Program (DR) 1:30 Shopping Bus to Walmart - Sign Up at Reception (MEE) 2:00 Lucky Ladder - Bean Bag Toss Game (DR) 6:45 Bingo - Bring 10 quarters! (DR)	**24** Caribbean Cruise Week Caribbean Cruise Week- First Stop Jamaica 10:00 Drum Fit Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Performance w/ " Sweet Pan Entertainment" (FL) 3:15 Mocktails and Cocktails Happy Hour (DR) 4:45 Bon Voyage Dinner (DIN)	**25** Caribbean Cruise Week Cayman Islands 10:00 Roll - O - Trump Game (DR) 1:30 Verve Open House (DR) 2:00 Wellness Clinic - Walk In (No appt necessary) (HR's) 2:00 Drum Fit Exercise to Caribbean Music with Charlene (DR) 2:00 Piano Performance by Mabon (FL) 3:00 Artfull Enrichment Demonstration Class (CRM)
26 Caribbean Cruise Week 10:00 Let's Play Petanque! (GAR) 1:30 Bananagrams Word Game (CRM) 2:00 United Church Service (Virtual Event) (DR) 3:00 Who Wants to Be A Millionaire Part 2? (DR)	**27** Caribbean Cruise Week Cruise Week- Cuba 10:00 Exercises (DR) 10:30 Fifth Ave. Jewellery Collection Sale (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Minute to Win It Game - Dig for Hidden Treasures! (FL) 12:00 Captain's Lunch - Cuban theme (DIN) 3:30 Cruise Week Giant Crosswords (DR) 6:45 Cribbage - Moved to Carnation Room (CRM)	**28** Caribbean Cruise Week Cruise Week-St.Martin 10:00 Armchair Yoga (Virtual Event) (DR) 11:00 Minute to Win Games- Ping Pong Toss (FL) 1:30 Travelogue- St.Martin (DR) 2:00 Knit Stitch & Visit w/ Margaret (CRM) 2:00 Scenic Drive - Sign up at Reception (MEE) 3:30 Scrabble - Resident Run (CRM) 3:30 Cocktails and Appetizers (DR) 4:30 Manicures by Mariyam (CRM)	**29** Caribbean Cruise Week Cruise Week-Puerto Rico 10:00 Exercises (DR) 11:00 Go 4 Life Walk (FL) 11:00 Travelogue - Puerto Rico (DR) 1:30 Photo Booth - Photos taken in front of Cruise Ship (DR) 3:30 Around the World - Jeopardy and Trivia Contest (DR)	**30** Caribbean Cruise Week Cruise Week-Mexico 9:30 Tai Chi w/ Eric Lui (DR) 9:30 Shopping Bus- Seafair Shopping Centre-Sign Up at Reception (MEE) 10:30 Cruise Week Fit Minds- Learn how to Play Mexican Train Dominos (DR) 2:00 Mexican Dessert Baking: Tortilla Apple Roll Ups (Sign Up Required) (DR) 4:45 Captain's Farewell Gala Dinner-Mexico (DIN) 6:45 Cruise Week Bingo (DR)	**31** Caribbean Cruise Week 10:00 Drum Fit Exercise- Caribbean Music (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 3:00 Live Music w/ John Dean (New Entertainer to Courtyard) (DR) 3:15 Happy Hour (DR)	





Dimensions Of Wellness Legend

- Physical
- Intellectual
- Social
- Emotional
- Spiritual
- Purposeful
- Sensory

Locations Legend

- Dogwood Room (DR)
- Carnation Room (CRM)
- Fireside Lounge (FL)
- Reception (RECE)
- Meet in Lobby (MEE)
- Harmeek's Office (HR's)
- Dining room (DIN)
- Gardenside Lounge (GAR)