



INSPIRED SENIOR LIVING

December 2024

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tea, coffee and snacks available in the Country Kitchen 1</p> <p>9:30 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM)</p> <p>10:00 Excercises (DR)</p> <p>11:00 Meaning of The 12 Days of Christmas & Christmas Carol True Facts (FL)</p> <p>2:00 Music Performance by New Spirit Ensemble (FL)</p> <p>3:00 A Woodward's Christmas-Memories & More (WW Santa Button Draws) (DR)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 2</p> <p>9:30 Excercises (DR)</p> <p>10:30 Fit Minds - Morning Word Games (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Therapeutic Coloring (CRM)</p> <p>1:00 Fifth Ave. Jewellery Collection Sale</p> <p>2:00 Monthly Calendar review- Let's see what happening in December (FL)</p> <p>2:30 Poetry Corner- Dr. Seuss (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Evening Movie - The Polar Express (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 3</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Let's Play Farkle (dice game) (CRM)</p> <p>2:00 Ladies Group with Margaret- Coffee and Chats (CRM)</p> <p>3:00 Monthly Calendar Review in Chinese : 中文講解 月刊活動 (CRM)</p> <p>3:30 1 on 1 visits with Mona (RES)</p> <p>3:30 Gentlemans Club (DR)</p> <p>6:45 Evening Movie- Elf! - Starring Will Ferrell (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 4</p> <p>10:00 Theraband Exercises (DR)</p> <p>11:00 Go 4 Life Walk - Sign up with Megan (MEE)</p> <p>2:00 New Years Eve Craft- Beautiful Vintage 1920's Flapper Headbands- Sign up @ Reception (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Banagrams (CRM)</p> <p>6:45 Evening Movie - Dr.Sesus' How the Grinch Stole Christmas! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 5</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus -Lansdowne Ctr -Sign Up Sheet at Reception (MEE)</p> <p>2:00 Christmas Wreath Making (DR)</p> <p>3:30 Java Music Cub and Warm Drink Social - Cafe Mochas! (FL)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 6</p> <p>9:30 Excercises (DR)</p> <p>10:30 Music Therapy with Sydney (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 New Years Eve Craft- Bling Bling Men's Bowtie (DR)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - A Christmas Carol (1984) (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 7</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Season of Joy - A Christmas Volunteer Performance + warm drinks to be served (FL)</p> <p>3:30 Afternoon Drumfit with Mona (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 8</p> <p>10:00 Excercises (DR)</p> <p>11:00 News and Views Discussion Group (DR)</p> <p>2:00 United Church Service (Virtual Event)</p> <p>2:00 Lutheran Church Service (Virtual) (DR)</p> <p>2:30 Bocce Ball Tournament (DR)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 9</p> <p>9:30 Excercises (DR)</p> <p>10:30 Fill In the Blank Poetry Word Game (FL)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Therapeutic Coloring (CRM)</p> <p>2:00 December Birthday Party & Welcome Tea - "Winter Wonderland Theme" (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Evening Movie - Candy Cane Lane (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 10</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>11:00 Lunch outing to LA Grille - Meet in lobby- Sign up at reception (MEE)</p> <p>2:00 Christmas Card Creations with Wendy J (DR)</p> <p>6:45 Evening Movie -Home Alone (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 11</p> <p>10:00 Ball Fit Exercise- Christmas Theme (DR)</p> <p>11:00 Go 4 Life Walk - Sign up with Megan (MEE)</p> <p>11:00 Living Loving Local- Cranberries (DR)</p> <p>2:00 Performance by Minoru Seniors Glee Club (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Banagrams (CRM)</p> <p>6:45 Evening Movie - Santa Claus is Coming' to Town (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 12</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:15 Food Forum</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>1:30 Shopping Bus -Walmart-Sign Up Sheet at Reception (MEE)</p> <p>2:00 Gingerbread House Decorating (DR)</p> <p>6:45 Christmas Theme Bingo - Eggnog Served- Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 13</p> <p>9:30 Gentle Exercises to Festive Music with Mona (DR)</p> <p>10:30 Music Therapy with Sydney (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 Friends and Family Christmas Party with Live music by Peter Williams (DR)</p> <p>6:45 Friday Night Movie - White Christmas (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 14</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Tombola Game - (Italian type Bingo) (DR)</p> <p>3:30 Festive Flavour Ice Cream Social (FL)</p> <p>4:00 Christmas Questions Game (FL)</p> <p>7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 15</p> <p>10:30 Christmas Traditions and other December Holidays Around the World (FL)</p> <p>2:00 Christmas Concert by the House of Love (FL)</p> <p>3:30 Afternoon Drumfit (DR)</p> <p>6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 16</p> <p>9:30 Morning Exercises (DR)</p> <p>10:30 Resident Forum (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Therapeutic Coloring (CRM)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Eveing Movie- The Christmas Chronicles (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 17</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Random Trivia (FL)</p> <p>1:30 Winter Scenic Drive - Sign up at Reception (MEE)</p> <p>2:00 Ladies Group with Margaret- Coffee and Chats (CRM)</p> <p>3:30 Gentlemans Club (DR)</p> <p>6:30 Christmas Light Tour - Sign Up at Reception (weather dependent) (MEE)</p> <p>6:45 Evening Movie - Christmas in Connecticut (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 18</p> <p>9:30 Chair Dance Exercises with Mona (DR)</p> <p>10:30 Fitminds (FL)</p> <p>11:00 Go 4 Life Walk (MEE)</p> <p>2:00 Let's Play Cornhole! (DR)</p> <p>3:30 Trivia (FL)</p> <p>6:45 Banagrams (CRM)</p> <p>6:45 Evening Movie - Holiday Inn Ft. Bing Crosby (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 19</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>10:30 Let's Play Farkle (dice game) (CRM)</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 Thursday Afternoon Roll-O- Trump (DR)</p> <p>3:30 Drink Social (FL)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 20</p> <p>10:00 DrumFit (DR)</p> <p>10:30 Music Therapy with Sydney (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 Live Music by Greg Alcock (FL)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - Scrooged. Ft. Bill Murray (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 21</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 The Price is Right Game with Hot Drink (DR)</p> <p>3:30 Learn to Play Mahjong (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tea, coffee and snacks available in the Country Kitchen 22</p> <p>10:00 Excercises (DR)</p> <p>2:00 Lutheran Church Service - In Person (DR)</p> <p>2:30 Let's Make Christmas Short Bread (DR)</p> <p>3:30 Wrapping Short Bread as Gifts (DR)</p> <p>6:30 Christmas Party with The Gospel Tabernacle Church (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 23</p> <p>10:00 Drum Fit Exercises- Christmas Theme (DR)</p> <p>11:00 Go For Life Walk - Remember your Daily Walk (RECE)</p> <p>11:00 Java Music Club- Celebrations (DR)</p> <p>2:00 Therapeutic Coloring (CRM)</p> <p>2:00 Christmas Craft- Scratch Art (DR)</p> <p>3:30 Giant Crosswords (DR)</p> <p>6:45 Evening Movie - A Christmas Story (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 24</p> <p>Christmas Eve</p> <p>9:30 Armchair Yoga (Virtual Event) (DR)</p> <p>10:30 Reading of the Night Before Christmas (FL)</p> <p>11:00 Christmas Trivia (FL)</p> <p>1:45 Christmas Sing A-Long & Warm Drinks with Megan (FL)</p> <p>3:00 Afternoon Movie - It's A Wonderful Life (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 25</p> <p>Christmas Day</p> <p>Hannukah Begins</p> <p>10:00 Java Music Club with Mona and warm drinks (FL)</p> <p>2:30 Afternoon Movie -Meet Me in St. Louis ft. Judy Garland (DR)</p> <p>6:45 Banagrams (CRM)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 26</p> <p>Christmas Day</p> <p>Boxing Day</p> <p>9:30 Tai Chi w/ Eric Lui (DR)</p> <p>2:00 Andrea Bocelli: The Heart of Christmas Concert (FL)</p> <p>3:30 Let's Play Bocce! (DR)</p> <p>6:45 Bingo - Bring 10 quarters! (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 27</p> <p>9:30 Sit and Stretch Exercise (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 Live music by Peter Paulus (FL)</p> <p>3:15 Happy Hour (DR)</p> <p>6:45 Friday Night Movie - New Years Eve (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 28</p> <p>10:00 Roll - O - Trump (DR)</p> <p>2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM)</p> <p>2:00 Saturday Afternoon Word Games (FL)</p> <p>3:00 Afternoon Movie - Tick Tick Boom - An adaptation of the autobiographical musical by Jonathan Larson, who revolutionized theater as the creator of Rent. (DR)</p> <p>7:00 Bible study with Vincent (CRM)</p>
<p>Tea, coffee and snacks available in the Country Kitchen 29</p> <p>10:00 Excercises (DR)</p> <p>11:00 Bananagrams (DR)</p> <p>2:00 Music in Care Concert (FL)</p> <p>3:30 New Years Eve Around the World (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 30</p> <p>9:30 Exercise (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>2:00 New Years Eve Prep (DR)</p> <p>3:30 Giant Crosswords (DR)</p>	<p>Tea, coffee and snacks available in the Country Kitchen 31</p> <p>New Year's Eve</p> <p>9:30 Excercises (DR)</p> <p>10:30 A Year in Review with Photos (Bring pictures or stories to tell from the year 2024) (FL)</p> <p>2:00 New Years Eve Event - The Great Gatsby Theme with live music by the ShoeShakers (DR)</p>	 <p>Christmas Day</p>		 <p>Tree Dressing Day</p>	



Hanukkah



Locations Legend

Dogwood Room (DR)	Reception (RECE)
Fireside Lounge (FL)	Meet in Lobby (MEE)
Carnation Room (CRM)	Residents Room (RES)

Calendar Legend

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