



INSPIRED
SENIOR LIVING

November 2024

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 FRIDAY NOV 1 National Family Caregivers Month	 MONDAY NOV 11 Remembrance Day				Tea, coffee and snacks available in the Country Kitchen 1 9:30 Gentle Exercises (DR) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 1 on 1 visits with Life Enrichment Staff - Christmas Tags (RES) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Monthly Calendar review- Let's see what happening in November (FL) 2:00 Live music by the Music Variations (FL) 3:15 Happy Hour (DR) 6:30 Friday Night Scrabble (CRM)	Tea, coffee and snacks available in the Country Kitchen 2 10:00 Avon Services with Janice (FL) 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Name That Tune 'Sing A Long' (DR) 3:30 Courtyard "Drive-In" Concert (part 2 Bee Gees) (FL) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 3 10:00 Excercises 10:00 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) 11:00 You be the Judge - Discussion Group (DR) 2:00 United Church Service (Virtual Event) 2:00 Learn to Play Mahjong (CRM) 3:30 Music Performance by New Spirit Ensemble (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 4 10:00 DrumFit (DR) 10:45 Let's Play Farkle (dice game) (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Resident Forum - Life Enrichment forum to follow for 30mins (DR) 3:30 Giant Crosswords (FL) 6:45 Netflix Series - Bridgerton - New Episodes every week! (DR)	Tea, coffee and snacks available in the Country Kitchen 5 9:30 Armchair Yoga (Virtual Event) (DR) 10:00 Outing to Tim Hortons + Scenic Drive (MEE) 2:00 1:1 Visits with Megan - Assessment + Christmas Wish List (RES) 2:30 Therapeutic Coloring - Remembrance Day Pictures (CRM) 3:30 Afternoon Brain Games (FL) 6:45 Evening Movie - IF -Staring Ryan Reynolds (DR)	Tea, coffee and snacks available in the Country Kitchen 6 10:00 Gentle Exercises (DR) 10:45 New Virtual Game - OBIE (DR) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 11:00 Blood Pressure Clinic w/ B.C.I.T Students (CRM) 2:00 Decadent Hot Chocolate Social (FL) 3:30 Trivia (FL) 6:45 Banagrams (CRM) 6:45 Evening Movie - Roger Rabbit (DR)	Tea, coffee and snacks available in the Country Kitchen 7 9:30 Tai Chi w/ Eric Lui 10:30 Brain Fit Game 'Wordly' (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Blood Pressure Clinic w/ B.C.I.T Students (CRM) 1:30 Shopping Bus -Dollarama -Bridgeport - Sign Up Sheet at Reception (MEE) 2:00 Reunion Project (CRM) 3:30 Thursday Afternoon Roll-O-Trump (DR) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 8 9:30 Gentle Exercises (DR) 10:00 Remembrance Day Ceremony at Richmond Secondary School - Sign up with Megan (MEE) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live music by Peter Williams (FL) 3:15 Happy Hour (DR) 6:30 Friday Night Scrabble (CRM) 6:45 Friday Night Movie - Disney's the Big Friendly Giant (DR)	Tea, coffee and snacks available in the Country Kitchen 9 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Tombola Game - (Italian type Bingo) (DR) 3:30 French Vanilla Cappuccino Drink Social (FL) 3:30 Discussion: History of Espresso (FL) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 10 10:00 Excercises (DR) 11:00 Fit Minds - Word Games (FL) 2:00 United Church Service (Virtual Event) (DR) 2:30 Bocce Ball (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 11 9:30 Exercises (DR) 10:30 Televised Remembrance Day Service (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Guest Speaker - David Darling - Remembrance Day Talk (DR) 3:00 Therapeutic Coloring (CRM) 3:30 Giant Crosswords 6:45 Netflix Series - Bridgerton - New Episodes every week!	Tea, coffee and snacks available in the Country Kitchen 12 9:30 Armchair Yoga (Virtual Event) (DR) 10:45 Country Meadows Lunch Outing- Sign up at Reception. (MEE) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 3:00 Come Meet MP Wilson Miao (FL) 3:45 Drama Club (DR) 6:00 Pub Night for International Men's Day - Come have Pub food and drink! - Sign up with Megan by November 08th (DR)	Tea, coffee and snacks available in the Country Kitchen 13 10:00 Drum Fit Exercises (DR) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 11:00 Altavida Fashions Clothing Sale- (Payment accepted- Credit/ Debit or Cash) (CRM) 11:00 New Virtual Game - OBIE (DR) 2:00 Jewelry Class - Beautiful Bracelets - Sign up at Reception (DR) 3:30 Trivia (FL) 6:45 Banagrams (CRM) 6:45 Evening Movie - Mr.'s Doubtfire (DR)	Tea, coffee and snacks available in the Country Kitchen 14 9:30 Tai Chi w/ Eric Lui (CRM) 10:15 Food Forum (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Blood Pressure Clinic w/ B.C.I.T Students (CRM) 1:30 Shopping Bus -Ironwood Plaza - Sign Up Sheet at Reception (MEE) 2:00 Fit Minds (FL) 3:30 Warm Drink Social (FL) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 15 9:30 Gentle Exercises (DR) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Music by Greg Alcock (FL) 3:15 Happy Hour (DR) 6:30 Friday Night Scrabble (CRM) 6:45 Friday Night Movie - Big - Starring Tom Hanks (DR)	Tea, coffee and snacks available in the Country Kitchen 16 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Java Music Club- "Having Fun" (DR) 3:30 Yahtzee Board Game (DR) 7:00 Bible study with Vincent (CRM)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tea, coffee and snacks available in the Country Kitchen 17 10:00 Excercises (DR) 11:00 Scattergories Word Game (DR) 2:00 Lutheran Church Service - In Person (DR) 3:30 Young Musicians and Artist Performance (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 18 10:00 Drumfit with Mona (DR) 10:30 Therapeutic Coloring (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 November Birthday & Welcome Tea with piano performance by Yulia (DR) 3:30 Giant Crosswords (FL) 6:45 Netflix Series - Bridgerton - New Episodes every week! (DR)	Tea, coffee and snacks available in the Country Kitchen 19 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Cornhole Game (DR) 2:00 Afternoon Movie - Titanic (DR) 3:00 Life Enrichment Team Staff meeting to prepare for Christmas 3:30 Braim Games + Word Challenges - Personal Packages in Carnation Room (CRM)	Tea, coffee and snacks available in the Country Kitchen 20 9:30 Exercises 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 2:00 MOMA Poetry and Writings (CRM) 3:30 Trivia (FL) 6:45 Banagrams (CRM) 6:45 Evening Movie - Alice Through The looking Glass (DR)	Tea, coffee and snacks available in the Country Kitchen 21 9:30 Tai Chi w/ Eric Lui 10:30 Let's Play Petanque! (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus -Wal-Mart -Sign Up Sheet at Reception (MEE) 2:00 Name That Tune Marathon (DR) 3:30 Mimosa Drink Social (Alcohol and Non-Alcoholic) with Fresh Fruit (FL) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 22 9:30 Exercises (DR) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Java Music Club 3:15 Happy Hour (DR) 6:30 Friday Night Scrabble (CRM) 6:45 Friday Night Movie - Tuck Ever lasting (DR)	Tea, coffee and snacks available in the Country Kitchen 23 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Armchair Travel in photos: Wendy J's 2024 Trip to Spain! (DR) 3:30 Warm Drink Social (FL) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 24 10:00 Theraband Exercises (DR) 11:00 New Virtual Game - OBIE (DR) 2:00 United Church Service (Virtual Event) (DR) 2:30 Tea & Trumpets- Vancouver Symphony Orchestra- Virtual "Peter & The Wolf" (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 25 10:00 Drum Fit Exercises (DR) 10:30 Therapeutic Coloring (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 You be the Judge - Discussion Group (DR) 2:00 Autumn Baking - Homemade Cinnamon Buns! - Sign Up @ Reception (DR) 3:30 Giant Crosswords (FL) 6:45 Netflix Series - Bridgerton - New Episodes every week! (DR)	Tea, coffee and snacks available in the Country Kitchen 26 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Christmas Artisan Market Place Sale - Come see all the vendors! (DR) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 2:00 Let's Play Cornhole! (FL) 6:45 Evening Movie - Fried Green Tomatoes (DR)	Tea, coffee and snacks available in the Country Kitchen 27 9:30 Gentle Exercises (DR) 10:30 Learn to Play Mahjong (DR) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 2:00 Chinese Calligraphy with Mona (CRM) 3:00 Trivia (FL) 6:45 Banagrams (CRM) 6:45 Evening Movie - Stand by me (DR)	Tea, coffee and snacks available in the Country Kitchen 28 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Wordle (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus -Garden City--Sign Up Sheet at Reception (MEE) 2:00 Arts and Craft Room Meeting (3RD) 3:30 New Virtual Game - OBIE (CRM) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 29 9:30 Gentle Exercises (DR) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 3:15 Happy Hour (DR) 6:30 Friday Night Scrabble (CRM) 6:45 Friday Night Movie - Queen Bees (DR)	Tea, coffee and snacks available in the Country Kitchen 30 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Fit Minds - Word Games (FL) 3:30 Java Music Club and Hot Drink Social (FL) 7:00 Bible study with Vincent (CRM)
Be joyful			Locations Legend Dogwood Room (DR) Carnation Room (CRM) Fireside Lounge (FL) Reception (RECE) Meet in Lobby (MEE) Residents Room (RES) 3rd Floor Lounge (3RD)			Calendar Legend Outing Special Program Living, Loving, Local Signature Program