



INSPIRED
SENIOR LIVING

January 2025

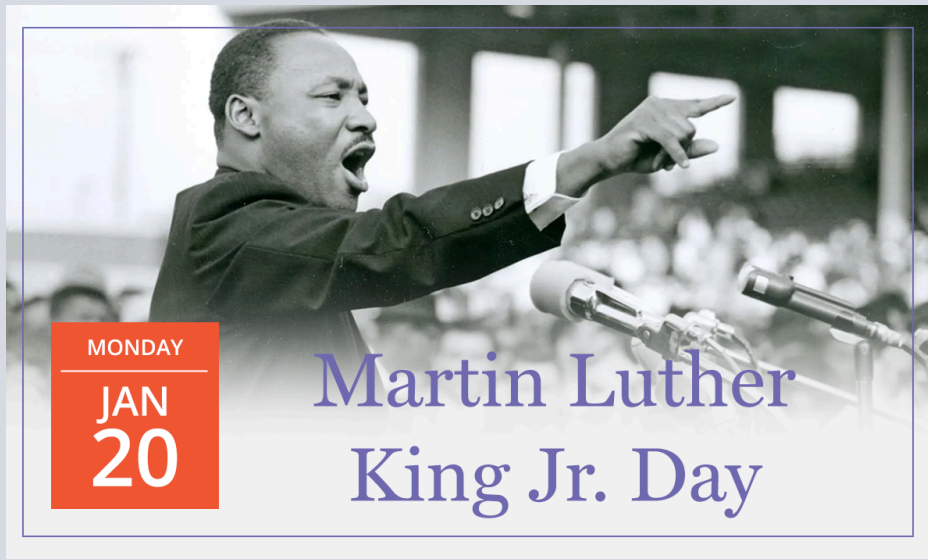
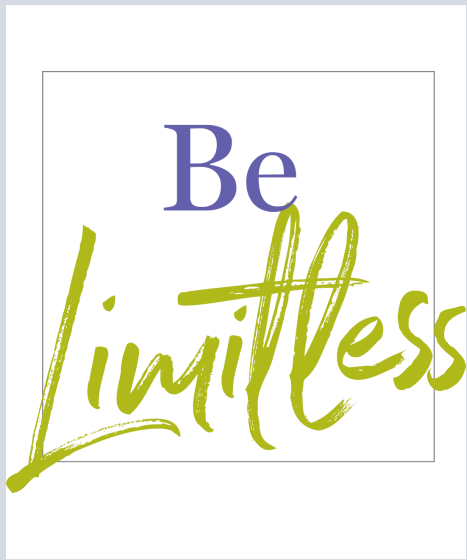
The Village Langley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sign Up Life Enrichment Programs Dinner Date Date: Wednesday, January 8th at 4:30pm RSVP at lem.tvl@verveseniorliving.com by January 5th Lunch Outing: Brogans Diner Date: Tuesday, January 28th Time: 12noon RSVP by at lem.tvl@vervesenior.com by January 20th 1-1 Support Available for Families with Karen Tyrell - Register with Reception.			New Year's Day (VC) 1 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 9:30 Coffee and Friends (OCC) 10:30 Drumfit with Nik (OCC) 12:30 Barn Visit (BN) 2:15 Nurturing Therapy (CE) 3:15 Fireside Spa (CY) 4:15 Helping Hands at the Barn (OCC) 4:30 New Year's Dinner (All Houses) (AH) 6:00 Games Night: Jeopardy (OCC)	Spirit Day - Wear Jeans (VC) 2 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:30 DrumFit (OCC) 12:30 Barn Visit (BN) 3:00 Men's Club: Bowling (CE) 3:30 Sensory Experience (CY) 4:15 Helping Hands at the Barn (OCC) 6:00 Java Music Club with Hannah (AR)	9:15 Helping Hands at the Barn (OCC) 3 9:30 All Day Café (Bistro) (OCC) 9:30 Nurturing Therapy: Drop In Parent Group (OCC) 10:00 Helping Hands - Baking (AL) 1:00 Outing: Walk the Block (CO) 2:00 Fit Minds: Coffee Club with Natalie (OCC) 2:30 House Visits with Hannah (CE) 3:30 Sing Fit with Hannah (CY) 4:15 Helping Hands at the Barn (OCC)	9:15 Helping Hands at the Barn (OCC) 4 9:30 All Day Café (Bistro) (OCC) 10:30 Drumfit with Hannah (OCC) 11:00 Heping Hands: Christmas Clean Up and Packing Christmas Tree Decorations (VC) 4:15 Helping Hands at the Barn (OCC) 6:00 Creative Hands: Arts and Crafts (HO)
9:15 Helping Hands at the Barn (OCC) 5 9:30 Church Service (AL) 9:30 All Day Café (Bistro) (OCC) 10:30 Nature and Gardening with Natasha (OCC) 12:30 Barn Visit (BN) 2:00 Drumfit with Nik (OCC) 4:15 Helping Hands at the Barn (OCC) 6:00 Artful Enrichment - Expressive Arts with Nik (OCC)	9:15 Helping Hands at the Barn (OCC) 6 9:30 All Day Café (Bistro) (OCC) 10:00 Prayer Group (AL) 10:30 Fun & Fitness (OCC) 11:45 Lunch Mingle (CY) 12:30 Barn Visit with Natalie (BN) 2:00 Sing Fit (CE) 3:00 House Visits with Natasha (AL) 4:15 Helping Hands at the Barn (OCC)	Music with Meg (One to Ones) (AH) 7 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:00 Fitness (CE) 10:30 Drumfit with Natalie (OCC) 10:45 Nurturing Therapy (CY) 1:00 Helping Hands - Grocery Delivery (VC) 2:00 Hunting Season: Target Practice (OCC) 3:30 Sing Fit (AL) 4:15 Helping Hands at the Barn (OCC) 6:00 Artful Enrichment - Paint and Sip (OCC)	9:15 Helping Hands at the Barn (OCC) 8 9:30 All Day Café (Bistro) (OCC) 9:30 Coffee and Friends (OCC) 10:15 Music with Meg (AL) 10:30 Can Fit Pro: Yoga with Natalie (OCC) 11:00 Music with Meg (AR) 12:30 Barn Visit (BN) 2:00 Hunting Season: Target Practice (OCC) 4:15 Helping Hands at the Barn (OCC) 4:30 Dinner Date (OCC) 6:30 Family Council *Virtual (OCC)	Spirit Day - Wear Jeans (VC) 9 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:30 Can Fit Pro: Group Fitness with Natalie (OCC) 1:00 Go 4 Life: Goat Walk (VC) 2:00 Men's Club: Hunting Season (OCC) 3:30 Sensory Experience (CY) 4:15 Helping Hands at the Barn (OCC) 6:00 Java Music Club with Hannah (AL)	9:15 Helping Hands at the Barn (OCC) 10 9:30 All Day Café (Bistro) (OCC) 9:30 Nurturing Therapy: Drop In Parent Group (OCC) 10:00 Helping Hands - Baking (AR) 1:00 Outing: Walk the Block (CO) 2:00 Fit Minds: Coffee Club with Natalie (OCC) 2:30 House Visits with Hannah (CE) 3:30 Sing Fit with Hannah (CY) 4:15 Helping Hands at the Barn (OCC)	Elvis Presely Day (OCC) 11 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:30 Drumfit with Hannah (OCC) 11:30 Lunch Mingle (CY) 2:00 Happy Hour: Elvis Presely Day (OCC) 4:15 Helping Hands at the Barn (OCC) 6:00 Creative Hands: Arts and Crafts (HO)
9:15 Helping Hands at the Barn (OCC) 12 9:30 Church Service (AL) 9:30 All Day Café (Bistro) (OCC) 10:30 Nature and Gardening with Natasha (OCC) 12:30 Barn Visit (BN) 2:00 Drumfit with Nik (OCC) 4:15 Helping Hands at the Barn (OCC) 6:00 Artful Enrichment - Expressive Arts with Nik (OCC)	9:15 Helping Hands at the Barn (OCC) 13 9:30 All Day Café (Bistro) (OCC) 10:00 Prayer Group (AL) 10:30 Fun & Fitness (OCC) 11:45 Lunch Mingle (CY) 2:00 Sing Fit (CE) 3:00 House Visit with Natasha (AL) 4:15 Helping Hands at the Barn (OCC)	Music with Meg (One to Ones) (AH) 14 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:00 Fitness (CE) 10:30 Drumfit with Natalie (OCC) 10:45 Nurturing Therapy (CY) 1:00 Helping Hands - Grocery Delivery (VC) 2:15 Meet Me at the MOMA - Art Appreciation (Holly) (HO) 3:15 Sing Fit (AL) 4:15 Helping Hands at the Barn (OCC) 6:00 Artful Enrichment - Paint and Sip (OCC)	9:15 Helping Hands at the Barn (OCC) 15 9:30 All Day Café (Bistro) (OCC) 9:30 Coffee and Friends (OCC) 10:15 Music with Meg (AL) 10:30 Can Fit Pro: Yoga with Natalie (OCC) 12:30 Barn Visit (BN) 2:15 Nurturing Therapy (CE) 3:15 Fireside Spa (CY) 4:15 Helping Hands at the Barn (OCC) 6:00 Games Night: Tombola (OCC)	Spirit Day - Wear Jeans (VC) 16 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:30 Can Fit Pro: Group Fitness with Natalie (OCC) 12:30 Barn Visit (BN) 1:00 Go 4 Life: Goat Walk (VC) 3:00 Men's Club: Card Games (CE) 3:30 Sensory Experience (CY) 4:15 Helping Hands at the Barn (OCC) 6:00 Java Music Club with Hannah (HA)	9:15 Helping Hands at the Barn (OCC) 17 9:30 All Day Café (Bistro) (OCC) 9:30 Nurturing Therapy: Drop In Parent Group (OCC) 10:00 Helping Hands - Baking (HO) 1:00 Outing: Walk the Block (CO) 2:00 Fit Minds: Coffee Club with Natalie (OCC) 2:30 House Visits with Hannah (CE) 3:30 Sing Fit with Hannah (CY) 4:15 Helping Hands at the Barn (OCC)	9:15 Helping Hands at the Barn (OCC) 18 9:30 All Day Café (Bistro) (OCC) 10:30 Drumfit with Hannah (OCC) 11:30 Lunch Mingle (CY) 2:00 Villager's 100th Birthday Celebration (OCC) 4:15 Helping Hands at the Barn (OCC) 6:00 Creative Hands: Arts and Crafts (HO)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 Helping Hands at the Barn (OCC) 9:30 Church Service (AL) 9:30 All Day Café (Bistro) (OCC) 10:30 Nature and Gardening with Natasha (OCC) 12:30 Barn Visit (BN) 2:00 Drumfit with Nik (OCC) 4:15 Helping Hands at the Barn (OCC) 6:00 Artful Enrichment - Expressive Arts with Nik (OCC) 19	Martin Luther Day (OCC) 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:00 Prayer Group (AL) 10:30 Fun & Fitness (OCC) 11:45 Lunch Mingle (CY) 12:30 Barn Visit with Natalie (BN) 1:30 History Film: Martin Luther King Biography (OCC) 2:00 Sing Fit (CE) 3:00 House Visits with Natasha (AL) 4:15 Helping Hands at the Barn (OCC) 20	Music with Meg (One to Ones) (AH) National Puzzle Day (VC) 9:30 All Day Café (Bistro) (OCC) 10:00 Fitness (CE) 10:30 Drumfit with Natalie (OCC) 10:45 Nurturing Therapy (CY) 1:30 Helping Hands - Delivering Puzzles (VC) 2:00 House Visits - Puzzle Race (Alder & Holly) (AH) 4:15 Helping Hands at the Barn (OCC) 6:00 Artful Enrichment - Paint and Sip (OCC) 21	9:30 All Day Café (Bistro) (OCC) 9:30 Coffee and Friends (OCC) 10:15 Music with Meg (AL) 10:30 Can Fit Pro: Yoga with Natalie (OCC) 12:30 Barn Visit (BN) 2:15 Nurturing Therapy (CE) 3:15 Fireside Spa (CY) 4:15 Helping Hands at the Barn (OCC) 6:00 Pub Night with Live Music - Brian Zalo (VC) 22	Spirit Day - Wear Jeans (VC) 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:30 Can Fit Pro: Group Fitness with Natalie (OCC) 1:00 Go 4 Life: Goat Walk (VC) 3:00 Men's Club: Car Talk (CE) 3:30 Sensory Experience (CY) 4:15 Helping Hands at the Barn (OCC) 6:00 Java Music Club with Hannah (HO) 23	9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 9:30 Nurturing Therapy: Drop In Parent Group (OCC) 10:00 Helping Hands - Baking (HA) 1:00 Outing: Walk the Block (CO) 2:00 Fit Minds: Coffee Club with Natalie (OCC) 2:30 House Visits with Hannah (CE) 3:30 Sing Fit with Hannah (CY) 4:15 Helping Hands at the Barn (OCC) 24	Robbie Burns Day (VC) 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:30 Drumfit with Hannah (OCC) 11:30 Lunch Mingle (CY) 2:00 Happy Hour: Robbie Burns Social (OCC) 4:15 Helping Hands at the Barn (OCC) 6:00 Creative Hands: Arts and Crafts (HO) 25
9:15 Helping Hands at the Barn (OCC) 9:30 Church Service (AL) 9:30 All Day Café (Bistro) (OCC) 10:30 Nature and Gardening with Natasha (OCC) 12:30 Barn Visit (BN) 2:00 Drumfit with Nik (OCC) 4:15 Helping Hands at the Barn (OCC) 6:00 Artful Enrichment - Expressive Arts with Nik (OCC) 26	9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:00 Prayer Group (AL) 10:30 Fun & Fitness (OCC) 11:45 Lunch Mingle (CY) 12:30 Barn Visit with Natalie (BN) 2:00 Sing Fit (CE) 3:00 House Visit with Natasha (AR) 4:15 Helping Hands at the Barn (OCC) 27	Music with Meg (One to Ones) (AH) 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:00 Fitness (CE) 10:30 Drumfit with Natalie (OCC) 12:00 Lunch Outing: Brogan's Diner (CO) 1:00 Helping Hands - Grocery Delivery (VC) 3:30 Sing Fit (AL) 4:15 Helping Hands at the Barn (OCC) 6:00 Artful Enrichment - Paint and Sip (OCC) 28	Lunar New Year (VC) 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 9:30 Coffee and Friends (OCC) 10:15 Music with Meg (AL) 10:30 Can Fit Pro: Yoga with Natalie (OCC) 12:30 Barn Visit (BN) 2:15 Nurturing Therapy (CE) 3:15 Fireside Spa (CY) 4:15 Helping Hands at the Barn (OCC) 6:00 Games Night: Bingo! (OCC) 29	Lunar New Year (VC) Spirit Day - Wear Jeans (VC) 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 10:30 Can Fit Pro: Group Fitness with Natalie (OCC) 1:00 Go 4 Life: Goat Walk (VC) 3:00 Men's Club: ShuffleBoard (CE) 3:30 Sensory Experience (CY) 6:00 Java Music Club with Hannah (AR) 30	Lunar New Year (VC) 9:15 Helping Hands at the Barn (OCC) 9:30 All Day Café (Bistro) (OCC) 9:30 Nurturing Therapy: Drop In Parent Group (OCC) 10:00 Helping Hands - Baking (AL) 1:00 Outing: Walk the Block (CO) 2:00 Townhall Meeting (Community Center) (OCC) 2:30 House Visits with Hannah (CE) 3:30 Sing Fit with Hannah (CY) 31	



Locations Legend	Calendar Legend
Oakwood Community Centre (OCC) Cypress (CY) Village Community (VC) Cedar (CE) Alder (AL) Barn (BN) Holly (HO) All Households (AH)	Community Outing (CO) Arbutus (AR) Hawthorne (HA) Outing Special Program Living, Loving, Local Signature Program