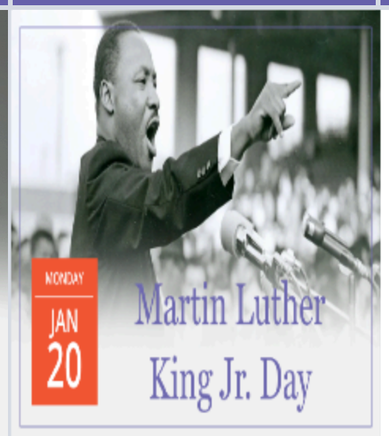
Verve INSPIRED SENIOR LIVING

January 2025
Courtyard Gardens

COURTYARD GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			**1** Tea, coffee and snacks available in the Country Kitchen 10:00 Gentle Stretch Class (DR) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 11:00 Java Music Club- New Beginnings (CRM) 2:30 Meet Me at the MoMA - Joan Miro (FL) 3:30 Trivia (FL) 6:45 Banagrams (CRM) 6:45 Evening Movie - Sleepless in Seattle (DR)	**2** Tea, coffee and snacks available in the Country Kitchen 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Solve The Riddle (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus -Ironwood Plaza -Sign Up Sheet at Reception (MEE) 2:00 Thursday Afteroon Roll-O-Trump (DR) 3:30 Fit Minds (FL) 6:45 Bingo - Bring 10 quarters! (DR)	**3** Tea, coffee and snacks available in the Country Kitchen 9:30 Exercise (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 WordScape Game (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Live Music by Mike Kinal (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Good morning Vietnam (DR)	**4** Tea, coffee and snacks available in the Country Kitchen 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 Warm Drink Social (FL) 4:00 Who or What Am I? (FL) 7:00 Bible study with Vincent (CRM)
5 Tea, coffee and snacks available in the Country Kitchen 9:30 Nails by Angie "The Candy Shop" - Manicures and Pedicures available ($45)- Sign up at reception (CRM) 10:00 Excercises (DR) 11:00 Board Game - Operation (CRM) 2:00 Music Performance by New Spirit Ensemble (FL) 3:30 Let's Play Cornhole! (DR)	**6** Tea, coffee and snacks available in the Country Kitchen 10:00 Gentle Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 January Jeopardy (DR) 2:00 Therapeutic Coloring (CRM) 2:00 Java Club- New Beginnings (DR) 3:30 Giant Crosswords (DR) 6:45 Netflix Series - Dowton Abbey - A New Era (DR)	**7** Tea, coffee and snacks available in the Country Kitchen 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Fitminds (FL) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 2:30 Afternoon Drumfit (DR) 3:30 Act it out - Charade Game (DR) 6:45 Evening Movie - On a Wing and a Prayer. Starring Dennis Quaid - Based on a true story. (DR)	**8** Tea, coffee and snacks available in the Country Kitchen 9:30 Excercises (DR) 10:30 Food Forum (DR) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 2:00 Life Long Learning - The Billionaires' Club (FL) 3:30 Trivia (FL) 6:45 Banagrams (CRM) 6:45 Evening Movie - A Million Miles Away (DR)	**9** Tea, coffee and snacks available in the Country Kitchen 9:30 Tai Chi w/ Eric Lui (DR) 9:30 Shopping Trip to Semiahmoo Mall - Please sign up Early for this Trip (MEE) 10:15 Remembering Judy Garland (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Drama Club & Peppermint Hot Chocolate (DR) 3:30 Ladder Bean Bag Toss Game (DR) 6:45 Bingo - Bring 10 quarters! (DR)	**10** Tea, coffee and snacks available in the Country Kitchen 9:30 Exercise (DR) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Mass (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Performance by the Camilli Quartet (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - La Bamba (DR)	**11** Tea, coffee and snacks available in the Country Kitchen 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 You be the Judge - Discussion Group (CRM) 3:30 Winter Cool Treat Social (FL) 7:00 Bible study with Vincent (CRM)
12 Tea, coffee and snacks available in the Country Kitchen 10:00 Excercises (DR) 10:45 Let's Play Farkle (dice game) (CRM) 2:00 United Church Service (Virtual Event) (DR) 3:30 Hot Drink Social + Sing Along (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	**13** Tea, coffee and snacks available in the Country Kitchen 9:00 Morning Exercises (DR) 10:30 Fit Minds - Morning Word Games (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring (CRM) 2:00 Gentlemans Club (DR) 2:30 Old Wives Tales- True or False (FL) 3:30 Giant Crosswords (DR) 6:45 Netflix Series - Dowton Abbey - A New Era (DR)	**14** Tea, coffee and snacks available in the Country Kitchen 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Music Appreciation Cub (DR) 2:00 Resident Forum (DR) 3:30 Chinese Calligraphy with Mona (DR) 6:45 Evening Movie - The Karate Kid (DR)	**15** Tea, coffee and snacks available in the Country Kitchen 10:00 Ball Fit Exercise (DR) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 11:00 Scattergories Board Game (DR) 2:00 Drama Club (DR) 3:30 Trivia (FL) 6:45 Banagrams (CRM) 6:45 Evening Movie - Roadhouse (DR)	**16** Tea, coffee and snacks available in the Country Kitchen 9:30 Tai Chi w/ Eric Lui (DR) 10:15 Let's Play Dominoes (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus - Walmart - Sign Up Sheet at Reception (MEE) 2:00 Cornhole Game (DR) 3:30 Penguins & Polar Bears (DR) 6:45 Bingo - Bring 10 quarters! (DR)	**17** Tea, coffee and snacks available in the Country Kitchen 9:30 Chair Dance Exercises with Mona (DR) 10:30 Music Therapy with Sydney (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Learn to Play Mahjong (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Expedition Discovering China (DR) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Genie - Ft. Melissa McCarthy (DR)	**18** Tea, coffee and snacks available in the Country Kitchen 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Name that Tune (FL) 3:30 Hot Drink Social (FL) 7:00 Bible study with Vincent (CRM)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Tea, coffee and snacks available in the Country Kitchen 10:30 Artfull Enrichment Class (CRM) 2:00 Lutheran Church Service - In Person - Come meet our new Pastor - Pastor Brian (DR) 3:30 Young Musicians and Artist Performance (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	**20** Tea, coffee and snacks available in the Country Kitchen 9:30 Excercises (DR) 10:30 Remembering Martin Luther King (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Portrait Photo's Session for 'Reunion Project" (CRM) 3:30 Giant Crosswords (DR) 6:45 Netflix Series - Dowton Abbey - A New Era (DR)	**21** Tea, coffee and snacks available in the Country Kitchen 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Fit Minds - Morning Word Games (FL) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 2:00 Shopping Bus -Lansdowne Ctr - Sign Up Sheet at Reception (MEE) 3:30 Tuesday Afternoon Roll-O-Trump (DR) 6:45 Evening Movie - It's A Beautfiul Day in the Neighbourhood st. Tom Hanks (DR)	**22** Tea, coffee and snacks available in the Country Kitchen 9:30 Excercises (DR) 10:30 Let's Play Farkle (dice game) (CRM) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 2:00 January Birthday & Welcome Tea - (DR) 3:30 Trivia (FL) 6:45 Banagrams (CRM) 6:45 Evening Movie - Catch me if you can (DR)	**23** Tea, coffee and snacks available in the Country Kitchen 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Clark Shoes - Shoe Sale (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Lunch Outing- The Old Spaghetti Factory (Outi) 2:00 Afternoon Drumfit (DR) 3:30 Robbie Burns- The Scottish Legend (DR) 6:45 Bingo - Bring 10 quarters! (DR)	**24** Tea, coffee and snacks available in the Country Kitchen 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 Bagpipe performance by John Ralston (DR) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Back to the Future (DR)	**25** Tea, coffee and snacks available in the Country Kitchen 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Musical Performance by Leading Tone Education Society (DR) 3:30 Learn to Play Mahjong (DR) 7:00 Bible study with Vincent (CRM)
26 Tea, coffee and snacks available in the Country Kitchen 9:30 Excercises (DR) 10:00 Food Demo with Mona - Making Dumpling (DR) 2:00 Music Performance by New Spirit Ensemble (FL) 3:30 Craft Time -Water Bottle Chinese Lantern (CRM) 3:45 1 on 1 visits with Mona (RES) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	**27** Tea, coffee and snacks available in the Country Kitchen International Chocolate Cake Day 10:00 Ball Fit Exercise (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Great Debates-Discussion Group (DR) 2:00 Therapeutic Coloring (CRM) 2:00 Bake Off- Betty Crocker Chocolate Cupcakes & Decorating (DR) 3:30 Giant Crosswords (DR) 6:45 Netflix Series - Dowton Abbey - A New Era (DR)	**28** Tea, coffee and snacks available in the Country Kitchen 9:30 Armchair Yoga (Virtual Event) (DR) 10:00 Drawing with Paul and Stephan (CRM) 2:00 Scenic Drive - Sign up at Reception (MEE) 2:00 Ladies Group with Margaret - Coffee and Chats (CRM) 2:00 Gentlemans Club (DR) 3:00 Afternoon Fitminds (FL) 6:45 Evening Movie - TBA (DR)	**29** Tea, coffee and snacks available in the Country Kitchen Happy Lunar New Year 9:30 Sit and Stretch Exercise (DR) 10:30 Banagrams (CRM) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 2:00 Chinese New Year Celebration - Traditions and Food Sampling (DR) 3:30 Trivia (FL) 6:45 Evening Movie - TBA (DR)	**30** Tea, coffee and snacks available in the Country Kitchen 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Penny Ante Game (CRM) 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 Artfull Enrichment - Painting Birch Trees (DR) 3:30 Warm Drink Social (FL) 6:45 Bingo - Bring 10 quarters! (DR)	**31** Tea, coffee and snacks available in the Country Kitchen 9:30 Chair Dance Exercises with Mona (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) 11:00 Chinese Calligraphy with Mona (CRM) 2:00 Name that Tune (DR) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - TBA (DR)	

Locations Legend

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

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program