



INSPIRED
SENIOR LIVING

February 2025

Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Black History Month	 MONDAY FEB 17 Family Day	 FRIDAY FEB 21 National Caregiver's Day	 FRIDAY FEB 28 Ramadan (Feb 28 - Mar 29)	Dimensions Of Wellness Legend Social Intellectual Physical Emotional Sensory Spiritual Purposeful	Locations Legend Gardenside Lounge (GAR) Carnation Room (CRM) Residents Room (RES) Dogwood Room (DR) Fireside Lounge (FL) Rose Room (RR) Gardenside Dining Room (GDR) Outing (Outi)	
9:00 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) 11:30 Random Trivia (GAR) 2:00 Afternoon Movie Matinee (GAR)	10:00 Gentle Fitness (GAR) 11:00 Giant Crosswords Word Game (GAR) 2:00 Artfull Enrichment 'Painting Birch Trees' (GAR) 4:00 Puzzles & Table Games (GAR)	10:00 Sit and Stretch Exercise (GAR) 10:30 Carpet Bowling (GAR) 11:15 February Trivia/Jeopardy (DR) 2:00 Pandora's Box : News and Views (GAR) 3:00 Artfull Enrichment - Dabbed Hearts (GAR) 6:30 Evening Manicures (GAR)	10:00 Gentle Exercises (GAR) 11:00 Morning Sing-a-long: Famous Romantic Songs (GAR) 2:00 Bingo (GAR) 3:30 What Would You Do? A Discussion Group (GAR)	10:00 Let's Play Petanque! (GAR) 11:00 Short Story Time (GAR) 2:00 Talk & Taste: Chocolate! (GAR) 3:30 All about Long Stemmed Roses (GAR)	10:00 Sit and Stretch Exercise (GAR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Java Music Club with Mona (GAR) 2:00 Guess the Famous Film Character (GAR) 3:30 Chinese Tea and Sweets Social (GAR)	10:00 Piano Music with Mabon (GAR) 11:00 Sit and Stretch Exercise (GAR) 11:30 Fit Minds - Morning Word Games (GAR) 2:00 1 on 1 visits with Mona (RES) 3:30 Java Music Club with Mona (GAR)
10:30 DrumFit (GAR) 11:15 Random Trivia (GAR) 2:00 United Church Service (Virtual Event) (DR) 2:30 Therapeutic Coloring (CRM) 3:00 Football USA Party- Drinks & snacks served! (DR) 3:30 Movie Afternoon (GAR)	10:00 Bowling Fun! (GAR) 11:00 Candy Phrases- Finish The Line (GAR) 2:00 Cupid Ice Cream Floats (GAR) 3:30 1 on 1 visits (RES)	10:00 Gentle Exercises (GAR) 11:00 Love Is In The Air! A Valentines Discussion (GAR) 2:30 February Birthday & Welcome Tea: Love Theme (GDR) 4:00 Chinese New Year Theme Coloring (GAR) 6:30 Evening Manicures (GAR)	10:00 Morning Exercise with Mona - Glenn Miller Dance Workout (GAR) 10:30 Beanbag Shuffleboard (GAR) 11:30 Morning Word Games (GAR) 11:30 Fit Minds - Morning Word Games (GAR) 2:00 Valentines Themed Bingo (GAR) 3:30 Happy Hour Drink Social (GAR)	10:00 Ball Fitness (GAR) 11:00 Wordle Word Game (GAR) 2:00 Design Your Own "Paper Mache Bird Sculpture" (GAR) 4:00 One on One Visits (GAR)	10:00 Morning Scenic Drive (Outi) 10:30 Catholic Mass (CRM) 2:00 Let's Make Sweet Valentine Pie Tarts (GAR) 4:00 Sharing 'True Love' Stories (GAR)	10:00 Piano Music with Mabon (GAR) 11:00 Roll O Trump (GAR) 2:30 Saturday Bingo with Salted Caramel Hot Chocolate! (GAR) 3:30 Helping Hands (GAR)
10:00 Curling Game (GAR) 11:00 Morning Sing-along With Instruments (GAR) 2:00 Cirque du Soleil (Virtual) Performance - With Gourmet Popcorn (GAR) 2:00 Lutheran Church Service - In Person (DR) 3:30 Young Musicians and Artist Performance (FL)	Family Day Holiday 10:00 Chair Dance Exercises with Mona (GAR) 10:30 Family Day Discussion (GAR) 11:15 Who What Where When? (GAR) 2:00 Opposite Stickman Puzzle Word Game (GAR) 3:00 Family Day Afternoon Movie - West Side Story (2021) (GAR)	10:00 Sit and Stretch Exercise (GAR) 10:45 Meet Me at the MoMA - "Aging in Color" (FL) 11:00 Casual Chic Couture Clothing Sale (CRM) 2:00 Roll O Trump (GAR) 3:00 Random Trivia (GAR)	10:00 Gentle Exercises (GAR) 11:30 Morning Word Games (GAR) 2:00 Bingo (GAR) 4:00 Obie Virtual Games (GAR)	10:00 Sit and Stretch Exercise (GAR) 10:30 Fit Minds (GAR) 2:00 Resident Council (RR) 3:30 Warm Drink Social (GAR)	10:00 Music Therapy Session 1 with Lorri (GAR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Music Therapy Session 2 with Lorri (GAR) 2:00 Living Loving Local- Beets & Benefits- Food Sampling (GAR) 3:30 Jeopardy & Trivia- Cool Refreshments Served (GAR)	10:00 Piano Music with Mabon (GAR) 11:00 Let's Play Bocce! (GAR) 2:00 Performance by the Richmond Music School (FL) 2:00 Barbra Streisand Virtual Concert (GAR) 2:15 1 on 1 visits with Mona (RES) 3:30 The Price is Right Game with Hot Drink (GAR)
10:00 Gentle Exercises (GAR) 11:00 It's A Dogs World (GAR) 11:30 Catholic Mass- Virtual (GAR) 2:00 Sunday Bingo Fun! Win Fun Prizes (GAR) 3:30 In Room Plant Care & Visits (RES)	10:00 Sit and Stretch Exercise (GAR) 10:45 Theraputic Colouring (GAR) 2:00 Name tha Tune (GAR) 3:30 Wheel and Walk - Walking Program (GAR) 4:00 Helping Hands (GAR)	10:00 Sit and Stretch Exercise (GAR) 10:45 Carpet Bowling (GAR) 2:00 Artfull Enrichment Class (GAR) 3:30 Hot Drink Social + Sing Along (GAR)	Pink Shirt Day! 10:30 Gentle Exercises (GAR) 11:30 Morning Word Games (GAR) 2:00 Bingo (GAR) 3:30 Afternoon Movie Matinee with snacks (GAR)	10:00 Busy Bakers: Winter Walnut and Cinnamon cookies (RR) 1:30 Afternoon Manicures (GAR) 4:00 Let's Play Cornhole! (GAR)	10:00 Music Therapy Session 1 with Lorri (GAR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Music Therapy Session 2 with Lorri (GAR) 11:00 Gentle Exercises (GAR) 2:00 Live Music by Greg Alcock (FL) 3:30 Happy Hour & Appies (Non-Alcoholic) (GAR)	