

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 Black History Month					 Family Day		Tea, coffee and snacks available in the Country Kitchen 1 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Bus Trip to drop off donations to Shelter - Limited Seating - Sign up with reception (MEE) 4:00 Tombola Game - (Italian type Bingo) (DR) 6:45 Bananagrams (CRM) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 2 9:00 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) 10:45 FitMind- Morning Word Games (FL) 2:00 Afternoon Movie Matinee (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 3 10:00 Theraband Excersies (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 February Trivia/Jeopardy (DR) 2:30 Let's Play Cornhole! (DR) 3:30 Giant Crosswords (DR) 6:45 I Love Lucy Shows (DR)	Tea, coffee and snacks available in the Country Kitchen 4 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Morning Drama Club (DR) 1:30 Bloedel Conservatory Visit (Queen Elizabeth Park) Cost \$6.00 - Sign up at Reception (MEE) 2:00 Therapeutic Coloring (CRM) 6:45 Evening Movie - 42 - Movie about baseball player Jackie Robinson (DR)	Tea, coffee and snacks available in the Country Kitchen 5 10:00 Sit and Stretch Exercise (DR) 11:00 Monthly Calendar Review in Chinese : 中文講解 月刊活動 (DR) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 2:00 Armchair Travel - Dubai, United Arab Emirates (DR) 3:30 Trivia (FL) 6:45 Evening Movie - The Help (DR)	Tea, coffee and snacks available in the Country Kitchen 6 9:30 Tai Chi w/ Eric Lui (DR) 10:30 News and Views Discussion Group (DR) 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 Life Long Learning - We love Good News (FL) 3:30 Afternoon Drumfit with Mona (DR) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 7 9:30 Morning 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) 6:45 Friday Night Movie - Harriet (DR)	Tea, coffee and snacks available in the Country Kitchen 8 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:30 Java Music Club - Gratitude (DR) 3:30 Solve The Mystery (DR) 6:45 Bananagrams (CRM) 7:00 Bible study with Vincent (CRM)	
Tea, coffee and snacks available in the Country Kitchen 9 10:00 Gentle Exercises (DR) 11:10 Morning Drama Club (DR) 2:00 United Church Service (Virtual Event) (DR) 3:00 Football USA Party- Drinks & snacks served! (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 10 9:30 Morning Exercise with Mona - Glenn Miller Dance Workout (DR) 10:30 Chinese Calligraphy with Mona (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:30 Learn to Play Mahjong (DR) 3:30 Giant Crosswords (DR) 3:30 1:1 Visits with Mona (RES) 6:45 I Love Lucy Shows (DR)	Tea, coffee and snacks available in the Country Kitchen 11 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Let's Play Cornhole! (DR) 1:30 Shopping Bus - Walmart - Sign up at reception (MEE) 2:00 Therapeutic Coloring (CRM) 6:45 Evening Movie - Hidden Figures (DR)	Tea, coffee and snacks available in the Country Kitchen 12 9:30 Morning Exercises (DR) 10:30 FitMinds (FL) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 2:00 How to Paper Mache Class (CRM) 3:30 Trivia (FL) 6:45 Evening Movie - Queen of Katwe (DR)	Tea, coffee and snacks available in the Country Kitchen 13 9:30 Tai Chi w/ Eric Lui (DR) 10:15 Food Forum 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Thursday Afternoon Roll-O- Trump (DR) 3:30 All about Love - Valentines day Discussion (FL) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 14 9:30 Theraband Exercises (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 February Birthday & Welcome Tea: Valentines Day Theme with Live music by Music Varations (GDR) 3:30 Happy Hour (DR) 6:45 Friday Night Movie - Race - Movie about Olympian Jesse Owens (DR)	Tea, coffee and snacks available in the Country Kitchen 15 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Saturday Scenic Drive (MEE) 3:30 Let's Talk 'Families' (FL) 6:45 Bananagrams (CRM) 7:00 Bible study with Vincent (CRM)	



INSPIRED
SENIOR LIVING

February 2025

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tea, coffee and snacks available in the Country Kitchen 16 10:00 Excercises (DR) 10:45 Java Music Club with Mona (FL) 11:45 Valentine's Day Brunch (DIN) 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 17 Family Day Holiday 10:00 Gentle Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Living Loving Local- Beets & Benefits- Food Sampling (DR) 2:00 Guess The Family Game (FL) 3:00 Therapeutic Coloring (CRM) 3:30 Family Day Ice Cream Social- Maple Walnut Ice Cream Cones (FL) 6:45 I Love Lucy Shows (DR)	Tea, coffee and snacks available in the Country Kitchen 18 9:30 Armchair Yoga (Virtual Event) (DR) 11:00 Casual Chic Couture Clothing Sale (CRM) 2:00 Meet Me at the MoMA - "Aging in Color" (FL) 3:30 Giant Crosswords (DR) 6:45 Evening Movie - Ali (DR)	Tea, coffee and snacks available in the Country Kitchen 19 9:30 Seated Excercise Class with a focus on legs and core. (DR) 10:30 Word Games with Mona (FL) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 2:00 Name that Tune - Songs about Heartbreak (DR) 3:30 Trivia (FL) 6:45 Evening Movie - The Blind Side (DR)	Tea, coffee and snacks available in the Country Kitchen 20 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Let's Play Uno (CRM) 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 Pretty In Pink- Designer Pearl Bracelet Craft (DR) 3:30 Warm muffins and drink social (FL) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 21 9:30 Morning 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 Celebration of Life for our community members Bring Pictures and Stories to share (DR) 6:45 Friday Night Movie - Harlem Nights (DR)	Tea, coffee and snacks available in the Country Kitchen 22 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Performance by the Richmond Music School (FL) 3:30 Cirque du Soleil Vitural Performance - With a Popcorn Bar (DR) 6:45 Bananagrams (CRM) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 23 10:00 Sunday Sit and Stretch (DR) 10:45 Sunday Morning Random Trivia (FL) 2:00 Java Music Club - Gratitude (GAR) 3:30 Hot Drink Social (FL)	Tea, coffee and snacks available in the Country Kitchen 24 10:30 Excercises with Megan (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 11:00 Therapeutic Coloring (CRM) 2:00 Resident Forum (DR) 3:30 Giant Crosswords (DR) 6:45 I Love Lucy Shows (DR)	Tea, coffee and snacks available in the Country Kitchen 25 9:30 Armchair Yoga (Virtual Event) (DR) 6:45 Evening Movie -Disney's Soul (DR)	Tea, coffee and snacks available in the Country Kitchen 26 Pink Shirt Day! 9:30 Morning Exercises (DR) 11:00 Go 4 Life Walk - Sign up with Megan (MEE) 11:00 Daily Wordle Game (FL) 2:00 How to Paper Mache Contiunes (CRM) 3:30 Trivia (FL) 6:45 Evening Movie - Corrina Corrina! (DR)	Tea, coffee and snacks available in the Country Kitchen 27 9:30 Tai Chi w/ Eric Lui (DR) 10:15 FitMinds - Word Games (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping:Dollarama/Michaels Crafts (Bridgeport) -Sign Up Sheet at Reception (MEE) 2:00 Artfull Enrichment - Let's Paint a Snowy Creek (DR) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 28 9:30 Theraband Excersies (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 Specal Happy Hour: Wear a Funny/Crazy Hat, Appies served (DR) 6:45 Friday Night Movie - Sister Act! (DR)	

Locations Legend

- Dogwood Room (DR)

Carnation Room (CRM)

Fireside Lounge (FL)

Reception (RECE)

Meet in Lobby (MEE)
- Residents Room (RES)

Gardenside Dining Room (GDR)

Dining room (DIN)

Gardenside Lounge (GAR)



FRIDAY

FEB

21

National Caregiver's Day



FRIDAY

FEB

28

Ramadan (Feb 28 - Mar 29)

Calendar Legend

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