



INSPIRED
SENIOR LIVING

May 2025

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Mental Health Awareness Month	 SUNDAY MAY 11 Mother's Day			Tea, coffee and snacks available in the Country Kitchen 1 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Let's Play Petanque! (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 Bananagrams (DR) 3:00 Afternoon Movie - The Lady in the Van ft. Maggie Smith (DR) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 2 10:00 DrumFit 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) 11:00 Monthly Calendar Review (FL) 2:00 Resident Art Display - Come see your neighbours works of art! (CRM) 3:15 Happy Hour (DR) 6:45 Friday Night Movie (DR)	Tea, coffee and snacks available in the Country Kitchen 3 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Let's Talk: Horses! (DR) 3:30 Kentucky Derby Race Day Drink Social - Wear your fancy hats! (DR) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 4 9:30 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) 10:00 Excercises (DR) 11:00 Dog Gone Funny Furry Friends (GAR) 2:00 Musical Performance by Leading Tone Education Society (DR) 3:30 Drama Club (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Cinco De Mayo 5 9:30 Exercise (DR) 10:45 Armchair Travel to Mexico (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Monthy Birthday & Welcome Party - Cinco De Mayo Theme with live music by The Shoe Shakers (DR) 6:45 Monday Night Series - Matlock - 2025 remake (DR)	Tea, coffee and snacks available in the Country Kitchen 6 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Visit from the Students of Bowling Green Pre-School - Let's Make Mother's Day Cards (CRM) 2:00 Scenic Drive - Sign up at Reception (MEE) 3:30 Giant Crosswords (DR) 6:45 Evening Movie - Captain Phillips ft Tom Hanks (DR)	Tea, coffee and snacks available in the Country Kitchen 7 10:00 DrumFit (DR) 10:45 Bananagrams (CRM) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 2:00 Mahjong (DR) 3:30 Trivia (FL) 6:45 Evening Movie - The Facts of Life ft. Lucille Ball and Bob Hope (DR)	Tea, coffee and snacks available in the Country Kitchen 8 9:30 Tai Chi w/ Eric Lui (DR) 9:30 Shopping Bus - Blundell Centre - Sign Up Sheet at Reception (MEE) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Bingo - Bring 10 quarters! *** Please note change in time *** (DR) 3:45 Ice Cream Social with Megan! (FL) 6:45 Evening Movie - It's Complicated ft. Meryl Streep and Steve Martin (DR)	Tea, coffee and snacks available in the Country Kitchen 9 10:00 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 New Game- Connect 4 (DR) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - My Big Fat Greek Wedding 3 (DR)	Tea, coffee and snacks available in the Country Kitchen 10 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:30 Mum's The Word!- Fit Minds (DR) 3:30 Mum's Favorite! - Hawaiian Ice Cream Sundae Social (FL) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 11 Happy Mother's Day! 12:00 Mother's Day Buffet - Sign up with reception if bringing guests (DIN) 2:00 Visit from House of Love Society - Painting with Love program (DR) 3:30 Afternoon Movie - Mothers Day ft. Jennifer Aniston and Julia Roberts (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 12 10:00 DrumFit Exercises (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Resident Forum (DR) 3:30 Giant Crosswords (DR) 6:45 Monday Night Series - Matlock - 2025 remake (DR)	Tea, coffee and snacks available in the Country Kitchen 13 10:00 Armchair Yoga (Virtual Event) (DR) 11:00 Color Me Calm (CRM) 2:00 Mahjong (DR) 2:45 Let's Laugh -Humor from the Victorian-era that even Queen Victoria would enjoy. (FL) 3:00 Tri-Bike Rides with Wendy J (Weather Permitting) - Sign up with Reception (OUT) 6:45 Evening Movie - Gatsby ft. Leonardo DiCaprio (DR)	Tea, coffee and snacks available in the Country Kitchen 14 10:00 Excercises (DR) 10:45 Scrabble - Resident Run (CRM) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 2:00 Food Forum (DR) 3:15 Trivia *** Please note change in time*** (FL) 6:45 Evening Movie - Sherlock Holmes ft. Robert Downey Jr. (DR)	Tea, coffee and snacks available in the Country Kitchen 15 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Cornhole (GAR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus - Wal-Mart - Sign Up at Reception (MEE) 2:15 Bingo Marathon- Session #1- Good Neighbor Prizes-Bring 10 Quarters! (DR) 6:45 Bingo Marathon Session #2- Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 16 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 Therapeutic Colouring , find the differences , word scrambles - Self directed (CRM) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Last Vegas - ft. Morgan Freeman and Robert De Niro (DR)	Tea, coffee and snacks available in the Country Kitchen 17 10:30 Saturday morning drumfit! (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Roll - O - Trump *** Please note change in time*** (DR) 3:30 Random Trivia and Facts (GAR) 6:45 Bananagrams (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 18 10:45 Morning Drama Club (DR) 2:00 Comedy Hour - Classic TV bloopers : Uncensored (DR) 3:30 Young Musicians and Artist Performance (FL) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Victoria Day 19 10:00 DrumFit (DR) 2:00 Therapeutic Coloring / find the hidden objects ** Self directed packages in the CRM (CRM) 3:30 Giant Crosswords (DR) 6:45 Monday Night Series - Matlock - 2025 remake (DR)	Tea, coffee and snacks available in the Country Kitchen 20 9:30 Armchair Yoga (Virtual Event) (DR) 2:00 Scenic Drive - Sign up at Reception (MEE) 2:00 Mahjong (DR) 6:45 Evening Movie - St. Vincent ft. Bill Murray (DR)	Tea, coffee and snacks available in the Country Kitchen 21 9:30 Excercises (DR) 10:00 Clark Shoes - Shoe Sale (CRM) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 2:00 Afternoon Documentary - Bee Gees - Everlasting Words (DR) 3:30 Trivia (FL)	Tea, coffee and snacks available in the Country Kitchen 22 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Let's Play Petanque! (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus - Garden City Mall - Sign Up at Reception (MEE) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 23 10:00 Exercise (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 Mike Kinal (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - And So It Goes ft. Michael Douglas and Diane Keaton (DR)	Tea, coffee and snacks available in the Country Kitchen 24 10:15 Roll - O - Trump ** Please note change in time ** (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Afternoon Documentary- Judy Blume Forever (DR) 3:30 Living Loving Local- Rhubarb (DR) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 25 11:00 Let's Play Dominoes (CRM) 2:00 Student Piano Concert - (FL) 3:30 Afternoon Exercises in the Courtyard (weather permitting) (CTY) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 26 9:30 Excercises (DR) 10:30 Potted Wildflower Planting (CRM) 2:00 Alzheimer's Walk for the Cure- Walk, roll, push (MEE) 3:30 Cool Drink and Snack social in the Courtyard (CTY) 6:45 Monday Night Series - Matlock - 2025 remake (DR)	Tea, coffee and snacks available in the Country Kitchen 27 9:30 Armchair Yoga (Virtual Event) (DR) 2:00 Scenic Drive - Sign up at Reception (MEE) 2:00 Ladies Group - Knit and Stitch (CRM) 2:00 Mahjong (DR) 3:00 Tri-Bike Rides with Wendy J (Weather Permitting) (OUT) 3:30 Giant Crosswords (DR) 6:45 Evening Movie - Grandma ft. Lily Tomlin (DR)	Tea, coffee and snacks available in the Country Kitchen 28 10:00 Excercises (DR) 10:45 Family Feud (FL) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 2:00 Demonstration from CDN Eldercare - Massage and Companion Company (DR) 3:30 Trivia (FL) 6:45 Evening Movie - The Meddler ft. Susan Sarandon (DR)	Tea, coffee and snacks available in the Country Kitchen 29 9:30 Tai Chi w/ Eric Lui (DR) 10:30 Fit Minds (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Dollarama Shopping & Michael's Crafts (Bridgeport)- Sign up @ Reception (Outi) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 30 10:00 Exercise (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 Peter Williams (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Miss Potter ft. Renee Zellweger - Biography of childrens author Beatrix Potter (DR)	Tea, coffee and snacks available in the Country Kitchen 31 10:00 Roll - O - Trump (DR) 2:00 Wellness Clinic - Walk In (No Appt Necessary) (CRM) 2:00 Daniel O'Donnell - At Home in Ireland (virtual concert) (DR) 3:30 Tombola Game - (Italian type Bingo) (DR) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)



MONDAY
MAY
12

National Nurses
Week (12-18)



Locations Legend		Calendar Legend
Dogwood Room (DR)	Gardenside Lounge (GAR)	Outing
Carnation Room (CRM)	Outside in the Round About (OUT)	Special Program
Fireside Lounge (FL)	Courtyard (CTY)	Living, Loving, Local
Reception (RECE)	Dining room (DIN)	Signature Program
Meet in Lobby (MEE)	Outing (Outi)	