



INSPIRED
SENIOR LIVING

June 2025

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tea, coffee and snacks available in the Country Kitchen 1 9:00 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) 9:30 Sunday Morning Yoga! (DR) 10:30 Minoru Track Walking with Allison (RECE) 2:00 Musical Performance by Leading Tone Education Society (FL) 3:30 Ice Cream Floats Social in the Garden (CTY) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 2 9:30 Excercises (DR) 10:30 FitMinds (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:30 Mahjong (DR) 3:30 Giant Crosswords (DR) 6:45 Monday Night Series - Mash! (DR)	Tea, coffee and snacks available in the Country Kitchen 3 9:30 Armchair Yoga (Virtual Event) (DR) 10:45 Celebrate International Seniors Week- Meet Outside in Round About (OUT) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Walk to the library with your life enrichment team (DR) 3:00 Tri-Bike Rides - Sign up with reception (weather depending) (MEE) 3:00 1:1 Visits with Life Enrichment Staff (RES) 3:30 Name that tune (DR) 6:45 Evening Movie -August: Osage County - Starring Meryl Streep and Julia Roberts (DR)	Tea, coffee and snacks available in the Country Kitchen 4 10:00 Fitness For Seniors- Drum Fit To Disco Music (DR) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 2:30 Seniors Corn Hole Competition (DR) 3:30 Trivia (FL) 6:45 Evening Movie - Erin Brockovich- Ft. Julia Roberts (DR)	Tea, coffee and snacks available in the Country Kitchen 5 9:30 Tai Chi w/ Eric Lui (DR) 10:15 Slang through the decades discussion group (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Richmond Singers Ensemble (DR) 2:30 1:1 Visits with Life Enrichment Staff (RES) 3:00 Calendar Review with Megan (FL) 3:30 Education Hour - Let's learn about Blue Zones (DR) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 6 9:30 Excercises (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 the Music Variations (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie -The Love Punch- Ft. Peirce Brosnan and Emma Thompson (DR)	Tea, coffee and snacks available in the Country Kitchen 7 10:00 Roll - O - Trump (FL) 1:30 Performance by Childlike Faith Acdemy Theatre and Dance School (FL) 3:30 Macha Tea Ice Cream Cones In the Garden (CTY) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 8 World Ocean Day 9:30 Sunday Morning Yoga! (DR) 10:30 Minoru Track Walking with Allison (RECE) 2:30 Open Artworks Studio Time (CRM) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 9 9:30 Excercises (DR) 10:30 June Jeporady Trivia (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (DR) 6:45 Monday Night Series - Mash! (DR)	Tea, coffee and snacks available in the Country Kitchen 10 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 FitMinds (FL) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 River Rock Casino-Sign Up Sheet at Reception (MEE) 2:00 Mahjong (DR) 6:45 Evening Movie - Jumanji (remake) (DR)	Tea, coffee and snacks available in the Country Kitchen 11 10:00 Drum Fit Exercises (DR) 11:00 Fifth Ave Jewellery Sale (FL) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 11:00 Loving Lavender- Aromatherapy & Discussion (DR) 2:00 Health and Wellness Chats with Michelle (DR) 3:30 Trivia (FL) 6:45 Evening Movie - TBA (DR)	Tea, coffee and snacks available in the Country Kitchen 12 9:30 Tai Chi w/ Eric Lui (CRM) 10:15 Food Forum 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 1:30 Shopping Bus -Walmart -Sign Up Sheet at Reception (MEE) 2:00 Java Music Club- Celebrations (DR) 3:30 Drama Club- Skit Readings (DR) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 13 9:30 Excercises (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 Name that tune (DR) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - TBA (DR)	Tea, coffee and snacks available in the Country Kitchen 14 10:00 Roll - O - Trump (DR) 2:00 Tombola Game - (Italian type Bingo) (DR) 3:30 Italian Soda Social (FL) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 15 9:30 Sunday Morning Yoga! (DR) 10:00 Sunday Morning Scenic Drive - Sign up with reception (MEE) 12:00 Father's Day BBQ in the Courtyard - Burgers and Beer - Sign up with reception (CTY) 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 16 9:30 Excercises (DR) 10:30 Penny Ante Game (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Mahjong (CRM) 2:30 Afternoon Drumfit (DR) 3:30 Giant Crosswords (DR) 6:45 Monday Night Series - Mash! (DR)	Tea, coffee and snacks available in the Country Kitchen 17 9:30 Armchair Yoga (Virtual Event) (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Resident Forum (DR) 3:30 1:1 Visits with Life Enrichment Staff (RES) 3:30 Tri-Bike Rides -Sign Up with reception (MEE) 6:45 Evening Movie - TBA (DR)	Tea, coffee and snacks available in the Country Kitchen 18 10:00 Drum Fit Exercises (DR) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 11:00 An Orchard of Trivia- Fit Minds (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Gigantic Game- Connect 4 (DR) 3:30 Trivia (FL) 6:45 Evening Movie - TBA (DR) 7:00 Megan's Pub Night! (DR)	Tea, coffee and snacks available in the Country Kitchen 19 9:30 Tai Chi w/ Eric Lui (DR) 10:15 Phil Collins - Live At Montreux, 2004 - Virtual concert (DR) 1:30 Shopping Bus -Seafair -Sign Up Sheet at Reception (MEE) 4:00 Sing-A-Long with Linda (FL) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 20 9:30 Excercises (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 Monthly Birthday Party and Welcome Tea with Live Music by Greg Alcock - Strawberry Theme (FL) 3:15 Happy Hour in the Courtyard to celebrate the first day of summer! (DR) 6:45 Friday Night Movie - TBA (DR)	Tea, coffee and snacks available in the Country Kitchen 21 10:00 Roll - O - Trump (DR) 2:30 CYG - Glee Club Sing Along "Everyone's Invited!" (DR) 4:00 Who's Building it Now? Dexterity Game (CRM) 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 22 9:30 Sunday Morning Yoga! (DR) 10:00 Sunday Morning Scenic Drive - Sign up with reception (MEE) 2:00 Gathering in honour of Hiroshi Fujita, the author and dear friend (DR) 3:30 Let's Play Petanque! (DR) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 23 9:30 Excercises (DR) 10:30 Fit Minds - Word Games (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Afternoon Drumfit (DR) 3:00 Mahjong (DR) 3:30 Giant Crosswords (DR) 6:45 Monday Night Series - Mash! (DR)	Tea, coffee and snacks available in the Country Kitchen 24 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Tri-Bike Rides -Sign Up with reception (MEE) 10:30 Scattergories Word Game (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 12:00 Lunch Club - Picnic in the Courtyard - Pizza Party - Sign up with reception (CTY) 1:30 Shopping Bus to Lansdowne Mall- Sign up at reception (MEE) 2:30 Ice Cream Social and Picture day! (FL) 6:45 Evening Movie - TBA (DR)	Tea, coffee and snacks available in the Country Kitchen 25 10:00 Gentle Exercises (DR) 11:00 Go 4 Life Walk - Sign up with reception (MEE) 11:00 Gigantic Game- Connect 4 (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:30 Chocolate Lovers Ice Cream Sunda Delight! (CTY) 3:30 Trivia (FL) 6:45 Evening Movie - TBA (DR)	Tea, coffee and snacks available in the Country Kitchen 26 9:30 Tai Chi w/ Eric Lui (DR) 10:15 Carlos Santana & John McLaughlin - Invitation to Illumination - Virtual Concert (DR) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Scenic Drive with ice cream and Linda (MEE) 2:00 1:1 Visits with Life Enrichment Staff (RES) 3:30 Let's Play Cornhole! (DR) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 27 10:00 Drum Fit 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 - TBA (DR)	Tea, coffee and snacks available in the Country Kitchen 28 10:00 Roll - O - Trump (DR) 2:30 Glee Club - Sing A Long "Everyone's Invited!" (DR) 4:00 Garden Ice Cream Sandwich Social (CTY) 6:45 Bananagrams (DR) 7:00 Bible study with Vincent (CRM)
Tea, coffee and snacks available in the Country Kitchen 29 9:30 Sunday Morning Yoga! (DR) 10:30 Minoru Track Walking with Allison (RECE) 2:30 Open Artworks Studio Time (CRM) 6:30 Bible Study with the Richmond Gospel Tabernacle Church (DR)	Tea, coffee and snacks available in the Country Kitchen 30 9:00 Excercises (DR) 10:30 Let's Play Farkle (dice game) (CRM) 11:00 Go For Life Walk - Remember your Daily Walk (RECE) 2:00 Therapeutic Coloring (CRM) 2:30 Afternoon Drumfit (DR) 3:30 Giant Crosswords (DR) 6:45 Monday Night Series - Mash! (DR)	 Senior's Month		Locations Legend Dogwood Room (DR) Reception (RECE) Fireside Lounge (FL) Carnation Room (CRM) Meet in Lobby (MEE) Courtyard (CTY) Residents Room (RES) Outside in the Round About (OUT)		Calendar Legend All Day Outing Special Program Cruise Week Living, Loving, Local Signature Program
 SUNDAY JUNE 15 Father's Day		 FRIDAY JUNE 13 Men's Health (Wear Blue Day)		Locations Legend Dogwood Room (DR) Reception (RECE) Fireside Lounge (FL) Carnation Room (CRM) Meet in Lobby (MEE) Courtyard (CTY) Residents Room (RES) Outside in the Round About (OUT)		Calendar Legend All Day Outing Special Program Cruise Week Living, Loving, Local Signature Program