



INSPIRED  
SENIOR LIVING

# August 2026

## The Village Langley



| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                                                                                                                                                                             | Saturday                                                                                                                                                                                                                                                                                                                                                        |
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| <div><p>Civic Holiday</p></div> <div><b>Life Enrichment Program Highlights and Programs Requiring Sign Up</b><br/><br/><b>(NEW) Every Tuesday @2pm</b> - Fun at the Farm *Life Enrichment program with the barn animals<br/><b>Wednesday, August 12th @11am</b> - Outing: Picnic at Brookwood Park *Sign Up Required. RSVP via email: lem.tvl@verveseniorliving.com<br/><b>Wednesday, August 12th @ 4:30pm</b>- Restarant Experience (Bistro) *Sign Up Required. RSVP via email: lem.tvl@verveseniorliving.com by August 7th. \$20 per guest.<br/><b>Wednesday, August 26th @6pm</b>- Pub Night with Music Guest: Cypress Creek<br/><b>Thursday, August 27th @12noon to 3pm</b> - End of Summer Splash Party with Solo Performance from The Song Birds Choir, Carla</div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                 |
| 10:00 Walk 4 Life: Village Stroll with Natasha (VC) <b>2</b><br>10:30 GCF: Nature and Gardening with Natasha (OCC)<br>1:00 Fit Minds at the Bistro with Nik (OCC)<br>2:00 Drumfit with Nik (OCC)<br>3:30 Helping Hands: Mail Delivery with Nik (VC)<br>4:00 Helping Hands at the Barn with Nik (BN)<br>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Civic Holiday (VC) <b>3</b><br>10:00 GCF: Gardening (BN)<br>11:30 Lunch Group with Natasha (AL)<br>1:30 Helping Hands - Grocery Delivery with Natasha (VC)<br>3:00 Fitness with Natasha (CE)<br>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH)<br>6:00 Helping Hands at the Barn with Natalie (BN)                                                                                                                                                                | 9:45 Walk 4 Life: Village Stroll with Natasha (VC) <b>4</b><br>10:30 Fun & Fitness with Natasha (OCC)<br>12:30 Fit Minds at the Bistro with Hannah (OCC)<br>1:30 Helping Hands - Mail Delivery with Natasha (OCC)<br>2:00 Fun at the Farm (NEW) *Chicken Races and Meet Suzzane (BN)<br>3:15 Sing Fit with Hannah (AR)<br>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)                                                                                                        | National Relaxation Day (OCC) <b>5</b><br>10:15 Music with Meg, Music Therapist (AL)<br>11:00 Music with Meg, Music Therapist (AR)<br>11:00 CanFit Pro: Seated Yoga with Natalie (OCC)<br>12:30 Tea Sampling with Hannah (OCC)<br>2:00 Sound Bowl Therapy with Tracy Riley (CE)<br>3:15 Patio Spa with Hannah (CY)<br>6:00 House Program: Slumber Party with Hannah (HA)                                                                                                                 | 9:45 Walk 4 Life: Village Stroll with Natalie (VC) <b>6</b><br>12:30 Fit Minds at the Bistro with Hannah (OCC)<br>1:30 Helping Hands - Grocery Delivery with Hannah (VC)<br>1:30 Music with Meg, Music Therapist (CE)<br>1:30 CanFit Pro: Seated Yoga with Natalie (OCC)<br>2:15 Music with Meg, Music Therapist (CY)<br>2:30 Bicycle Rides with Natalie (VC)<br>3:00 House Program with Hannah (AL)<br>6:00 Java Music Club with Hannah (AL)  | 10:00 Helping Hands: Flower Picking & Arrangements with Hannah (VC) <b>7</b><br>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)<br>12:30 Fit Minds at the Bistro with Hannah (OCC)<br>1:00 Outing: Walk the Block with Natalie (CO)<br>1:30 Helping Hands - Mail Delivery with Hannah (OCC)<br>2:30 Men's Club: Car Wash with Natalie & Hannah (OCC)<br>6:00 Movie Night *Program time may vary depending on house routine (AH) | 9:45 Walk 4 Life: Village Stroll with Hannah (VC) <b>8</b><br>10:30 Drumfit with Hannah (OCC)<br>11:30 Lunch Date on the Patio with Hannah (CECY)<br>12:30 Fit Minds at the Bistro with Nik (OCC)<br>2:00 Active Game: Bocceball with Nik and Hannah (OCC)<br>3:00 Helping Hands: Mail Delivery with Nik (VC)<br>6:00 Creative Hands: Workshop Mural (WKSP)     |
| Indigenous Peoples Day (OCC) <b>9</b><br>10:00 Walk 4 Life: Village Stroll with Natasha (VC)<br>10:30 GCF: Nature and Gardening with Natasha (OCC)<br>1:00 Fit Minds at the Bistro with Nik (OCC)<br>2:00 Drumfit with Nik (OCC)<br>3:30 Helping Hands: Mail Delivery with Volunteer (VC)<br>4:00 Helping Hands at the Barn with Nik (BN)<br>6:00 Artful Enrichment - Indigenous Expressive Arts with Nik (OCC)                                                                                                                                                                                                                                                                                                                                                                                                                                           | Green Care Farm (BN) <b>10</b><br>10:00 Prayer Group (AL)<br>10:00 GCF: Gardening (BN)<br>10:30 GCF: Barn Animals Visit (BN)<br>11:00 Can Fit Pro: Outdoor Yoga with Natalie (OCC)<br>11:30 Lunch Group with Natasha (AL)<br>12:00 GCF: Nature Craft (BN)<br>1:00 Fit Minds: Coffee and Friends with Natalie (OCC)<br>1:30 Helping Hands - Grocery Delivery with Natasha (VC)<br>3:00 Fitness with Natasha (CE)<br>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH) | Music with Meg, Music Therapist (One to Ones) (AH) <b>11</b><br>9:45 Walk 4 Life: Village Stroll with Natasha (VC)<br>10:30 Fun & Fitness with Natasha (OCC)<br>10:45 The Village Choir with Meg (Music Therapist) (CE)<br>12:30 Fit Minds at the Bistro with Hannah (OCC)<br>1:30 Helping Hands - Mail Delivery with volunteer (OCC)<br>2:00 Fun at the Farm (NEW) *Teddy Bear Picnic (BN)<br>3:15 Sing Fit with Hannah (AR)<br>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC) | 9:45 Walk 4 Life: Village Stroll with Natalie (VC) <b>12</b><br>10:15 Music with Meg, Music Therapist (AL)<br>11:00 Music with Meg, Music Therapist (AR)<br>11:00 Outing: Picnic at The Brookwood's Park with Hannah and Natalie (CO)<br>1:30 Fit Minds with Hannah (OCC)<br>2:00 Sound Bowl Therapy with Tracy Riley (CY)<br>3:00 Birthday Planning Club with Hannah (NEW) (OCC)<br>4:30 Restaurant Dining Experience with Hannah & Natalie (OCC)<br>6:30 Family Council *Virtual (OCC) | 9:45 Walk 4 Life: Village Stroll with Natalie (VC) <b>13</b><br>12:30 Fit Minds at the Bistro with Hannah (OCC)<br>1:30 Helping Hands - Grocery Delivery with Hannah (VC)<br>1:30 Music with Meg, Music Therapist (CE)<br>1:30 CanFit Pro: Seated Yoga with Natalie (OCC)<br>2:15 Music with Meg, Music Therapist (CY)<br>2:30 Bicycle Rides with Natalie (VC)<br>3:30 House Program with Hannah (AL)<br>6:00 Java Music Club with Hannah (HA) | 10:00 Helping Hands: Flower Picking & Arrangements (VC) <b>14</b><br>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)<br>12:30 Fit Minds at the Bistro with Hannah (OCC)<br>1:00 Outing: Walk the Block with Natalie (CO)<br>1:30 Helping Hands - Mail Delivery with Hannah (OCC)<br>2:30 Men's Club: Car Wash with Natalie & Hannah (OCC)<br>6:00 Movie Night *Program time may vary depending on house routine (AH)            | 9:45 Walk 4 Life: Village Stroll with Hannah (VC) <b>15</b><br>10:30 Drumfit with Hannah (OCC)<br>11:30 Lunch Date on the Patio with Hannah (CECY)<br>12:30 Fit Minds at the Bistro with Nik (OCC)<br>2:00 Active Game: Corn Hole Toss with Hannah & Nik (OCC)<br>3:00 Helping Hands: Mail Delivery with Nik (VC)<br>6:00 Creative Hands: Workshop Mural (WKSP) |

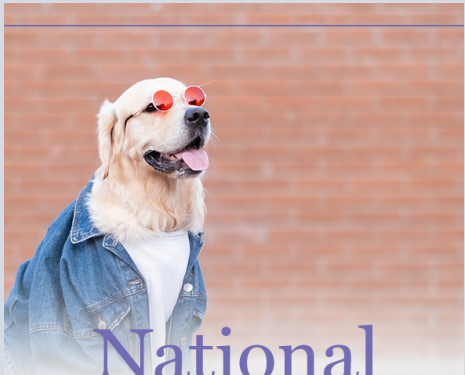


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| <div>10:00 Walk 4 Life: Village Stroll with Natasha (VC) <b>16</b></div> <div>10:30 GCF: Nature and Gardening with Natasha (OCC)</div> <div>1:00 Fit Minds at the Bistro with Nik (OCC)</div> <div>2:00 Drumfit with Nik (OCC)</div> <div>3:30 Helping Hands: Mail Delivery with Volunteer (VC)</div> <div>4:00 Helping Hands at the Barn with Nik (BN)</div> <div>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</div>                 | <div>Green Care Farm (BN) <b>17</b></div> <div>10:00 Prayer Group (AL)</div> <div>10:30 GCF: Gardening (BN)</div> <div>11:00 Can Fit Pro: Outdoor Yoga with Natalie (OCC)</div> <div>11:30 Lunch Group with Natasha (AL)</div> <div>12:00 GCF: Nature Craft (BN)</div> <div>1:00 Fit Minds: Coffee and Friends with Natalie (OCC)</div> <div>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</div> <div>3:00 Fitness with Natasha (CE)</div> <div>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH)</div> | <div>Music with Meg, Music Therapist (One to Ones) (AH) <b>18</b></div> <div>9:45 Walk 4 Life: Village Stroll with Natasha (VC)</div> <div>10:30 Fun &amp; Fitness with Natasha (OCC)</div> <div>10:45 The Village Choir with Meg (Music Therapist) (CE)</div> <div>12:30 Fit Minds at the Bistro with Natalie (OCC)</div> <div>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</div> <div>2:00 Fun at the Farm (NEW) *Walking Blackberry the Goat (BN)</div> <div>3:00 House Program with Natasha (AL)</div> <div>3:15 Sing Along with Natalie (AL)</div> <div>6:00 Artful Enrichment - Paint and Sip (OCC)</div> | <div>National Dog Day (VC) <b>19</b></div> <div>10:15 Music with Meg, Music Therapist (AL)</div> <div>11:00 Music with Meg, Music Therapist (AR)</div> <div>11:00 Drum Fit with Natalie (OCC)</div> <div>12:30 Fit Minds with Natalie (OCC)</div> <div>1:45 Puppy Visit with Lettie the Puppy (VC)</div> <div>2:00 Sound Bowl Therapy with Tracy Riley (CE)</div> <div>6:00 Games Night: Bingo with Natalie (OCC)</div>                            | <div>9:45 Walk 4 Life: Village Stroll with Natalie (VC) <b>20</b></div> <div>12:30 Fit Minds at the Bistro with Natalie (OCC)</div> <div>1:30 Music with Meg, Music Therapist (CE)</div> <div>1:30 CanFit Pro: Seated Yoga with Natalie (OCC)</div> <div>2:15 Music with Meg, Music Therapist (CY)</div> <div>2:30 Bicycle Rides with Natalie (VC)</div> | <div>10:00 Helping Hands: Flower Picking &amp; Arrangements with Natalie (VC) <b>21</b></div> <div>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)</div> <div>12:30 Fit Minds with Volunteer (OCC)</div> <div>1:00 Outing: Walk the Block with Natalie (CO)</div> <div>1:30 Helping Hands - Mail Delivery with volunteer (OCC)</div> <div>2:30 Men's Club: Car Wash with Natalie (CE)</div> <div>6:00 Movie Night *Program time may vary depending on house routine (AH)</div>            | <div>9:45 Walk 4 Life: Village Stroll with Natalie (VC) <b>22</b></div> <div>10:30 Drumfit with Natalie (OCC)</div> <div>12:30 Fit Minds at the Bistro with Nik (OCC)</div> <div>2:00 Active Game: Parachute Game with Nik &amp; Natalie (HAWL)</div> <div>3:00 Helping Hands: Mail Delivery with Nik (VC)</div> <div>6:00 Creative Hands: Workshop Mural (WKSP)</div>                                                                       |
| <div>10:00 Walk 4 Life: Village Stroll with Natasha (VC) <b>23</b></div> <div>10:30 GCF: Nature and Gardening with Natasha (OCC)</div> <div>1:00 Fit Minds at the Bistro with Nik (OCC)</div> <div>2:00 Drumfit with Nik (OCC)</div> <div>3:30 Helping Hands - Mail Delivery with Nik (OCC)</div> <div>4:00 Helping Hands at the Barn with Nik (BN)</div> <div>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</div>                     | <div>Green Care Farm (BN) <b>24</b></div> <div>10:00 Prayer Group (AL)</div> <div>10:30 GCF: Gardening (BN)</div> <div>11:00 Can Fit Pro: Outdoor Yoga with Natalie (OCC)</div> <div>11:30 Lunch Group with Natasha (AL)</div> <div>12:00 GCF: Nature Craft (BN)</div> <div>1:00 Townhall Meeting (Community Center) (OCC)</div> <div>2:00 Meet Me at the MOMA - Art Appreciation with Natasha (HO)</div> <div>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH)</div>                                            | <div>9:45 Walk 4 Life: Village Stroll with Natasha (VC) <b>25</b></div> <div>10:30 Fun &amp; Fitness with Natasha (OCC)</div> <div>10:45 The Village Choir with Meg (Music Therapist) (CE)</div> <div>12:30 Fit Minds at the Bistro with Hannah (OCC)</div> <div>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</div> <div>2:00 Fun at the Farm (NEW) *Chicken Games (BN)</div> <div>3:15 Sing Fit with Hannah (AR)</div> <div>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</div>                                                                                                                     | <div>10:15 Music with Meg, Music Therapist (AL) <b>26</b></div> <div>11:00 Music with Meg, Music Therapist (AR)</div> <div>11:00 Drum Fit with Natalie (OCC)</div> <div>12:30 Fit Minds with Hannah (OCC)</div> <div>2:00 Sound Bowl Therapy with Tracy Riley (CY)</div> <div>3:00 Birthday Planning Club with Hannah (NEW) (OCC)</div> <div>3:15 Patio Spa with Hannah (CY)</div> <div>6:00 Pub Night with Live Music - Cypress Creek (OCC)</div> | <div>9:45 Bicycle Rides with Natalie (VC) <b>27</b></div> <div>12:00 End of Summer Splash! with Solo Performance By Song Bird Choir member, Carla (OCC)</div> <div>3:15 Sing Fit with Hannah (CY)</div> <div>6:00 Java Music Club with Hannah (AR)</div>                                                                                                 | <div>10:00 Helping Hands: Flower Picking &amp; Arrangements with Hannah (VC) <b>28</b></div> <div>11:00 CanFit Pro: Disco Fitness with Natalie (OCC)</div> <div>12:30 Fit Minds at the Bistro with Hannah (OCC)</div> <div>1:00 Outing: Walk the Block with Natalie (CO)</div> <div>1:30 Helping Hands - Mail Delivery with volunteer (OCC)</div> <div>2:30 Men's Club: Car Wash with Natalie (OCC)</div> <div>6:00 Movie Night *Program time may vary depending on house routine (AH)</div> | <div>9:45 Walk 4 Life: Village Stroll with Natalie (VC) <b>29</b></div> <div>10:30 Drumfit with Natalie (OCC)</div> <div>12:30 Fit Minds at the Bistro with Nik (OCC)</div> <div>2:00 Active Game: Parachute Game with Nik &amp; Natalie (HAWL)</div> <div>3:00 Helping Hands: Mail Delivery with Nik (VC)</div> <div>6:00 Creative Hands: Workshop Mural (WKSP)</div>                                                                       |
| <div>10:00 Walk 4 Life: Village Stroll with Natalie *weather permitting (VC) <b>30</b></div> <div>10:30 GCF: Nature and Gardening with Natalie (OCC)</div> <div>1:00 Fit Minds at the Bistro with Nik (OCC)</div> <div>2:00 Drumfit with Nik (OCC)</div> <div>3:30 Helping Hands - Mail Delivery with Nik (OCC)</div> <div>4:00 Helping Hands at the Barn with Nik (BN)</div> <div>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</div> | <div>9:00 Helping Hands at the Barn with Natalie (BN) <b>31</b></div> <div>10:30 GCF: Gardening (BN)</div> <div>11:00 Can Fit Pro: Outdoor Yoga with Natalie (OCC)</div> <div>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</div> <div>1:30 Helping Hands - Grocery Delivery with Natalie (VC)</div> <div>3:00 Fitness with Natalie (CE)</div> <div>4:00 Helping Hands at the Barn with Natalie (BN)</div> <div>6:00 Evening Patio Time *Patio visit time may vary depending on house routine (AH)</div>                                  | <div><div>National Dog Day</div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div>Be Among Friends</div>                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <div>Locations Legend</div> <div>Oakwood Community Center (OCC)</div> <div>Village Community (VC)</div> <div>Community Outing (CO)</div> <div>All Households (AH)</div> <div>Barn (BN)</div> <div>Workshop (WKSP)</div> <div>Alder House (AL)</div> <div>Arbutus House (AR)</div> <div>Cedar Cottage (CE)</div> <div>Cypress Cottage (CY)</div> <div>Hawthorne House (HA)</div> <div>Hawthorne Lawn (HAWL)</div> <div>Holly House (HO)</div> |