



INSPIRED
SENIOR LIVING

August 2026

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Civic Holiday		Friendship Day		Eat Outside Day		
Tea, coffee and snacks available in the Country Kitchen 2 9:30 Sunday Morning Yoga! (DR) 10:30 Table Top Games : Playing Cards (DR) 2:00 Floor Bowling Game (DR) 3:30 Hymn Sing-A-Long (with Violeta) (FL) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen 3 BC Day 10:00 Morning Walk with Megan (MEE) 11:00 Altavida Fashions Clothing Sale (Credit/Debit or Cash Accepted) (DR) 11:00 Calendar Review with Megan! (FL) 2:00 Move your hands - Color Match Game (FL) 2:30 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (FL) 6:45 Netflix Series: ***New Series*** - 1883 (Starring Sam Elliot) (DR)	Tea, coffee and snacks available in the Country Kitchen 4 9:30 Armchair Yoga (Virtual Event) (DR) 9:45 Morning Drive to Tim Horton's (please bring cash or card) (MEE) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Resident Forum + Food Forum (combined) *** Special Treat from Soojin will be provided ** (DR) 3:00 Grand Opening of the New Bistro 3:30 Balloon Volleyball (DR) 6:45 Evening Movie - Leo (Animated Movie Starring the Voice of Adam Sandler) (DR)	Tea, coffee and snacks available in the Country Kitchen 5 9:30 Excercises (DR) 10:30 Drama Club - Skit Readings (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Roll-o-Trump! (DR) 3:30 Trivia (FL) 6:45 Evening Movie - Michael (The portrayal of the life and legacy of Michael Jackson- 2026) (DR)	Tea, coffee and snacks available in the Country Kitchen 6 9:30 Tai Chi (Virtual) (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 Presentation by TELUS (drinks will be provided) (FL) 2:00 1:1 Visits with Life Enrichment Staff (RES) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 7 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 12:00 Friends and Family BBQ - Please let reception know if you are bringing guests (CTY) 2:00 Live music by Michael Duff (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Born a Champion (Starring Dennis Quaid) (DR)	Tea, coffee and snacks available in the Country Kitchen 8 10:00 Roll - O - Trump (DR) 2:00 'Who or What Am I?' with Wendy (FL) 3:30 Ice Cream Float Social in the Courtyard! (CTY) 6:45 Bananagrams (DR)
Tea, coffee and snacks available in the Country Kitchen 9 9:30 Sunday Morning Yoga! (DR) 10:30 Cards and Dice Games (DR) 2:00 Floor Curling Game (DR) 3:30 Name that Tune and Sing-A-long (FL) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen 10 10:00 Excercise Class ** please note change in time ** (DR) 10:30 Java Music Club (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Monthly Birthday Party with Performance by the Suede Dogs (DR) 3:30 Therapeutic Coloring (CRM) 6:45 Netflix Series: ***New Series*** - 1883 (Starring Sam Elliot) (DR)	Tea, coffee and snacks available in the Country Kitchen 11 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Clark Shoes - Shoe Sale (CRM) 10:30 FitMinds (FL) 2:00 Afternoon Walk with Violeta (MEE) 3:30 Giant Crosswords ** please note change in day ** (FL) 6:45 Evening Movie - Stepmom (Starring Julia Roberts and Susan Sarandon) (DR)	Tea, coffee and snacks available in the Country Kitchen 12 9:30 Exercises (DR) 10:45 Let's Play Uno! (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Balloon Badminton (DR) 3:30 Trivia (FL) 6:45 Evening Movie - Solio Mio (Romantic Comedy: Starring Kevin James) (DR)	Tea, coffee and snacks available in the Country Kitchen 13 9:30 Tai Chi (Virtual) (DR) 10:30 Bean Bag Games (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 1:30 Shopping Bus - Walmart - Sign Up Sheet at Reception (MEE) 2:00 1:1 Visits with Life Enrichment Staff (RES) 2:30 Virtual Concert in the Lounge - John Williams in Tokyo (FL) 3:00 Tri-Bike Rides - Sign up with Reception (Weather Permitting) (MEE) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 14 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Family Feud Game (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - A League of Their Own (Starring Tom Hanks , Geena Davis) (DR)	Tea, coffee and snacks available in the Country Kitchen 15 10:00 Roll - O - Trump (DR) 2:00 Tombola Game (Italian type Bingo) (DR) 3:30 Cool Treat Social (CTY) 4:00 Let's Reminisce: The Drive In (CTY) 6:45 Bananagrams (DR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tea, coffee and snacks available in the Country Kitchen 16 9:30 Sunday Morning Yoga! (DR) 10:30 Let's Play Farkle (DR) 2:00 United Church Service (Virtual Event) (DR) 2:45 Random Trivia and Facts (FL) 3:45 The best of Ed Sullivan (FL) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen 17 National Beer Day 9:30 Morning Exercises (DR) 10:30 Wordle Word Game (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Afternoon Manicures (FL) 2:00 All about Beer - Tasting included (CRM) 3:30 Giant Crosswords (FL) 6:30 Resident and Family Council (DR) 6:45 Netflix Series: ***New Series*** - 1883 (Starring Sam Elliot) (DR)	Tea, coffee and snacks available in the Country Kitchen 18 9:30 Armchair Yoga (Virtual Event) (DR) 10:45 Beach Ball Questions Game (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Artfull Enrichment Program "From Old T-Shirt to Braided Coaster" (DR) 4:00 You Be The Judge- Discussion (DR) 6:45 Pokeno (FL)	Tea, coffee and snacks available in the Country Kitchen 19 9:30 Wednesday Stretching, Gentle Exercises (DR) 10:30 Let's Play Card Game - Up and Down (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Presentation by Crime Stoppers (DR) 2:00 1:1 Visits with Life Enrichment Staff (RES) 3:30 Trivia (FL) 6:45 Evening Movie - My Big Fat Greek Wedding! (DR)	Tea, coffee and snacks available in the Country Kitchen 20 9:30 Tai Chi (Virtual) (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 1:30 Shopping Bus -Seafair -Sign Up Sheet at Reception (MEE) 2:00 1:1 Visits with Life Enrichment Staff (RES) 2:30 Therapeutic Coloring (CRM) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 21 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Afternoon Symphony in the Lounge (Virtual) (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Sleepless in Seattle (Starring Meg Ryan and Tom Hanks) (DR)	Tea, coffee and snacks available in the Country Kitchen 22 10:00 Roll - O - Trump (DR) 2:00 Saturday Scenic Drive (MEE) 2:30 Afternoon Mattinee - Patch Adams (Starring Robin Williams) (DR) 6:45 Bananagrams (DR)
Tea, coffee and snacks available in the Country Kitchen 23 9:30 Sunday Morning Yoga! (DR) 10:03 Connections - Word Game (FL) 2:00 Gardening Program In the Courtyard (CTY) 3:30 Coconut Pineapple Refreshers in the Garden (CTY) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen 24 9:30 Morning Exercises: Movement Matters (DR) 10:30 FitMinds (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:30 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (FL) 6:45 Netflix Series: ***New Series*** - 1883 (Starring Sam Elliot) (DR)	Tea, coffee and snacks available in the Country Kitchen 25 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Let's Play Dominoes (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Let's Play Cornhole! (DR) 3:30 Weekly "Wordle" Game (FL) 6:45 Bocce Ball (FL)	Tea, coffee and snacks available in the Country Kitchen 26 9:30 Exercises (DR) 10:30 Let's Play Uno! (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 3:30 Trivia (FL) 3:30 Armchair Travel - Alaska (DR) 6:45 Evening Movie - Yours, Mine and Ours (Starring Lucille Ball) (DR)	Tea, coffee and snacks available in the Country Kitchen 27 9:30 Tai Chi (Virtual) (DR) 10:25 Jeopardy (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 11:00 Picnic Outing - Sign up at Reception (MEE) 2:00 1:1 Visits with Life Enrichment Staff (RES) 3:00 Tri-Bike Rides (Weather permitting) (MEE) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 28 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Live Music with Patrizia Coletta (FL) 3:15 Special Wine and Cheese Happy Hour (DR) 6:45 Friday Night Movie - Chicago (2003 Version) (DR)	Tea, coffee and snacks available in the Country Kitchen 29 10:00 Roll - O - Trump (DR) 2:00 Shut The Box Game (CRM) 2:45 Afternoon Walk (MEE) 3:30 Performance by Childlike Faith Acdemy Theatre and Dance School (FL) 6:45 Bananagrams (DR)
Tea, coffee and snacks available in the Country Kitchen 30 9:30 Sunday Morning Yoga! (DR) 10:30 Let's Play Slam Card Scrabble (DR) 2:00 Let's Play Floor Curling (with Violeta) (DR) 3:30 Cold Treats Socials & Virtual Trivia (FL) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen 31 9:30 Exercise (DR) 10:30 WoW! Word Game (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Afternoon Manicures (FL) 2:30 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (FL) 6:45 Netflix Series: ***New Series*** - 1883 (Starring Sam Elliot) (DR)	Be Among Friends		Locations Legend Dogwood Room (DR) Fireside Lounge (FL) Reception (RECE) Carnation Room (CRM) Meet in Lobby (MEE) Courtyard (CTY) Residents Room (RES)		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program