



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tea, coffee and snacks available 1 in the Country Kitchen 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 Let's Play Farkle (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Outing to the Richmond Sunflower Festival - \$12 entry fee - Please sign up with reception (MEE) 3:00 Virtual Elvis Presely Concert - Aloha from Hawaii (FL) 6:45 Pokeno (FL)	Tea, coffee and snacks available in the Country Kitchen 2 10:00 Morning Walk (DR) 10:45 Let's Play Uno! (DR) 2:00 Trivia *** please note new time *** (FL) 3:30 Artist Impression - Paul Gauguin - Still Life With Teapot And Fruits (Therapeutic Coloring) (CRM) 6:45 Evening Movie - Don't say good luck (Sophie Birenbaum is ready for the spotlight as the lead in her high school musical until suddenly she's living with even more drama at home than on the stage) (DR)	Tea, coffee and snacks available 3 in the Country Kitchen 9:30 Tai Chi (Virtual) (DR) 10:30 Cornhole in the Courtyard (Location Weather Permitting) (CTY) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 1:30 Shopping Bus - Landsdowne Mall - Sign Up Sheet at Reception (MEE) 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 4 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Word Games with Linda (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Performance by Hand over Heart (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Gorilla's in the mist (FL)	Tea, coffee and snacks available 5 in the Country Kitchen 10:00 Roll - O - Trump (DR) 2:00 You Be the Judge (CRM) 2:45 Afternoon Walk (MEE) 3:45 Ginger lemondæ in the Courtyard (FL) 6:45 Bananagrams (DR)
Tea, coffee and snacks available in the Country Kitchen 6 9:30 Sunday Morning Yoga! (DR) 10:30 Connections - Word Game (FL) 2:00 United Church Service (Virtual Event) (DR) 2:30 Garden Harvesting and Clean Up! (CTY) 3:30 Afternoon Manicures (CRM) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen Labour Day! 7 9:30 Morning Exercise : "Move Better" (DR) 10:35 Drama Club - Skit Readings (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 New Game :Slide,Aim,Match! (DR) 3:30 Giant Crosswords (FL) 6:45 Netflix Series: ***New Series*** - 1923 The Duttons face a new set of challenges in the early 20th century, including the rise of Western expansion, Prohibition, and the Great Depression. (DR)	Tea, coffee and snacks available in the Country Kitchen 8 9:30 Armchair Yoga (Virtual Event) (DR) 10:30 FitMinds: Building Words from Word (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 "Egg-venture Day" - The journey begins to hatch our chicks (CRM) 3:30 Tuesday Afternoon Roll-O- Trump (DR) 6:45 Evening Bocce (FL)	Tea, coffee and snacks available in the Country Kitchen 9 9:30 Excercises (DR) 10:30 Let's Play Dominoes (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Trivia ** please note new time for Trivia ** (FL) 3:00 Balloon Volleyball (DR) 4:00 Ice Cream Sandwich Social (FL) 6:45 Evening Movie - The Green Book (FL)	Tea, coffee and snacks available in the Country Kitchen 10 9:30 Tai Chi (Virtual) (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 1:1 Visits with Life Enrichment Staff (RES) 2:00 Bingo Marathon- Session #1- Bring 10 Quarters! (Proceeds going to Terry Fox Foundation) - Prizes will be given out! (DR) 3:30 Tri-Bike Rides (Weather Permitting) - Sin up with reception (OUT) 4:00 Rebus Puzzles (FL) 6:45 Bingo Marathon- Session #2 - Bring 10 Quarters! (Proceeds going to Terry Fox Foundation) - Coffee, Snacks and Prizes will be given out! (DR)	Tea, coffee and snacks available in the Country Kitchen 11 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Mindfulness & Music making with Purple (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Live Music by Sincerely Yours Entertainment (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Happiness for Beginners (FL)	Tea, coffee and snacks available in the Country Kitchen National Verve Open House (AA) 12 10:00 Roll - O - Trump (DR) 1:00 Artfull Enrichment - Leafy Maple Candle (DR) 2:00 Live Music by Jennifer Lauren + Cocktail/Mocktail Hour (FL) 3:30 Oodles Word Game with Wendy (FL) 6:45 Bananagrams (DR)
Tea, coffee and snacks available in the Country Kitchen Happy National Grandparents Day! 13 9:30 Sunday Morning Yoga! (DR) 10:35 Let's Play Uno (CRM) 2:00 Cornhole: Bean Bag Toss (DR) 3:15 United Church Service (Virtual Event) (DR) 4:00 Penny Ante Game (CRM) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen 14 9:30 Morning Exercises (DR) 10:30 Weekly "Wordle" Game (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Afternoon Manicures (FL) 3:30 Giant Crosswords (FL) 6:45 Netflix Series: ***New Series*** - 1923 The Duttons face a new set of challenges in the early 20th century, including the rise of Western expansion, Prohibition, and the Great Depression. (DR)	Tea, coffee and snacks available in the Country Kitchen 15 9:30 Armchair Yoga (Virtual Event) (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 11:00 Lunch outing to LA Grille - Meet in Lobby - Sign up at Reception (MEE) 2:00 Trivia ** please note change in day ** (FL) 3:30 Warm Drinks and Cinnamon bun social (FL) 6:45 Evening Pokeno (FL)	Tea, coffee and snacks available in the Country Kitchen 16 9:30 Chair Cardio Exercise with Violeta (DR) 10:30 Walker, Wheelchair or Cane Wash in the Courtyard (\$5 donation - Proceeds go to the Terry Fox Foundation) (CTY) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Resident Forum + Food Forum (combined) (DR) 3:30 Jeopardy! (FL) 6:45 Evening Movie - A Beautiful mind (Starring Russell Crowe) (FL)	Tea, coffee and snacks available in the Country Kitchen 17 9:30 Tai Chi (Virtual) (DR) 10:30 Horseshoes in the Round (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 S'mores making and reminscing about camping in the Courtyard (CTY) 3:30 1:1 Visits with Life Enrichment Staff (RES) 6:45 Bingo - Bring 10 quarters! (DR)	Tea, coffee and snacks available in the Country Kitchen 18 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Mindfulness & Music making with Purple (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Afternoon Symphony (Virtual)- The British Ukele Symphony (DR) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - Harry Potter and the Philosopher's stone (FL)	Tea, coffee and snacks available in the Country Kitchen 19 10:00 Roll - O - Trump (DR) 2:00 Name That Tune (FL) 3:30 Balloon Volleyball (DR) 6:45 Bananagrams (DR)



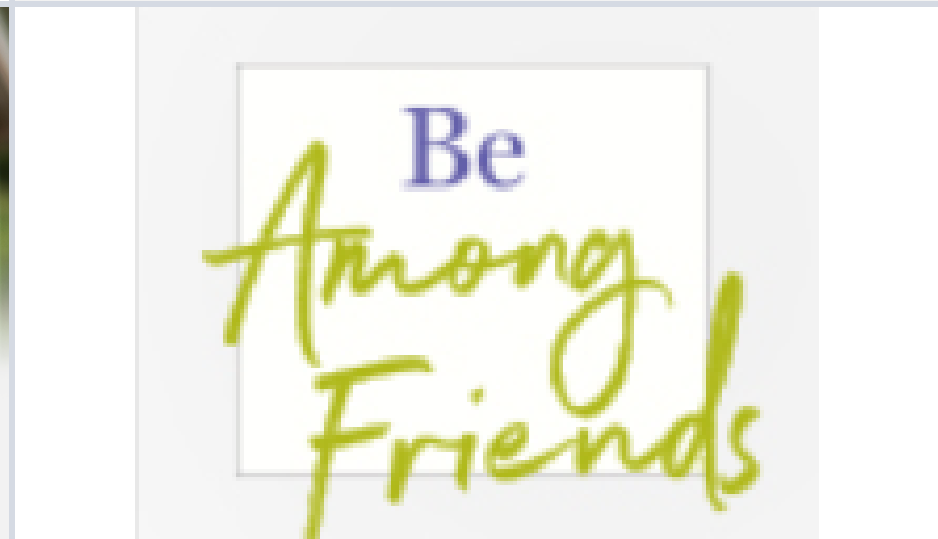
INSPIRED
SENIOR LIVING

September 2026

Courtyard Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tea, coffee and snacks available in the Country Kitchen 20 9:30 Sunday Morning Yoga! (DR) 10:15 Morning Manicures (FL) 2:30 Musical Performance by the Youth Musician and Artist Association Group (FL) 4:00 Connections - Word Game (FL) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen 21 9:30 Morning Exercises: Movement Matters (DR) 10:30 Giant Crosswords ** please note change in time ** (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Monthly Birthday Party and Welcome tea - Fall theme (DR) 4:00 Rebus Puzzles with Megan (FL) 6:45 Netflix Series: ***New Series*** - 1923 The Duttons face a new set of challenges in the early 20th century, including the rise of Western expansion, Prohibition, and the Great Depression. (DR)	Tea, coffee and snacks available in the Country Kitchen 22 First Day of Fall 9:30 Armchair Yoga (Virtual Event) (DR) 10:35 Fit Minds: Building Words from a Word (FL) 2:00 Celebration of Life for our community members Bring Pictures and Stories to share (DR) 3:30 Afternoon Walk (MEE) 6:45 Evening Bocce (FL)	Tea, coffee and snacks available in the Country Kitchen 23 9:30 Exercise (DR) 10:30 Armchair travel - South Africa (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Trivia ** please note new time for Trivia ** (FL) 3:30 Fall Decorating: Let's Make Fall Table Centres (CRM) 6:45 Evening Movie - Dolly Parton - A Musical Tribute (FL)	Tea, coffee and snacks available in the Country Kitchen 24 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 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 25 10:00 DrumFit (DR) 10:30 Catholic Communion and Prayers (CRM) 10:30 Mindfulness & Music making with Purple (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 11:00 Fifth Ave. Jewellery Collection Sale (FL) 2:00 Live music by Roberto Risman (FL) 3:15 Happy Hour (DR) 6:45 Friday Night Movie - How to Marry a Millionaire (FL)	Tea, coffee and snacks available in the Country Kitchen 26 10:00 Roll - O - Trump (DR) 2:00 Tombola Game (Italian type Bingo) (DR) 3:30 Warm Drink Social & 70's TV Guess Who Game (FL) 6:45 Bananagrams (DR)
Tea, coffee and snacks available in the Country Kitchen 27 9:30 Sunday Morning Yoga! (DR) 10:30 Cards and Dice Games (CRM) 2:00 United Church Service (Virtual Event) (DR) 2:00 1:1 Visits with Life Enrichment Staff (RES) 3:30 Virtual Random Trivia, Around the World (FL) 6:45 Bible Study (DR)	Tea, coffee and snacks available in the Country Kitchen 28 9:30 Morning Exercises (DR) 10:30 Weekly "Wordle" Game (FL) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 11:00 Altavida Fashions Clothing Sale - Brighten up your Wardrobe! (Payment accepted: Credit/Debit or Cash) (DR) 2:00 Silver Fox Terry Fox Walk (MEE) 2:30 Therapeutic Coloring (CRM) 3:30 Giant Crosswords (FL) 6:45 Netflix Series: ***New Series*** - 1923 The Duttons face a new set of challenges in the early 20th century, including the rise of Western expansion, Prohibition, and the Great Depression. (DR)	Tea, coffee and snacks available in the Country Kitchen 29 9:30 Armchair Yoga (Virtual Event) (DR) 10:45 Let's Play Uno! (DR) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Visit from the Richmond Public Library - Let's get nostalgic (DR) 3:00 Tuesday Afternoon Roll-O-Trump (DR) 6:00 Pub Night with live music by The Shoe Shakers (Burger & Beer \$10 charge - All proceeds go our Terry Fox Charity Drive) - Please sign up with reception) (DR)	Tea, coffee and snacks available in the Country Kitchen 30 National Day of Truth and Reconciliation- Wear Orange to Support 9:30 Morning Exercises: Movement Matters (DR) 10:35 Drama Club - Skit Readings (CRM) 11:00 Go For Life Walk - Remember your Daily Walk - (RECE) 2:00 Truth and Reconciliation Discussion with guest speaker - David Darling (DR) 3:30 Floor Golf Game with Violeta (DR) 6:45 Evening Movie - A Million Miles Away (FL)	Day for Truth and Reconciliation		Rosh Hashanah (22-24)



Locations Legend
Dogwood Room (DR)
Fireside Lounge (FL)
Reception (RECE)
Carnation Room (CRM)
Meet in Lobby (MEE)
Residents Room (RES)
Courtyard (CTY)
Outside in the Round About (OUT)
All Around (AA)