




INSPIRED SENIOR LIVING

May 2024

Port Credit Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY MAY 5 Cinco De Mayo</p>			<p>9:30 Knitting Nook (10)</p> <p>10:00 Aqua Fit with Ellen (AC)</p> <p>10:30 News and Views Discussion Group (LI)</p> <p>10:30 Great Art Explained: John Singer Sargent: Madame X and Dr. Pozzi (T)</p> <p>2:00 Wellwise Clinic by Shopper's: Walker's and More! (L)</p> <p>2:00 Life Enrichment Calendar Review (T)</p> <p>2:30 Celebrating Nurses Collaborative Project *Drop In until until 4:30pm* (MR)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:00 Toronto Blue Jays on the BIG Screen! (T)</p> <p>3:30 Quiddler Card/Word Game (B)</p> <p>7:00 Wine and Paint Night with Emily (T)</p>	<p>8:30 Fitness with San (G)</p> <p>9:15 Fitness with San (G)</p> <p>10:00 Fitness with San (G)</p> <p>10:30 What's in a Word? (T)</p> <p>2:00 Euchre Afternoon (B)</p> <p>2:00 Jackpot BINGO *Bring \$5* (10)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:15 TV Series: All The Light We Cannot See (T)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Night Bridge Game (B)</p> <p>7:00 Evening Movie: The Cider Hour Rules (T)</p>	<p>9:00 Body Balance Fitness (G)</p> <p>9:15 Fit Minds - Stay Sharp (MR)</p> <p>9:45 Outing: Kariya Park (OUTI)</p> <p>10:00 Falls Prevention Exercise (G)</p> <p>10:30 Fit Minds - Stay Sharp (MR)</p> <p>10:30 Go 4 Life Walk (FD)</p> <p>11:00 Pump It Up Exercise Class (G)</p> <p>2:00 An Afternoon of Reminiscing with Emily *Motherhood Memories* (10)</p> <p>2:00 Texas Hold'Em * Bring \$2.00* (MR)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:30 Jazz Appreciation Afternoon (T)</p> <p>7:00 Bingo *Bring \$1.00* (10)</p>	<p>9:30 Craft: Day of the Dead Mask Painting *Drop In Until 11:30am* (MR)</p> <p>10:00 Seated Yoga with Margaret (10)</p> <p>10:30 Hangman (T)</p> <p>11:00 Go 4 Life Walk (FD)</p> <p>2:00 Armchair Travel - Mexico (10)</p> <p>3:00 Rummikub (B)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 RR Night Euchre (B)</p> <p>7:00 Evening Movie: October Sky (T)</p>
<p>Monika's Collection (L)</p> <p>10:30 Eucharist Service by St. Mary Star of the Sea (T)</p> <p>10:30 Smoothie Social (L)</p> <p>10:30 Sunday Java Singalong (10)</p> <p>2:00 Celebrate Cinco De Mayo with Entertainment by James (10)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:30 Drink Social: Watermelon Aqua Fresca (B)</p> <p>7:00 Evening Movie: The Greatest Night in Pop (T)</p>	<p>9:00 Body Balance Fitness (G)</p> <p>9:30 Listen and Learn: Podcasts (T)</p> <p>10:00 Falls Prevention Exercise (G)</p> <p>10:30 Concentration Memory Game (MR)</p> <p>11:00 Pump It Up Exercise Class (G)</p> <p>2:00 Guest Speaker: Queen Victoria in the Movies (10)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:00 Resident Run Bridge (10)</p> <p>3:00 Rummikub (B)</p> <p>3:30 Incredible Animal Journeys: Ocean Odysseys (T)</p> <p>6:30 Elliot the Dog Visits! (L)</p> <p>7:00 Evening Movie: The Pursuit of Happiness (T)</p>	<p>Mobile Hearing Clinic * Sign-up at Front Desk* (MR)</p> <p>8:30 Fitness with San (G)</p> <p>9:15 Fitness with San (G)</p> <p>10:00 Fitness with San (G)</p> <p>10:00 Cribbage and Skip Bo (B)</p> <p>10:00 Digital Concert: Tchaikovsky: Symphony No. 6 Pathetique (T)</p> <p>2:00 Guest Speaker Jennifer Presents: The Pillars of Mental Health (10)</p> <p>3:00 Billiards and Beer with Silvester (BL)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:15 Documentary: Testament The Story of Moses (T)</p> <p>3:30 Go 4 Life Walk (FD)</p> <p>7:00 Mexican Train Dominos (10)</p> <p>7:00 Evening Movie: Son of the Pink Panther (T)</p>	<p>9:30 Knitting Nook (10)</p> <p>10:00 Aqua Fit with Ellen (AC)</p> <p>10:00 30 Minute Meditation (T)</p> <p>10:30 News and Views Discussion Group (LI)</p> <p>2:00 Anglican Church Service (T)</p> <p>2:00 Musical Entertainment by Dallas - Songs of Springtime *Opera* (10)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:30 Quiddler Card/Word Game (B)</p> <p>7:00 Evening Movie: Love, Divided (T)</p>	<p>8:30 Fitness with San (G)</p> <p>9:15 Fitness with San (G)</p> <p>10:00 Fitness with San (G)</p> <p>10:00 Outing: Shopper's Drug Mart & Dollarama *Two Shuttles* (OUTI)</p> <p>10:30 What's in a Word? (T)</p> <p>2:00 Euchre Afternoon (B)</p> <p>2:00 Meet Me at the MOMA Lecture: Rafael Goldchain (10)</p> <p>2:00 Texas Hold'Em * Bring \$2.00* (MR)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:15 TV Series: All The Light We Cannot See (T)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Night Bridge Game (B)</p> <p>7:00 Evening Movie: Sully (T)</p>	<p>9:00 Body Balance Fitness (G)</p> <p>9:15 Fit Minds - Stay Sharp (MR)</p> <p>10:00 Falls Prevention Exercise (G)</p> <p>10:30 Fit Minds - Stay Sharp (MR)</p> <p>10:30 Go 4 Life Walk (FD)</p> <p>11:00 Pump It Up Exercise Class (G)</p> <p>2:00 Fact or Fiction and Strawberry Rhubarb Sundaes (10)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:30 Tech Time (B)</p> <p>3:30 Jazz Appreciation Afternoon (T)</p> <p>7:00 Bingo *Bring \$1.00* (10)</p>	<p>9:45 Outing: Spring Sale (OUTI)</p> <p>10:00 Seated Yoga with Margaret (10)</p> <p>10:30 Hangman (T)</p> <p>11:00 Go 4 Life Walk (FD)</p> <p>2:00 Advice for New Moms Photo Booth (10)</p> <p>3:00 Rummikub (B)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 RR Night Euchre (B)</p> <p>7:00 Evening Movie: Gifted Hands: The Ben Carson Story (T)</p>
<p>Happy Mother's Day</p> <p>10:30 Eucharist Service by St. Mary Star of the Sea (T)</p> <p>10:30 Smoothie Social (L)</p> <p>10:30 Sunday Java Singalong (10)</p> <p>11:30 Mother's Day Brunch *Make Reservations at Reception!*</p> <p>2:00 Classic Movie Sundays: Secrets (T)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>7:00 Evening Movie: The Accountant (T)</p>	<p>Reflexology with Judy</p> <p>9:00 Body Balance Fitness (G)</p> <p>9:30 Book Club Discussion (T)</p> <p>10:00 Falls Prevention Exercise (G)</p> <p>10:30 Concentration Memory Game (MR)</p> <p>11:00 Pump It Up Exercise Class (G)</p> <p>2:00 Resident Run Bridge (10)</p> <p>2:00 Who Am I? Artist Edition (T)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:00 Rummikub (B)</p> <p>3:30 Incredible Animal Journeys: Chasing the African Rains (T)</p> <p>6:30 Elliot the Dog Visits! (L)</p> <p>7:00 Evening Movie: American Fiction (T)</p>	<p>8:30 Fitness with San (G)</p> <p>9:15 Fitness with San (G)</p> <p>10:00 Fitness with San (G)</p> <p>10:00 Cribbage and Skip Bo (B)</p> <p>10:00 Digital Concert: Dvořák: Cello Concerto in B minor, Op. 104 (T)</p> <p>1:30 Imperial Classical Ballet: Sleeping Beauty (T)</p> <p>2:00 Art Workshop: Hummingbird Drawing (10)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:30 Go 4 Life Walk (FD)</p> <p>3:30 Documentary: Testament The Story of Moses (T)</p> <p>7:00 Mexican Train Dominos (10)</p> <p>7:00 Evening Movie: The Help (T)</p>	<p>9:30 Knitting Nook *Location Change* (B)</p> <p>10:00 Aqua Fit with Ellen (AC)</p> <p>10:30 News and Views Discussion Group (LI)</p> <p>2:00 Texas Hold'Em * Bring \$2.00* (MR)</p> <p>2:00 Dining Service Monthly Meeting w/ Monty and Margaret (T)</p> <p>2:00 Documentary: Seven Wonders of the Buddhist World (T)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:30 Quiddler Card/Word Game (B)</p> <p>7:00 Guest Speaker Lianne Harris Presents: The Story and History of Famous Flowers (10)</p>	<p>National Mimosa Day!</p> <p>8:30 Fitness with San (G)</p> <p>9:15 Fitness with San (G)</p> <p>10:00 Fitness with San (G)</p> <p>10:00 Mimosas and Muffins Social (L)</p> <p>10:30 What's in a Word? (T)</p> <p>2:00 Euchre Afternoon (B)</p> <p>2:00 Meet Me at the MOMA Art Afternoon: Joan Miro (10)</p> <p>3:00 High Tea with Tony *Sign Up at Reception* (D)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:15 TV Series: All The Light We Cannot See (T)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Night Bridge Game (B)</p> <p>7:00 Evening Movie: The Zone of Interest (T)</p>	<p>National Pizza Day!</p> <p>9:00 Body Balance Fitness (G)</p> <p>9:15 Fit Minds - Stay Sharp (MR)</p> <p>10:00 Falls Prevention Exercise (G)</p> <p>10:30 Fit Minds - Stay Sharp (MR)</p> <p>10:30 Go 4 Life Walk (FD)</p> <p>11:00 Pump It Up Exercise Class (G)</p> <p>11:30 Outing: Lunch at Posta (Pizza and Pasta) (OUTI)</p> <p>2:00 Artful Talks: Printmaking (T)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>3:30 Jazz Appreciation Afternoon (T)</p> <p>7:00 Bingo *Bring \$1.00* (10)</p>	<p>Corgis and Queens Scavenger Hunt</p> <p>10:00 Seated Yoga with Margaret (10)</p> <p>10:30 Hangman (T)</p> <p>11:00 Go 4 Life Walk (FD)</p> <p>2:00 Bread Tasting (10)</p> <p>3:00 Rummikub (B)</p> <p>3:00 Afternoon Tea Time (L)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 RR Night Euchre (B)</p> <p>7:00 Evening Movie: The Boys in the Boat (T)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Corgis and Queens Scavenger Hunt 19 10:30 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Smoothie Social (L) 10:30 Sunday Java Singalong (10) 2:00 Classic Movie Sundays: Some Like It Hot (T) 2:00 Scattergories Word Game (B) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: The Glass Castle (T)	Corgis and Queens Scavenger Hunt 20 Fitness Cancelled Due To Holiday! (G) 10:00 Cribbage and Skip Bo (B) 2:00 Rummikub (B) 2:00 Resident Run Bridge (10) 2:00 Documentary: Being The Queen (T) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:30 Incredible Animal Journeys: Alaska's River Race (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Mrs. Doubtfire (T)	21 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Outing: Flamboro Downs Casino (OUTI) 10:00 Digital Concert: The Mozartists - Mozart and Haydn Quartets (T) 10:30 Concentration Memory Game (MR) 2:00 Culinary Corner: Greek Dips and Olive Tasting (B) 3:00 Afternoon Tea Time (L) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Testament The Story of Moses (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Cheaper by the Dozen (T)	22 9:30 Knitting Nook (10) 10:00 Aqua Fit with Ellen (AC) 10:30 News and Views Discussion Group (LI) 10:30 Speakers Corner: My Time in Botswana by Rev. Debra (10) 2:00 Understanding Alzheimer's & Dementia by Home Instead (10) 2:00 Drawing Afternoon: Roll - A - Potrait (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Evening Movie: 27 Dresses (T)	23 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 1:30 Outing: Shopping at Sheridan Nursery (OUTI) 2:00 Euchre Afternoon (B) 2:00 Afternoon Entertainment by Fit As A Fiddle (10) 3:00 Afternoon Tea Time (L) 3:15 TV Series: All The Light We Cannot See (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (B) 7:00 Evening Social ft. Strawberry Rhubarb Smash (10)	24 9:00 Body Balance Fitness (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Falls Prevention Exercise (G) 10:00 Plant Your Own Balcony Tomato Plant * Sign-up at reception* (B) 10:30 Fit Minds - Stay Sharp (MR) 10:30 Go 4 Life Walk (FD) 11:00 Pump It Up Exercise Class (G) 1:30 Outing: Shopping at Loblaws (OUTI) 2:00 Artfull Talks: Spanish Art (T) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 3:30 Jazz Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	25 9:30 Craft: Make Your Own Disney Ears! (MR) 10:00 Seated Yoga with Margaret (10) 10:00 Vendor: Adrian's Family Clothing (L) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 2:00 May Trivia Challenge (10) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Evening Movie: The Greatest Hits (T)
26 10:30 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Smoothie Social (L) 10:30 Sunday Java Singalong (10) 2:00 Scattergories Word Game (B) 2:00 Classic Movie Sundays: A Song Is Born (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: The Lady and the Tramp (T)	27 Disney Scavenger Hunt 9:00 Body Balance Fitness (G) 9:30 Exploring Ted Talks (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game: Disney Themed (MR) 11:00 Pump It Up Exercise Class (G) 2:00 Resident Run Bridge (10) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:30 Incredible Animal Journeys: Home at the End of the Earth (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Beauty and the Beast *Live Action* (T)	28 Disney Scavenger Hunt 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage and Skip Bo (B) 10:00 Digital Concert: Vivaldi : Nisi Dominus (T) 10:30 Food Committee Meeting (MR) 11:30 Outing: Five Guys Burgers (OUTI) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Seated Beach Volleyball (10) 3:00 Afternoon Tea Time (L) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Testament The Story of Moses (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: The Lion King (T)	29 Disney Scavenger Hunt Celebrate 100 Years of Disney Day! 9:30 Knitting Nook (10) 10:00 Aqua Fit with Ellen (AC) 10:00 Documentary: Mickey - The Story of a Mouse (T) 10:30 News and Views Discussion Group (LI) 2:00 100 Years of Disney Trivia and Ice Cream Sundaes (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 3:30 Documentary: Disney 100 - A Century of Dreams (T) 7:00 Marvelous Mickey Mouse Paint & Drink Night (10)	30 Disney Scavenger Hunt 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 11:00 Outing: Shopping at Cloverdale Mall (OUTI) 2:00 Resident Information Session (10) 2:00 Euchre Afternoon (B) 3:00 Afternoon Tea Time (L) 4:00 May Birthday Cocktail Hour (L) 7:00 Night Bridge Game (B) 7:00 Evening Movie: The	31 Disney Scavenger Hunt National Smile Day! 9:00 Body Balance Fitness (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Falls Prevention Exercise (G) 10:30 Fit Minds - Stay Sharp (MR) 10:30 Go 4 Life Walk (FD) 11:00 Pump It Up Exercise Class (G) 2:00 Show Us Your Smile! Portrait Afternoon with Photographer Kelly Johnson *Sign Up* (L) 3:00 Afternoon Tea Time (L) 3:30 Jazz Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	



National Smile Day

FRIDAY
MAY
31



Locations Legend	
Theatre (T)	Front Desk (FD)
Lobby (L)	Outing (OUTI)
Gym (G)	Aquatic Center (AC)
Pier 10 (10)	Library (LI)
Bistro (B)	Billiards Lounge (BL)
Meeting Room (MR)	Dining Room (D)

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program