



INSPIRED SENIOR LIVING

# January 2024

## Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HAPPY NEW YEAR RIVERWALK STAT HOLIDAY- Programs Resume Tuesday, January 2nd, 2024</b> 11:30 World Junior Ice Hockey Championships (BB)	10:15 Can Fit Pro: Yoga Exercises (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 FitMinds (KTH) 11:30 World Junior Ice Hockey Championships (KTH) 1:30 DrumFit (CLB) 2:00 B-I-N-G-O (CLB) 3:00 Resident Led: Bridge (CLB) 3:30 Meet Me at the MOMA-Lecture (KTH) 7:00 Meet Me at the MOMA-Painting w/ Alexandre (CLB) 7:30 Sports Viewing: Flames Vs. Kraken (KTH)	10:15 Can Fit Pro: Boxing (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 Happy Memories (SFL) 1:00 Artful Enrichment: Print Making Presentation (SFL) 1:30 Afternoon Movie Matinee w/ Popcorn (Resident Choice) (KTH) 2:00 Men's Chess Club (SFL) 3:00 Resident Led: Cribbage (CLB) 3:30 Ted Talks and Discussions: How stem cells orchestrate healing (KTH) 6:00 Guess that Tune (BB) 7:00 Sports Trivia (CLB)	9:30 Brain Fitness and Coffee (SFL) 10:15 Can Fit Pro: Weight Exercises (CLB) 10:30 Outing to: Fish Hatchery at Bow Habitat (LBY) 10:45 Go4Life Guided Walk (LBY) 11:15 Tech Support (SFL) 11:30 World Junior Ice Hockey Championships (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Reader's Theatre (KTH) 3:30 Men's Pool Club (SFL) 6:00 Sports Viewing: Flames Vs. Predators (KTH)	10:15 Can Fit Pro: Resistance Exercises (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 Happy Memories (SFL) 11:30 World Junior Ice Hockey Championships (KTH) 1:30 DrumFit (CLB) 2:00 Coffee and Chat with Chef (BB) 2:00 Karaoke Afternoons (KTH) 3:00 Happy Hour w/ Entertainment by: Comedy Magic with John (BB) 6:00 Rummikub (CLB) 6:30 National Geographic's: Earthstorm Ep.1 (KTH) 7:00 NYT- Brain Teasers (KTH)	10:15 Morning Fitness (CLB) 10:45 Go4Life Guided Walk (LBY) 11:00 Sports Viewing: Flames Vs. Flyers (KTH) 11:15 FitMinds (KTH) 11:30 World Junior Ice Hockey Championships (KTH) 1:30 Scrabble (CLB) 2:30 Active Games: Bean Bag Toss (CLB) 3:00 Bingo (CLB) 7:00 Saturday Night Movie: The Shack (KTH)
10:45 Go4Life Guided Walk (LBY) 11:00 Resident Led: Cribbage (CLB) 1:00 Sports Viewing: Flames Vs. Blackhawks (KTH) 1:30 Resident Led Kings in the Corner (CLB) 6:00 Resident Led: Bridge (CLB) 7:00 Sunday Night Movie: Monster in Law (KTH)	9:30 Brain Fitness and Coffee (SFL) 10:15 Can Fit Pro: Weight Exercises (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 Fiber Arts for Charity (FPL) 1:30 Cards: Kings in the Corner (CLB) 2:30 Trivia (CLB) 3:00 Horse Races (CLB) 4:00 Artful Enrichment: Monochromatic Mountains Acrylic Painting (SFL)	10:15 Can Fit Pro: Yoga Exercises (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 FitMinds (KTH) 1:30 DrumFit (CLB) 2:00 B-I-N-G-O (CLB) 3:00 Resident Led: Bridge (CLB) 3:30 Jeopardy (KTH) 7:00 Sports Viewing: Flames Vs. Senators (KTH)	10:15 Can Fit Pro: Boxing (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 Happy Memories (SFL) 1:00 Artful Enrichment: Harris House Painting (SFL) 1:30 Afternoon Movie Matinee w/ Popcorn (Resident Choice) (KTH) 2:00 Men's Chess Club (SFL) 3:00 Resident Led: Cribbage (CLB) 3:30 Ted Talks and Discussions: The world's rarest diseases (KTH) 6:00 Guess that Tune (BB) 7:00 Sports Trivia (CLB)	9:30 Brain Fitness and Coffee (SFL) 10:15 Can Fit Pro: Weight Exercises (CLB) 10:30 Shopping Trip to Chinook Mall (LBY) 10:45 Go4Life Guided Walk (LBY) 11:15 Tech Support (SFL) 2:00 B-I-N-G-O (CLB) 3:00 Reader's Theatre (KTH) 3:30 Men's Pool Club (SFL) 7:00 Sports Viewing: Flames Vs. Coyotes (KTH)	10:15 Can Fit Pro: Resistance Exercises (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 Happy Memories (SFL) 1:30 DrumFit (CLB) 2:00 Karaoke Afternoons (KTH) 3:00 Birthday Bash w/ Entertainment by: Concerts in Care (DR) 6:00 Rummikub (CLB) 6:30 National Geographic's: Earthstorm Ep.2 (KTH) 7:00 NYT- Brain Teasers (KTH)	10:15 Morning Fitness (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 FitMinds (KTH) 1:30 Scrabble (CLB) 2:30 Active Games: Seated Balloon Volleyball (CLB) 3:00 Bingo (CLB) 7:00 Saturday Night Movie: Miss Congeniality (KTH) 8:00 Sports Viewing: Flames Vs. Golden Knights (BB)
10:45 Go4Life Guided Walk (LBY) 11:00 Resident Led: Cribbage (CLB) 1:30 Resident Led Kings in the Corner (CLB) 6:00 Resident Led: Bridge (CLB) 7:00 Sunday Night Movie: Elvis (KTH)	<b>National Hat Day</b> 9:30 Brain Fitness and Coffee (SFL) 10:15 Can Fit Pro: Weight Exercises (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 Fiber Arts for Charity (FPL) 1:30 Cards: Kings in the Corner (CLB) 1:30 Book Club Feature Movie Series: All the Light We Cannot See (KTH) 2:30 Trivia (CLB) 3:00 Horse Races (CLB) 4:00 Artful Enrichment: Snowy Creek (SFL)	10:15 Can Fit Pro: Yoga Exercises (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 FitMinds (KTH) 1:30 DrumFit (CLB) 1:30 Coffee and Chat with GM JoLynn (KTH) 3:00 Resident Led: Bridge (CLB) 3:00 B-I-N-G-O (CLB) 4:00 Meet Me at the MOMA-Lecture (KTH) 7:00 Meet Me at the MOMA-Painting w/ Alexandre (CLB) 7:00 Sports Viewing: Flames Vs. Coyotes (CLB)	10:15 Can Fit Pro: Boxing (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 Happy Memories (SFL) 1:00 Artful Enrichment: Monet's Warm Winter (SFL) 1:30 Book Club Feature Movie Series: All the Light We Cannot See (KTH) 1:30 Afternoon Movie Matinee w/ Popcorn (Resident Choice) (KTH) 2:00 Men's Chess Club (SFL) 3:00 Resident Led: Cribbage (CLB) 3:30 Ted Talks and Discussions: The potential of regenerative medicine (KTH) 6:00 Guess that Tune (BB) 7:00 Sports Trivia (CLB)	9:30 Brain Fitness and Coffee (SFL) 10:15 Can Fit Pro: Weight Exercises (CLB) 10:30 Outing to: Gasoline Alley Museum (LBY) 10:45 Go4Life Guided Walk (LBY) 11:15 Tech Support (SFL) 1:30 Book Club Feature Movie Series: All the Light We Cannot See (KTH) 2:00 Monthly Resident and Manager Meeting (CLB) 3:00 B-I-N-G-O (CLB) 3:30 Men's Pool Club (SFL) 4:00 Reader's Theatre (KTH) 7:00 Sports Viewing: Flames Vs. Maple Leafs (CLB)	10:15 Can Fit Pro: Resistance Exercises (CLB) 10:45 Go4Life Guided Walk (LBY) 11:15 Happy Memories (SFL) 1:30 DrumFit (CLB) 1:30 Book Club Feature Movie Series: All the Light We Cannot See (KTH) 2:00 Karaoke Afternoons (KTH) 3:00 Happy Hour w/ Entertainment by: Brian Pierson (BB) 6:00 Rummikub (CLB) 6:30 National Geographic's: Earthstorm Ep.3 (KTH) 7:00 NYT- Brain Teasers (KTH)	10:15 Morning Fitness (CLB) 10:30 VENDOR: Under Wraps (LBY) 10:45 Go4Life Guided Walk (LBY) 11:15 FitMinds (KTH) 1:30 Scrabble (CLB) 2:30 Active Games: Ladder Ball (CLB) 3:00 Bingo (CLB) 4:00 Book Club: All the Light We Cannot See (BDR) 7:00 Saturday Night Movie: Julie and Julia (KTH) 8:00 Sports Viewing: Flames Vs. Oilers (CLB)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:45 Go4Life Guided Walk (LBY) <b>21</b></p> <p>11:00 Resident Led: Cribbage (CLB)</p> <p>1:30 Resident Led Kings in the Corner (CLB)</p> <p>6:00 Resident Led: Bridge (CLB)</p> <p>7:00 Sunday Night Movie: The Lost Husband (KTH)</p>	<p>9:30 Brain Fitness and Coffee (SFL) <b>22</b></p> <p>10:15 Can Fit Pro: Weight Exercises (CLB)</p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 Fiber Arts for Charity (FPL)</p> <p>1:30 Cards: Kings in the Corner (CLB)</p> <p>2:30 Trivia (CLB)</p> <p>3:00 Horse Races (CLB)</p> <p>4:00 Artful Enrichment: Iceberg Mixed Media (SFL)</p>	<p>10:15 Can Fit Pro: Yoga Exercises (CLB) <b>23</b></p> <p>10:30 VENDOR: Bags and ETC. (LBY)</p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 FitMinds (KTH)</p> <p>1:30 DrumFit (CLB)</p> <p>2:00 B-I-N-G-O (CLB)</p> <p>3:00 Resident Led: Bridge (CLB)</p> <p>3:30 Jeopardy (KTH)</p> <p>7:00 Sports Viewing: Flames Vs. Blues (KTH)</p>	<p>National Compliments Day <b>24</b></p> <p>10:15 Can Fit Pro: Boxing (CLB)</p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 Happy Memories (SFL)</p> <p>1:00 Artful Enrichment: Compliment Wall Art (SFL)</p> <p>1:30 Afternoon Movie Matinee w/ Popcorn (Resident Choice) (KTH)</p> <p>2:00 Men's Chess Club (SFL)</p> <p>3:00 Resident Led: Cribbage (CLB)</p> <p>3:30 Ted Talks and Discussions: A new way to grow bone (KTH)</p> <p>6:00 Guess that Tune (BB)</p> <p>7:00 Sports Trivia (CLB)</p>	<p>9:30 Brain Fitness and Coffee (SFL) <b>25</b></p> <p>10:15 Can Fit Pro: Weight Exercises (CLB)</p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 Tech Support (SFL)</p> <p>1:30 Living, Loving, Local Beans and Lentil Social Celebration (KTH)</p> <p>2:00 B-I-N-G-O (CLB)</p> <p>3:00 Reader's Theatre (KTH)</p> <p>3:30 Men's Pool Club (SFL)</p> <p>4:30 Living, Loving, Local Beans and Lentil Dinner Celebration (DR)</p> <p>5:30 Outing to: Jubilations, The Beach Boys of Summer (LBY)</p> <p>7:00 Sports Viewing: Flames Vs. Blue Jackets (KTH)</p>	<p>10:15 Can Fit Pro: Resistance Exercises (CLB) <b>26</b></p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 Happy Memories (SFL)</p> <p>1:30 DrumFit (CLB)</p> <p>2:00 Karaoke Afternoons (KTH)</p> <p>3:00 Happy Hour w/ Entertainment by: Roli Mack (BB)</p> <p>6:00 Rummikub (CLB)</p> <p>6:30 National Geographic's: Earthstorm Ep.4 (KTH)</p> <p>7:00 NYT- Brain Teasers (KTH)</p>	<p>National Chocolate Cake Day <b>27</b></p> <p>10:15 Morning Fitness (CLB)</p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 FitMinds (KTH)</p> <p>1:30 Scrabble (CLB)</p> <p>2:30 Active Games: Basketball Toss (CLB)</p> <p>3:00 Bingo (CLB)</p> <p>7:00 Saturday Night Movie: It's Complicated (KTH)</p> <p>8:00 Sports Viewing: Flames Vs. Blackhawks (BB)</p>
<p>10:45 Go4Life Guided Walk (LBY) <b>28</b></p> <p>11:00 Resident Led: Cribbage (CLB)</p> <p>1:30 Resident Led Kings in the Corner (CLB)</p> <p>6:00 Resident Led: Bridge (CLB)</p> <p>7:00 Sunday Night Movie: Rescued by Ruby (KTH)</p>	<p>9:30 Brain Fitness and Coffee (SFL) <b>29</b></p> <p>10:15 Can Fit Pro: Weight Exercises (CLB)</p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 Fiber Arts for Charity (FPL)</p> <p>1:30 Cards: Kings in the Corner (CLB)</p> <p>2:30 Trivia (CLB)</p> <p>3:00 Horse Races (CLB)</p> <p>4:00 Artful Enrichment: Winter Chickadee Painting (SFL)</p>	<p>10:15 Can Fit Pro: Yoga Exercises (CLB) <b>30</b></p> <p>10:30 VENDOR: Stephi D- Design (LBY)</p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 FitMinds (KTH)</p> <p>1:30 DrumFit (CLB)</p> <p>2:00 B-I-N-G-O (CLB)</p> <p>3:00 Resident Led: Bridge (CLB)</p> <p>3:30 Meet Me at the MOMA- Lecture (KTH)</p> <p>7:00 Meet Me at the MOMA- Painting w/ Alexandre (CLB)</p>	<p>10:15 Can Fit Pro: Boxing (CLB) <b>31</b></p> <p>10:45 Go4Life Guided Walk (LBY)</p> <p>11:15 Happy Memories (SFL)</p> <p>1:00 Artful Enrichment: Winter Birch (SFL)</p> <p>1:30 Afternoon Movie Matinee w/ Popcorn (Resident Choice) (KTH)</p> <p>2:00 Men's Chess Club (SFL)</p> <p>3:00 Resident Led: Cribbage (CLB)</p> <p>3:30 Ted Talks and Discussions: Printing a human kidney (KTH)</p> <p>6:00 Guess that Tune (BB)</p> <p>7:00 Sports Trivia (CLB)</p>	<p>MONDAY JAN 1 New Year's Day</p>		

MONDAY  
JAN 15  
Martin Luther King Jr. Day

Be your best self

- Locations Legend
- RW Club (CLB)
  - Kensington Theatre (KTH)
  - Lobby (LBY)
  - Sixth Floor Lounge (SFL)
  - Second Floor Lounge (SFL)
  - Bungalow Bistro (BB)
  - Fireplace Lounge (FPL)
  - Dining Room (DR)
  - Board Room (BDR)

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