



INSPIRED SENIOR LIVING

August 2025 Independent Living Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>SUNDAY AUG 3 Friendship Day</p>		 <p>MONDAY AUG 25 Banana Split Day</p>		<p>International Beer Day 1</p> <p>10:15 Can Fit Pro: Resistance Exercises (CLB) 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Dining Services Meeting (KTH) 3:00 Happy Hour with Cole Briggs (DR) 4:15 Resident Led Sing Along (BB) 4:30 Living, Loving, Local: Peach Dinner Feature (DR) 7:00 Friday Night Movie: Ticket to Paradise (KTH)</p>	<p>9:30 Go4Life Walking Club (LBY) 2</p> <p>10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:15 Active Games: Ladderball (6FP) 2:00 Resident Led: Scrabble (CLB) 3:00 B-I-N-G-O (CLB) 4:00 Resident Led: Cribbage (CLB) 7:00 Saturday Night Movie: Charade (KTH)</p>
<p>Activity Packages Available at Reception 3</p> <p>National Friendship Day 10:00 Virtual Sunday Service - Hillhurst United (KTH) 11:00 Crosswords and Coffee (CLB) 1:15 Tech Support (CLB) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)</p>	<p>Heritage Day 4</p> <p>10:15 Can Fit Pro: Weight Exercises (CLB) 11:00 Resident Led: Coffee & Chat (CLB) 1:30 Meet Me at the MoMA Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Pool Club (2FL) 3:30 Interactive Jeopardy (KTH) 7:00 Documentary: I am Celine Dion (KTH)</p>	<p>10:15 Can Fit Pro: Walk & Groove (CLB) 5</p> <p>11:00 Lounge and Learn: Ed's Geology Talk (KTH) 1:30 NYT Word Games (KTH) 2:30 DrumFit (CLB) 3:00 New Resident Welcome Social (6FL) 4:00 Classical Music: Mozart Symphony No. 29 (KTH) 6:30 Art with Danielle (CLB)</p>	<p>10:15 Can Fit Pro: Yoga (CLB) 6</p> <p>10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Costa Rica (KTH) 11:00 Self-Defence Presentation by Rhino Defense (KTH) 1:30 Artful Enrichment: Stargazer Lily (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: How to Become a Memory Master (KTH) 7:00 Resident Led: Men's Group (BB)</p>	<p>9:30 Outing to Bar U Ranch (LBY) 7</p> <p>10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Go4Life Walking Club (LBY) 1:30 Living, Loving, Local: Peach Word Search (CLB) 2:00 B-I-N-G-O (CLB) 3:15 Popsicle Pop-Up (6FP) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)</p>	<p>10:15 Can Fit Pro: Resistance Exercises (CLB) 8</p> <p>11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Dwayne Fettig (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: A Man Called Otto (KTH)</p>	<p>9:30 Go4Life Walking Club (LBY) 9</p> <p>10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:15 Active Games: Lawn Bowling (6FL) 2:00 Resident Led: Scrabble (CLB) 3:00 B-I-N-G-O (CLB) 4:00 Resident Led: Cribbage (CLB) 7:00 Saturday Night Movie: The Accountant 2 (KTH)</p>
<p>Activity Packages Available at Reception 10</p> <p>10:00 Virtual Sunday Service - Hillhurst United (KTH) 11:00 Crosswords and Coffee (CLB) 1:15 Tech Support (CLB) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)</p>	<p>10:15 Can Fit Pro: Weight Exercises (CLB) 11</p> <p>11:00 Resident Led: Coffee & Chat (CLB) 1:30 Artful Enrichment: The Art of Flight (KTH) 2:00 B-I-N-G-O (CLB) 2:30 Learn Chess with Nathan (FPL) 3:00 Pool Club (2FL) 3:00 Chef Demo (BB) 3:30 Interactive Jeopardy (KTH) 7:00 Documentary: Titan: The Oceangate Submersible Disaster (KTH)</p>	<p>10:15 Can Fit Pro: Walk & Groove (CLB) 12</p> <p>11:00 Lounge and Learn: Coastal Canada: Hidden Gems of the East and West (KTH) 1:30 NYT Word Games (KTH) 2:30 DrumFit (CLB) 3:00 Wine Tasting: California (6FL) 4:00 Classical Music: Bach: Brandenburg Concerto No.5 (KTH)</p>	<p>National Scrabble Day 13</p> <p>10:15 Can Fit Pro: Yoga (CLB) 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Sardinia (KTH) 1:30 Artful Enrichment: Sunset Catch (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: Why Do We Ask Questions? (KTH) 4:00 Scrabble (CLB) 7:00 Resident Led: Men's Group (BB)</p>	<p>9:30 Outing to Yamnuska Wolfdog Sanctuary (LBY) 14</p> <p>10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Go4Life Walking Club (LBY) 1:00 Living, Loving, Local: Peach Trivia (CLB) 1:30 Monthly Fitness Equipment Tutorials (FR) 2:00 B-I-N-G-O (CLB) 3:15 Ice Cream Float Pop-Up (6FP) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)</p>	<p>10:15 Can Fit Pro: Resistance Exercises (CLB) 15</p> <p>11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Joel Spire (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Mamma Mia (KTH)</p>	<p>9:30 Go4Life Walking Club (LBY) 16</p> <p>10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:15 Active Games: Axe Throwing (6FL) 2:00 Resident Led: Scrabble (CLB) 3:00 B-I-N-G-O (CLB) 4:00 Resident Led: Cribbage (CLB) 7:00 Saturday Night Movie: Jurassic Park (KTH)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available at Reception 17 10:00 Virtual Sunday Service - Hillhurst United (KTH) 11:00 Crosswords and Coffee (CLB) 1:15 Tech Support (CLB) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)	10:15 Can Fit Pro: Weight Exercises (CLB) 18 11:00 Resident Led: Coffee & Chat (CLB) 1:30 Meet Me at the MoMA Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Pool Club (2FL) 3:30 Interactive Jeopardy (KTH) 7:00 Documentary: Surviving Paradise (KTH)	10:15 Can Fit Pro: Walk & Groove (CLB) 19 11:00 Lounge and Learn: Canada's Gold Rushes (KTH) 1:30 General Manager Meeting (KTH) 2:30 DrumFit (CLB) 3:00 Wine Tasting: Okanogan Valley (6FL) 4:00 Classical Music: Ludwig van Beethoven: Symphony No 9 'Ode to Joy' (KTH) 6:30 Art with Danielle (CLB)	10:15 Can Fit Pro: Yoga (CLB) 20 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Lima (KTH) 1:30 Artful Enrichment: Watercolour Avocado (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: The Catastrophic Risks of AI — and a Safer Path (KTH) 7:00 Resident Led: Men's Group (BB)	9:00 Outing to Canmore (LBY) 21 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Go4Life Walking Club (LBY) 1:00 B-I-N-G-O (CLB) 1:30 Living, Loving, Local: Peach Crossword (CLB) 2:00 Monthly Resident and Manager Meeting (CLB) 3:15 Lemonade Pop-Up (6FP) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)	10:15 Can Fit Pro: Resistance Exercises (CLB) 22 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Cole Briggs (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: The Blind Side (KTH)	9:30 Go4Life Walking Club (LBY) 23 10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:15 Active Games: Cornhole (6FL) 2:00 Resident Led: Scrabble (CLB) 3:00 B-I-N-G-O (CLB) 4:00 Resident Led: Cribbage (CLB) 7:00 Saturday Night Movie: The Wizard of Oz (KTH)
Activity Packages Available at Reception 24 10:00 Virtual Sunday Service - Hillhurst United (KTH) 11:00 Crosswords and Coffee (CLB) 1:15 Tech Support (CLB) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)	National Banana Split Day 25 10:15 Can Fit Pro: Weight Exercises (CLB) 11:00 ReviCare Presentation: Tena Pull-Ups (CLB) 1:30 Artful Enrichment: Female Renaissance & Baroque Artists Presentation (KTH) 2:00 B-I-N-G-O (CLB) 2:30 Learn Chess with Nathan (FPL) 3:00 Banana Split Bar (6FP) 3:00 Pool Club (2FL) 3:30 Interactive Jeopardy (KTH) 7:00 Book Club: (5FL) 7:00 Documentary: Dancing with the Birds (KTH)	National Dog Day 26 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Lounge and Learn: All About Dogs! (KTH) 1:30 NYT Word Games (KTH) 2:30 DrumFit (CLB) 3:00 Wine Tasting: Australia (6FL) 4:00 Classical Music: Nicolas Altstaedt with Arcangelo: Haydn Cello Concerto No. 1 (KTH)	10:15 Can Fit Pro: Yoga (CLB) 27 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Puerto Rico (KTH) 1:30 Artful Enrichment: Hibiscus Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: The Artist-Driven Innovation Behind the Films We Love (KTH) 7:00 Resident Led: Men's Group (BB)	9:30 Outing to Rosebud Theatre (LBY) 28 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Go4Life Walking Club (LBY) 1:30 Living, Loving, Local: Peach Word Scramble (CLB) 2:00 B-I-N-G-O (CLB) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)	10:15 Can Fit Pro: Resistance Exercises (CLB) 29 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Bob the Accordion (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Oklahoma! (KTH)	9:30 Go4Life Walking Club (LBY) 30 10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:15 Active Games: Rubber Darts (6FL) 2:00 Resident Led: Scrabble (CLB) 3:00 B-I-N-G-O (CLB) 4:00 Resident Led: Cribbage (CLB) 7:00 Saturday Night Movie: Radio (KTH)
Activity Packages Available at Reception 31 10:00 Virtual Sunday Service - Hillhurst United (KTH) 11:00 Crosswords and Coffee (CLB) 1:15 Tech Support (CLB) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)				Locations Legend RW Club - Second Floor (CLB) Kensington Theatre - Second Floor (KTH) Sixth Floor Lounge (6FL) Lobby - Ground Floor (LBY) Bungalow Bistro - Ground Floor (BB) Fifth Floor Lounge (5FL) Second Floor Lounge (2FL) Fireplace Lounge - Second Floor (FPL) Dining Room - Ground Floor (DR) Sixth Floor Patio (6FP) Health & Wellness Office - Second Floor (H&W) Fitness Room - Second Floor (FR)		Calendar Legend Outing Special Program Holidays Living, Loving, Local Signature Program