



INSPIRED
SENIOR LIVING

August 2025

Memory Care

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div><div>SUNDAY AUG 3</div>Friendship Day</div>		<div><div>MONDAY AUG 25</div>Banana Split Day</div>		<div>International Beer Day 1</div> <div>9:30 Daily Chronicle</div> <div>10:00 Puzzles & Pondering (3&4)</div> <div>11:00 Drum Fit - Music and Movement 🥁 (CLB)</div> <div>1:30 Living Loving Local: Peach Word Games (3&4)</div> <div>2:00 B-I-N-G-O (4FL)</div> <div>3:00 Happy Hour with Cole Briggs (DR)</div> <div>4:00 Jigsaw Puzzles 🧩 (3&4)</div> <div>6:00 Go4Life Guided Walk (3FD)</div>	<div>9:30 Daily Chronicle 2</div> <div>10:15 Can Fit Pro: Exercises (3FAR)</div> <div>11:00 Artful Enrichment: Abstract Garden Painting 🎨 (3FL)</div> <div>1:30 Brain Teasers (4FL)</div> <div>2:00 Active Games: Bean Bag Toss (3FAR)</div> <div>3:00 Coffee and Conversation (3&4)</div> <div>4:00 Jeopardy (3FL)</div> <div>6:00 Saturday Night Movie: Gigi & Nate (3&4)</div>
<div>National Friendship Day 3</div> <div>9:30 Daily Chronicle</div> <div>10:00 Can Fit Pro: Exercises (3FAR)</div> <div>11:00 Baking: Apple Pie Cookies (3FD)</div> <div>1:30 Jigsaw Puzzles 🧩 (3&4)</div> <div>2:00 B-I-N-G-O (4FL)</div> <div>3:00 Go4Life Outdoor Walk (DR)</div> <div>4:00 Board Games (3&4)</div> <div>6:00 Hymn Sing Along (3&4)</div>	<div>Heritage Day 4</div> <div>9:30 Daily Chronicle</div> <div>10:00 Puzzles & Pondering (3&4)</div> <div>11:00 Can Fit Pro: Stretching Exercises (3FL)</div> <div>1:15 Manicures 🛠️ (3FAR)</div> <div>2:00 Documentary Series: Animal (3&4)</div> <div>3:15 Go4Life Outdoor Walk 🚶 (3FD)</div> <div>4:00 Artful Enrichment: Colouring (3FAR)</div> <div>6:00 Jigsaw Puzzles (3&4)</div>	<div>9:30 Daily Chronicle 5</div> <div>10:00 Can Fit Pro: Exercises (3FAR)</div> <div>11:15 Jigsaw Puzzles (3&4)</div> <div>1:30 Fit Minds 🧠 (3&4)</div> <div>2:00 Drum Fit - Music and Movement (CLB)</div> <div>3:00 Artful Enrichment: Marshmallow Playdough Craft (4FL)</div> <div>4:00 Music Therapy with Carissa 🎵 (3FL)</div> <div>6:00 Guided Meditation (3&4)</div>	<div>9:30 Daily Chronicle 6</div> <div>10:00 Artful Enrichment: Colouring (3&4)</div> <div>11:00 Can Fit Pro: Resistance Exercises (4FL)</div> <div>1:30 B-I-N-G-O (3FL)</div> <div>2:30 Go4Life Outdoor Walk 🚶 (3FD)</div> <div>3:15 Popsicle Cart Pop-Up (4FL)</div> <div>4:00 Sing Along (3&4)</div> <div>6:00 The Price is Right (3&4)</div>	<div>9:30 Daily Chronicle 7</div> <div>10:00 Can Fit Pro: Exercises (3FL)</div> <div>11:00 Go4Life Outdoor Walk 🚶 (DR)</div> <div>1:30 Scenic Drive to Okotoks (LBY)</div> <div>3:30 Family Feud (3&4)</div> <div>4:00 Board Games (3&4)</div> <div>6:00 Guided Meditation (3&4)</div>	<div>9:30 Daily Chronicle 8</div> <div>10:00 Puzzles & Pondering (3&4)</div> <div>11:00 Drum Fit - Music and Movement 🥁 (CLB)</div> <div>1:30 Living Loving Local: Peach Word Games (3&4)</div> <div>2:00 B-I-N-G-O (4FL)</div> <div>3:00 Happy Hour with Dwayne Fettig (DR)</div> <div>4:00 Jigsaw Puzzles 🧩 (3&4)</div> <div>6:00 Go4Life Guided Walk (3FD)</div>	<div>9:30 Daily Chronicle 9</div> <div>10:15 Can Fit Pro: Exercises (3FAR)</div> <div>11:00 Artful Enrichment: Stargazer Lily Painting 🎨 (3FL)</div> <div>1:30 Brain Teasers (4FL)</div> <div>2:00 Active Games: Balloon Volleyball (3FAR)</div> <div>3:00 Coffee and Conversation (3&4)</div> <div>4:00 Jeopardy (3FL)</div> <div>6:00 Saturday Night Movie: The Pink Panther (3&4)</div>
<div>9:30 Daily Chronicle 10</div> <div>10:00 Can Fit Pro: Exercises (3FAR)</div> <div>11:00 Baking: Bacon and Cheese Bread (3FD)</div> <div>1:30 Jigsaw Puzzles 🧩 (3&4)</div> <div>2:00 B-I-N-G-O (4FL)</div> <div>3:00 Go4Life Outdoor Walk (DR)</div> <div>4:00 Board Games (3&4)</div> <div>6:00 Hymn Sing Along (3&4)</div>	<div>9:30 Daily Chronicle 11</div> <div>10:00 Puzzles & Pondering (3&4)</div> <div>11:00 Can Fit Pro: Stretching Exercises (3FL)</div> <div>1:15 Manicures 🛠️ (3FAR)</div> <div>2:00 Documentary Series: Animal (3&4)</div> <div>2:30 Chef Demo (4FDA)</div> <div>3:15 Go4Life Outdoor Walk 🚶 (3FD)</div> <div>4:00 Artful Enrichment: Colouring (3FAR)</div> <div>6:00 Jigsaw Puzzles (3&4)</div>	<div>9:30 Daily Chronicle 12</div> <div>10:00 Can Fit Pro: Exercises (3FAR)</div> <div>11:15 Jigsaw Puzzles (3&4)</div> <div>1:30 Fit Minds 🧠 (3&4)</div> <div>2:00 Drum Fit - Music and Movement (CLB)</div> <div>2:45 Ice Cream Float Pop-Up (4FL)</div> <div>3:30 Artful Enrichment: Loom Bracelet Craft (4FL)</div> <div>4:00 TED Talks (3&4)</div> <div>6:00 Guided Meditation (3&4)</div>	<div>National Scrabble Day 13</div> <div>9:30 Daily Chronicle</div> <div>10:00 Artful Enrichment: Colouring (3&4)</div> <div>11:00 Can Fit Pro: Resistance Exercises (4FL)</div> <div>1:30 B-I-N-G-O (3FL)</div> <div>2:30 Go4Life Outdoor Walk 🚶 (3FD)</div> <div>3:30 Scrabble (4FL)</div> <div>4:00 Music Therapy with Elle 🎵 (3FL)</div> <div>6:00 The Price is Right (3&4)</div>	<div>9:30 Daily Chronicle 14</div> <div>10:00 Can Fit Pro: Exercises (3FL)</div> <div>11:00 Go4Life Outdoor Walk 🚶 (DR)</div> <div>1:30 Scenic Drive to Bar U Ranch (LBY)</div> <div>3:30 Family Feud (3&4)</div> <div>4:00 Board Games (3&4)</div> <div>6:00 Guided Meditation (3&4)</div>	<div>9:30 Daily Chronicle 15</div> <div>10:00 Puzzles & Pondering (3&4)</div> <div>11:00 Drum Fit - Music and Movement 🥁 (CLB)</div> <div>1:30 Living Loving Local: Peach Word Games (3&4)</div> <div>2:00 B-I-N-G-O (4FL)</div> <div>3:00 Happy Hour with Joel Spire (DR)</div> <div>4:00 Jigsaw Puzzles 🧩 (3&4)</div> <div>6:00 Go4Life Guided Walk (3FD)</div>	<div>9:30 Daily Chronicle 16</div> <div>10:15 Can Fit Pro: Exercises (3FAR)</div> <div>11:00 Artful Enrichment: Sunset Catch Painting 🎨 (3FL)</div> <div>1:30 Brain Teasers (4FL)</div> <div>2:00 Active Games: Seated Soccer (3FAR)</div> <div>3:00 Coffee and Conversation (3&4)</div> <div>4:00 Jeopardy (3FL)</div> <div>6:00 Saturday Night Movie: Mamma Mia (3&4)</div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Daily Chronicle 17 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Frozen Lemon Pie (3FD) 1:30 Jigsaw Puzzles🍄 (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	9:30 Daily Chronicle 18 10:00 Puzzles & Pondering (3&4) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:15 Manicures🍷 (3FAR) 2:00 Documentary Series: Animal (3&4) 3:15 Go4Life Outdoor Walk🧑🧑 (3FD) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	9:30 Daily Chronicle 19 10:15 Music Therapy with Elle🎵 (3FL) 11:15 Jigsaw Puzzles (3&4) 1:30 Fit Minds🧠 (3&4) 2:00 Drum Fit - Music and Movement (CLB) 3:00 Artful Enrichment: Coffee Filter Butterfly Craft (4FL) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 20 10:00 Artful Enrichment: Colouring (3&4) 11:00 Can Fit Pro: Resistance Exercises (4FL) 1:30 B-I-N-G-O (3FL) 2:30 Go4Life Outdoor Walk🧑🧑 (3FD) 3:30 Lemonade Pop-Up (4FL) 4:00 Sing Along (3&4) 6:00 The Price is Right (3&4)	9:30 Daily Chronicle 21 10:00 Can Fit Pro: Exercises (3FL) 11:00 Go4Life Outdoor Walk🧑🧑 (DR) 1:30 Scenic Drive to Turner Valley (LBY) 3:30 Family Feud (3&4) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 22 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement🥁 (CLB) 1:30 Living Loving Local: Peach Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Cole Briggs (DR) 4:00 Jigsaw Puzzles🍄 (3&4) 6:00 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 23 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Watercolour Avocado Painting🎨 (3FL) 1:30 Brain Teasers (4FL) 2:00 Active Games: Ladderball (3FAR) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3FL) 6:00 Saturday Night Movie: The Wizard of Oz (3&4)
9:30 Daily Chronicle 24 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Mini Brownies (3FD) 1:30 Jigsaw Puzzles🍄 (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	National Banana Split Day 25 9:30 Daily Chronicle 10:00 Puzzles & Pondering (3&4) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:15 Manicures🍷 (3FAR) 2:00 Documentary Series: Animal (3&4) 3:15 Banana Split Bar🍌🍦 (3FD) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	National Dog Day 26 9:30 Daily Chronicle 10:15 Music Therapy with Elle🎵 (3FL) 11:15 Jigsaw Puzzles (3&4) 1:30 Fit Minds🧠 (3&4) 2:00 Drum Fit - Music and Movement (CLB) 3:00 Artful Enrichment: Beading Craft (4FL) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 27 10:00 Artful Enrichment: Colouring (3&4) 11:00 Can Fit Pro: Resistance Exercises (4FL) 1:30 B-I-N-G-O (3FL) 2:30 Go4Life Outdoor Walk🧑🧑 (3FD) 3:30 Scattergories (4FL) 4:00 Sing Along (3&4) 6:00 The Price is Right (3&4)	9:30 Daily Chronicle 28 10:00 Can Fit Pro: Exercises (3FL) 11:00 Go4Life Outdoor Walk🧑🧑 (DR) 1:30 Sing Along (3&4) 2:30 Ice Cream Float Pop-Up (3FP) 3:00 Hangman (3FL) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 29 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement🥁 (CLB) 1:30 Living Loving Local: Peach Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Bob the Accordion (DR) 4:00 Jigsaw Puzzles🍄 (3&4) 6:00 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 30 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Hibiscus Painting🎨 (3FL) 1:30 Brain Teasers (4FL) 2:00 Active Games: Rubber Darts (3FAR) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3FL) 6:00 Saturday Night Movie: Oklahoma! (3&4)
9:30 Daily Chronicle 31 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Classic Scones (3FD) 1:30 Jigsaw Puzzles🍄 (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	<div>Be Bold</div>			<div>Locations Legend</div> <div>Living Room - 3rd & 4th Floor (3&4) Fourth Floor Lounge (4FL) Third Floor Lounge (3FL) Third Floor Activity Room (3FAR) Third Floor Dining Room (3FD) RW Club - Second Floor (CLB) Dining Room (DR) Dining Room - Ground Floor (DR) Lobby - Ground Floor (LBY) Fourth Floor Dining Area (4FDA) Third Floor Patio (3FP)</div>		<div>Calendar Legend</div> <div>Outing Special Program Holidays Living, Loving, Local Signature Program</div>