



INSPIRED
SENIOR LIVING

September 2025

Independent Living

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Labour Day</div> <div>10:15 Can Fit Pro: Weight Exercises (CLB)</div> <div>11:00 Resident Led: Coffee & Chat (CLB)</div> <div>1:30 Meet Me at the MoMA Presentation (KTH)</div> <div>2:00 B-I-N-G-O (CLB)</div> <div>3:00 Pool Club (2FL)</div> <div>3:30 Interactive Jeopardy (KTH)</div> <div>7:00 Documentary: Twister: Caught in the Storm (KTH)</div> <div>1</div>	<div>10:15 Can Fit Pro: Walk & Groove (CLB)</div> <div>11:00 Lounge and Learn: Labour Day: A Canadian Story (KTH)</div> <div>1:30 Card Games: Cribbage (CLB)</div> <div>2:30 DrumFit (CLB)</div> <div>3:15 New Resident Welcome Social (6FL)</div> <div>4:00 Classical Music: Oslo Philharmonic (KTH)</div> <div>6:30 Art with Danielle (CLB)</div> <div>2</div>	<div>10:15 Can Fit Pro: Yoga (CLB)</div> <div>10:30 Blood Pressure Clinic (H&W)</div> <div>11:00 Scam Prevention Presentation by Rhino Defense (KTH)</div> <div>1:30 Artful Enrichment: Chickadee in an Apple Tree Painting (6FL)</div> <div>2:00 Tai Chi with Rebecca (5FL)</div> <div>3:00 TED Talk: Toxic Art - John Sabraw (KTH)</div> <div>4:00 Travelogue: Tuscany's Dolce Vita (KTH)</div> <div>7:00 Resident Led: Men's Group (BB)</div> <div>3</div>	<div>9:00 Outing to Spruce Meadows Masters (LBY)</div> <div>10:15 Can Fit Pro: Seated Exercise (CLB)</div> <div>11:00 Tech Support (FPL)</div> <div>1:30 Living, Loving, Local: Corn Word Search (CLB)</div> <div>2:00 B-I-N-G-O (CLB)</div> <div>3:15 Go4Life Walking Club (LBY)</div> <div>3:30 Resident Led: Bridge (CLB)</div> <div>4:00 Fit Minds (6FL)</div> <div>4</div>	<div>10:15 Can Fit Pro: Resistance Exercises (CLB)</div> <div>11:00 NYT Word Games: Wordle, Spelling Bee, Connections (KTH)</div> <div>1:30 Drum Fit - Music and Movement (CLB)</div> <div>2:00 Dining Services Meeting (KTH)</div> <div>3:00 Happy Hour with Heather Thirsk (DR)</div> <div>4:15 Resident Led Sing Along (BB)</div> <div>4:30 Living, Loving, Local Dinner Feature (DR)</div> <div>7:00 Friday Night Movie: The Firm (KTH)</div> <div>5</div>	<div>10:15 Tai Chi with Rebecca (5FL)</div> <div>11:00 Chess Club (2FL)</div> <div>1:00 Go4Life Walking Club (LBY)</div> <div>2:00 Resident Led: Scrabble (CLB)</div> <div>3:00 B-I-N-G-O (CLB)</div> <div>4:00 Resident Led: Cribbage (CLB)</div> <div>7:00 Saturday Night Movie: Ladies in Lavender (KTH)</div> <div>6</div>
<div>Activity Packages Available at Reception</div> <div>10:00 Virtual Sunday Service - Hillhurst United (KTH)</div> <div>11:00 Crosswords and Coffee (CLB)</div> <div>1:15 Tech Support (CLB)</div> <div>2:00 Resident Led: Rummikub (CLB)</div> <div>3:00 Resident Led: Kings in the Corner (CLB)</div> <div>4:00 Guided Meditation (KTH)</div> <div>7</div>	<div>10:15 Can Fit Pro: Weight Exercises (CLB)</div> <div>11:00 Resident Led: Coffee & Chat (CLB)</div> <div>1:30 Artful Enrichment: Botanical Art Presentation (KTH)</div> <div>2:00 B-I-N-G-O (CLB)</div> <div>2:30 Learn Chess with Nathan (FPL)</div> <div>3:00 Pool Club (2FL)</div> <div>3:15 Chef Demo (BB)</div> <div>3:30 Interactive Jeopardy (KTH)</div> <div>7:00 Documentary: Pamela, A Love Story (KTH)</div> <div>8</div>	<div>10:15 Can Fit Pro: Walk & Groove (CLB)</div> <div>11:00 Lounge and Learn: Terry Fox (KTH)</div> <div>1:30 Card Games: Rummy (CLB)</div> <div>2:30 DrumFit (CLB)</div> <div>3:15 Wine Tasting: Chile (6FL)</div> <div>4:00 Classical Music: Schubert: Symphony No. 8 Unfinished (KTH)</div> <div>7:00 Painting with Alexandre (CLB)</div> <div>9</div>	<div>10:15 Can Fit Pro: Yoga (CLB)</div> <div>10:30 Blood Pressure Clinic (H&W)</div> <div>11:00 Travelogue: Germany's Romantic Rhine and Rothenburg (KTH)</div> <div>1:30 Artful Enrichment: Orchid Painting (6FL)</div> <div>2:00 Tai Chi with Rebecca (5FL)</div> <div>3:00 TED Talk: How to Not Take Things Personally (KTH)</div> <div>7:00 Resident Led: Men's Group (BB)</div> <div>10</div>	<div>10:15 Can Fit Pro: Seated Exercise (CLB)</div> <div>11:00 Tech Support (FPL)</div> <div>1:00 Monthly Fitness Equipment Tutorials (FR)</div> <div>1:30 Living, Loving, Local: Corn Trivia (CLB)</div> <div>2:00 B-I-N-G-O (CLB)</div> <div>3:15 Go4Life Walking Club (LBY)</div> <div>3:30 Resident Led: Bridge (CLB)</div> <div>4:00 Fit Minds (6FL)</div> <div>11</div>	<div>Chocolate Milkshake Day</div> <div>10:15 Can Fit Pro: Resistance Exercises (CLB)</div> <div>11:00 NYT Word Games: Wordle, Spelling Bee, Connections (KTH)</div> <div>1:30 Drum Fit - Music and Movement (CLB)</div> <div>2:00 Nature Documentary: Planet Earth Jungles (KTH)</div> <div>3:00 Happy Hour with Dwayne Fettig (DR)</div> <div>4:15 Resident Led Sing Along (BB)</div> <div>7:00 Friday Night Movie: Legends of the Fall (KTH)</div> <div>12</div>	<div>9:30 Outing to Millarville Farmer's Market (LBY)</div> <div>10:15 Tai Chi with Rebecca (5FL)</div> <div>11:00 Chess Club (2FL)</div> <div>1:00 National Open House (LBY)</div> <div>1:00 Go4Life Walking Club (LBY)</div> <div>2:00 Resident Led: Scrabble (CLB)</div> <div>3:00 B-I-N-G-O (CLB)</div> <div>4:00 Resident Led: Cribbage (CLB)</div> <div>7:00 Saturday Night Movie: Julie & Julia (KTH)</div> <div>13</div>
<div>Activity Packages Available at Reception</div> <div>10:00 Virtual Sunday Service - Hillhurst United (KTH)</div> <div>11:00 Crosswords and Coffee (CLB)</div> <div>1:15 Tech Support (CLB)</div> <div>2:00 Resident Led: Rummikub (CLB)</div> <div>3:00 Resident Led: Kings in the Corner (CLB)</div> <div>4:00 Guided Meditation (KTH)</div> <div>14</div>	<div>10:15 Can Fit Pro: Weight Exercises (CLB)</div> <div>11:00 Resident Led: Coffee & Chat (CLB)</div> <div>11:00 FLO-TruBalance 2.0 Presentation (KTH)</div> <div>1:30 Artful Enrichment: Oktoberfest Clay Pretzel (KTH)</div> <div>2:00 B-I-N-G-O (CLB)</div> <div>3:00 Pool Club (2FL)</div> <div>3:30 Interactive Jeopardy (KTH)</div> <div>7:00 Documentary: Sunday Best (KTH)</div> <div>15</div>	<div>10:15 Can Fit Pro: Walk & Groove (CLB)</div> <div>11:00 Lounge and Learn: Harvest Time in Canada (KTH)</div> <div>1:00 Card Games: Kings in the Corner (CLB)</div> <div>1:30 General Manager Meeting (KTH)</div> <div>2:30 DrumFit (CLB)</div> <div>3:15 Wine Tasting: Burgundy (6FL)</div> <div>4:00 Classical Music: P.Tchaikovsky. Serenade for Strings (KTH)</div> <div>16</div>	<div>10:15 Can Fit Pro: Yoga (CLB)</div> <div>10:30 Blood Pressure Clinic (H&W)</div> <div>11:00 Travelogue: Croatia: Adriatic Delights (KTH)</div> <div>1:30 Artful Enrichment: Oktoberfest Clay Pretzel Painting (6FL)</div> <div>2:00 Tai Chi with Rebecca (5FL)</div> <div>3:00 TED Talk: The Psychology of Self-Motivation (KTH)</div> <div>7:00 Resident Led: Men's Group (BB)</div> <div>17</div>	<div>10:00 Outing to Silver Springs Botanical Garden & Angels Drive-In (LBY)</div> <div>10:15 Can Fit Pro: Seated Exercise (CLB)</div> <div>11:00 Tech Support (FPL)</div> <div>1:00 B-I-N-G-O (CLB)</div> <div>2:00 Monthly Resident and Manager Meeting (CLB)</div> <div>3:00 Living, Loving, Local: Corn Crossword (CLB)</div> <div>3:15 Go4Life Walking Club (LBY)</div> <div>3:30 Resident Led: Bridge (CLB)</div> <div>4:00 Fit Minds (6FL)</div> <div>18</div>	<div>10:15 Can Fit Pro: Resistance Exercises (CLB)</div> <div>11:00 NYT Word Games: Wordle, Spelling Bee, Connections (KTH)</div> <div>1:30 Drum Fit - Music and Movement (CLB)</div> <div>2:00 Nature Documentary: Planet Earth Coastal Seas (KTH)</div> <div>3:00 Happy Hour with Joel Spire (DR)</div> <div>4:15 Resident Led Sing Along (BB)</div> <div>7:00 Friday Night Movie: Guys and Dolls (KTH)</div> <div>19</div>	<div>10:15 Tai Chi with Rebecca (5FL)</div> <div>11:00 Chess Club (2FL)</div> <div>1:00 Go4Life Walking Club (LBY)</div> <div>2:00 Resident Led: Scrabble (CLB)</div> <div>3:00 B-I-N-G-O (CLB)</div> <div>4:00 Resident Led: Cribbage (CLB)</div> <div>7:00 Saturday Night Movie: Dead Poets Society (KTH)</div> <div>20</div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Packages Available at Reception 21</p> <p>World Alzheimer's Day</p> <p>10:00 Virtual Sunday Service - Hillhurst United (KTH)</p> <p>11:00 Crosswords and Coffee (CLB)</p> <p>1:15 Tech Support (CLB)</p> <p>2:00 Resident Led: Rummikub (CLB)</p> <p>3:00 Resident Led: Kings in the Corner (CLB)</p> <p>4:00 Guided Meditation (KTH)</p>	<p>10:15 Can Fit Pro: Weight Exercises (CLB) 22</p> <p>11:00 Resident Led: Coffee & Chat (CLB)</p> <p>1:30 Artful Enrichment: It's Painting Cats & Dogs Presentation (KTH)</p> <p>2:00 B-I-N-G-O (CLB)</p> <p>2:30 Learn Chess with Nathan (FPL)</p> <p>3:00 Pool Club (2FL)</p> <p>3:30 Interactive Jeopardy (KTH)</p> <p>7:00 Documentary: Call Me Kate (KTH)</p>	<p>10:15 Can Fit Pro: Walk & Groove (CLB) 23</p> <p>11:00 Lounge and Learn: Famous September Birthdays (KTH)</p> <p>1:30 Card Games: Crazy Eights (CLB)</p> <p>2:30 DrumFit (CLB)</p> <p>3:15 Wine Tasting: Piedmont, Italy (6FL)</p> <p>4:00 Classical Music: Baroque Music at the Time of Louis XV (KTH)</p> <p>7:00 Painting with Alexandre (CLB)</p>	<p>10:15 Can Fit Pro: Yoga (CLB) 24</p> <p>10:30 Blood Pressure Clinic (H&W)</p> <p>11:00 Travelogue: England's Cornwall (KTH)</p> <p>1:30 Artful Enrichment: Majestic Fall (6FL)</p> <p>2:00 Tai Chi with Rebecca (5FL)</p> <p>3:00 TED Talk: How to Spot Fake AI Photos (KTH)</p> <p>7:00 Resident Led: Men's Group (BB)</p>	<p>10:15 Can Fit Pro: Seated Exercise (CLB) 25</p> <p>11:00 Tech Support (FPL)</p> <p>1:30 Living, Loving, Local: Corn Word Scramble (CLB)</p> <p>2:00 B-I-N-G-O (CLB)</p> <p>3:00 Sock Hop! (LBY)</p> <p>3:15 Go4Life Walking Club (LBY)</p> <p>3:30 Resident Led: Bridge (CLB)</p> <p>4:00 Fit Minds (6FL)</p>	<p>10:15 Can Fit Pro: Resistance Exercises (CLB) 26</p> <p>11:00 NYT Word Games: Wordle, Spelling Bee, Connections (KTH)</p> <p>1:30 Drum Fit - Music and Movement (CLB)</p> <p>2:00 Nature Documentary: Planet Earth Desserts To Grasslands (KTH)</p> <p>3:00 Happy Hour with Wild Rose (DR)</p> <p>4:15 Resident Led Sing Along (BB)</p> <p>4:30 Oktoberfest Dinner (DR)</p> <p>7:00 Friday Night Movie: Green Fingers (KTH)</p>	<p>10:15 Tai Chi with Rebecca (5FL) 27</p> <p>11:00 Chess Club (2FL)</p> <p>12:30 Outing to City & Country Winery (LBY)</p> <p>1:00 Go4Life Walking Club (LBY)</p> <p>2:00 Resident Led: Scrabble (CLB)</p> <p>3:00 B-I-N-G-O (CLB)</p> <p>4:00 Resident Led: Cribbage (CLB)</p> <p>7:00 Saturday Night Movie: Tootsie (KTH)</p>
<p>Activity Packages Available at Reception 28</p> <p>10:00 Virtual Sunday Service - Hillhurst United (KTH)</p> <p>11:00 Crosswords and Coffee (CLB)</p> <p>1:15 Tech Support (CLB)</p> <p>2:00 Resident Led: Rummikub (CLB)</p> <p>3:00 Resident Led: Kings in the Corner (CLB)</p> <p>4:00 Guided Meditation (KTH)</p>	<p>National Coffee Day 29</p> <p>10:15 Can Fit Pro: Weight Exercises (CLB)</p> <p>11:00 Resident Led: Coffee & Chat (CLB)</p> <p>1:30 Meet Me at the MoMA Presentation (KTH)</p> <p>2:00 B-I-N-G-O (CLB)</p> <p>3:00 Pool Club (2FL)</p> <p>3:30 Interactive Jeopardy (KTH)</p> <p>7:00 Documentary: Kangaroo Valley (KTH)</p>	<p>Orange Shirt Day - National Day for Truth and Reconciliation 30</p> <p>10:15 Can Fit Pro: Walk & Groove (CLB)</p> <p>11:00 Lounge and Learn: Orange Shirt Day (KTH)</p> <p>1:30 Card Games: Hearts (CLB)</p> <p>2:30 DrumFit (CLB)</p> <p>3:15 Wine Tasting: South Africa (6FL)</p> <p>4:00 Classical Music: Rachmaninoff: Symphony No. 2 (KTH)</p>				

TUESDAY
SEPT
30

Day for Truth and Reconciliation

Be Heard

Locations Legend	
RW Club - Second Floor (CLB)	Fifth Floor Lounge (5FL)
Kensington Theatre - Second Floor (KTH)	Fireplace Lounge - Second Floor (FPL)
Lobby - Ground Floor (LBY)	Dining Room - Ground Floor (DR)
Sixth Floor Lounge (6FL)	Health & Wellness Office - Second Floor (H&W)
Second Floor Lounge (2FL)	Fitness Room - Second Floor (FR)
Bungalow Bistro - Ground Floor (BB)	

Calendar Legend

Outing

Special Program

Holidays

Living, Loving, Local

Signature Program