



INSPIRED
SENIOR LIVING

Calendars

September 2025

Memory Care

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labour Day 1 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: The Andy Warhol Diaries (3&4) 3:15 Go4Life Outdoor Walk 🚶🚶 (3FD) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	2 9:30 Daily Chronicle 10:15 Music Therapy with Elle 🎵 (3FL) 11:15 Jigsaw Puzzles (3&4) 1:15 Fit Minds 🧠 (3&4) 1:45 Drum Fit - Music and Movement (CLB) 2:45 Artful Enrichment: Pipe Cleaner Sunflower Craft (4FL) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	3 9:30 Daily Chronicle 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)	4 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FL) 11:00 Hangman (3FL) 1:30 Scenic Drive to Bowness Park and Village Ice Cream (LBY) 3:00 Family Feud (3&4) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	5 9:30 Daily Chronicle 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement 🎵 (CLB) 1:30 Living Loving Local: Corn Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Heather Thirsk (DR) 4:00 Jigsaw Puzzles 🌿 (3&4) 6:00 Go4Life Guided Walk (3FD)	6 9:30 Daily Chronicle 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Chickadee in an Apple Tree Painting 🍏 (3FL) 1:30 Brain Teasers (4FL) 2:00 Active Games: Mini Bowling (3FAR) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3&4) 6:00 Saturday Night Movie: The Firm (3&4)
7 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 B-I-N-G-O (3FL) 1:30 Jigsaw Puzzles 🌿 (3&4) 2:00 Baking: Almond Macadamia Nut Cookies (3FD) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	8 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: The Andy Warhol Diaries (3&4) 2:30 Chef Demo (4FDA) 3:15 Go4Life Outdoor Walk 🚶🚶 (3FD) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	9 9:30 Daily Chronicle 10:15 Music Therapy with Elle 🎵 (3FL) 11:15 Jigsaw Puzzles (3&4) 1:15 Fit Minds 🧠 (3&4) 1:45 Drum Fit - Music and Movement (CLB) 2:45 Artful Enrichment: Beaded Corn Craft (4FL) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	10 9:30 Daily Chronicle 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)	11 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FL) 11:00 Hangman (3FL) 1:30 Go4Life Outdoor Walk to Purple Perk Café (4FDA) 3:00 Family Feud (3&4) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	12 Chocolate Milkshake Day 9:30 Daily Chronicle 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement 🎵 (CLB) 1:30 Living Loving Local: Corn Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Dwayne Fettig (DR) 4:00 Jigsaw Puzzles 🌿 (3&4) 6:00 Go4Life Guided Walk (3FD)	13 9:30 Daily Chronicle 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Orchid Painting 🍏 (3FL) 1:30 Brain Teasers (4FL) 2:00 Active Games: Rubber Axe Throwing (3FAR) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3&4) 6:00 Saturday Night Movie: Legends of the Fall (3&4)
14 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 B-I-N-G-O (3FL) 1:30 Jigsaw Puzzles 🌿 (3&4) 2:00 Baking: Cinnamon Raisin Monkey Bread (3FD) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	15 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: The Andy Warhol Diaries (3&4) 3:15 Go4Life Outdoor Walk 🚶🚶 (3FD) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	16 9:30 Daily Chronicle 10:15 Music Therapy with Elle 🎵 (3FL) 11:15 Jigsaw Puzzles (3&4) 1:15 Fit Minds 🧠 (3&4) 1:45 Drum Fit - Music and Movement (CLB) 2:45 Artful Enrichment: Oktoberfest Clay Pretzel Craft (4FL) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	17 9:30 Daily Chronicle 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)	18 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FL) 11:00 Hangman (3FL) 1:30 Scenic Drive to Fish Creek Park & Annie's Café (LBY) 3:00 Family Feud (3&4) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	19 9:30 Daily Chronicle 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement 🎵 (CLB) 1:30 Living Loving Local: Corn Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Joel Spire (DR) 4:00 Jigsaw Puzzles 🌿 (3&4) 6:00 Go4Life Guided Walk (3FD)	20 9:30 Daily Chronicle 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Oktoberfest Clay Pretzel Painting 🍏 (3FL) 1:30 Brain Teasers (4FL) 2:00 Active Games: Seated Soccer (3FAR) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3&4) 6:00 Saturday Night Movie: Guys and Dolls (3&4)



INSPIRED
SENIOR LIVING

Calendars

September 2025 Memory Care

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Alzheimer's Day 21 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 B-I-N-G-O (3FL) 1:30 Jigsaw Puzzles 🌿 (3&4) 2:00 Baking: Mason Jar Strawberry Cream Pies (3FD) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	9:30 Daily Chronicle 22 10:00 Puzzles & Pondering (3&4) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:15 Manicures 🖐️ (3FAR) 2:00 Documentary Series: The Andy Warhol Diaries (3&4) 3:15 Go4Life Outdoor Walk 🚶 (3FD) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	9:30 Daily Chronicle 23 10:00 Can Fit Pro: Weight Exercises (3FL) 11:15 Jigsaw Puzzles (3&4) 1:15 Fit Minds 🧠 (3&4) 1:45 Drum Fit - Music and Movement (CLB) 2:45 Artful Enrichment: Marbled Shaving Cream Leaf Craft (4FL) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 24 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 25 9:30 Scenic Drive to Glenmore Reservoir Loop & Heritage Park Railway (LBY) 1:30 Hangman (3FL) 2:00 Family Feud (3&4) 3:00 Sock Hop! (LBY) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 26 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement 🥁 (CLB) 1:30 Living Loving Local: Corn Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Wild Rose (DR) 4:00 Jigsaw Puzzles 🌿 (3&4) 6:00 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 27 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Majestic Fall Painting 🍁 (3FL) 1:30 Brain Teasers (4FL) 2:00 Active Games: Beach Volleyball (3FAR) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3&4) 6:00 Saturday Night Movie: Julie & Julia (3&4)
9:30 Daily Chronicle 28 10:00 Can Fit Pro: Exercises (3FAR) 11:00 B-I-N-G-O (3FL) 1:30 Jigsaw Puzzles 🌿 (3&4) 2:00 Baking: Brown Sugar Coconut Cookies (3FD) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	National Coffee Day 29 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: The Andy Warhol Diaries (3&4) 3:15 Go4Life Outdoor Walk 🚶 (3FD) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	Orange Shirt Day - National Day for Truth and Reconciliation 30 9:30 Daily Chronicle 10:15 Music Therapy with Elle 🎵 (3FL) 11:15 Jigsaw Puzzles (3&4) 1:15 Fit Minds 🧠 (3&4) 1:45 Drum Fit - Music and Movement (CLB) 2:45 Artful Enrichment: Bouncy Ball Craft (4FL) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)				

TUESDAY
SEPT
30

Day for Truth and Reconciliation

Be Heard

Locations Legend	
Living Room - 3rd & 4th Floor (3&4)	RW Club - Second Floor (CLB)
Third Floor Lounge (3FL)	Lobby - Ground Floor (LBY)
Third Floor Activity Room (3FAR)	Dining Room - Ground Floor (DR)
Fourth Floor Lounge (4FL)	Dining Room (DR)
Third Floor Dining Room (3FD)	Fourth Floor Dining Area (4FDA)

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