



INSPIRED
SENIOR LIVING

October 2025

Independent Living

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 MONDAY OCT 13 Thanksgiving		Breast Cancer Awareness Month 10:15 Can Fit Pro: Yoga (CLB) 1 11:00 Town Hall with Ward 8 Council-Elect Nathan Schmidt (KTH) 1:00 Travelogue: Italy's Great Hill Towns (KTH) 1:15 Artful Enrichment: Cornucopia Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: How to Have Difficult Conversations with Empathy (KTH) 4:00 Card Games: Cribbage (CLB) 7:00 Resident Led: Men's Group (BB)	9:30 Outing to Edelweiss Village Cafe (LBY) 2 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Tech Support (FPL) 1:15 Fit Minds (6FL) 2:00 B-I-N-G-O (CLB) 3:15 Go4Life Walking Club (LBY) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Beethoven: "Andante" from String Quartet No. 15 (KTH)	10:15 Can Fit Pro: Resistance Exercises (CLB) 3 11:00 Town Hall with Mayoral Candidate Jyoti Gondek (KTH) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Town Hall with Ward 8 Council-Elect Gary Bobrovitz (KTH) 3:00 Happy Hour with Jerry Proppe (DR) 4:15 Resident Led Sing Along (BB) 4:30 Living, Loving, Local Dinner Feature (DR) 7:00 Friday Night Movie: The Thursday Murder Club (KTH)	10:15 Tai Chi with Rebecca (5FL) 4 11:00 Chess Club (2FL) 1:30 Go4Life Outdoor Walking Club (LBY) 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: Rudy (KTH)
Activity Packages Available at Reception 5 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)	Active Aging Week 6 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) 2:30 Learn Chess with Nathan (FPL) 3:00 Pool Club (2FL) 3:00 Interactive Jeopardy (KTH) 4:00 Fit Minds (6FL) 7:00 Documentary: In Viaggio (KTH)	Active Aging Week 7 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Lounge and Learn: Thanksgiving Traditions (KTH) 1:30 Living, Loving, Local: Pumpkin Protein Balls (CLB) 2:15 DrumFit (CLB) 3:15 New Resident Welcome Social (6FL) 4:00 Documentary: What's Next? The Future with Bill Gates: What Can AI Do For Us/To Us? (KTH) 7:00 Painting with Alexandre (CLB)	Active Aging Week 8 9:30 Advance Voting Station Shuttle (LBY) 10:15 Can Fit Pro: Yoga (CLB) 10:20 Advance Voting Station Shuttle (LBY) 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Art of Ancient Greece (KTH) 11:00 Advance Voting Station Shuttle (LBY) 1:15 Artful Enrichment: Thanksgiving Wreath Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: Should You Trust Your Gut? (KTH) 4:00 Card Games: Rummy (CLB) 7:00 Resident Led: Men's Group (BB)	Active Aging Week 9 9:30 Advance Voting Station Shuttle (LBY) 10:15 Can Fit Pro: Seated Exercise (CLB) 10:20 Advance Voting Station Shuttle (LBY) 11:00 Tech Support (FPL) 11:00 Advance Voting Station Shuttle (LBY) 1:00 Advance Voting Station Shuttle (LBY) 1:30 Monthly Fitness Equipment Tutorials (FR) 2:00 B-I-N-G-O (CLB) 2:30 Advance Voting Station Shuttle (LBY) 3:15 Go4Life Walking Club (LBY) 3:15 Advance Voting Station Shuttle (LBY) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Grieg: Holberg Suite Op.40 (KTH)	Active Aging Week 10 10:15 Can Fit Pro: Resistance Exercises (CLB) 11:00 NYT Word Games: Wordle, Spelling Bee, Connections (KTH) 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) 7:00 Friday Night Movie: The King and I (KTH)	Active Aging Week 11 10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:30 Go4Life Outdoor Walking Club (LBY) 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 Last Showgirl (KTH)
Active Aging Week 12 Activity Packages Available at Reception 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)	Thanksgiving 13 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) 3:00 Interactive Jeopardy (KTH) 4:00 Fit Minds (6FL) 7:00 Documentary: I am Johnny Cash (KTH)	14 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Lounge and Learn: Pumpkin Power (KTH) 1:30 Living, Loving, Local: Pumpkin & Squash Crossword (CLB) 2:15 DrumFit (CLB) 2:45 Chef Demo (BB) 3:15 Wine Tasting: Spain (6FL) 4:00 Documentary: What's Next? The Future with Bill Gates: Truth or Consequences (KTH)	15 10:15 Can Fit Pro: Yoga (CLB) 11:00 Travelogue: London (KTH) 1:15 Artful Enrichment: Floral Pumpkin (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: How to Listen Like a Fish (KTH) 4:00 Card Games: Kings in the Corner (CLB) 7:00 Resident Led: Men's Group (BB)	16 9:00 Outing to Southcentre Mall (LBY) 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Tech Support (FPL) 1:00 B-I-N-G-O (CLB) 2:00 Monthly Resident and Manager Meeting (CLB) 3:15 Go4Life Walking Club (LBY) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Smetana: Vltava (The Moldau) (KTH)	17 10:15 Can Fit Pro: Resistance Exercises (CLB) 11:00 NYT Word Games: Wordle, Spelling Bee, Connections (KTH) 1:30 Drum Fit - Music and Movement (CLB) 3:00 Happy Hour with Joel Spire (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: The Shawshank Redemption (KTH)	18 10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:30 Go4Life Outdoor Walking Club (LBY) 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: Bewitched (KTH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available at Reception 19 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) 20 11:00 Fall Prevention Presentation (KTH) 1:30 Artful Enrichment: Clay Pumpkin Molding (6FL) 2:00 B-I-N-G-O (CLB) 2:30 Learn Chess with Nathan (FPL) 3:00 Pool Club (2FL) 3:00 Interactive Jeopardy (KTH) 4:00 Fit Minds (6FL) 7:00 Documentary: Shark Whisperer (KTH)	10:15 Can Fit Pro: Walk & Groove (CLB) 21 11:00 Lounge and Learn: Autumn Folklore & Superstitions (KTH) 1:00 Living, Loving, Local: Pumpkin Carving (CLB) 1:30 General Manager Meeting (KTH) 2:15 DrumFit (CLB) 3:15 Wine Tasting: Italy (6FL) 4:00 Documentary: What's Next? The Future with Bill Gates: Can We Stop Global Warming? (KTH) 7:00 Painting with Alexandre (CLB)	10:15 Can Fit Pro: Yoga (CLB) 22 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Iquitos (KTH) 1:15 Artful Enrichment: Clay Pumpkin Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: Meet NEO, Your Robot Butler in Training (KTH) 4:00 Card Games: Crazy Eights (CLB) 7:00 Resident Led: Men's Group (BB)	9:00 Outing to Pioneer Acres (LBY) 23 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Tech Support (FPL) 1:15 Go4Life Walking Club (LBY) 2:00 B-I-N-G-O (CLB) 3:00 Kitchen Tour - Sign-Up Required (DR) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Swan Lake Suite Op. 20 (Tchaikovsky) (KTH)	10:15 Can Fit Pro: Resistance Exercises (CLB) 24 11:00 NYT Word Games: Wordle, Spelling Bee, Connections (KTH) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Living, Loving, Local: Pumpking & Squash (CLB) 3:00 Happy Hour with High Mileage (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Death Becomes Her (KTH)	10:15 Tai Chi with Rebecca (5FL) 25 11:00 Chess Club (2FL) 1:30 Go4Life Outdoor Walking Club (LBY) 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: Ghostbusters (KTH)
Activity Packages Available at Reception 26 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) 27 11:00 Resident Led: Coffee & Chat (CLB) 1:30 Artful Enrichment: Art & Witchcraft Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Pool Club (2FL) 3:00 Interactive Jeopardy (KTH) 7:00 Documentary: Trainwreck-Storm Area 51 (KTH)	10:15 Can Fit Pro: Walk & Groove (CLB) 28 11:00 Lounge and Learn: History of Halloween (KTH) 1:30 Living, Loving, Local: Pumpkin & Squash Word Scramble (CLB) 2:15 DrumFit (CLB) 3:15 Wine Tasting: Canada (6FL) 4:00 Documentary: What's Next? The Future with Bill Gates: Can You Be Too Rich? (KTH) 7:00 Book Club: Finding Flora (BDR)	10:15 Can Fit Pro: Yoga (CLB) 29 11:00 Travelogue: Dublin & Mystical Side Trips (KTH) 1:15 Artful Enrichment: Harvest Patch Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: What Ghost Stories Tell Us (KTH) 4:00 Card Games: Hearts (CLB) 7:00 Resident Led: Men's Group (BB)	9:30 Outing to The Hangar Flight Museum (LBY) 30 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Tech Support (FPL) 1:15 Fit Minds (6FL) 2:00 B-I-N-G-O (CLB) 3:15 Go4Life Walking Club (LBY) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Mozart: Symphony No. 41 Jupiter (KTH)	Halloween 31 10:15 Can Fit Pro: Resistance Exercises (CLB) 11:00 NYT Word Games: Wordle, Spelling Bee, Connections (KTH) 1:30 Drum Fit - Music and Movement (CLB) 3:00 Happy Hour with Noel Burles (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Beetlejuice Beetlejuice (KTH)	



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

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