



INSPIRED
SENIOR LIVING

October 2025

Memory Care

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 MONDAY OCT 13 Thanksgiving		Breast Cancer Awareness Month 1 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)	9:30 Daily Chronicle 2 10:00 Can Fit Pro: Exercises (3FL) 11:00 Fit Minds (3&4) 1:30 Scenic Drive to Edelweiss Village Cafe (LBY) 3:00 Family Feud (3&4) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 3 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement (CLB) 1:30 Living Loving Local: Pumpkin & Squash Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Jerry Proppe (DR) 4:00 Jigsaw Puzzles (3&4) 6:00 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 4 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Fall Sunset Painting (3FL) 1:30 Go4Life Outdoor Walk (3FD) 2:30 Brain Teasers (4FL) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3&4) 6:00 Saturday Night Movie: Green Fingers (3&4)
9:30 Daily Chronicle 5 10:00 Can Fit Pro: Exercises (3FAR) 11:00 B-I-N-G-O (3FL) 1:30 Jigsaw Puzzles (3&4) 2:00 Baking: Raspberry Coconut Bites (3FD) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	Active Aging Week 6 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: Magical Andes (3&4) 3:15 Active Games: Balloon Badminton (3FAR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	Active Aging Week 7 9:30 Daily Chronicle 10:15 Music Therapy with Elle (3FL) 11:15 Jigsaw Puzzles (3&4) 1:30 Artful Enrichment: Thankful Connections Craft (4FL) 2:15 Hangman (4FL) 3:00 Drum Fit - Music and Movement (CLB) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	Active Aging Week 8 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)	Active Aging Week 9 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FL) 11:00 Fit Minds (3&4) 1:15 Family Feud (3&4) 1:45 Advance Voting Station Shuttle (LBY) 3:00 Kitchen Tour - Sign-Up Required (DR) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	Active Aging Week 10 9:30 Daily Chronicle 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement (CLB) 1:30 Living Loving Local: Pumpkin & Squash 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)	Active Aging Week 11 9:30 Daily Chronicle 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Falling Leaves Painting (3FL) 1:30 Go4Life Outdoor Walk (3FD) 2:30 Brain Teasers (4FL) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3&4) 6:00 Saturday Night Movie: Rudy (3&4)
Active Aging Week 12 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: Pumpkin Pie (3FD) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	Thanksgiving 13 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: Magical Andes (3&4) 3:15 Active Games: Beach Volleyball (3FAR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	9:30 Daily Chronicle 14 10:15 Music Therapy with Elle (3FL) 11:15 Jigsaw Puzzles (3&4) 1:30 Artful Enrichment: Coffee Filter Bat Craft (4FL) 2:15 Hangman (4FL) 3:00 Drum Fit - Music and Movement (CLB) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 15 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 16 10:00 Can Fit Pro: Exercises (3FL) 11:00 Fit Minds (3&4) 1:30 Scenic Drive - Calgary Mural Tour (LBY) 3:00 Family Feud (3&4) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 17 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement (CLB) 1:30 Living Loving Local: Pumpkin & Squash 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)	9:30 Daily Chronicle 18 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Owl Silhouette Painting (3FL) 1:30 Go4Life Outdoor Walk (3FD) 2:30 Brain Teasers (4FL) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3&4) 6:00 Saturday Night Movie: Tootsie (4FAR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Daily Chronicle 19 10:00 Can Fit Pro: Exercises (3FAR) 11:00 B-I-N-G-O (3FL) 1:30 Jigsaw Puzzles 🌿 (3&4) 2:00 Baking: Lemon Chiffon Pie (3FD) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	9:30 Daily Chronicle 20 10:00 Puzzles & Pondering (3&4) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:15 Manicures 🍷 (3FAR) 2:00 Documentary Series: Magical Andes (3&4) 3:15 Active Games: Ladderball (3FAR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	9:30 Daily Chronicle 21 10:15 Music Therapy with Elle 🎵 (3FL) 11:15 Jigsaw Puzzles (3&4) 1:30 Artful Enrichment: Pipe Cleaner Pumpkin Craft (4FL) 2:15 Hangman (4FL) 3:00 Drum Fit - Music and Movement (CLB) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 22 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 23 10:00 Can Fit Pro: Exercises (3FL) 11:00 Fit Minds 🧠 (3&4) 1:30 Family Feud (3&4) 2:00 Scenic Drive to Bragg Creek (LBY) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 24 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement 🥁 (CLB) 1:30 Living Loving Local: Pumpkin & Squash Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with High Mileage (DR) 4:00 Jigsaw Puzzles 🌿 (3&4) 6:00 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 25 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Pumpkin Painting 🎨 (3FL) 1:30 Go4Life Outdoor Walk 🚶 (3FD) 2:30 Brain Teasers (4FL) 3:00 Coffee and Conversation (3&4) 4:00 Jeopardy (3&4) 6:00 Saturday Night Movie: Bewitched (3&4)
9:30 Daily Chronicle 26 10:00 Can Fit Pro: Exercises (3FAR) 11:00 B-I-N-G-O (3FL) 1:30 Jigsaw Puzzles 🌿 (3&4) 2:00 Baking: Witch's Hat Cookies (3FD) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (3&4) 6:00 Hymn Sing Along (3&4)	9:30 Daily Chronicle 27 10:00 Puzzles & Pondering (3&4) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:15 Manicures 🍷 (3FAR) 2:00 Documentary Series: Magical Andes (3&4) 3:15 Active Games: Rubber Darts (3FAR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (3&4)	9:30 Daily Chronicle 28 10:15 Music Therapy with Elle 🎵 (3FL) 11:15 Jigsaw Puzzles (3&4) 1:30 Artful Enrichment: Beaded Spider Craft (4FL) 2:15 Hangman (4FL) 3:00 Drum Fit - Music and Movement (CLB) 4:00 TED Talks (3&4) 6:00 Guided Meditation (3&4)	9:30 Daily Chronicle 29 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 30 10:00 Can Fit Pro: Exercises (3FL) 11:00 Fit Minds 🧠 (3&4) 1:30 Scenic Drive - Halloween Decor (LBY) 3:00 Family Feud (3&4) 4:00 Board Games (3&4) 6:00 Guided Meditation (3&4)	Halloween 31 9:30 Daily Chronicle 10:00 Puzzles & Pondering (3&4) 11:00 Drum Fit - Music and Movement 🥁 (CLB) 1:30 Living Loving Local: Pumpkin & Squash Word Games (3&4) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Noel Burles (DR) 4:00 Jigsaw Puzzles 🌿 (3&4) 6:00 Go4Life Guided Walk (3FD)	



Halloween

Be Colourful

Locations Legend

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

Calendar Legend

- Outing
- Special Program
- Holidays
- Living, Loving, Local
- Signature Program
- Active Week