

After (2024 Oscar Nominee)

(THEA)

February 2024

The Shores of Port Credit



Monday Wednesday Sunday **Tuesday Thursday Friday Saturday** Nurse Practitioner Visit: Book you 4 9:00 Go 4 Life Walking Club **Groundhog Day** appointment with Nurse (Self-Directed) (LS) 9:00 Go 4 Life Walking Club 9:00 Go 4 Life Walking Club (Self-(Self-Directed) (LS) 10:15 Sit and Stand Exercise Directed) (LS) 10:00 Gentle Exercise and (SS) 9:15 Brain Games Package Pick Up! **Meditation (SS)** 10:45 Fit Minds Stay Sharp 10:00 Seated Exercise (SS) **Brain Health (SS)** 10:30 Aqua Fitness (POOL) 1:00 Resident Run Rummikub (GR) 1:00 Resident Run Rummikub 1:00 Resident Run Rummikub 2:00 Drum Fit (SS) (GR) 3:00 Thirsty Thursdays and 2:00 Zumba with Linn (SS) 2:30 Documentary: The 2000s **Entertainment with Kelly** The Decade We Saw It All Lunar Year Davies (HMPB) 2:30 Program Planning **SATURDAY** Ep 1 and 2 (THEA) 6:30 Action and Adventure Movie Meeting (THEA) **FEB** Night: Top Gun Maverick 6:30 Resident Requested 6:30 Comedy Movie Night: **Black History Month** (2022) (THEA) Movie: Oppenhimer Dragon Queen Bees (THEA) (THEA) 9:00 Go 4 Life Walking Club (Self-Nurse Practitioner Visit: Book you & 9:00 Go 4 Life Walking Club (Self-9:00 Go 4 Life Walking Club (Self-9:00 Go 4 Life Walking Club 9:00 Go 4 Life Walking Club (Self-**Happy Lunar New Year** Directed) (LS) Directed) (LS) Directed) (LS) Directed) (LS) appointment with Nurse Chiropodist Vist: Book your (Self-Directed) (LS) 9:15 Brain Games Package Pick Up! 10:30 Aqua Fitness (POOL) 9:15 Brain Games Package Pick 9:00 Go 4 Life Walking Club 10:00 Gentle Exercise and **Appointment with Concierges** 10:15 Drum Fit (SS) (SS) 1:00 Resident Run Rummikub (GR) Up! (SS) Meditation (SS) 9:00 Go 4 Life Walking Club (Self-Directed) (LS) 10:00 Seated Yoga with Lifemark (SS) 10:45 Catholic Prayer and 1:00 Outing: Erin Mills Town 10:00 Morning Movement and Chair 10:30 Agua Fitness (POOL) (Self-Directed) (LS) 9:15 Brain Games Package Pick 1:00 Resident Run Rummikub (GR) Communion with St. Volleyball (SS) 1:00 Resident Run Rummikub (GR) Center (O) 10:15 Sit and Stand Exercise (SS) (22) !qU 1:15 Euchre and Bridge Club Meeting Mary Star of The Sea 1:00 Resident Run Rummikub (GR) 10:45 Fit Minds Stay Sharp Brain 2:00 Falls Prevention with 2:30 Craft Corner: DIY Paper 10:00 Seated Exercise (SS) and Sign up (HMPB) 1:15 Meet Me at the MoMA **Lantern Decorations for** Health (SS) Lifemark (SS) (THEA) 2:00 Artfull Enrichment Live 1:00 Resident Run Rummikub **Chines New Year (AL)** Presentation (SS) 1:00 Resident Run Rummikub 2:30 True Crime Documentary: 1:00 Resident Run Rummikub Workshop: Cherry Blossm (SS) (GR) The Masked Scammer (THEA) 2:30 Docuseries: Live to Lead Ep 1 2:30 Culinary Meeting with Chef (GR) 3:00 Happy Hour: Beet Moscow Mule (GR) 1:15 Drum Fit (SS) 3:30 Money Bingo (HMPB) Gus (HMPB) & 2 (THEA) 2:30 Documentary: The 2000s and Trivia (HMPB) 2:15 Town Hall Meeting (THEA) 1:30 Java Music Club (HMPB) 3:00 Artfull Presentation: Art of The Decade We Saw It All 3:00 Knitting Circle (TGR) 6:30 Drama Movie Night: Rustin 6:30 Resident Requested Movie: My 3:00 Thirsty Thursdays (HMPB) 2:00 BINGO (HMPB) Asia (THEA) 6:30 Comedy Movie Night: Ep 3 and 4 (THEA) (2024 Oscar Nominee) (THEA) Girl (THEA) 6:30 Romance Movie Night: The 5:30 Piano with Martin Wall (ML) Thunder Force (THEA) 6:30 Mystery Movie Night: A 6:30 TV Series: Grace and **Notebook (THEA)** Deadly Invitation (THEA) Frankie Season 1 Ep1 & 2 (THEA) Traditions Alive Vendor 10:00am - 11 Nurse Practitioner Visit: Book you 15 **Chinese New Year Gift Shop** Mardi Gras **Happy Valentines Day** Audiologist Visit: Book your 9:00 Go 4 Life Walking Club 9:00 Go 4 Life Walking Club (Selfappointment at reception 3:00pm (ML) 11:30am-2:00pm (TGR) appointment with Nurse (Self-Directed) (LS) 9:00 Go 4 Life Walking Club Directed) (LS) 9:00 Go 4 Life Walking Club (Self-9:00 Go 4 Life Walking Club (Self-9:00 Go 4 Life Walking Club (Self-Directed) (LS) 9:00 Go 4 Life Walking Club 10:15 Sit and Stand Exercise (SS) 9:15 Brain Games Package Pick Up! Directed) (LS) Directed) (LS) (Self-Directed) (LS) (Self-Directed) (LS) 9:15 Brain Games Package Pick 10:45 Fit Minds Stay Sharp Brain 10:00 Gentle Exercise and 10:15 Drum Fit (SS) 10:30 Aqua Fitness (POOL) 9:15 Brain Games Package Pick Health (SS) Up! (SS) Meditation (SS) 10:00 Seated Yoga with Lifemark 1:00 Resident Run Rummikub Up! (SS) 10:45 Catholic Prayer and 10:00 Morning Movement and 1:00 Resident Run Rummikub 10:30 Aqua Fitness (POOL) Communion with St. Mary (GR) Chair Volleyball (SS) 10:00 Seated Exercise (SS) (GR) 1:00 Resident Run Rummikub (GR) 1:00 Resident Run Rummikub (GR) Star of The Sea (THEA) 2:00 Falls Prevention with 1:00 Resident Run Rummikub 10:30 Presentation with Richard 2:30 Documentary: The Greatest 1:30 Mardi Gras Scavenger Hunt 2:00 Zumba with Linn (SS) 1:00 Resident Run Rummikub Lifemark (SS) Jordan: Escaped Slave and Night in Pop (THEA) (GR) 2:00 Outing: Guided Tour of **Etobicoke Pioneer (THEA)** 2:30 Chinese New Year 1:15 Meet Me at the MoMA 5:00 Piano with Dave Thierry 3:00 Mardi Gras Happy Hour with **Bradley Museum Black** 1:30 Java Music Club (HMPB) Presentation with Kevin Lee Presentation (SS) 1:00 Resident Run Rummikub (TGR) The HotFive (TGR) History in Ontario (O) 2:00 BINGO (HMPB) (THEA) 2:00 Artfull Talks: Love in (GR) 6:00 Mystery Movie Night: In For 6:30 Documentary: The Unique and 2:30 Docuseries: Live to Lead Ep 3 3:30 Money Bingo (HMPB) Landscape Video (THEA) 2:00 Drum Fit (SS) A Murder (THEA) & 4 (THEA) 6:30 TV Series: Grace and Frankie Complex Dynamics of Mardi Season 1 Ep 3 & 4 (THEA) 6:30 Drama Movie Night: The Gras (THEA) 3:00 Valentine's Day 3:00 Thirsty Thursday and 3:00 Knitting Circle (TGR)

Entertainment with Loralee

6:30 Romance Movie Night: Love

Guaranteed (THEA)

McGuirl (HMPB)

Entertainment with Jeff

Movie Night: Lift (THEA)

Giles (HMPB)

6:30 Action and Adventure

6:30 Comedy Movie Night:

(THEA)

Confessions of a Shopaholic



February 2024

The Shores of Port Credit



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Go 4 Life Walking Club (Self-Directed) (LS) 10:15 Drum Fit (SS) 10:45 Catholic Prayer and Communion with St. Mary Star of The Sea (THEA) 1:00 Resident Run Rummikub (GR) 1:30 Java Music Club (HMPB) 2:00 BINGO (HMPB) 6:30 TV Series: Grace and Frankie Season 1 Ep 5 & 6 (THEA)	Family Day 9:00 Go 4 Life Walking Club (Self-Directed) (LS) 10:15 Exercise (SS) 1:00 Resident Run Rummikub (GR) 2:00 Coffee and Colouring (AL) 2:30 True Crime Documentary: The Anthrax Attack (THEA) 3:30 Money Bingo (HMPB) 6:30 Drama Movie Night: Land (THEA)	9:00 Go 4 Life Walking Club (Self-Directed) (LS) 9:15 Brain Games Package Pick Up! (SS) 10:00 Seated Yoga with Lifemark (SS) 1:00 Resident Run Rummikub (GR) 2:00 Artfull Enrichment Guided Painting: Rose Acrylic Painting (SS) 3:00 Happy Hour (HMPB) 6:30 Fantasy Movie Night: The School For Good and Evil (THEA)	9:00 Go 4 Life Walking Club (Self-Directed) (LS) 9:15 Brain Games Package Pick Up! (SS) 10:00 Dance Fitness with Shannon (SS) 1:00 Resident Run Rummikub (GR) 1:15 Meet Me at the MoMA Presentation (SS) 3:00 Women's Club (HMPB) 6:30 Romance Movie Night: Something Borrowed (THEA)	National Margarita Day! Nurse Practitioner Visit: Book you appointment with Nurse 9:00 Go 4 Life Walking Club (Self-Directed) (LS) 9:15 Brain Games Package Pick Up! (SS) 10:00 Seated Exercise (SS) 1:00 Resident Run Rummikub (GR) 2:00 Drum Fit (SS) 3:00 Margaritas at The Shores (HMPB) 6:30 Action and Adventure Movie Night: The A Team (THEA)	Hot Breakfast Made by Chef Gus 7:30 - 9:00 (HMPB) 9:00 Go 4 Life Walking Club (Self-Directed) (LS) 10:00 Gentle Exercise and Meditation (SS) 10:30 Aqua Fitness (POOL) 1:00 Resident Run Rummikub (GR) 2:00 Artfull Talks: Influential Black Artist (THEA) 3:00 Knitting Circle (TGR) 6:00 Entertainment with Brent Meidinger (HMPB)	Chiropodist Vist: Book your Appointment with Concierges 9:00 Go 4 Life Walking Club (Self-Directed) (LS) 10:15 Sit and Stand Exercise (SS) 10:45 Fit Minds Stay Sharp Brain Health (SS) 1:00 Resident Run Rummikub (GR) 2:30 Documentary: American Symphony (2024 Oscar Nominee) (THEA) 6:00 Mystery Movie Night: Brazen (THEA)
9:00 Go 4 Life Walking Club (Self-Directed) (LS) 10:15 Drum Fit (SS) 10:45 Catholic Prayer and Communion with St. Mary Star of The Sea (THEA) 1:00 Resident Run Rummikub (GR) 1:30 Java Music Club (HMPB) 2:00 BINGO (HMPB) 6:30 TV Series: Grace and Frankie Season 1 Ep 7 & 8 (THEA)	9:00 Go 4 Life Walking Club (Self-Directed) (LS) 10:30 Aqua Fitness (POOL) 11:30 Lunch Outing: Michael's Back Door (O) 1:00 Resident Run Rummikub (GR) 2:00 Falls Prevention with Lifemark (SS) 2:30 True Crime Documentary: Man on The Run (THEA) 3:30 Money Bingo (HMPB) 6:30 Drama Movie Night: The Last Storm (THEA)	9:00 Go 4 Life Walking Club (Self-Directed) (LS) 9:15 Brain Games Package Pick Up! (SS) 10:00 Seated Yoga with Lifemark (SS) 1:00 Resident Run Rummikub (GR) 3:00 Happy Hour and Leap Year Trivia (HMPB) 6:30 Mystery Movie Night: Handsome A Netflix Mystery Movie (THEA)	9:00 Go 4 Life Walking Club (Self-Directed) (LS) 9:15 Brain Games Package Pick Up! (SS) 10:00 Morning Movement and Chair Volleyball (SS) 1:00 Resident Run Rummikub (GR) 1:15 Meet Me at the MoMA Presentation (SS) 2:00 Joints in Motion: Understanding Osteoarthritis with Age with Physiotherapy and Beyond (THEA) 3:00 Tea and Coffee Social (HMPB) 3:00 Men's Club (GR) 6:30 Romance Movie Night: Maybe I Do (THEA)	Nurse Practitioner Visit: Book you 29 appointment with Nurse 9:00 Go 4 Life Walking Club (Self-Directed) (LS) 9:15 Brain Games Package Pick Up! (SS) 10:00 Seated Exercise (SS) 1:00 Resident Run Rummikub (GR) 2:00 Drum Fit (SS) 3:00 Thirsty Thursdays and Entertainment with Antonella Vizzini (HMPB) 6:30 Action and Adventure Movie Night: Mr. & Mrs. Smith (THEA)	MONDAY FEB 19	mily Day



Be your best self

Locations Legend

Saddington Studio (SS)
Theatre (THEA)
Games Room (GR)
Lakeshore (LS)
Harbor Masters Pub
Bistro (HMPB)

Hydrotherapy Pool (POOL) The Great Room (TGR) Outing (O) Main Lobby (ML) Assisted Living (AL)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program