




INSPIRED SENIOR LIVING

February 2024

The Shores of Port Credit



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>	 <p>Lunar Year Dragon</p>					
<p>4</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:15 Drum Fit (SS)</p> <p>10:45 Catholic Prayer and Communion with St. Mary Star of The Sea (THEA)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:30 Java Music Club (HMPB)</p> <p>2:00 BINGO (HMPB)</p> <p>6:30 TV Series: Grace and Frankie Season 1 Ep1 & 2 (THEA)</p>	<p>5</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:30 Aqua Fitness (POOL)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:00 Outing: Erin Mills Town Center (O)</p> <p>2:00 Falls Prevention with Lifemark (SS)</p> <p>2:30 True Crime Documentary: The Masked Scammer (THEA)</p> <p>3:30 Money Bingo (HMPB)</p> <p>6:30 Drama Movie Night: Rustin (2024 Oscar Nominee) (THEA)</p>	<p>6</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Seated Yoga with Lifemark (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:15 Euchre and Bridge Club Meeting and Sign up (HMPB)</p> <p>2:00 Artfull Enrichment Live Workshop: Cherry Blossm (SS)</p> <p>3:00 Happy Hour: Beet Moscow Mule and Trivia (HMPB)</p> <p>6:30 Resident Requested Movie: My Girl (THEA)</p>	<p>7</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Morning Movement and Chair Volleyball (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:15 Meet Me at the MoMA Presentation (SS)</p> <p>2:30 Culinary Meeting with Chef Gus (HMPB)</p> <p>3:00 Artfull Presentation: Art of Asia (THEA)</p> <p>6:30 Romance Movie Night: The Notebook (THEA)</p>	<p>1</p> <p>Nurse Practitioner Visit: Book you appointment with Nurse</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Seated Exercise (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Drum Fit (SS)</p> <p>3:00 Thirsty Thursdays and Entertainment with Kelly Davies (HMPB)</p> <p>6:30 Action and Adventure Movie Night: Top Gun Maverick (2022) (THEA)</p>	<p>2</p> <p>Groundhog Day</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:00 Gentle Exercise and Meditation (SS)</p> <p>10:30 Aqua Fitness (POOL)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Zumba with Linn (SS)</p> <p>2:30 Program Planning Meeting (THEA)</p> <p>6:30 Comedy Movie Night: Queen Bees (THEA)</p>	<p>3</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:15 Sit and Stand Exercise (SS)</p> <p>10:45 Fit Minds Stay Sharp Brain Health (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:30 Documentary: The 2000s The Decade We Saw It All Ep 1 and 2 (THEA)</p> <p>6:30 Resident Requested Movie: Oppenheimer (THEA)</p>
<p>11</p> <p>Traditions Alive Vendor 10:00am - 3:00pm (ML)</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:15 Drum Fit (SS)</p> <p>10:45 Catholic Prayer and Communion with St. Mary Star of The Sea (THEA)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:30 Java Music Club (HMPB)</p> <p>2:00 BINGO (HMPB)</p> <p>6:30 TV Series: Grace and Frankie Season 1 Ep 3 & 4 (THEA)</p>	<p>12</p> <p>Chinese New Year Gift Shop 11:30am-2:00pm (TGR)</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:30 Aqua Fitness (POOL)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Falls Prevention with Lifemark (SS)</p> <p>2:30 Chinese New Year Presentation with Kevin Lee (THEA)</p> <p>3:30 Money Bingo (HMPB)</p> <p>6:30 Drama Movie Night: The After (2024 Oscar Nominee) (THEA)</p>	<p>13</p> <p>Mardi Gras</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Seated Yoga with Lifemark (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:30 Mardi Gras Scavenger Hunt (SS)</p> <p>3:00 Mardi Gras Happy Hour with The HotFive (TGR)</p> <p>6:30 Documentary: The Unique and Complex Dynamics of Mardi Gras (THEA)</p>	<p>14</p> <p>Happy Valentines Day</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Morning Movement and Chair Volleyball (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:15 Meet Me at the MoMA Presentation (SS)</p> <p>2:00 Artfull Talks: Love in Landscape Video (THEA)</p> <p>3:00 Valentine's Day Entertainment with Lorealee McGuirl (HMPB)</p> <p>6:30 Romance Movie Night: Love Guaranteed (THEA)</p>	<p>15</p> <p>Nurse Practitioner Visit: Book you appointment with Nurse</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Seated Exercise (SS)</p> <p>10:30 Presentation with Richard Jordan: Escaped Slave and Etobicoke Pioneer (THEA)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Drum Fit (SS)</p> <p>3:00 Thirsty Thursday and Entertainment with Jeff Giles (HMPB)</p> <p>6:30 Action and Adventure Movie Night: Lift (THEA)</p>	<p>16</p> <p>Audiologist Visit: Book your appointment at reception</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:00 Gentle Exercise and Meditation (SS)</p> <p>10:30 Aqua Fitness (POOL)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Zumba with Linn (SS)</p> <p>2:00 Outing: Guided Tour of Bradley Museum Black History in Ontario (O)</p> <p>2:30 Docuseries: Live to Lead Ep 3 & 4 (THEA)</p> <p>3:00 Knitting Circle (TGR)</p> <p>6:30 Comedy Movie Night: Confessions of a Shopaholic (THEA)</p>	<p>17</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:15 Sit and Stand Exercise (SS)</p> <p>10:45 Fit Minds Stay Sharp Brain Health (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:30 Documentary: The Greatest Night in Pop (THEA)</p> <p>5:00 Piano with Dave Thierry (TGR)</p> <p>6:00 Mystery Movie Night: In For A Murder (THEA)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Go 4 Life Walking Club (Self-Directed) (LS) 18</p> <p>10:15 Drum Fit (SS)</p> <p>10:45 Catholic Prayer and Communion with St. Mary Star of The Sea (THEA)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:30 Java Music Club (HMPB)</p> <p>2:00 BINGO (HMPB)</p> <p>6:30 TV Series: Grace and Frankie Season 1 Ep 5 & 6 (THEA)</p>	<p>Family Day 19</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:15 Exercise (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Coffee and Colouring (AL)</p> <p>2:30 True Crime Documentary: The Anthrax Attack (THEA)</p> <p>3:30 Money Bingo (HMPB)</p> <p>6:30 Drama Movie Night: Land (THEA)</p>	<p>9:00 Go 4 Life Walking Club (Self-Directed) (LS) 20</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Seated Yoga with Lifemark (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Artfull Enrichment Guided Painting: Rose Acrylic Painting (SS)</p> <p>3:00 Happy Hour (HMPB)</p> <p>6:30 Fantasy Movie Night: The School For Good and Evil (THEA)</p>	<p>9:00 Go 4 Life Walking Club (Self-Directed) (LS) 21</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Dance Fitness with Shannon (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:15 Meet Me at the MoMA Presentation (SS)</p> <p>3:00 Women's Club (HMPB)</p> <p>6:30 Romance Movie Night: Something Borrowed (THEA)</p>	<p>National Margarita Day! 22</p> <p>Nurse Practitioner Visit: Book your appointment with Nurse</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Seated Exercise (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Drum Fit (SS)</p> <p>3:00 Margaritas at The Shores (HMPB)</p> <p>6:30 Action and Adventure Movie Night: The A Team (THEA)</p>	<p>Hot Breakfast Made by Chef Gus 7:30 - 9:00 (HMPB) 23</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:00 Gentle Exercise and Meditation (SS)</p> <p>10:30 Aqua Fitness (POOL)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Artfull Talks: Influential Black Artist (THEA)</p> <p>3:00 Knitting Circle (TGR)</p> <p>6:00 Entertainment with Brent Meidinger (HMPB)</p>	<p>Chiroprapist Vist: Book your Appointment with Concierges 24</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>10:15 Sit and Stand Exercise (SS)</p> <p>10:45 Fit Minds Stay Sharp Brain Health (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:30 Documentary: American Symphony (2024 Oscar Nominee) (THEA)</p> <p>6:00 Mystery Movie Night: Brazen (THEA)</p>
<p>9:00 Go 4 Life Walking Club (Self-Directed) (LS) 25</p> <p>10:15 Drum Fit (SS)</p> <p>10:45 Catholic Prayer and Communion with St. Mary Star of The Sea (THEA)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:30 Java Music Club (HMPB)</p> <p>2:00 BINGO (HMPB)</p> <p>6:30 TV Series: Grace and Frankie Season 1 Ep 7 & 8 (THEA)</p>	<p>9:00 Go 4 Life Walking Club (Self-Directed) (LS) 26</p> <p>10:30 Aqua Fitness (POOL)</p> <p>11:30 Lunch Outing: Michael's Back Door (O)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Falls Prevention with Lifemark (SS)</p> <p>2:30 True Crime Documentary: Man on The Run (THEA)</p> <p>3:30 Money Bingo (HMPB)</p> <p>6:30 Drama Movie Night: The Last Storm (THEA)</p>	<p>9:00 Go 4 Life Walking Club (Self-Directed) (LS) 27</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Seated Yoga with Lifemark (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>3:00 Happy Hour and Leap Year Trivia (HMPB)</p> <p>6:30 Mystery Movie Night: Handsome A Netflix Mystery Movie (THEA)</p>	<p>9:00 Go 4 Life Walking Club (Self-Directed) (LS) 28</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Morning Movement and Chair Volleyball (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>1:15 Meet Me at the MoMA Presentation (SS)</p> <p>2:00 Joints in Motion: Understanding Osteoarthritis with Age with Physiotherapy and Beyond (THEA)</p> <p>3:00 Tea and Coffee Social (HMPB)</p> <p>3:00 Men's Club (GR)</p> <p>6:30 Romance Movie Night: Maybe I Do (THEA)</p>	<p>Nurse Practitioner Visit: Book your appointment with Nurse 29</p> <p>9:00 Go 4 Life Walking Club (Self-Directed) (LS)</p> <p>9:15 Brain Games Package Pick Up! (SS)</p> <p>10:00 Seated Exercise (SS)</p> <p>1:00 Resident Run Rummikub (GR)</p> <p>2:00 Drum Fit (SS)</p> <p>3:00 Thirsty Thursdays and Entertainment with Antonella Vizzini (HMPB)</p> <p>6:30 Action and Adventure Movie Night: Mr. & Mrs. Smith (THEA)</p>	<p>MONDAY FEB 19 Family Day</p>	

THURSDAY
FEB 22
National Margarita 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