

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Emotional Intellectual Physical Purposeful Social Spiritual	Location Keys 3rd Fl Activity Room 3AR Activity Room AR Bistro/Bar B Country Kitchen CK Exercise Room ER Fireside Lounge FL Game Room GR Library L Lower Level LL Meet at Entrance E Memory Care MC Salon/Spa S Theatre/Chapel TC	PINK - Services GREY - Vendors BLUE - Musical Entertainment ORANGE - Meetings PURPLE - Holidays GREEN - Outings	10:30 ☀️ Yoga w/ Asha [AR] 1 11:30 🧠 Board Games [CK] 1:30 ☀️ Bible Study [AR] 2:00 🍵 Coffee Time w/ Ruby [3AR] 2:00 🩺 Doctor Day 2:30 🧠 Twenty Questions [B] 3:00 😊 Entertainment w/ Jay Franco! [CK] 4:00 🧠 Trivia Time [B] 6:30 😊 3AR Movie Night [3AR] 7:00 🍵 Euchre Night [CK]	9:00 Beautiful You Salon 2 10:30 🍵 Trivia & Music w/ Robert [3AR] 11:30 🌿 Garden Club [AR] 1:30 🍵 Gentle Stretch Exercise Class [3AR] 2:00 🍵 Pump it Up Exercise Class [AR] 2:00 🍵 Coffee Time w/ Morgan [3AR] 3:00 🍷 Food Committee Meeting [TC] 3:00 🧠 Card Games [CK] 3:00 🍵 Simply Stretch Exercise Class [MC] 4:00 🍵 Happy Hour [B] 7:00 😊 Movie Night [TC]	10:00 🍵 Bean Bag Toss w/ Sandra [3AR] 3 10:30 🍵 Chairobics [AR] 11:30 🧠 Brain Teasers [AR] 1:30 🍵 Sole Mates Walking Club [E] 2:00 🎵 Classical Music Presentation w/ Joseph Sharon! [TC] 2:00 🍵 Coffee Time w/ Morgan & Courtney [3AR] 3:00 ☀️ Yoga w/ Uma [AR] 4:00 🎨 Open House Decorating Day [LL] 7:00 😊 Movie Night [TC] 7:00 🧠 Cribbage [AR]	HAPPY BIRTHDAY CREDIT RIVER! Open House from 1:00pm-4:00pm 4 10:00 🍵 News & Views Discussion [3AR] 11:00 🍵 Bowling Teams [CK] 7:00 😊 Movie Night [TC]
HAPPY BIRTHDAY CREDIT RIVER! Open House from 1:00pm-4:00pm 5 9:45 🍵 Fun & Fitness w/ Ruby [3AR] 11:00 ☀️ Communion w/ Tony & Ursula [TC] 7:00 😊 Movie Night [TC]	10:00 Chiroprapist [S] 6 10:30 🍵 Cardio Workout [ER] 11:00 😊 Short Stories [3AR] 1:30 🍵 Gentle Stretch Exercise Class [3AR] 2:00 🍵 Fall Prevention Exercise Class [AR] 2:00 🍵 Coffee Time w/ Courtney [3AR] 3:00 🍵 Simply Stretch Exercise Class [MC] 3:00 🍵 You Be the Judge [B] 4:00 🧠 Scrabble [GR] 7:00 Bingo for Sweets! [CK]	*No Cardio Workout Today 7 11:00 🧠 Giant Crosswords [3AR] 1:00 🍷 Outing to Erin Mills Town Centre - Senior's Day at The Bay [E] 1:30 🍷 Men's Club Project [AR] 2:00 🍷 Knit & Natter [AR] 2:00 🍵 Coffee Time w/ Courtney [3AR] 3:00 🍷 Eco-Friendly Craft w/ Emily [CK] 4:00 🍵 Happy Hour: Toonie Tuesday! [B] 6:00 😊 Pet Therapy w/ Harley [3AR] 7:00 🍷 Card Making w/ Kim [3AR]	10:30 🍵 Chairobics [AR] 8 11:30 🧠 Board Games [CK] 1:30 ☀️ Bible Study [AR] 2:00 🍵 Coffee Time w/ Ruby [3AR] 2:00 🩺 Doctor Day 2:30 🧠 Twenty Questions [B] 3:00 😊 Piano Concert w/ Robert Macerollo! [FL] 4:00 🧠 Trivia Time [B] 6:30 😊 3AR Movie Night [3AR] 7:00 🍵 Euchre Night [CK]	9:00 Beautiful You Salon 9 10:30 🍵 Trivia & Music w/ Robert [3AR] 11:30 🌿 Garden Club [AR] 1:30 🍵 Gentle Stretch Exercise Class [3AR] 2:00 🍵 Pump it Up Exercise Class [AR] 2:00 🍵 Coffee Time w/ Morgan [3AR] 3:00 🍷 Ambassador Meeting [B] 3:00 🧠 Card Games [CK] 3:00 🍵 Simply Stretch Exercise Class [MC] 4:00 🍵 Happy Hour [B] 6:30 🧠 Resident-Run Scrabble Night [GR] 7:00 😊 Movie Night [TC]	10:00 🍵 Bean Bag Toss w/ Sandra [3AR] 10 10:30 🍵 Chairobics [AR] 11:30 🧠 Brain Teasers [AR] 1:30 🍵 Sole Mates Walking Club [E] 2:00 🍵 Men's Club: Blackjack Tournament [B] 2:00 🍵 Coffee Time w/ Lisa [3AR] 3:00 ☀️ Yoga w/ Uma [AR] 7:00 😊 Movie Night [TC] 7:00 🧠 Cribbage [AR]	10:00 🍵 News & Views Discussion [3AR] 11 11:00 🍵 Bowling Teams [CK] 1:00 🧠 Hangman [3AR] 2:00 🍷 Crafter-noon w/ Ruby [AR] 3:00 Toonie Bingo [B] 4:00 🍵 Happy Hour: Silly Saturday [B] 7:00 😊 Movie Night [TC]
*No Pet Therapy Visit Today 12 DAYLIGHT SAVINGS TIME 9:45 🍵 Fun & Fitness w/ Ruby [3AR] 10:30 ☀️ Interfaith Prayer Meeting [AR] 11:00 ☀️ Communion w/ Tony & Ursula [TC] 1:00 🧠 Musical Bingo [3AR] 3:00 😊 Entertainment w/ Shannon Graham! [CK] 4:00 🍵 Happy Hour [B] 7:00 😊 Movie Night [TC]	Commonwealth Day 13 10:30 🍷 Resident Council Meeting [TC] 11:00 🍷 Resident Forum [TC] 1:30 🍵 Gentle Stretch Exercise Class [3AR] 2:00 🍵 Fall Prevention Exercise Class [AR] 2:00 🍵 Coffee Time w/ Courtney [3AR] 3:00 🍵 Simply Stretch Exercise Class [MC] 3:00 🍵 You Be the Judge [B] 4:00 🧠 Scrabble [GR] 7:00 Bingo for Sweets! [CK]	10:30 🍵 Cardio Workout [ER] 14 11:00 🧠 Giant Crosswords [3AR] 1:00 🍷 Walker Clinic *Sign-Up at Reception* [CK] 2:00 🍷 Garden Therapy w/ Jackie [3AR] 2:00 🍷 Knit & Natter [AR] 2:00 🍵 Coffee Time w/ Courtney [3AR] 3:00 🍷 Baking w/ Ruby 4:00 🍵 Happy Hour: Toonie Tuesday! [B] 6:00 😊 Pet Therapy w/ Harley [3AR] 7:00 🧠 Word in a Word [AR]	Theme Day: Dress in Green! 15 10:15 🍷 Chairobics *EARLIER TIME TODAY* [AR] 11:00 😊 Irish Dance Performance [CK] 11:00 🍷 Vendor: 5th Avenue Jewelry [LL] 11:30 🧠 Board Games [CK] 1:30 ☀️ Bible Study [AR] 2:00 🍵 Coffee Time w/ Ruby [3AR] 2:00 🩺 Doctor Day 2:30 🧠 Twenty Questions [B] 3:00 🍷 St. Paddy's Day Pub Party w/ Chris Partland! [FL] 4:00 🧠 Trivia Time [B] 6:30 😊 3AR Movie Night [3AR] 7:00 🍵 Euchre Night [CK]	9:00 Physiotherapy Clinic Beautiful You Salon 16 10:30 🍵 Trivia & Music w/ Robert [3AR] 11:30 🌿 Garden Club [AR] 1:30 🍵 Gentle Stretch Exercise Class [3AR] 2:00 🍵 Pump it Up Exercise Class [AR] 2:00 🍵 Coffee Time w/ Morgan [3AR] 3:00 🍷 Christmas Bazaar Meeting [TC] 3:00 🧠 Card Games [CK] 3:00 🍵 Simply Stretch Exercise Class [MC] 4:00 🍵 Happy Hour [B] 6:30 🧠 Resident-Run Scrabble Night [GR] 7:00 😊 Movie Night [TC]	St. Patrick's Day 17 10:00 🍷 Vendor: Easy Fit Shoes [LL] 10:00 🍵 Bean Bag Toss w/ Sandra [3AR] 10:30 🍵 Chairobics [AR] 11:30 🧠 Brain Teasers [AR] 1:30 🍵 Sole Mates Walking Club [E] 2:00 🧠 Guest Speaker: A History of Ireland in Flags [TC] 2:00 🍵 Coffee Time w/ Morgan & Courtney [3AR] 3:00 ☀️ Yoga w/ Uma [AR] 7:00 😊 Movie Night [TC] 7:00 🧠 Cribbage [AR]	10:00 🍵 News & Views Discussion [3AR] 18 11:00 🍵 Bowling Teams [CK] 1:00 🧠 Hangman [3AR] 2:00 🍷 Crafter-noon w/ Ruby [AR] 3:00 Toonie Bingo [B] 7:00 😊 Movie Night [TC]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45 🌿 Fun & Fitness w/ Ruby [3AR] 19</p> <p>11:00 ☀️ Communion w/ Tony & Ursula [TC]</p> <p>1:00 🧠 Musical Bingo [3AR]</p> <p>2:00 😊 Pet Therapy w/ Harley [MC]</p> <p>3:00 😊 Entertainment w/ Joe Thomson! [CK]</p> <p>7:00 🎬 Movie Night [TC]</p>	<p>First Day of Spring 20 Theme Day: Wear Floral!</p> <p>10:30 🌿 Cardio Workout [ER]</p> <p>11:00 😊 Short Stories [3AR]</p> <p>1:30 🌿 Gentle Stretch Exercise Class [3AR]</p> <p>2:00 🌿 Fall Prevention Exercise Class [AR]</p> <p>2:00 ☕ Coffee Time w/ Courtney [3AR]</p> <p>3:00 🌿 Simply Stretch Exercise Class [MC]</p> <p>3:00 🗣️ You Be the Judge [B]</p> <p>4:00 🧠 Scrabble [GR]</p> <p>4:30 📖 Book Club Meeting [L]</p> <p>7:00 🎲 Bingo for Sweets! [CK]</p>	<p>9:15 🌿 Outing to Meadowvale CC for Line Dancing Lessons [E] 21 Vendor: Traditions Alive [LL]</p> <p>10:00 🌿 Cardio Workout [ER]</p> <p>11:00 🧠 Giant Crosswords [3AR]</p> <p>1:30 🧶 Men's Club Project [AR]</p> <p>2:00 🧶 Knit & Natter [AR]</p> <p>2:00 ☕ Coffee Time w/ Courtney [3AR]</p> <p>3:00 🍰 Baking w/ Courtney [CK]</p> <p>4:00 🍷 Happy Hour: Toonie Tuesday! [B]</p> <p>6:00 😊 Pet Therapy w/ Harley [3AR]</p> <p>7:00 🧠 Word in a Word [AR]</p>	<p>8:30 ☕ Management Makes Breakfast [CK] 22</p> <p>10:30 🌿 Chairobics [AR]</p> <p>11:30 🧠 Board Games [CK]</p> <p>1:30 ☀️ Bible Study [AR]</p> <p>2:00 ☕ Coffee Time w/ Ruby [3AR]</p> <p>2:00 🩺 Doctor Day</p> <p>2:30 🧠 Twenty Questions [B]</p> <p>3:00 😊 Entertainment w/ Donald Lawless! [CK]</p> <p>4:00 🧠 Trivia Time [B]</p> <p>4:45 🍕 Alzheimer's Society Fundraiser Dinner at Boston Pizza [E]</p> <p>6:30 😊 3AR Movie Night [3AR]</p> <p>7:00 🎲 Euchre Night [CK]</p>	<p>9:00 🌿 Beautiful You Salon 23</p> <p>10:30 🧠 Trivia & Music w/ Robert [3AR]</p> <p>11:30 🌿 Garden Club [AR]</p> <p>1:30 🌿 Gentle Stretch Exercise Class [3AR]</p> <p>2:00 🌿 Pump it Up Exercise Class [AR]</p> <p>2:00 ☕ Coffee Time w/ Morgan [3AR]</p> <p>3:00 🧠 Card Games [CK]</p> <p>3:00 🌿 Simply Stretch Exercise Class [MC]</p> <p>4:00 🍷 Happy Hour [B]</p> <p>6:30 🧠 Resident-Run Scrabble Night [GR]</p> <p>7:00 🌿 Outing to Meadowvale Theatre: Oklahoma [E]</p> <p>7:00 😊 Movie Night [TC]</p>	<p>10:00 🌿 Bean Bag Toss w/ Sandra [3AR] 24</p> <p>10:30 🌿 Chairobics [AR]</p> <p>11:30 🧠 Brain Teasers [AR]</p> <p>1:30 🌿 Sole Mates Walking Club [E]</p> <p>2:00 ☕ Coffee Time w/ Morgan & Courtney [3AR]</p> <p>3:00 ☀️ Yoga w/ Uma [AR]</p> <p>7:00 😊 Movie Night [TC]</p> <p>7:00 🧠 Cribbage [AR]</p>	<p>10:00 🧠 News & Views Discussion [3AR] 25</p> <p>11:00 😊 Pet Therapy w/ Harley [MC]</p> <p>11:00 🌿 Bowling Teams [CK]</p> <p>1:00 🧠 Hangman [3AR]</p> <p>2:00 📖 Crafter-noon w/ Lisa [AR]</p> <p>3:00 😊 Toonie Bingo [B]</p> <p>4:00 🍷 Happy Hour: Silly Saturday [B]</p> <p>7:00 😊 Movie Night [TC]</p>
<p>*No Pet Therapy Visit Today 26</p> <p>9:45 🌿 Fun & Fitness w/ Ruby [3AR]</p> <p>10:30 ☀️ Interfaith Prayer Meeting [AR]</p> <p>11:00 ☀️ Communion w/ Tony & Ursula [TC]</p> <p>1:00 🧠 Musical Bingo [3AR]</p> <p>2:30 ☀️ Anglican Church Service [FL]</p> <p>3:00 😊 Entertainment w/ Enzo Simone [CK]</p> <p>4:00 🍷 Happy Hour [B]</p> <p>7:00 🎬 Movie Night [TC]</p>	<p>10:30 🌿 Cardio Workout [ER] 27</p> <p>11:00 😊 Short Stories [3AR]</p> <p>1:30 🌿 Gentle Stretch Exercise Class [3AR]</p> <p>2:00 🌿 Fall Prevention Exercise Class [AR]</p> <p>2:00 ☕ Coffee Time w/ Courtney [3AR]</p> <p>3:00 🌿 Simply Stretch Exercise Class [MC]</p> <p>3:00 🗣️ You Be the Judge [B]</p> <p>4:00 🧠 Scrabble [GR]</p> <p>7:00 🎲 Bingo for Sweets! [CK]</p>	<p>10:30 🌿 Cardio Workout [ER] 28</p> <p>11:00 🧠 Giant Crosswords [3AR]</p> <p>1:00 🌿 Outing to Center Bowl [E]</p> <p>2:00 🧶 Knit & Natter [AR]</p> <p>2:00 ☕ Coffee Time w/ Courtney [3AR]</p> <p>3:00 🍰 Baking w/ Lisa</p> <p>4:00 🍷 Happy Hour: Toonie Tuesday! [B]</p> <p>6:00 😊 Pet Therapy w/ Harley [3AR]</p> <p>7:00 🧠 Word in a Word [AR]</p>	<p>10:30 ☀️ Yoga w/ Asha [AR] 29</p> <p>11:30 🧠 Board Games [CK]</p> <p>1:30 ☀️ Bible Study [AR]</p> <p>2:00 ☕ Coffee Time w/ Ruby [3AR]</p> <p>2:00 🩺 Doctor Day</p> <p>2:30 🧠 Twenty Questions [B]</p> <p>3:00 😊 Entertainment w/ Steve Angel! [CK]</p> <p>4:00 🧠 Trivia Time [B]</p> <p>6:30 😊 3AR Movie Night [3AR]</p> <p>7:00 🎲 Euchre Night [CK]</p>	<p>9:00 🌿 Beautiful You Salon 30</p> <p>10:30 🧠 Trivia & Music w/ Robert [3AR]</p> <p>11:30 🌿 Garden Club [AR]</p> <p>1:30 🌿 Gentle Stretch Exercise Class [3AR]</p> <p>2:00 🌿 Pump it Up Exercise Class [AR]</p> <p>2:00 ☕ Coffee Time w/ Morgan [3AR]</p> <p>3:00 🧠 Card Games [CK]</p> <p>3:00 🌿 Simply Stretch Exercise Class [MC]</p> <p>4:00 🍷 Happy Hour [B]</p> <p>6:30 🧠 Resident-Run Scrabble Night [GR]</p> <p>7:00 😊 Movie Night [TC]</p>	<p>10:00 🌿 Bean Bag Toss w/ Sandra [3AR] 31</p> <p>10:30 🌿 Chairobics [AR]</p> <p>11:30 🧠 Brain Teasers [AR]</p> <p>1:30 🌿 Sole Mates Walking Club [E]</p> <p>2:00 ☕ Coffee Time w/ Morgan & Courtney [3AR]</p> <p>3:00 ☀️ Yoga w/ Uma [AR]</p> <p>7:00 😊 Movie Night [TC]</p> <p>7:00 🧠 Cribbage [AR]</p>	<p>BEAUTIFUL YOU SALON & SPA</p> <p>Make your hair and nail appointments with our Reception team.</p> <p>Salon Hours: Thursdays starting @ 9:00am</p>

TUCK SHOP

Have you seen the new items we've added to the Tuck Shop? All items that you wish to purchase must be brought up to Reception to complete payment.

Tuck Shop Hours:
Monday-Friday
1:00pm-4:00pm

HAPPY BIRTHDAY CREDIT RIVER!

On March 1st, 2017, Credit River Retirement Residence turns **one!** It's been an exciting journey since the beginning, and we want to thank each and every one of our Residents, Staff, Volunteers, Family, Friends, and Networking Partners for everything you've done to help Credit River thrive!

