



“Walk Across  
Canada”

September 25th to  
September 30th

Active Aging Week takes  
place each year during the  
last week of September.


It promotes the benefits of  
healthier, more active  
lifestyles across the life  
span.

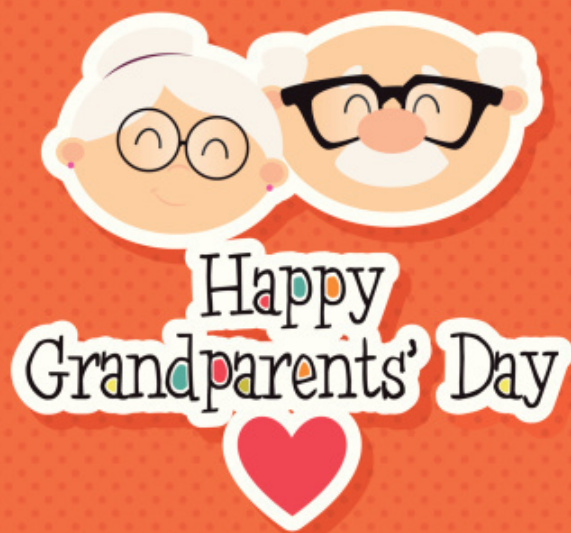
Older adults can experience  
wellness activities and  
exercise in a safe,  
supportive environment.

Regardless of age or health  
conditions, older adults can  
live as fully as possible in all  
areas of life.

Contact your Life Enrichment  
Manager  
for information on how you can  
participate.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Emotional Intellectual Physical Purposeful Social Spiritual	<b>Location Keys</b> Country Kitchen CK Dining Room DR Fireside Lounge FL Meet at Entrance E Patio P Theatre/Chapel TC	PINK - Services Offered GREY - Vendors LIGHT BLUE - Outings BLUE - Musical Entertainment GREEN - Living Loving Local ORANGE - Resident Meetings PURPLE - Active Aging Week	<b>BEAUTIFUL YOU SALON &amp; SPA</b> Make your hair and nail appointments with our Reception team. <b>Salon Hours: Wednesdays &amp; Thursdays starting @ 9:00am</b>	<b>TUCK SHOP</b> 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. <b>Tuck Shop Hours: Monday-Friday 1:00pm-4:00pm</b>	10:30 <b>Go4Life Walking Club</b> 1 11:00  Match Ups 1:30  Balloon Badminton 2:30  Memory Care Social 3:00  Guess the Celebrity Age 4:00  Sing-a-long w/ Gloria! 7:00  Evening Stroll	10:30  Busy Hands 2 11:00  Weekend Exercise 1:30  Basketball 2:30  Memory Care Social 3:00  Colour Your World 4:00  You Be The Judge 7:00  Classic TV Shows
10:30  Busy Hands 3 11:00  Hymn Sing 11:00  Communion w/ Tony & Ursula [TC] 1:30  Pet Therapy Visit from Harley 2:30  Memory Care Social 3:00  Sing Along w/ Suzie Q! 4:00  Matching & Sorting 6:30  Movie Night	<b>Labor Day</b> 4 10:30 <b>Go4Life Walking Club</b> 11:00  Classic Card Games 1:30  Palette & Paintbrush 2:30  Memory Care Social 3:00  Simple Stretch Class w/ Amanda 4:00  Name That Tune 7:00  Friendly Visits	10:30  Dominoes 5 11:00  Flower Arrangements [P] 1:30  Baking: Chocolate Chip Cookies 2:30  Memory Care Social 3:00  Gentle Chairbics 4:00  I Love Lucy Show 7:00  Short Stories	10:30 <b>Go4Life Walking Club</b> 6 11:00  Scattergories Word Game 1:30  Ring Toss for Prizes! 2:30  Memory Care Social 3:00  Musical Bingo 4:00  Sing-a-long with Instruments! 7:00  Friendly Visits	10:30 <b>Meet Me at the MoMA: Artist Lecture</b> 7 11:00  Ping Pong Toss Teams 1:30  Indoor Golf Course 2:30  "Happy Hour" [P] 3:00  Simple Stretch Class w/ Amanda 4:00  Complete the Proverb 7:00  Chicken Soup for the Soul	10:30 <b>Go4Life Walking Club</b> 8 11:00  Match Ups 1:30  Balloon Badminton 2:30  Memory Care Social 3:00  Famous Faces 4:00  Sing-a-long w/ Gloria! 7:00  Evening Stroll	10:30  Busy Hands 9 11:00  Weekend Exercise 1:30  Basketball 2:30  Memory Care Social 3:00  Colour Your World 4:00  You Be The Judge 7:00  Classic TV Shows
10:30  Busy Hands 10 11:00  Hymn Sing 11:00  Communion w/ Tony & Ursula [TC] 1:30  Pet Therapy Visit from Harley 2:30  Memory Care Social 3:00  Sing Along w/ Suzie Q! 4:00  Matching & Sorting 6:30  Movie Night	<b>Grandparents Day</b> 11 10:30 <b>Go4Life Walking Club</b> 11:00  Classic Card Games 1:30  Palette & Paintbrush 2:30  Memory Care Social 3:00  Simple Stretch Class w/ Amanda 4:00  Name That Tune 5:00 <b>Grandparents Day Dinner *Invite Your Grandchildren &amp; RSVP to Nicole* [DR]</b> 7:00  Friendly Visits	10:30  Dominoes 12 11:00  Flower Arrangements [P] 1:30  Baking: Banana Bread 2:30  Memory Care Social 3:00  Gentle Chairbics 4:00  I Love Lucy Show 7:00  Short Stories	10:30 <b>Go4Life Walking Club</b> 13 10:45 <b>Outing to the "Pie in the Face" Fundraising Event</b> 11:00  Scattergories Word Game 1:30  Ring Toss for Prizes! 2:30  Memory Care Social 3:00 <b>Entertainment w/ Saxophonist, Shannon Graham! [CK]</b> 4:00  Sing-a-long with Instruments! 7:00  Friendly Visits	10:30 <b>Meet Me at the MoMA: Painting Session</b> 14 1:30  Indoor Golf Course 2:30  "Happy Hour" [P] 3:00  Simple Stretch Class w/ Amanda 4:00  Complete the Proverb 7:00  Chicken Soup for the Soul	10:30 <b>Go4Life Walking Club</b> 15 11:00  Match Ups 1:30  Balloon Badminton 2:30  Memory Care Social 3:00  Guess the Celebrity Age 4:00  Sing-a-long w/ Gloria! 7:00  Evening Stroll	<b>Happy 40th Anniversary Verve Senior Living!!!</b> 16 10:30  Busy Hands 11:00  Weekend Exercise 1:00 <b>Happy 40th Anniversary Verve!!! [CK]</b> 2:30  Memory Care Social 3:00  Colour Your World 4:00  You Be The Judge 7:00  Classic TV Shows

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>“Walk Across Canada”</b></p> <p>September 25th to September 30th</p> <p>Active Aging Week takes place each year during the last week of September.</p> <p>It promotes the benefits of healthier, more active lifestyles across the life span.</p> <p>Older adults can experience wellness activities and exercise in a safe, supportive environment.</p> <p>Regardless of age or health conditions, older adults can live as fully as possible in all areas of life.</p> <p>Contact your Life Enrichment Manager for information on how you can participate.</p>	<p>10:30 Busy Hands <b>17</b></p> <p>11:00 Hymn Sing</p> <p>11:00 Communion w/ Tony &amp; Ursula [TC]</p> <p>1:30 Pet Therapy Visit from Harley</p> <p>2:30 Memory Care Social</p> <p>3:00 Entertainment w/ Keyboardist, Joe Thomson! [CK]</p> <p>4:00 Matching &amp; Sorting</p> <p>6:30 Movie Night</p>	<p>10:30 Go4Life Walking Club <b>18</b></p> <p>11:00 Classic Card Games</p> <p>1:30 Palette &amp; Paintbrush</p> <p>2:30 Memory Care Social</p> <p>3:00 Simple Stretch Class w/ Amanda</p> <p>4:00 Name That Tune</p> <p>7:00 Friendly Visits</p>	<p>10:30 Dominoes <b>19</b></p> <p>11:00 Flower Arrangements [P]</p> <p>1:30 Living Loving Local: Baking w/ Corn!</p> <p>2:30 Memory Care Social</p> <p>3:00 Gentle Chairbics</p> <p>4:00 I Love Lucy Show</p> <p>7:00 Short Stories</p>	<p>10:30 Go4Life Walking Club <b>20</b></p> <p>11:00 Scattergories Word Game</p> <p>1:30 Ring Toss for Prizes!</p> <p>2:30 Memory Care Social</p> <p>3:00 Musical Bingo</p> <p>4:00 Sing-a-long with Instruments!</p> <p>7:00 Friendly Visits</p>	<p>10:30 Meet Me at the MoMA: Artist Lecture <b>21</b></p> <p>11:00 Ping Pong Toss Teams</p> <p>1:00 Outing to Riverwood for an Art Class for Older Adults [E]</p> <p>1:30 Indoor Golf Course</p> <p>2:30 "Happy Hour" [P]</p> <p>3:00 Simple Stretch Class w/ Amanda</p> <p>4:00 Complete the Proverb</p> <p>7:00 Chicken Soup for the Soul</p>	<p><b>First Day of Autumn</b> <b>22</b></p> <p>10:30 Go4Life Walking Club</p> <p>11:00 Match Ups</p> <p>1:30 Balloon Badminton</p> <p>2:30 Memory Care Social</p> <p>3:00 Famous Faces</p> <p>4:00 Sing-a-long w/ Gloria!</p> <p>7:00 Evening Stroll</p>	<p>10:30 Busy Hands <b>23</b></p> <p>11:00 Weekend Exercise</p> <p>1:30 Basketball</p> <p>2:30 Memory Care Social</p> <p>3:00 Colour Your World</p> <p>4:00 You Be The Judge</p> <p>7:00 Classic TV Shows</p>
	<p>10:30 Busy Hands <b>24</b></p> <p>11:00 Hymn Sing</p> <p>11:00 Communion w/ Tony &amp; Ursula [TC]</p> <p>1:30 Pet Therapy Visit from Harley</p> <p>2:30 Memory Care Social</p> <p>3:00 Sing Along w/ Suzie Q!</p> <p>4:00 Matching &amp; Sorting</p> <p>6:30 Movie Night</p>	<p>10:30 Go4Life Walking Club <b>25</b></p> <p>11:00 Classic Card Games</p> <p>1:30 Palette &amp; Paintbrush</p> <p>2:30 Memory Care Social</p> <p>3:00 Simple Stretch Class w/ Amanda</p> <p>4:00 Name That Tune</p> <p>7:00 Friendly Visits</p>	<p>10:30 Dominoes <b>26</b></p> <p>11:00 Flower Arrangements [P]</p> <p>1:30 Baking: Classic Pound Cake</p> <p>2:30 Memory Care Social</p> <p>3:00 Gentle Chairbics</p> <p>4:00 I Love Lucy Show</p> <p>7:00 Short Stories</p>	<p>10:30 Go4Life Walking Club <b>27</b></p> <p>11:00 Scattergories Word Game</p> <p>1:30 Ring Toss for Prizes!</p> <p>2:30 Memory Care Social</p> <p>3:00 Entertainment w/ The Wander Duo! [FL]</p> <p>4:00 Sing-a-long with Instruments!</p> <p>7:00 Friendly Visits</p>	<p>10:30 Meet Me at the MoMA: Painting Session <b>28</b></p> <p>1:30 Indoor Golf Course</p> <p>2:30 "Happy Hour" [P]</p> <p>3:00 Simple Stretch Class w/ Amanda</p> <p>4:00 Complete the Proverb</p> <p>7:00 Chicken Soup for the Soul</p>	<p>10:30 Go4Life Walking Club <b>29</b></p> <p>11:00 Match Ups</p> <p>1:30 Balloon Badminton</p> <p>2:00 LIVE Educational Classical Music Concert [CK]</p> <p>2:30 Memory Care Social</p> <p>3:00 Guess the Celebrity Age</p> <p>4:00 Sing-a-long w/ Gloria!</p> <p>7:00 Evening Stroll</p>	<p>10:30 Busy Hands <b>30</b></p> <p>11:00 Weekend Exercise</p> <p>1:30 Basketball</p> <p>2:30 Memory Care Social</p> <p>3:00 Colour Your World</p> <p>4:00 You Be The Judge</p> <p>7:00 Classic TV Shows</p>



**"Pie in the Face"**  
**Fundraiser for the Alzheimer's Society of Peel**  
 Credit River challenges the community of Streetsville to take a pie in the face for Alzheimer's disease. We're asking family, friends, and community partners to donate what they can to this fantastic cause. Verve's goal is to raise \$40,000 overall!  
 On **Wednesday, September 13th** our Residents will be attending the "Pie in the Face" event in the Streetsville Village Square. We'll all hop on the bus together and head over to watch the Credit River Management Team get PIE'D!!!

