



“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> 3rd Floor Activity Room 3AR Activity Room AR Bistro/Bar B Country Kitchen CK Dining Room DR Exercise Room ER Fireside Lounge FL Lower Level LL Meet at Entrance E Patio P Salon/Spa S Theatre/Chapel TC	<b>PINK - Services Offered</b> <b>GREY - Vendors</b> <b>LIGHT BLUE - Outings</b> <b>BLUE - Musical Entertainment</b> <b>GREEN - Living Loving Local</b> <b>ORANGE - Resident Meetings</b> <b>PURPLE - Active Aging Week</b>	<b>Beautiful You Salon &amp; Spa</b> <b>Hours of Operation:</b> <b>Wednesdays 9:00am-12:00pm</b> <b>Thursdays 9:00am-3:00pm</b> All appointments and payments are made with the Salon directly. For the Salon's contact information, please stop by Reception.	<b>All activity locations and times are subject to change. Please refer to the daily activity posters (found in 9 locations in the building) for the most up-to-date information.</b>	10:30 🚶 Chairobics [AR] 1 11:30 🧠 Word Jumble [B] 1:30 🎵 Music Requests w/ Robert [3AR] 2:00 🗣️ TED Talks Lecture Series [TC] 2:00 🗣️ Euchre (Resident-Run) [CK] 3:00 🧘 Yoga & Deep Breathing Class [AR] 3:00 ☕ Credit River Café [B] 3:30 🎴 Card Game: Chase the Ace [CK] 4:00 🐾 Pet Therapy Visit from Harley [3AR] 7:00 🎬 Movie Night: The Parent Trap [TC] 7:00 🎲 Cribbage (Resident-Run) [AR]	10:00 🚶 Rhythm & Moves Exercise Class [AR] 2 11:00 🎵 Java Music Club [3AR] 2:00 🎲 Toonie Bingo [CK] 3:00 ☕ Credit River Café [B] 4:00 🧠 Catch Phrases Quiz [B] 7:00 😊 Movie Night: Love Actually [TC]
10:00 🌞 Interfaith Prayer Circle [AR] 3 11:00 🌞 Communion w/ Tony & Ursula [TC] 1:30 🚶 Go4Life Walking Club [E] 2:00 🗣️ Scattergories Categories [B] 3:00 🗣️ Living Loving Local: Word Games for PRIZES! [CK] 7:00 🎬 Movie Night: The Bucket List [TC]	<b>*Lifemark Exercise Classes are Cancelled Today*</b> 4 <b>Labor Day</b> 10:00 🗣️ Chiroprapist [S] 10:30 🚶 Exercise Equipment Workout [ER] 11:00 😊 Sing-a-long w/ Gloria on the Patio! (Rain Plan in the Bistro) [P] 2:00 😊 Artist of the Hour [TC] 3:00 ☕ Credit River Café [B] 3:30 🗣️ Dictionary Challenge [B] 6:30 🚶 After Dinner Walking Group [E]	10:30 🚶 Gentle Chairobics [AR] 5 11:00 🗣️ New Resident Orientation w/ the Management Team [TC] 11:00 🗣️ Giant Crosswords [AR] 1:30 🚶 Go4Life Walking Club: Walk to Murphy's for Ice Cream [E] 2:00 🗣️ Knit & Natter [CK] 2:30 🗣️ Men's Club Project w/ Steve: Ramps for Patios [CK] 3:00 🗣️ Eco-Friendly Craft [CK] 4:00 🗣️ Happy Hour Fundraiser for the Alzheimer's Society [B] 6:00 🐾 Pet Therapy Visit from Harley [3AR] 7:00 🎲 Rummy-O (Resident-Run) [CK]	10:00 🗣️ Vendor: Shiny Jewelry [LL] 6 10:30 🚶 Chairobics [AR] 11:15 🗣️ Garden Club: Facts About Flowers [CK] 12:00 🗣️ Ambassador Lunch & Meeting [CK] 1:30 🌞 Bible Study [CK] 2:00 🗣️ Meet Me at the MoMA: Painting The Starry Night [CK] 3:00 😊 Entertainment w/ Steve Angel! [CK] 4:00 ☕ Happy Hour [B] 7:00 🎲 Canasta (Resident-Run) [CK]	10:30 🗣️ Trivia Time [B] 7 11:00 🚶 Carpet Bowling [FL] 1:00 🚶 Outing to Erin Mills Town Centre [E] 1:30 🚶 Go4Life Walking Club [E] 1:30 🚶 Gentle Stretch Exercise Class [3AR] 2:00 🚶 Pump it Up Exercise Class [AR] 3:00 🗣️ Bingo for Sweets [CK] 4:00 🎴 Happy Hour [B] 6:00 🗣️ *NEW TIME* Scrabble Night (Resident-Run) [CK] 7:00 😊 Movie Night: Clueless [TC]	10:30 🚶 Chairobics [AR] 8 11:30 🧠 Word Jumble [B] 1:30 🎵 Music Requests w/ Robert [3AR] 2:00 🗣️ TED Talks Lecture Series [TC] 2:00 🗣️ Euchre (Resident-Run) [CK] 3:00 🧘 Yoga & Deep Breathing Class [AR] 3:00 ☕ Credit River Café [B] 3:30 🎴 Card Game: Chase the Ace [CK] 7:00 😊 Movie Night: Doctor Dolittle [TC] 7:00 🎲 Cribbage (Resident-Run) [AR]	10:00 🚶 Rhythm & Moves Exercise Class [AR] 9 11:00 🎵 Java Music Club [3AR] 2:00 🎲 Toonie Bingo [CK] 3:00 ☕ Credit River Café [B] 4:00 🧠 Spot the Differences [B] 7:00 😊 Movie Night: The Queen [TC]
10:30 🗣️ News & Views Discussion [B] 10 11:00 🌞 Communion w/ Tony & Ursula [TC] 1:30 🚶 Go4Life Walking Club [E] 3:00 🗣️ Living Loving Local: Baking w/ Corn [CK] 7:00 🎬 Movie Night: Blue Jasmine [TC]	<b>Grandparents Day</b> 11 10:30 🗣️ Resident Council Meeting [TC] 10:30 🚶 Exercise Equipment Workout [ER] 11:00 🗣️ Resident Forum [TC] 1:30 🚶 Gentle Stretch Exercise Class [3AR] 2:00 🚶 Fall Prevention Exercise Class [AR] 3:00 ☕ Credit River Café [B] 3:30 🗣️ Dictionary Challenge [B] 5:00 🗣️ Dinner to Celebrate Grandparents Day! *Invite Your Grandchildren & RSVP to Nicole* [DR]	10:30 🚶 Gentle Chairobics [AR] 12 11:00 🗣️ Giant Crosswords [AR] 1:30 🚶 Go4Life Walking Club [E] 1:30 🗣️ Men's Club Project w/ Steve: Ramps for Patios [CK] 2:00 😊 Garden Therapy w/ Jackie [3AR] 2:00 🗣️ Knit & Natter [CK] 3:00 ☕ Credit River Café [B] 4:00 🗣️ Happy Hour: Toonie Tuesday! [B] 6:00 😊 Pet Therapy Visit from Harley [3AR] 7:00 🎲 Rummy-O (Resident-Run) [CK]	<b>*Chairobics is Cancelled Today*</b> 13 10:45 🗣️ Outing to the "Pie in the Face" Fundraising Event [E] 12:00 🗣️ Pub Lunch for September Birthdays! [B] 1:30 🌞 Bible Study [CK] 2:00 🗣️ Meet Me at the MoMA: Derain Artist Lecture [CK] 3:00 😊 Entertainment w/ Saxophonist, Shannon Graham! [FL] 4:00 ☕ Happy Hour [B] 5:00 🗣️ Living Loving Local: Corn Themed Dinner [DR] 7:00 🎲 Canasta (Resident-Run) [CK]	9:00 🚶 FREE Physiotherapy Assessment *Sign-Up at Reception* 14 10:30 🗣️ Trivia Time [B] 11:00 🚶 Carpet Bowling [FL] 1:30 🚶 Go4Life Walking Club: Walk to Second Cup for Coffee [E] 1:30 🚶 Gentle Stretch Exercise Class [3AR] 2:00 🚶 Pump it Up Exercise Class [AR] 3:00 🗣️ Bingo for Sweets [CK] 4:00 🎴 Happy Hour [B] 6:00 🗣️ *NEW TIME* Scrabble Night (Resident-Run) [CK] 7:00 😊 Movie Night: Sex & The City [TC]	10:30 🚶 Chairobics [AR] 15 11:15 🗣️ Decorate Day for Our 40th Anniversary Party! [CK] 1:30 🎵 Music Requests w/ Robert [3AR] 2:00 🗣️ Guest Speaker Joseph Sharon: A Flashback to Blue-Eyed Crooners [TC] 2:00 🗣️ Euchre (Resident-Run) [CK] 3:00 🧘 Yoga & Deep Breathing Class [AR] 3:00 ☕ Credit River Café [B] 3:30 🎴 Card Game: Chase the Ace [CK] 7:00 😊 Movie Night: All About Eve [TC] 7:00 🎲 Cribbage (Resident-Run) [AR]	<b>Happy 40th Anniversary Verve Senior Living!!!</b> 16 10:00 🚶 Rhythm & Moves Exercise Class [AR] 11:00 🎵 Java Music Club [3AR] 1:00 🗣️ Happy 40th Anniversary Verve!!! [CK] 2:00 🎲 Toonie Bingo [CK] 3:00 🗣️ Champagne Toast to Verve's Excellence! [B] 7:00 😊 Movie Night: The Karate Kid [TC]





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>17</b></p> <p>10:00 <b>Outing to the Streetsville Village Square for their Classic Car Show</b></p> <p>10:00 <b>Interfaith Prayer Circle [AR]</b></p> <p>11:00 <b>Communion w/ Tony &amp; Ursula [TC]</b></p> <p>1:30 <b>Go4Life Walking Club [E]</b></p> <p>2:00 <b>List 10... Word Game [B]</b></p> <p>3:00 <b>Entertainment w/ Keyboardist, Joe Thomson! [CK]</b></p> <p>7:00 <b>Movie Night: The King's Speech [TC]</b></p>	<p><b>18</b></p> <p>10:30 <b>Exercise Equipment Workout [ER]</b></p> <p>11:00 <b>Are You Smarter Than a 5th Grader? Trivia Quiz [B]</b></p> <p>1:30 <b>Gentle Stretch Exercise Class [3AR]</b></p> <p>2:00 <b>Credit River Café [B]</b></p> <p>2:00 <b>Fall Prevention Exercise Class [AR]</b></p> <p>3:00 <b>Credit River Café [B]</b></p> <p>3:30 <b>Dictionary Challenge [B]</b></p> <p>6:30 <b>After Dinner Walking Group [E]</b></p>	<p><b>19</b></p> <p>10:30 <b>Gentle Chairobics [AR]</b></p> <p>11:00 <b>Giant Crosswords [AR]</b></p> <p>1:30 <b>Men's Club Project w/ Steve: Motor Skills Board [CK]</b></p> <p>1:30 <b>Go4Life Walking Club [E]</b></p> <p>2:00 <b>Knit &amp; Natter [CK]</b></p> <p>3:00 <b>Credit River Café [B]</b></p> <p>4:00 <b>Happy Hour: Toonie Tuesday! [B]</b></p> <p>6:00 <b>Pet Therapy Visit from Harley [3AR]</b></p> <p>7:00 <b>Rummy-O (Resident-Run) [CK]</b></p>	<p><b>20</b></p> <p>8:00 <b>Lisa Makes Breakfast [CK]</b></p> <p>10:30 <b>Chairobics [AR]</b></p> <p>11:15 <b>Garden Club: Pot Your Own Plant [CK]</b></p> <p>1:30 <b>Bible Study [CK]</b></p> <p>2:00 <b>Meet Me at the MoMA: Painting London Bridge [TC]</b></p> <p>3:00 <b>Card Game: Uno [CK]</b></p> <p>4:00 <b>Happy Hour [B]</b></p> <p>7:00 <b>Canasta (Resident-Run) [CK]</b></p>	<p><b>21</b></p> <p>10:00 <b>Vendor: Golden Age Apparel [LL]</b></p> <p>10:30 <b>Trivia Time [B]</b></p> <p>11:00 <b>Carpet Bowling [FL]</b></p> <p>1:30 <b>Go4Life Walking Club [E]</b></p> <p>1:30 <b>Gentle Stretch Exercise Class [3AR]</b></p> <p>2:00 <b>Pump it Up Exercise Class [AR]</b></p> <p>3:00 <b>Bingo for Sweets [CK]</b></p> <p>4:00 <b>Happy Hour [B]</b></p> <p>6:00 <b>*NEW TIME* Scrabble Night (Resident-Run) [CK]</b></p> <p>7:00 <b>Movie Night: Just Go With It [TC]</b></p>	<p><b>22</b></p> <p><b>First Day of Autumn</b></p> <p>10:30 <b>Chairobics [AR]</b></p> <p>11:30 <b>Word Jumble [B]</b></p> <p>1:30 <b>Music Requests w/ Robert [3AR]</b></p> <p>2:00 <b>Autumn Leaves Crafternoon [CK]</b></p> <p>2:00 <b>Euchre (Resident-Run) [CK]</b></p> <p>3:00 <b>Active Aging Week Kickoff Presentation! [TC]</b></p> <p>3:00 <b>Yoga &amp; Deep Breathing Class [AR]</b></p> <p>7:00 <b>Movie Night: How to Make an American Quilt [TC]</b></p> <p>7:00 <b>Cribbage (Resident-Run) [AR]</b></p>	<p><b>23</b></p> <p>10:00 <b>Rhythm &amp; Moves Exercise Class [AR]</b></p> <p>11:00 <b>Java Music Club [3AR]</b></p> <p>1:00 <b>ORCA Open House at Credit River [LL]</b></p> <p>4:00 <b>*Time Change for Today* Toonie Bingo [CK]</b></p> <p>7:00 <b>Movie Night: Charlie St. Cloud [TC]</b></p>
<p><b>24</b></p> <p>10:30 <b>News &amp; Views Discussion [B]</b></p> <p>11:00 <b>Communion w/ Tony &amp; Ursula [TC]</b></p> <p>1:30 <b>Go4Life Walking Club [E]</b></p> <p>2:30 <b>Anglican Church Service [TC]</b></p> <p>3:30 <b>Famous Quotes &amp; Misquotes [B]</b></p> <p>4:00 <b>Living Loving Local Crafternoon [CK]</b></p> <p>7:00 <b>Movie Night: A Test of Love [TC]</b></p>	<p><b>25</b></p> <p><b>Active Aging Week Begins!</b></p> <p>9:30 <b>Behind-the-Scenes Tour of the Kitchen [DR]</b></p> <p>10:30 <b>Meditation Class w/ Daxa [AR]</b></p> <p>1:30 <b>Gentle Stretch Exercise Class [3AR]</b></p> <p>2:00 <b>Fall Prevention Exercise Class [AR]</b></p> <p>3:00 <b>Smoothie Social [B]</b></p> <p>3:30 <b>Dictionary Challenge [B]</b></p> <p>6:30 <b>After Dinner Walking Group [E]</b></p>	<p><b>26</b></p> <p>10:30 <b>Gentle Chairobics [AR]</b></p> <p>11:00 <b>Giant Crosswords [AR]</b></p> <p>1:30 <b>Go4Life Walking Club: Walk to Tim Hortons for Timbits [E]</b></p> <p>1:30 <b>Men's Club Project w/ Steve: Let's Celebrate! [B]</b></p> <p>2:00 <b>Knit &amp; Natter [CK]</b></p> <p>3:00 <b>Seated Balloon Volleyball Match: Residents vs. Staff! [CK]</b></p> <p>3:00 <b>Credit River Café [B]</b></p> <p>4:00 <b>Happy Hour: Toonie Tuesday! [B]</b></p> <p>7:00 <b>Rummy-O (Resident-Run) [CK]</b></p>	<p><b>27</b></p> <p>9:30 <b>*Time Change for Today* Yoga w/ Asha [AR]</b></p> <p>10:00 <b>Vendor: Easy Fit Shoes [LL]</b></p> <p>10:30 <b>Science Experiments! [CK]</b></p> <p>1:30 <b>Bible Study [CK]</b></p> <p>2:00 <b>Meet Me at the MoMA: Picasso Artist Lecture [TC]</b></p> <p>3:00 <b>Entertainment w/ The Wander Duo! [FL]</b></p> <p>4:00 <b>Happy Hour [B]</b></p> <p>7:00 <b>Canasta (Resident-Run) [CK]</b></p>	<p><b>28</b></p> <p>10:30 <b>Trivia Time [B]</b></p> <p>11:00 <b>Carpet Bowling [FL]</b></p> <p>1:30 <b>Go4Life Walking Club: Walk to Shoppers for Seniors Day [E]</b></p> <p>1:30 <b>Gentle Stretch Exercise Class [3AR]</b></p> <p>2:00 <b>Pump it Up Exercise Class [AR]</b></p> <p>3:00 <b>Wine Pairing Social &amp; Quiz [B]</b></p> <p>6:00 <b>*NEW TIME* Scrabble Night (Resident-Run) [CK]</b></p> <p>7:00 <b>Movie Night: The Butler [TC]</b></p>	<p><b>29</b></p> <p>10:30 <b>Chairobics [AR]</b></p> <p>11:30 <b>Word Jumble [B]</b></p> <p>1:30 <b>Music Requests w/ Robert [3AR]</b></p> <p>2:00 <b>LIVE Classical Music Concert [CK]</b></p> <p>3:00 <b>Yoga &amp; Deep Breathing Class [AR]</b></p> <p>3:00 <b>Credit River Café [B]</b></p> <p>3:30 <b>Card Game: Chase the Ace [CK]</b></p> <p>4:00 <b>October Program Meeting [TC]</b></p> <p>7:00 <b>Movie Night: Seven Years in Tibet [TC]</b></p> <p>7:00 <b>Cribbage (Resident-Run) [AR]</b></p>	<p><b>30</b></p> <p><b>Last Day of Active Aging Week</b></p> <p>10:00 <b>Rhythm &amp; Moves Exercise Class [AR]</b></p> <p>11:00 <b>Java Music Club [3AR]</b></p> <p>2:00 <b>Toonie Bingo [CK]</b></p> <p>3:00 <b>Healthy Snack Social &amp; Fun Facts About Staying Fit [B]</b></p> <p>7:00 <b>Movie Night: The Social Network [TC]</b></p>

**Resident Council Meetings**

Resident Council Meetings take place once per month, typically on the second Monday of the month. Resident Council Meetings always begin promptly at 10:30am and last for half an hour. These meetings are very important for Residents to attend to receive the most up-to-date information about building operations. These meetings are also an excellent way for Residents to voice their concerns and suggestions for every department.

Our next Resident Council Meeting is on...  
**Monday, September 11.**

**Living Loving Local!**

September's Living Loving Local ingredient of the month is

**CORN!**

Join us for our exciting Living Loving Local activities on the calendar such as word games, baking, and more! All LLL programs will be listed in green writing on your calendar.

