CREDIT RIVER
RETIREMENT RESIDENCE

October 2018
Memory Care Households

Verve INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cognitive/Intellectual Emotional Physical Purposeful Sensory Social Spiritual	**1** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Autumn Arts & Crafts 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Comedy Hour 5:45 After Dinner Sing-a-long 7:00 Reach for a Memory 7:30 Evening Snack & Chat	**2** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 Trivia Time 1:30 Baking Club 2:30 Sweet Treats Social 3:00 **Entertainment with Cello Ensemble, Bryan Holt & Arulanadam! [FL]** 5:45 After Dinner Sing-a-long 7:00 Hand Massages 7:30 Evening Snack & Chat	**3** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Noodle Balloon 2:30 Tea Time 3:00 **Entertainment with Guitarist, Joe Thomson!** 4:00 Mid-Week Bible Study 5:45 After Dinner Sing-a-long 7:00 Reading Club 7:30 Evening Snack & Chat	**4** 9:30 Tabletop Activities 10:30 On This Day in History... 10:30 Rosary [TC] 11:00 **Meet Me at the MoMA: Artist Lecture** 1:30 Highest Card Wins 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Word Games 5:45 After Dinner Sing-a-long 6:00 Pet Visit from Rascal 7:00 BINGO! 7:30 Evening Snack & Chat	**5** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Parachute Ball Toss 2:30 Tea Time 3:00 Rania Plays Piano 4:00 **LLL: Baking with Apples** 5:45 After Dinner Sing-a-long 7:00 Colouring for Relaxation 7:30 Evening Snack & Chat	**6** 9:30 Tabletop Activities 10:30 Morning Stretches 11:00 Jigsaw Puzzles 1:00 **Mystery Van Tour (Sign-Up Required) [E]** 2:30 Tea Time 3:00 **Java Music Club [CK]** 5:45 After Dinner Sing-a-long 7:00 Planet Earth 7:30 Evening Snack & Chat
7 9:30 Tabletop Activities 10:00 Hymn Sing 11:00 Communion [TC] 2:00 Gentle Chairobics [AR] 2:30 Tea Time 3:00 Ping Pong Toss in Teams 4:00 Beads & Bracelets 4:45 **Thanksgiving Dinner (Guest Reservations Required)** 5:45 After Dinner Sing-a-long 7:00 Sorting & Matching 7:30 Evening Snack & Chat	***Thanksgiving*** **8** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Travel the World with Google Earth 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Crafternoon with Ruby 5:45 After Dinner Sing-a-long 7:00 Reach for a Memory 7:30 Evening Snack & Chat	**9** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Java Music Club** 1:30 Baking Club 2:30 Sweet Treats Social 2:30 Tea Time 3:00 GIANT Games!!! 5:45 After Dinner Sing-a-long 7:00 Hand Massages 7:30 Evening Snack & Chat	**10** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Noodle Balloon 2:00 **Entertainment with Pianist, Bob Reid! [FL]** 2:30 Tea Time 4:00 Mid-Week Bible Study 4:45 **Living Loving Local: Apple Themed Dinner** 5:45 After Dinner Sing-a-long 7:00 Reading Club 7:30 Evening Snack & Chat	**11** 9:30 Tabletop Activities 10:30 On This Day in History... 10:30 Rosary [TC] 11:00 **Meet Me at the MoMA: Painting** 1:30 Highest Card Wins 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Word Games 5:45 After Dinner Sing-a-long 6:00 Pet Visit from Rascal 7:00 BINGO! 7:30 Evening Snack & Chat	***Happy Birthday Joan H.!*** **12** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Parachute Ball Toss 2:30 Tea Time 3:00 Rania Plays Piano 4:00 **LLL: Concentration Game** 5:45 After Dinner Sing-a-long 7:00 Colouring for Relaxation 7:30 Evening Snack & Chat	**13** 9:30 Tabletop Activities 10:30 Morning Stretches 11:00 Jigsaw Puzzles 2:30 Tea Time 3:00 **Java Music Club [CK]** 5:45 After Dinner Sing-a-long 7:00 Planet Earth 7:30 Evening Snack & Chat
14 9:30 Tabletop Activities 10:00 Hymn Sing 11:00 Communion [TC] 1:00 Pet Visit from Harley 2:00 Gentle Chairobics [AR] 2:30 Tea Time 3:00 Ping Pong Toss in Teams 4:00 Beads & Bracelets 5:45 After Dinner Sing-a-long 7:00 Sorting & Matching 7:30 Evening Snack & Chat	**15** 9:30 Tabletop Activities 10:00 **Vendor: Traditions Alive [LL]** 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Travel the World with Google Earth 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Crafternoon with Ruby 5:45 After Dinner Sing-a-long 7:00 Reach for a Memory 7:30 Evening Snack & Chat	**16** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Java Music Club** 1:30 Baking Club 2:30 Sweet Treats Social 2:30 Tea Time 3:00 GIANT Games!!! 5:45 After Dinner Sing-a-long 7:00 Hand Massages 7:30 Evening Snack & Chat	**17** 9:30 Tabletop Activities 10:00 **Vendor: Golden Age Apparel [LL]** 10:30 On This Day in History... 11:00 **United Church Service [FL]** 1:30 Noodle Balloon 2:30 Tea Time 4:00 Mid-Week Bible Study 5:45 After Dinner Sing-a-long 7:00 Reading Club 7:30 Evening Snack & Chat	**18** 9:30 Tabletop Activities 10:00 **Vendor: EZFit Shoes [LL]** 10:30 On This Day in History... 10:30 Rosary [TC] 11:00 **Meet Me at the MoMA: Artist Lecture** 1:30 Highest Card Wins 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Word Games 5:45 After Dinner Sing-a-long 6:00 Pet Visit from Rascal 7:00 BINGO! 7:30 Evening Snack & Chat	**19** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Parachute Ball Toss 2:30 Tea Time 3:00 Rania Plays Piano 4:00 **LLL: Baking with Apples** 5:45 After Dinner Sing-a-long 7:00 Colouring for Relaxation 7:30 Evening Snack & Chat	**20** 9:30 Tabletop Activities 10:30 Morning Stretches 11:00 Jigsaw Puzzles 2:30 Tea Time 3:00 **Java Music Club [CK]** 5:45 After Dinner Sing-a-long 7:00 Planet Earth 7:30 Evening Snack & Chat

Created on Saturday, October 6, 2018 10:26 AM

CREDIT RIVER
RETIREMENT RESIDENCE

October 2018
Memory Care Households

Verve INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 9:30 Tabletop Activities 10:00 Hymn Sing 11:00 Communion [TC] 2:00 Gentle Chairobics [AR] 2:30 Tea Time 3:00 Ping Pong Toss in Teams 4:00 Beads & Bracelets 5:45 After Dinner Sing-a-long 7:00 Sorting & Matching 7:30 Evening Snack & Chat	**22** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Travel the World with Google Earth 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Crafternoon with Ruby 5:45 After Dinner Sing-a-long 7:00 Reach for a Memory 7:30 Evening Snack & Chat	**23** ***Happy Birthday Joan B. & Dorothy P.!*** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Java Music Club** 1:30 Baking Club 2:30 Sweet Treats Social 2:30 Tea Time 3:00 **October Birthday Bash! [CK]** 5:45 After Dinner Sing-a-long 7:00 Hand Massages 7:30 Evening Snack & Chat	**24** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Noodle Balloon 2:30 Tea Time 3:00 **Entertainment with The Cross Town Trio! [FL]** 4:00 Mid-Week Bible Study 5:45 After Dinner Sing-a-long 7:00 Reading Club 7:30 Evening Snack & Chat	**25** 9:30 Tabletop Activities 10:30 On This Day in History... 10:30 Rosary [TC] 11:00 **Meet Me at the MoMA: Painting** 1:30 Highest Card Wins 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Word Games 5:45 After Dinner Sing-a-long 6:00 Pet Visit from Rascal 7:00 BINGO! 7:30 Evening Snack & Chat	**26** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Parachute Ball Toss 2:30 Tea Time 3:00 Rania Plays Piano 4:00 **LLL: Crafternoon with Apples!** 5:45 After Dinner Sing-a-long 7:00 Colouring for Relaxation 7:30 Evening Snack & Chat	**27** 9:30 Tabletop Activities 10:30 Morning Stretches 11:00 Jigsaw Puzzles 2:30 Tea Time 3:00 **Java Music Club [CK]** 5:45 After Dinner Sing-a-long 7:00 Planet Earth 7:30 Evening Snack & Chat
Happy Birthday Barbara M.! **28** 9:30 Tabletop Activities 10:00 Hymn Sing 11:00 Communion [TC] 1:00 Pet Visit from Harley 2:00 Gentle Chairobics [AR] 2:30 Tea Time 3:00 Ping Pong Toss in Teams 4:00 Beads & Bracelets 5:45 After Dinner Sing-a-long 7:00 Sorting & Matching 7:30 Evening Snack & Chat	**29** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Go4Life Walking Club** 1:30 Travel the World with Google Earth 2:30 Tea Time 3:00 Simple Stretch Class with Alex 4:00 Crafternoon with Ruby 5:45 After Dinner Sing-a-long 7:00 Reach for a Memory 7:30 Evening Snack & Chat	***Happy Birthday Vincent M.!*** **30** 9:30 Tabletop Activities 10:30 On This Day in History... 11:00 **Java Music Club** 1:30 Baking Club 2:30 Sweet Treats Social 2:30 Tea Time 3:00 GIANT Games!!! 5:45 After Dinner Sing-a-long 7:00 Hand Massages 7:30 Evening Snack & Chat	***Halloween*** **31** 9:30 Tabletop Activities 10:30 On This Day in History... 10:30 **Toddler Visit & Halloween Crafts!** 1:30 Noodle Balloon 2:30 Tea Time 3:00 **Halloween Bingo!** 4:00 Ghost Stories 5:45 After Dinner Sing-a-long 7:00 Reading Club 7:30 Evening Snack & Chat			

PINK - Services Offered
LIGHT BLUE - Outings
BLUE - Entertainment
GREEN - Living Loving Local
GREY - Vendors

Location Keys

Activity Room	AR
Country Kitchen	CK
Fireside Lounge	FL
Lower Level	LL
Meet at Entrance	E
Theatre/Chapel	TC

Activity times and locations are subject to change. For the most up-to-date information, please check one of our daily activity posters that are posted around the building. One daily activity poster is located under each of the TVs in the MC Households.

Living Loving Local

Each month we feature a local food that is in season. We cook, we bake, we learn, and most importantly we EAT that local ingredient! Join us at one of our LLL activities this month listed on the calendar in GREEN.

October is all about Ontario APPLES!

Beautiful You Salon & Spa

Hours of Operation:
Tuesdays, Wednesdays, and Thursdays from 9:30am-3:30pm

All appointments and payments are made with the Salon directly. For the Salon's contact information, please stop by Reception.

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