



INSPIRED SENIOR LIVING

# July 2023

## Independent Living

### Credit River Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p><b>Canada Day: Wear Red and White</b></p> <p>11:00 Yoga w/ Zoe (AR)            1:15 Rosary (TC)            2:00 BINGO for Prizes!! (CK)            3:00 Resident Billiards or Darts (GR)            3:00 Canada Day Social (LL)            7:00 Entertainment with Filipa Sousa! (LL)</p>	
<p>10:30 Living Loving Local: Cherry Activity Packages-Pick up at Reception (RE) <b>2</b></p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Artful Enrichment Painting (AR)</p> <p>2:00 Hymn Sing (TC)</p> <p>3:00 Resident Social in the Bistro (TC)</p> <p>4:00 Resident Billiards or Darts (GR)</p> <p>6:30 Disney Movie Night (TC)</p>	<p>10:30 Vendor: Mary Kay (LL) <b>3</b></p> <p>11:00 Protestant/ Non Denominational Church Service (TC)</p> <p>1:30 Resident Council Meeting (TC)</p> <p>3:00 Entertainment w/ Bill Hay (LL)</p> <p>6:30 After Dinner Social with Bobbie (B)</p>	<p>10:30 Exercise Video (AR) <b>4</b></p> <p>11:00 Peel Police Speaks of Elder Abuse Prevention (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour with Jeopardy (B)</p> <p>3:00 Rosary (TC)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:15 Night Patio Talks with Zoe (P)</p>	<p>10:00 DrumFit! Exercise (AR) <b>5</b></p> <p>10:00 Vendor: Jewelry by Maria (LL)</p> <p>10:30 Mindful Meditation with Zoe (TC)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Meet at the MoMA (AR)</p> <p>3:00 Weekly Word Jumble Print Outs (B)</p> <p>6:30 Grab a Friend and Play Card/Board Games! (GR)</p>	<p>10:30 Chair Yoga With Instructor Asha (AR) <b>6</b></p> <p>10:45 Outing: Grand River Cruise (Lunch &amp; Entertainment) (OUTS)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Blackjack and Billiards with Zoe (GR)</p> <p>2:00 Fall Prevention Seminar with Help Mobility (TC)</p> <p>3:00 Scrabble (Resident-Run) (CK)</p> <p>3:00 \$2 Thirsty Thursdays - Wheel of Fortune (B)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p><b>World Chocolate Day!</b> <b>7</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:00 Vendor: Inga's Fashions (LL)</p> <p>11:00 Movement Matters Class (AR)</p> <p>1:30 Chocolate Fountain Bar! (LL)</p> <p>2:00 Art Club (CK)</p> <p>3:00 Karaoke! All Residents and Staff - Refreshments &amp; Snacks (LL)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>11:00 Yoga w/ Zoe (AR) <b>8</b></p> <p>1:15 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Resident Billiards or Darts (GR)</p> <p>3:00 Visits to MC and AL (MC)</p> <p>6:30 Saturday Night at the Movies (TC)</p>
<p>10:30 Activity Packages-Pick up at Reception (RE) <b>9</b></p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Scenic Paintings (AR)</p> <p>3:00 Resident Social in the Bistro (TC)</p> <p>3:00 Entertainment w/ Nikki Ponte (LL)</p> <p>4:00 Resident Billiards or Darts (GR)</p> <p>6:30 Disney Movie Night (TC)</p>	<p>9:00 Gentle Stretch Class (3AR) <b>10</b></p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Colouring Art Social (CK)</p> <p>2:30 Monday Movie Matinee (TC)</p> <p>6:30 Fun Billiards with Your Neighbours (GR)</p>	<p>10:30 Exercise with Zoe (AR) <b>11</b></p> <p>11:00 Morning Word Jumble (B)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour with Jeopardy (B)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:15 Read A Book On The Patio (P)</p>	<p>10:00 DrumFit! Exercise (AR) <b>12</b></p> <p>10:30 Mindful Meditation with Zoe (TC)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Artful Enrichment Painting (AR)</p> <p>3:00 Food &amp; Beverage Q &amp; A with Jex (CK)</p> <p>3:30 Physical Games! (LL)</p> <p>4:00 Weekly Word Jumble (B)</p> <p>6:30 Grab a Friend and Play Card/Board Games! (GR)</p>	<p>10:30 Chair Yoga With Instructor Asha (AR) <b>13</b></p> <p>1:30 Outing Erin Mills Town Center (OUTS)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Blackjack and Billiards with Zoe (GR)</p> <p>2:00 Alzheimer's Society Presents: Dementia 101 - Families Welcome (TC)</p> <p>3:00 Scrabble (Resident-Run) (CK)</p> <p>3:00 \$2 Thirsty Thursdays - Goodbye Party for Victoria (B)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>4:30 Living Loving Local Feature: Cherries (DR)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p>9:00 Gentle Stretch Class (3AR) <b>14</b></p> <p>11:00 Movement Matters Class (AR)</p> <p>1:30 Passport to France with Trivia (TC)</p> <p>2:00 Baking Club (CK)</p> <p>3:00 Karaoke! All Residents and Staff - Refreshments &amp; Snacks (LL)</p> <p>4:45 French Themed Dinner (DR)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>11:00 Yoga w/ Zoe (AR) <b>15</b></p> <p>1:15 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Resident Billiards or Darts (GR)</p> <p>3:00 Visits to MC and AL (MC)</p> <p>6:30 Saturday Night at the Movies (TC)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p>10:30 Activity Packages-Pick up at Reception (RE)</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Artful Enrichment Painting (AR)</p> <p>2:00 Hymn Sing (TC)</p> <p>3:00 Resident Social in the Bistro (TC)</p> <p>4:00 Resident Billiards or Darts (GR)</p> <p>6:30 Disney Movie Night (TC)</p>	<p><b>17</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Colouring Art Social (CK)</p> <p>3:00 Java Music Club (TC)</p> <p>3:45 Group Crossword (TC)</p> <p>6:30 Entertainment w/ The Wandering Duo**outside depending weather** (OUTS)</p>	<p><b>18</b></p> <p>10:30 Exercise Video (AR)</p> <p>11:00 Bible Study**All Welcome** (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour with Jeopardy (B)</p> <p>3:00 Rosary (TC)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:15 Night Patio Talks with Zoe (P)</p>	<p><b>19</b></p> <p>10:00 DrumFit! Exercise (AR)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</p> <p>11:00 Bible Study with Ginnie (TC)</p> <p>1:30 Town Hall with Tetyana (TC)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Meet at the MoMA (AR)</p> <p>3:00 Weekly Word Jumble Worksheets (B)</p> <p>6:30 Grab a Friend and Play Card/Board Games! (GR)</p>	<p><b>20</b></p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Blackjack and Billiards with Zoe (GR)</p> <p>2:00 Entertainment w/ Jorge Lopez (LL)</p> <p>2:30 Kitchen Tours (DR)</p> <p>3:00 Scrabble (Resident-Run) (CK)</p> <p>3:00 \$2 Thirsty Thursdays - Games with Zoe (B)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p><b>21</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Art Club (CK)</p> <p>3:00 Karaoke! All Residents and Staff - Refreshments &amp; Snacks (LL)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p><b>22</b></p> <p>11:00 Yoga w/ Zoe (AR)</p> <p>1:15 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Resident Billiards or Darts (GR)</p> <p>3:00 Visits to MC and AL (MC)</p> <p>6:30 Saturday Night at the Movies (TC)</p>
<p><b>23</b></p> <p>10:30 Activity Packages-Pick up at Reception (RE)</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Scenic Paintings (AR)</p> <p>3:00 Resident Social in the Bistro (TC)</p> <p>4:00 Resident Billiards or Darts (GR)</p> <p>6:30 Disney Movie Night (TC)</p>	<p><b>24</b></p> <p>Cowboy Day: Theme Dress Day (LL)</p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Colouring Art Social (CK)</p> <p>2:00 Shoot The Can Like A Cowboy/girl! (LL)</p> <p>2:30 Horse Racing!***Bring 75 cents** (LL)</p> <p>3:30 Cowboy's History &amp; Quiz (TC)</p> <p>3:45 Group Crossword (TC)</p> <p>4:00 National Geographic: Chase a Wild Buffalo Stampede (TC)</p> <p>6:30 After Dinner Social with Cherry Beverages (B)</p>	<p><b>25</b></p> <p>10:30 Exercise Video (AR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour with Jeopardy (B)</p> <p>3:00 Rosary (TC)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:15 Night Patio Talks with Zoe (P)</p>	<p><b>26</b></p> <p>10:00 DrumFit! Exercise (AR)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</p> <p>12:00 Outing: Entertainment &amp; Lunch at Cuchulainn's Pub *Sign up* (E)</p> <p>1:30 Health Chats with Charmaine (TC)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Artful Enrichment Painting (AR)</p> <p>3:00 Weekly Word Jumble (B)</p> <p>6:00 Live Painting Workshop (CK)</p>	<p><b>27</b></p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Blackjack and Billiards with Zoe (GR)</p> <p>3:00 Scrabble (Resident-Run) (CK)</p> <p>3:00 \$2 Thirsty Thursdays - Games with Zoe (B)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p><b>28</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Baking Club - with cherries (CK)</p> <p>3:00 Karaoke! All Residents and Staff - Refreshments &amp; Snacks (LL)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p><b>29</b></p> <p>11:00 Yoga w/ Zoe (AR)</p> <p>1:15 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Resident Billiards or Darts (GR)</p> <p>3:00 Visits to MC and AL (MC)</p> <p>6:30 Saturday Night at the Movies (TC)</p>
<p><b>30</b></p> <p>10:30 Activity Packages-Pick up at Reception (RE)</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Artful Enrichment Painting (AR)</p> <p>2:00 Hymn Sing (TC)</p> <p>3:00 Resident Social in the Bistro (TC)</p> <p>4:00 Resident Billiards or Darts (GR)</p> <p>6:30 Disney Movie Night (TC)</p>	<p><b>31</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Colouring Art Social (CK)</p> <p>3:00 Java Music Club (TC)</p> <p>3:45 Group Crossword (TC)</p> <p>6:30 Evening Trivia and Shirley Temples (B)</p>			<p><b>Locations Legend</b></p> <p>Theatre/Chapel (TC)</p> <p>Activity Room (AR)</p> <p>Country Kitchen (CK)</p> <p>Game Room (GR)</p> <p>Bistro/Bar (B)</p> <p>Lower Level (LL)</p> <p>3rd Floor Activity Room (3AR)</p> <p>Outside (OUTS)</p> <p>reception (RE)</p> <p>Patio (P)</p> <p>Fireside Lounge (FL)</p> <p>Memory Care (MC)</p> <p>Dining Room (DR)</p> <p>games room (GR)</p> <p>Meet at Entrance (E)</p>		<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>