




INSPIRED SENIOR LIVING

# August 2023 Assisted Living

CREDIT RIVER  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

## Credit River Retirement Residence

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|---|--|---|--|--|---|--|
|  <p><b>SUNDAY</b><br/><b>AUG 6</b></p> <p><b>National Friendship Day</b></p>  |  | <p>10:30 Exercise with Zoe (AR) <b>1</b></p> <p>11:00 Protestant/ Non Denominational Church Service (TC)</p> <p>1:30 Walking Group (OUTS)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour &amp; August History (B)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:00 Independent Wordsearch/Crossword (AL)</p>         | <p>10:00 Noodle Balloon (AL) <b>2</b></p> <p>10:00 DrumFit! Exercise (AR)</p> <p>10:30 Guided Meditation with Zoe (TC)</p> <p>1:30 Walk Group (LL)</p> <p>2:30 Tea Time Social &amp; Games (3AR)</p> <p>3:00 Arts and Crafts (3F)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>   | <p>10:30 Exercise with Zoe (3AR) <b>3</b></p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>11:15 Fit Minds - AL (3AR)</p> <p>2:00 Blackjack and Billiards with Zoe (GR)</p> <p>3:00 \$2 Thirsty Thursdays - Games with Zoe (B)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:30 Entertainment with The Wandering Duo: Trip to the Beach (LL)</p> | <p><b>International Beer Day (B) 4</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:15 Fresh Air on the Patio (OUTS)</p> <p>10:30 Vendor: Mary Kay (LL)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Beer Tasting (B)</p> <p>3:00 Staff &amp; Resident Karaoke Hour! (LL)</p> <p>6:30 National Geographic Series (AL)</p> | <p>11:00 Yoga video (AR) <b>5</b></p> <p>1:15 Walk with Zoe (LL)</p> <p>1:15 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Cirque du Soleil Documentary and Shows (TC)</p> <p>6:30 After Dinner Tea Social (3AR)</p>   |
| <p>10:30 Living Loving Activity Packages-Pick up at Reception (RE) <b>6</b></p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>1:30 BINGO (MC)</p> <p>2:00 Tea &amp; Snack Social (3AR)</p> <p>2:00 Scenic Paintings (AR)</p> <p>2:30 Celebrating Friendship Day with Bobbie (CK)</p> <p>3:00 Java Music (MC)</p> <p>4:00 Visits with Household Team (3F)</p> <p>6:00 Disney Movie Night (3F)</p> | <p>10:15 Physical Games (AL) <b>7</b></p> <p>1:30 Resident Council Meeting (TC)</p> <p>2:00 Singfit (AL)</p> <p>3:00 Entertainment with Zack Wojtala (Guitarist &amp; Singer) (LL)</p> <p>4:00 Life Enrichment Program Meeting (LL)</p> <p>6:00 Sing Along w/ Suzie Q (AL)</p>                                       | <p><b>Resident Survey 8-29th 8</b></p> <p>10:30 Exercise with Zoe (AR)</p> <p>1:30 Walking Group (OUTS)</p> <p>2:00 Tea Time Social (MC)</p> <p>2:30 Councillor Brad Butt Presenting Award (LL)</p> <p>3:00 Entertainment with Antonella! (LL)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:00 Independent Wordsearch/Crosswords (AL)</p> | <p><b>Resident Survey 8-29th World Indigenous Day 9</b></p> <p>10:00 Noodle Balloon (AL)</p> <p>10:00 DrumFit! Exercise (AR)</p> <p>10:00 Assistance with Survey (AL)</p> <p>10:30 Guided Meditation with Zoe (TC)</p> <p>1:30 Walk Group (LL)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>2:30 Tea Time Social &amp; Games (3AR)</p> <p>3:00 Arts and Crafts (3F)</p> <p>3:00 Artful Enrichment Painting: Indigenous Art (AR)</p> <p>3:30 Weekly Word Jumble (B)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p> | <p><b>Resident Survey 8-29th 10</b></p> <p>10:30 Exercise with Zoe (3AR)</p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>11:15 Fit Minds - AL (3AR)</p> <p>1:30 Patio Social (3AR)</p> <p>3:00 \$2 Thirsty Thursdays - Games with Zoe (B)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:00 Calming Colouring (3AR)</p>                          | <p><b>Resident Survey 8-29th 11</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:15 Fresh Air on the Patio (OUTS)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Baking Club with Pears (CK)</p> <p>3:00 Karaoke! All Residents and Staff - Refreshments &amp; Snacks (LL)</p> <p>6:00 The Golden Girls (3AR)</p>           | <p><b>Resident Survey 8-29th 12</b></p> <p>10:00 Gentle Stretch with Zoe (MC)</p> <p>11:00 Yoga w/ Zoe (AR)</p> <p>1:00 Rosary (TC)</p> <p>1:15 Walk with Zoe (LL)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Cirque du Soleil Documentary and Shows (TC)</p> <p>6:30 After Dinner Tea Social (3AR)</p> |
| <p><b>Resident Survey 8-29th 13</b></p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>1:30 BINGO (MC)</p> <p>2:00 Tea &amp; Snack Social (3AR)</p> <p>2:30 Java Music (MC)</p> <p>3:00 Entertainment with Jeff Gilles (LL)</p> <p>4:00 Visits with Household Team (3F)</p> <p>6:00 Disney Movie Night (3F)</p>   | <p><b>Resident Survey 8-29th 14</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:30 Vendor: Beautiful You (LL)</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>3:00 Music &amp; Physical Games with Bobbie (LL)</p> <p>4:00 Group Crossword (TC)</p> <p>6:00 Sing Along w/ Suzie Q (AL)</p> | <p><b>Resident Survey 8-29th 15</b></p> <p>10:30 Exercise with Zoe (AR)</p> <p>1:30 Walking Group (OUTS)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>2:00 Tea Time Social (MC)</p> <p>3:00 Toonie Tuesday Happy Hour with Jeopardy (B)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:00 Independent Wordsearch/Crosswords (AL)</p>               | <p><b>Resident Survey 8-29th 16</b></p> <p>10:00 DrumFit! Exercise (AR)</p> <p>10:30 Guided Meditation with Zoe (TC)</p> <p>10:30 Throw Axes and Darts (AL)</p> <p>1:30 Town Hall with Tetyana (TC)</p> <p>3:00 Arts and Crafts (3F)</p> <p>3:30 UNO Card Game! (AL)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>  | <p><b>Resident Survey 8-29th 17</b></p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>2:00 Entertainment with Natalie Wong - Violinist (LL)</p> <p>3:00 Animal Racing Fun!! (MC)</p> <p>4:00 True or False Quiz (MC)</p> <p>6:00 Calming Colouring (3AR)</p>  | <p><b>Resident Survey 8-29th 18</b></p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:15 Fresh Air on the Patio (OUTS)</p> <p>11:00 Movement Matters Class (AR)</p> <p>1:30 Outdoor Walking (OUTS)</p> <p>2:30 Carpet Bowling with Diana (LL)</p> <p>6:00 The Golden Girls (3AR)</p>   | <p><b>Resident Survey 8-29th 19</b></p> <p>10:00 Vendor: Traditions Alive (LL)</p> <p>1:15 Walk with Zoe (LL)</p> <p>1:15 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Cirque du Soleil Documentary and Shows (TC)</p> <p>6:30 After Dinner Tea Social (3AR)</p>                              |




INSPIRED SENIOR LIVING

# August 2023 Assisted Living

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| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|---|---|--|--|---|--|--|
| <b>Resident Survey 8-29th 20</b><br>10:45 St. Joseph's Parish - Communion (TC)<br>1:30 BINGO (MC)<br>2:00 Tea & Snack Social (3AR)<br>2:00 Scenic Paintings (AR)<br>3:00 Java Music (MC)<br>4:00 Visits with Household Team (3F)<br>6:00 Disney Movie Night (3F)                    | <b>Resident Survey 8-29th 21</b><br>9:00 Gentle Stretch Class (3AR)<br>11:00 Fall Prevention Class with Instructor Artie (AR)<br>1:15 Bean Bag Toss (MC)<br>2:00 Wheel of Fortune Game (MC)<br>3:00 Music & Physical Games with Diana (LL)<br>6:00 Sing Along w/ Suzie Q (AL)   | <b>Resident Survey 8-29th 22</b><br>10:30 Exercise with Zoe (AR)<br>1:30 Walking Group (OUTS)<br>2:00 Tea Time Social (MC)<br>2:00 TOONIE BINGO! (CK)<br>3:00 Entertainment with Siobhan! (LL)<br>3:00 Toonie Tuesday Happy Hour (B)<br>4:00 A Lil' Humour - Video Clips (B)<br>6:00 Independent Wordsearch/Crosswords (AL)                          | <b>Resident Survey 8-29th 23</b><br>10:00 DrumFit! Exercise (AR)<br>10:30 Guided Meditation with Zoe (TC)<br>1:30 Walk Group (LL)<br>2:00 Artful Enrichment Painting (AR)<br>2:30 High Tea Social (CK)<br>3:00 Arts and Crafts (3F)<br>3:30 Physical Games! (LL)<br>5:45 Evening BINGO (3AR)<br>6:30 Tea Time Social (AL)              | <b>Resident Survey 8-29th 24</b><br>10:30 Exercise with Zoe (3AR)<br>10:30 Chair Yoga With Instructor Asha (AR)<br>11:15 Fit Minds - AL (3AR)<br>2:00 Blackjack and Billiards with Zoe (GR)<br>3:00 \$2 Thirsty Thursdays - Games with Zoe (B)<br>3:00 Entertainment with Martin Wall (LL)<br>4:00 Fit Minds: Brain Games! (CK)<br>6:00 Calming Colouring (3AR) | <b>Resident Survey 8-29th 25</b><br>9:00 Gentle Stretch Class (3AR)<br>10:15 Fresh Air on the Patio (OUTS)<br>11:00 Movement Matters Class (AR)<br>2:00 Game: Deal or No Deal with Zoe (LL)<br>3:00 Karaoke! All Residents and Staff - Refreshments & Snacks (LL)<br>6:00 The Golden Girls (3AR) | <b>Resident Survey 8-29th 26</b><br>10:15 Gentle Stretch with Zoe (MC)<br>11:00 Yoga w/ Zoe (AR)<br>1:15 Walk with Zoe (LL)<br>1:15 Rosary (TC)<br>2:00 BINGO for Prizes!! (CK)<br>3:00 Cirque du Soleil Documentary and Shows (TC)<br>3:15 Walk with Zoe (LL)<br>6:30 After Dinner Tea Social (3AR) |
| <b>Resident Survey 8-29th 27</b><br>10:45 St. Joseph's Parish - Communion (TC)<br>1:30 BINGO (MC)<br>1:30 New Resident Orientation w/ Tetyana (TC)<br>2:00 Tea & Snack Social (3AR)<br>3:00 Java Music (MC)<br>4:00 Visits with Household Team (3F)<br>6:00 Disney Movie Night (3F) | <b>Resident Survey 8-29th 28</b><br>9:00 Gentle Stretch Class (3AR)<br>11:00 Fall Prevention Class with Instructor Artie (AR)<br>3:00 Music & Physical Games with Bobbie (LL)<br>3:45 Group Crossword (TC)<br>6:00 Sing Along w/ Suzie Q (AL)<br>6:30 Ontario Wine Tasting! (B) | <b>Resident Survey 8-29th 29</b><br>10:00 Final Call for Assistance with Survey (AL)<br>10:30 Exercise with Zoe (AR)<br>1:30 Walking Group (OUTS)<br>2:00 TOONIE BINGO! (CK)<br>2:00 Tea Time Social (MC)<br>3:00 Toonie Tuesday Happy Hour with Jeopardy (B)<br>4:00 A Lil' Humour - Video Clips (B)<br>6:00 Independent Wordsearch/Crosswords (AL) | <b>Resident Survey 8-29th 30</b><br>10:00 DrumFit! Exercise (AR)<br>10:30 Guided Meditation with Zoe (TC)<br>12:00 Outing: Entertainment & Lunch at Cuchulainn's Pub *Sign up* (E)<br>1:30 Walk Group (LL)<br>2:30 Tea Time Social & Games (3AR)<br>3:00 Arts and Crafts (3F)<br>5:45 Evening BINGO (3AR)<br>6:30 Tea Time Social (AL) | <b>Resident Survey 8-29th 31</b><br>10:30 Exercise with Zoe (3AR)<br>10:30 Chair Yoga With Instructor Asha (AR)<br>11:15 Fit Minds - AL (3AR)<br>2:00 Blackjack and Billiards with Zoe (GR)<br>3:00 \$2 Thirsty Thursdays - Games with Zoe (B)<br>4:00 Fit Minds: Brain Games! (CK)<br>6:00 Calming Colouring (3AR)   |  <p><b>WEDNESDAY</b><br/><b>AUG 26</b></p> <p><b>National Dog Day</b></p>   |  |



**WEDNESDAY**  
**AUG 28**

**National Red Wine Day**

**Be Social**

**Locations Legend**

- 3rd Floor Activity Room (3AR)
- Lower Level (LL)
- Activity Room (AR)
- Theatre/Chapel (TC)
- assisted Living (AL)
- Memory Care (MC)
- Bistro/Bar (B)
- Country Kitchen (CK)
- 3rd Floor (3F)
- Outside (OUTS)
- Game Room (GR)
- reception (RE)
- Meet at Entrance (E)

**Calendar Legend**

- Outing
- Special Program
- Living, Loving, Local
- Signature Program