



INSPIRED SENIOR LIVING


August 2023

Independent Living

Credit River Retirement Residence



INSPIRED SENIOR LIVING WITH 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY AUG 6</p> <p>National Friendship Day</p>		<p>10:30 Exercise with Zoe (AR) 1</p> <p>11:00 Protestant/ Non Denominational Church Service (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour & August History (B)</p> <p>3:00 Rosary (TC)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>10:00 DrumFit! Exercise (AR) 2</p> <p>10:30 Guided Meditation with Zoe (TC)</p> <p>10:30 Meditation Video (3AR)</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: Printout (B)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>10:30 Chair Yoga With Instructor Asha (AR) 3</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Blackjack and Billiards with Zoe (GR)</p> <p>3:00 \$2 Thirsty Thursdays - Games with Zoe (B)</p> <p>3:00 Scrabble (Resident-Run) (CK)</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>International Beer Day (B) 4</p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:30 Vendor: Mary Kay (LL)</p> <p>11:00 Movement Matters Class (AR)</p> <p>11:00 Sketching & Drawing (CK)</p> <p>2:00 Beer Tasting (B)</p> <p>3:00 Staff & Resident Karaoke Hour! (LL)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>9:45 Meet At Entrance: Resident Walk (OUTS) 5</p> <p>11:00 Yoga video (AR)</p> <p>11:00 Yoga Video (AR)</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>6:00 Resident Billiards or Darts (GR)</p>
<p>10:30 Living Loving Activity Packages-Pick up at Reception (RE) 6</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Scenic Paintings (AR)</p> <p>2:00 Hymn Sing (TC)</p> <p>2:30 Celebrating Friendship Day with Bobbie (CK)</p> <p>3:00 Java Music (MC)</p> <p>4:00 Resident Billiards or Darts (GR)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p>11:00 Exercise Video (AR) 7</p> <p>1:30 Resident Council Meeting (TC)</p> <p>3:00 Entertainment with Zack Wojtala (Guitarist & Singer) (LL)</p> <p>4:00 Life Enrichment Program Meeting (LL)</p> <p>6:30 Resident After Dinner Social at Main Entrance (OUTS)</p>	<p>Resident Survey 8-29th 8</p> <p>10:30 Exercise with Zoe (AR)</p> <p>10:30 Exercise Video (AR)</p> <p>2:30 Councillor Brad Butt Presenting Award (LL)</p> <p>3:00 Rosary (TC)</p> <p>3:00 Entertainment with Antonella! (LL)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>Resident Survey 8-29th World Indigenous Day 9</p> <p>10:00 DrumFit! Exercise (AR)</p> <p>10:30 Guided Meditation with Zoe (TC)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</p> <p>11:00 Assistance with Survey (L)</p> <p>2:00 Euchre (GR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Artful Enrichment Painting: Indigenous Art (AR)</p> <p>3:30 Weekly Word Jumble (B)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>Resident Survey 8-29th 10</p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Resident Billiards or Darts (GR)</p> <p>3:00 \$2 Thirsty Thursdays - Games with Zoe (B)</p> <p>3:00 Scrabble (Resident-Run) (CK)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p>Resident Survey 8-29th 11</p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>11:00 Movement Matters Class (AR)</p> <p>11:00 Sketching & Drawing (CK)</p> <p>2:00 Baking Club with Pears (CK)</p> <p>3:00 Karaoke! All Residents and Staff - Refreshments & Snacks (LL)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>Resident Survey 8-29th 12</p> <p>9:45 Meet At Entrance: Resident Walk (OUTS)</p> <p>11:00 Yoga w/ Zoe (AR)</p> <p>1:00 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Cirque du Soleil Documentary and Shows (TC)</p> <p>6:00 Resident Billiards or Darts (GR)</p>
<p>Resident Survey 8-29th 13</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>2:30 Java Music (MC)</p> <p>3:00 Entertainment with Jeff Gilles (LL)</p> <p>3:00 Resident Social in the Bistro (TC)</p> <p>4:00 Resident Billiards or Darts (GR)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p>Resident Survey 8-29th 14</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>2:00 Colouring Art Social (CK)</p> <p>3:00 Music & Physical Games with Bobbie (LL)</p> <p>4:00 Group Crossword (TC)</p> <p>6:30 Resident After Dinner Social at Main Entrance (OUTS)</p>	<p>Resident Survey 8-29th 15</p> <p>10:30 Exercise with Zoe (AR)</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>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>Resident Survey 8-29th 16</p> <p>10:00 DrumFit! Exercise (AR)</p> <p>10:30 Guided Meditation with Zoe (TC)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</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 Volunteer: Art with Memory Care (MC)</p> <p>4:00 Weekly Word Jumble (B)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>Resident Survey 8-29th 17</p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Entertainment with Natalie Wong - Violinist (LL)</p> <p>3:00 Scrabble (Resident-Run) (CK)</p> <p>4:00 Activity Sheets (LL)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p>Resident Survey 8-29th 18</p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>11:00 Movement Matters Class (AR)</p> <p>11:00 Sketching & Drawing (CK)</p> <p>2:30 Carpet Bowling with Diana (LL)</p> <p>4:00 Billiards (GR)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>Resident Survey 8-29th 19</p> <p>9:45 Meet At Entrance: Resident Walk (OUTS)</p> <p>10:00 Vendor: Traditions Alive (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>6:00 Resident Billiards or Darts (GR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Resident Survey 8-29th 20 10:30 Activity Packages-Pick up at Reception (RE) 10:45 St. Joseph's Parish - Communion (TC) 2:00 Hymn Sing (TC) 2:00 Scenic Paintings (AR) 3:00 Java Music (MC) 3:00 Resident Social in the Bistro (TC) 4:00 Resident Billiards or Darts (GR) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	Resident Survey 8-29th 21 9:00 Gentle Stretch Class (3AR) 11:00 Fall Prevention Class with Instructor Artie (AR) 2:00 Colouring Art Social (CK) 3:00 Music & Physical Games with Diana (LL) 3:45 Group Crossword-Large Printout (CK) 6:30 Resident After Dinner Social at Main Entrance (OUTS)	Resident Survey 8-29th 22 10:30 Exercise with Zoe (AR) 2:00 TOONIE BINGO! (CK) 3:00 Rosary (TC) 3:00 Entertainment with Siobhan! (LL) 3:00 Toonie Tuesday Happy Hour (B) 4:00 A Lil' Humour - Video Clips (B) 6:30 Play a Board Game: Located in the Games Room (GR)	Resident Survey 8-29th 23 10:00 DrumFit! Exercise (AR) 10:30 Guided Meditation with Zoe (TC) 11:00 Strengthen Your Mind - Brain Exercises (FL) 2:00 Euchre (GR) 2:00 Artful Enrichment Painting (AR) 2:30 High Tea Social (CK) 3:30 Physical Games! (LL) 6:30 Grab a Friend and Have an Evening Walk (OUTS)	Resident Survey 8-29th 24 10:30 Chair Yoga With Instructor Asha (AR) 2:00 Knitting Club! New Members Welcome! (CK) 2:00 Blackjack and Billiards with Zoe (GR) 3:00 \$2 Thirsty Thursdays - Games with Zoe (B) 3:00 Scrabble (Resident-Run) (CK) 3:00 Entertainment with Martin Wall (LL) 4:00 Fit Minds: Brain Games! (CK) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	Resident Survey 8-29th 25 9:00 Gentle Stretch Class (3AR) 11:00 Movement Matters Class (AR) 11:00 Sketching & Drawing (CK) 2:00 Game: Deal or No Deal with Zoe (LL) 3:00 Karaoke! All Residents and Staff - Refreshments & Snacks (LL) 6:30 Independent Group Game: Yahtzee (GR)	Resident Survey 8-29th 26 9:45 Meet At Entrance: Resident Walk (OUTS) 11:00 Yoga w/ Zoe (AR) 1:15 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Cirque du Soleil Documentary and Shows (TC) 6:00 Resident Billiards or Darts (GR)
Resident Survey 8-29th 27 10:30 Activity Packages-Pick up at Reception (RE) 10:45 St. Joseph's Parish - Communion (TC) 1:30 New Resident Orientation w/ Tetyana (TC) 2:00 Artful Enrichment Painting (AR) 2:00 Hymn Sing (TC) 2:00 Outing: Sweet Delilah Swim Club Play *Sign Ups closed* (OUTS) 3:00 Java Music (MC) 3:00 Resident Social in the Bistro (TC) 4:00 Resident Billiards or Darts (GR) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	Resident Survey 8-29th 28 9:00 Gentle Stretch Class (3AR) 11:00 Fall Prevention Class with Instructor Artie (AR) 12:00 Final Call For Assistance with Survey (LL) 2:00 Colouring Art Social (CK) 3:00 Music & Physical Games with Bobbie (LL) 3:45 Group Crossword (TC) 6:30 Ontario Wine Tasting! (B) 6:30 Resident After Dinner Social at Main Entrance (OUTS)	Resident Survey 8-29th 29 10:30 Exercise with Zoe (AR) 2:00 TOONIE BINGO! (CK) 3:00 Rosary (TC) 3:00 Toonie Tuesday Happy Hour with Jeopardy (B) 4:00 A Lil' Humour - Video Clips (B) 6:30 Play a Board Game: Located in the Games Room (GR)	Resident Survey 8-29th 30 10:00 DrumFit! Exercise (AR) 10:30 Guided Meditation with Zoe (TC) 11:00 Strengthen Your Mind - Brain Exercises (FL) 12:00 Outing: Entertainment & Lunch at Cuchulainn's Pub *Sign up* (E) 2:00 Meet at the MoMA (AR) 2:00 Euchre (GR) 2:00 Health Talks with Charmaine (TC) 6:30 Grab a Friend and Have an Evening Walk (OUTS)	Resident Survey 8-29th 31 10:30 Chair Yoga With Instructor Asha (AR) 1:30 Outing: Erin Mills Town Centre *Sign up* (E) 2:00 Knitting Club! New Members Welcome! (CK) 2:00 Blackjack and Billiards with Zoe (GR) 3:00 \$2 Thirsty Thursdays - Games with Zoe (B) 3:00 Scrabble (Resident-Run) (CK) 4:00 Fit Minds: Brain Games! (CK) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="background-color: #e67e22; color: white; padding: 5px; text-align: center;"> WEDNESDAY AUG 26 </div> <div style="text-align: right;"> <h2>National Dog Day</h2> </div> </div>	

WEDNESDAY
AUG 28

National Red Wine Day

Be Social

Locations Legend

- Activity Room (AR)
- Theatre/Chapel (TC)
- Country Kitchen (CK)
- Game Room (GR)
- Lower Level (LL)
- Outside (OUTS)
- Bistro/Bar (B)
- 3rd Floor Activity Room (3AR)
- Fireside Lounge (FL)
- Memory Care (MC)
- reception (RE)
- Meet at Entrance (E)
- Library (L)
- games room (GR)

Calendar Legend

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