



INSPIRED SENIOR LIVING

# September 2023 Assisted Living



INSPIRED SENIOR LIVING WITH

## Credit River Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>World Alzheimer's Month</b></p>		<p><b>Grandparent's Day</b></p>			<p><b>Staff Appreciation (DR) 1</b></p> <p>10:30 Visits with Team (AL)</p> <p>2:00 Art Club (CK)</p> <p>2:00 Mr Bean Comedy Clips (3AR)</p> <p>6:00 The Golden Girls (3AR)</p>	<p>11:00 Yoga Video (AR) <b>2</b></p> <p>1:30 Rosary (TC)</p> <p>2:00 Movie Matinee: Saving Mr Banks (Mary Poppins) (TC)</p> <p>3:00 Cirque du Soleil Documentary and Shows (TC)</p> <p>6:30 After Dinner Tea Social (3AR)</p>
<p><b>10:00 Vendor: Inga's Fashions 3</b> (LL)</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Scenic Paintings (AR)</p> <p>2:00 Tea &amp; Snack Social (3AR)</p> <p>3:00 Resident Social in the Bistro (TC)</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>10:00 Walk and Noodle Balloon (3F) <b>4</b></p> <p>11:00 Protestant/ Non Denominational Church Service (TC)</p> <p>1:30 Resident Council Meeting (TC)</p> <p>2:00 Creative Art (3AR)</p> <p>3:00 Music &amp; Physical Games with Bobbie (LL)</p> <p>3:45 Group Crossword (TC)</p> <p>6:00 Sing Along w/ Suzie Q (AL)</p>	<p>10:00 DrumFit! Exercise (AR) <b>5</b></p> <p>10:30 Colouring (3AR)</p> <p>1:30 Walking Group (OUTS)</p> <p>2:00 The Price is Right! In Memory of Bob Barker (B)</p> <p>3:00 PLINKO! In Memory of Bob Parker (LL)</p> <p>6:00 Independent Wordsearch/Crossword (AL)</p>	<p>10:30 Feel Fantastic with Dancersize!! <b>6</b> **NEW** (AR)</p> <p>2:00 Artful Enrichment Painting (AR)</p> <p>2:15 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>10:00 Vendor: Maria Jewel 7 (LL)</p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>10:45 Fit Minds (3AR)</p> <p>3:00 \$2 Thirsty Thursdays - Wheel of Fortune (B)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>10:00 Vendor Mary Kay (LL) <b>8</b></p> <p>10:00 News Flash Discussions (3P)</p> <p>2:00 Ted Talks: All About Art (TC)</p> <p>3:00 Friday Music &amp; Games (LL)</p> <p>6:00 The Golden Girls (3AR)</p>	<p>Happy Birthday Orval <b>9</b></p> <p>10:30 Games with Nicole (3AR)</p> <p>11:00 Yoga Video (AR)</p> <p>1:30 Walk Outdoors (LL)</p> <p>1:30 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><b>Happy Grandparents Day 10</b></p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Tea &amp; Snack Social (3AR)</p> <p>2:30 Cheers to Grandparents! Cocktails with Nicole (LL)</p> <p>3:00 Entertainment Loralee Mc Gurt (LL)</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>9:00 Gentle Stretch Class (3AR) <b>11</b></p> <p>10:00 Walk and Noodle Balloon (3F)</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Creative Art (3AR)</p> <p>3:00 Music &amp; Physical Games (LL)</p> <p>3:45 Group Crossword (TC)</p> <p>6:00 Sing Along w/ Suzie Q (AL)</p>	<p>10:00 DrumFit! Exercise (AR) <b>12</b></p> <p>10:30 Outdoor Walking**weather permitted** (AL)</p> <p>1:30 Table Top Games (AR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour with Jeopardy (B)</p> <p>3:00 Food &amp; Beverage Q &amp; A (CK)</p> <p>3:00 Entertainment Filipa Sousa (LL)</p> <p>4:00 A Lil' Humour - Video Clips (B)</p> <p>6:00 Independent Wordsearch/Crosswords (AL)</p>	<p>10:00 Noodle Ballon (3AR) <b>13</b></p> <p>11:00 Zumba with Fernanda (AR)</p> <p>2:15 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 Physical Games (3AR) <b>14</b></p> <p>10:30 Morning Social &amp; Art (AL)</p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>11:15 Fit Minds (3AR)</p> <p>3:00 \$2 Thirsty Thursdays - Wheel of Fortune (B)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>4:45 Living Loving Local Themed Dinner - Pears (DR)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>9:00 Gentle Stretch Class (3AR) <b>15</b></p> <p>10:00 News Flash Discussions (3P)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Art Club (CK)</p> <p>3:00 Friday Music &amp; Games (LL)</p> <p>6:00 The Golden Girls (3AR)</p>	<p>Happy Birthday Veronica (3F) <b>16</b></p> <p>11:00 Yoga video (AR)</p> <p>1:00 Annual Open House: International Food Stations, Entertainment with Martin Fransisco, Autumn Wreath Making (LL)</p> <p>1:30 Walk Outdoors (LL)</p> <p>6:30 After Dinner Tea Social (3AR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:45 St. Joseph's Parish - Communion (TC) <b>17</b></p> <p>2:00 Scenic Paintings (AR)</p> <p>2:00 Tea &amp; Snack Social (3AR)</p> <p>3:00 Resident Social in the Bistro (TC)</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>9:00 Gentle Stretch Class (3AR) <b>18</b></p> <p>10:00 Walk and Noodle Balloon (3F)</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Creative Art (3AR)</p> <p>3:00 Music &amp; Physical Games with Bobbie (LL)</p> <p>3:45 Group Crossword (TC)</p> <p>6:00 Sing Along w/ Suzie Q (AL)</p>	<p>10:00 DrumFit! Exercise (AR) <b>19</b></p> <p>10:30 Outdoor Walking**weather permitted** (AL)</p> <p>11:00 Bible Study**All Welcome** (TC)</p> <p>1:30 Table Top Games (AR)</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>6:00 Independent Wordsearch/Crosswords (AL)</p>	<p>10:00 Noodle Ballon (3AR) <b>20</b></p> <p>11:00 Zumba with Fernanda (AR)</p> <p>2:00 Artful Enrichment Painting (AR)</p> <p>2:30 Tea Time Social &amp; Games (3AR)</p> <p>3:00 Physical Games! (LL)</p> <p>3:30 Arts and Crafts (3F)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>	<p>10:30 Morning Social &amp; Art (AL) <b>21</b></p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>11:15 Fit Minds (3AR)</p> <p>2:00 Coffee and Talks with Councilor Brad Butt (LL)</p> <p>3:00 Octoberfest! Entertainment with John Letteiri (accordion) (LL)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>9:00 Gentle Stretch Class (3AR) <b>22</b></p> <p>10:00 Vendor: Traditions Alive (LL)</p> <p>10:00 News Flash Discussions (3P)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Ted Talks: All About Art (TC)</p> <p>2:30 Making Autumn Floral Arrangement (CK)</p> <p>3:00 Friday Music &amp; Games (LL)</p> <p>6:00 The Golden Girls (3AR)</p>	<p>10:00 Buttermilk Market (LL) <b>23</b></p> <p>11:00 Yoga video (AR)</p> <p>1:30 Walk Outdoors (LL)</p> <p>1:30 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>10:45 St. Joseph's Parish - Communion (TC) <b>24</b></p> <p>2:00 Tea &amp; Snack Social (3AR)</p> <p>3:00 Resident Social in the Bistro (TC)</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>9:00 Gentle Stretch Class (3AR) <b>25</b></p> <p>10:00 Walk and Noodle Balloon (3F)</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Creative Art (3AR)</p> <p>3:00 Music &amp; Physical Games with Bobbie (LL)</p> <p>3:45 Group Crossword (TC)</p> <p>6:00 Sing Along w/ Suzie Q (AL)</p> <p>6:30 Ontario Wine Tasting! (B)</p>	<p>10:00 DrumFit! Exercise (AR) <b>26</b></p> <p>10:30 Outdoor Walking**weather permitted** (AL)</p> <p>1:30 Table Top Games (AR)</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>6:00 Independent Wordsearch/Crosswords (AL)</p>	<p>10:00 Noodle Ballon (3AR) <b>27</b></p> <p>11:00 Zumba with Fernanda (AR)</p> <p>12:00 Outing: Entertainment &amp; Lunch at Cuchulainn's Pub *Sign up* (E)</p> <p>2:30 Tea Time Social &amp; Games (3AR)</p> <p>3:30 Arts and Crafts (3F)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>	<p>10:30 Morning Social &amp; Art (AL) <b>28</b></p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>4:00 Fit Minds: Brain Games! (CK)</p> <p>6:00 Calming Colouring (3AR)</p> <p>10:00 Toonie Tuesday Happy Hour (B)</p>	<p>9:00 Gentle Stretch Class (3AR) <b>29</b></p> <p>10:00 News Flash Discussions (3P)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 BINGO for Prizes!! **Day Change** (CK)</p> <p>3:00 TVO: From Earth to Sky: Amazing Indigenous Architects (TC)</p> <p>3:00 Friday Music &amp; Games (LL)</p> <p>6:00 The Golden Girls (3AR)</p>	<p>National Truth &amp; Conciliation Day**wear orange** <b>30</b></p> <p>11:00 Painting a Dreamcatcher (AR)</p> <p>11:00 Yoga video (AR)</p> <p>1:30 Walk Outdoors (LL)</p> <p>1:30 Rosary (TC)</p> <p>2:00 2nd Annual Outdoor Farm with Entertainment with Zack! All welcome. (OUTS)</p> <p>6:30 After Dinner Tea Social (3AR)</p>



Be Social

**Locations Legend**

3rd Floor Activity Room (3AR)	Country Kitchen (CK)
Activity Room (AR)	Bistro/Bar (B)
Theatre/Chapel (TC)	Memory Care (MC)
Lower Level (LL)	3rd Floor Patio (3P)
assisted Living (AL)	Dining Room (DR)
3rd Floor (3F)	Outside (OUTS)
	Meet at Entrance (E)

**Calendar Legend**

Outing
Special Program
Living, Loving, Local
Signature Program