



INSPIRED SENIOR LIVING

September 2023 Independent Living

Credit River Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>World Alzheimer's Month</p>		<p>Grandparent's Day</p>			<p>Staff Appreciation (DR) 1</p> <p>2:00 Art Club (CK)</p> <p>3:00 National Geographic Documentary (TC)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>9:45 Meet At Entrance: Resident Walk (OUTS) 2</p> <p>11:00 Yoga Video (AR)</p> <p>1:30 Rosary (TC)</p> <p>2:00 Movie Matinee: Saving Mr Banks (Mary Poppins) (TC)</p> <p>6:00 Resident Billiards or Darts (GR)</p>
<p>SUNDAY SEP 10</p> <p>10:00 Vendor: Inga's Fashions (LL) 3</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>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 Protestant/ Non Denominational Church Service (TC) 4</p> <p>1:30 Resident Council Meeting (TC)</p> <p>3:00 Music & Physical Games with Bobbie (LL)</p> <p>3:45 Group Crossword (TC)</p> <p>6:30 Resident After Dinner Social at Main Entrance (OUTS)</p>	<p>10:00 DrumFit! Exercise (AR) 5</p> <p>10:30 Guided Meditation (TC)</p> <p>2:00 The Price is Right! In Memory of Bob Barker (B)</p> <p>3:00 Rosary (TC)</p> <p>3:00 PLINKO! In Memory of Bob Parker (LL)</p> <p>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>10:30 Feel Fantastic with Dancersize!! **NEW** (AR) 6</p> <p>2:00 Euchre (GR)</p> <p>2:00 Artful Enrichment Painting (AR)</p> <p>3:00 Resident Run Board Games (LL)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>10:00 Vendor: Maria Jewel (LL) 7</p> <p>10:30 Chair Yoga With Instructor Asha (AR)</p> <p>11:00 Colouring (CK)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Tour of Credit Rivers Memory Care Community**sign up** (LL)</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>10:00 Vendor Mary Kay (LL) 8</p> <p>2:00 Ted Talks: All About Art (TC)</p> <p>3:00 Friday Music & Games (LL)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>9:45 Meet At Entrance: Resident Walk (OUTS) 9</p> <p>11:00 Yoga Video (AR)</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>6:00 Resident Billiards or Darts (GR)</p>
<p>Happy Grandparents Day 10</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 Artful Enrichment Painting (AR)</p> <p>2:30 Cheers to Grandparents! Cocktails with Nicole (LL)</p> <p>3:00 Entertainment Lorelee Mc Gurt (LL)</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>9:00 Gentle Stretch Class (3AR) 11</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 (LL)</p> <p>3:45 Group Crossword (TC)</p> <p>6:30 Resident After Dinner Social at Main Entrance (OUTS)</p>	<p>10:00 DrumFit! Exercise (AR) 12</p> <p>10:30 Guided Meditation (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Rosary (TC)</p> <p>3:00 Toonie Tuesday Happy Hour with Jeopardy (B)</p> <p>3:00 Food & Beverage Q & A (CK)</p> <p>3:00 Entertainment Filipa Sousa (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>10:30 Strengthen Your Mind - Brain Exercises (FL) 13</p> <p>11:00 Zumba with Fernanda (AR)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Meet at the MoMA (AR)</p> <p>3:00 Alzheimer Awareness: Credit River Adapts Programming (CK)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>10:30 Chair Yoga With Instructor Asha (AR) 14</p> <p>11:00 Colouring (CK)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Tour of Credit Rivers Memory Care Community**sign up** (LL)</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>4:45 Living Loving Local Themed Dinner - Pears (DR)</p> <p>6:30 Resident Evening Walk - Grab a Partner (OUTS)</p>	<p>9:00 Gentle Stretch Class (3AR) 15</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Art Club (CK)</p> <p>3:00 Friday Music & Games (LL)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>9:45 Meet At Entrance: Resident Walk (OUTS) 16</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>6:00 Resident Billiards or Darts (GR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 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 Resident Social in the Bistro (TC) 3:00 Java Music (MC) 4:00 Resident Billiards or Darts (GR) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	18 9:00 Gentle Stretch Class (3AR) 11:00 Fall Prevention Class with Instructor Artie (AR) 1:30 Outing: Erin Mills Town Centre *Sign up* (E) 2:00 Colouring Art Social (CK) 3:00 Music & Physical Games with Bobbie (LL) 3:45 Group Crossword (TC) 6:30 Resident After Dinner Social at Main Entrance (OUTS)	19 10:00 DrumFit! Exercise (AR) 10:30 Guided Meditation (TC) 11:00 Bible Study**All Welcome** (TC) 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)	20 10:30 Strengthen Your Mind - Brain Exercises (FL) 11:00 Zumba with Fernanda (AR) 2:00 Euchre (GR) 2:00 Artful Enrichment Painting (AR) 3:00 Physical Games! (LL) 6:30 Grab a Friend and Have an Evening Walk (OUTS)	21 10:30 Chair Yoga With Instructor Asha (AR) 11:00 Colouring (CK) 2:00 Knitting Club! New Members Welcome! (CK) 2:00 Coffee and Talks with Councilor Brad Butt (LL) 2:00 Tour of Credit Rivers Memory Care Community**sign up** (LL) 3:00 Octoberfest! Entertainment with John Letteiri (accordion) (LL) 4:00 Fit Minds: Brain Games! (CK) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	22 9:00 Gentle Stretch Class (3AR) 10:00 Vendor: Traditions Alive (LL) 11:00 Movement Matters Class (AR) 2:00 Ted Talks: All About Art (TC) 2:30 Making Autumn Floral Arrangement (CK) 3:00 Friday Music & Games (LL) 6:30 Independent Group Game: Yahtzee (GR)	23 9:45 Meet At Entrance: Resident Walk (OUTS) 10:00 Buttertart Market (LL) 11:00 Yoga video (AR) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Cirque du Soleil Documentary and Shows (TC) 6:00 Resident Billiards or Darts (GR)
24 10:30 Activity Packages-Pick up at Reception (RE) 10:45 St. Joseph's Parish - Communion (TC) 2:00 Hymn Sing (TC) 2:00 Artful Enrichment Painting (AR) 3:00 Resident Social in the Bistro (TC) 3:00 Java Music (MC) 4:00 Resident Billiards or Darts (GR) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	25 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 Bobbie (LL) 3:45 Group Crossword (TC) 6:30 Resident After Dinner Social at Main Entrance (OUTS)	26 10:00 DrumFit! Exercise (AR) 10:30 Guided Meditation (TC) 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)	27 10:30 Strengthen Your Mind - Brain Exercises (FL) 11:00 Zumba with Fernanda (AR) 12:00 Outing: Entertainment & Lunch at Cuchulainn's Pub *Sign up* (E) 2:00 Euchre (GR) 2:00 Meet at the MoMA (AR) 6:30 Grab a Friend and Have an Evening Walk (OUTS)	28 10:30 Chair Yoga With Instructor Asha (AR) 11:00 Colouring (CK) 2:00 Knitting Club! New Members Welcome! (CK) 2:00 Tour of Credit Rivers Memory Care Community**sign up** (LL) 3:00 Scrabble (Resident-Run) (CK) 4:00 Fit Minds: Brain Games! (CK) 6:30 Resident Evening Walk - Grab a Partner (OUTS) 10:00 Toonie Tuesday Happy Hour (B)	29 9:00 Gentle Stretch Class (3AR) 11:00 Movement Matters Class (AR) 2:00 BINGO for Prizes!! ** Day Change** (CK) 3:00 TVO: From Earth to Sky: Amazing Indigenous Architects (TC) 3:00 Friday Music & Games (LL) 6:30 Independent Group Game: Yahtzee (GR)	30 National Truth & Conciliation Day**wear orange** 9:45 Meet At Entrance: Resident Walk (OUTS) 11:00 Painting a Dreamcatcher (AR) 11:00 Yoga video (AR) 1:30 Rosary (TC) 2:00 2nd Annual Outdoor Farm with Entertainment with Zack! All welcome. (OUTS) 6:00 Resident Billiards or Darts (GR)



Be Social

Locations Legend

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

Calendar Legend

Outing
 Special Program
 Living, Loving, Local
 Signature Program