



INSPIRED SENIOR LIVING

October 2023 Assisted Living



INSPIRED SENIOR LIVING WITH

Credit River Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Seniors Day 1 Happy Birthday Dorothy 10:45 St. Joseph's Parish - Communion (TC) 2:00 Scenic Paintings (AR) 2:00 Tea & Snack Social (3AR) 4:00 Visits with Household Team (3F) 6:00 Disney Movie Night (3F)	Active Aging Week 2 10:00 Noodle Balloon Stretching (3F) 10:30 Walking Group (OUTS) 11:00 Protestant/ Non Denominational Church Service (TC) 2:00 Fruit Snack Social (3AR) 3:00 Physical Games (3AR) 4:00 Spot The Difference (3AR) 6:30 Monday Movie Night: Book Club: The Next Chapter (TC)	Active Aging Week 3 10:30 Social Visits (AL) 1:30 DrumFit! Exercise (AR) 2:00 TOONIE BINGO! (CK) 2:00 Outdoor Strolls (OUTS) 3:00 Table Top Games (AR) 4:00 Fun Trivia - Did You Know? (3AR) 6:30 The Golden Girls (3AR)	Active Aging Week 4 10:00 Noodle Ballon (3AR) 10:30 Mediation and Chair Yoga with Instructor Tasha (OUTS) 2:00 Artful Enrichment: Virtual Fall Birch Tree (AR) 2:00 Tea Time Social & Games (3AR) 3:00 Exercise with Nicole!!! (LL) 3:30 Arts and Crafts (3F) 3:30 Lawn Bowling! (LL) 5:45 Evening BINGO (3AR) 6:30 Tea Time Social (AL)	Active Aging Week 5 10:00 Noodle Ballon (3AR) 10:00 Vendor Mary Kay (LL) 10:30 Chair Yoga With Instructor Asha (AR) 1:45 Let's Bake! (3AR) 2:30 SingFit (3AR) 3:00 Fun Games! Resident Pick... (3AR) 6:00 Calming Colouring (3AR)	Active Aging Week 6 9:00 Gentle Stretch Class (3AR) 10:00 News Flash Discussions (3P) 11:00 Movement Matters Class (AR) 1:30 Town Hall with Christina (CK) 2:00 Art and Crafts (3AR) 2:00 Art and Crafts (CK) 3:00 Friday Fun Social (LL) 4:00 Docuseries Human: The World Within: Sense (TC) 6:30 Comedy with Funniest Animals (AL)	Active Aging Week 7 10:00 Zumba with Fernanda (AR) 1:30 Walk Outdoors (LL) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 MC/AL Fun Games (MC) 6:30 After Dinner Tea Social (3AR)
Active Aging Week 8 10:45 St. Joseph's Parish - Communion (TC) 2:00 Tea & Snack Social (3AR) 2:00 Java music (MC) 3:00 Entertainment with Shannon Graham (LL) 4:00 Visits with Household Team (3F) 6:00 Disney Movie Night (3F)	Happy Thanksgiving 9 10:00 Noodle Balloon Stretching (3F) 10:30 Walking Group (OUTS) 11:00 Toronto Rehab Exercise Video (AR) 2:00 Creative Art (3AR) 3:00 Physical Games (LL) 4:00 Spot The Difference (3AR) 6:30 Monday Movie Night: Oscar Winning: Victoria (TC)	Mental Health Awareness Day 10 10:30 Social Visits (AL) 1:30 DrumFit! Exercise (AR) 2:00 TOONIE BINGO! (CK) 2:00 Outdoor Strolls (OUTS) 3:00 Entertainment with Kellie Davie (LL) 3:00 Table Top Games (AR) 4:00 Fun Trivia - Did You Know? (3AR) 6:30 The Golden Girls (3AR)	10:00 Noodle Ballon (3AR) 11 2:00 Tea Time Social & Games (3AR) 3:30 Arts and Crafts (3F) 3:30 Ted Talks: All About Art (TC) 5:45 Evening BINGO (3AR) 6:30 Tea Time Social (AL)	10:00 Noodle Ballon (3AR) 12 10:30 Chair Yoga With Instructor Asha (AR) 11:00 Fit Minds!! Keep Thinking Sharp (3AR) 11:00 Fit Minds!! Keep Thinking Sharp (CK) 1:45 Let's Bake! (3AR) 2:30 SingFit (3AR) 3:00 Fun Games! Resident Pick... (3AR) 6:00 Calming Colouring (3AR)	9:00 Gentle Stretch Class (3AR) 13 10:00 News Flash Discussions (3P) 11:00 Movement Matters Class (AR) 3:00 Friday Fun Social (LL) 6:30 Comedy with Funniest Animals (AL)	10:00 Zumba with Fernanda (AR) 14 1:30 Walk Outdoors (LL) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Netflix Documentary: Dancing With The Birds (TC) 3:00 MC/AL Fun Games (MC) 6:30 After Dinner Tea Social (3AR)
10:45 St. Joseph's Parish - Communion (TC) 15 2:00 Scenic Paintings (AR) 2:00 Tea & Snack Social (3AR) 3:00 Java Music (MC) 4:00 Visits with Household Team (3F) 6:00 Disney Movie Night (3F)	9:00 Gentle Stretch Class (3AR) 16 10:00 Noodle Balloon Stretching (3F) 10:30 Walking Group (OUTS) 11:00 Fall Prevention Class with Instructor Artie (AR) 2:00 Creative Art (3AR) 3:00 Physical Games (LL) 4:00 Spot The Difference (3AR) 6:30 Monday Movie Night: Blue Jasmine (TC)	10:30 Social Visits (AL) 17 11:00 Bible Study**All Welcome** (TC) 1:30 DrumFit! Exercise (AR) 2:00 Outdoor Strolls (OUTS) 3:00 Table Top Games (AR) 3:00 TOONIE BINGO! **Time Change** (CK) 4:00 Fun Trivia - Did You Know? (3AR) 6:30 The Golden Girls (3AR)	10:00 Noodle Ballon (3AR) 18 2:00 Artful Enrichment Painting (AR) 2:00 Tea Time Social & Games (3AR) 3:00 Physical Games! (LL) 3:30 Arts and Crafts (3F) 5:45 Evening BINGO (3AR) 6:30 Tea Time Social (AL)	10:00 Noodle Ballon (3AR) 19 10:00 Vendor: Jewelry by Maria (LL) 10:30 Chair Yoga With Instructor Asha (AR) 11:00 Fit Minds!! Keep Thinking Sharp (3AR) 11:00 Fit Minds!! Keep Thinking Sharp (CK) 1:45 Let's Bake! (3AR) 2:30 SingFit (3AR) 3:00 Fun Games! Resident Pick... (3AR) 4:45 Dinner Music with Viera Z (DR) 6:00 Calming Colouring (3AR)	9:00 Gentle Stretch Class (3AR) 20 10:00 News Flash Discussions (3P) 11:00 Movement Matters Class (AR) 2:00 Baking Club (CK) 2:30 Baking Trivia (CK) 3:00 Friday Fun Social (LL) 6:30 Comedy with Funniest Animals (AL)	10:00 Zumba with Fernanda (AR) 21 1:30 Walk Outdoors (LL) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Netflix Documentary: Kangaroo Valley (TC) 3:00 MC/AL Fun Games (MC) 6:30 After Dinner Tea Social (3AR)



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CREDIT RIVER
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Credit River Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 10:00 Vendor: Traditions Alive (LL) 10:45 St. Joseph's Parish - Communion (TC) 2:00 Tea & Snack Social (3AR) 3:00 Java Music (MC) 4:00 Visits with Household Team (3F) 6:00 Disney Movie Night (3F)	23 9:00 Gentle Stretch Class (3AR) 10:00 Noodle Balloon Stretching (3F) 10:30 Walking Group (OUTS) 11:00 Fall Prevention Class with Instructor Artie (AR) 2:00 Creative Art (3AR) 3:00 Physical Games (LL) 3:00 Entertainment with David Skolnick (LL) 4:00 Spot The Difference (3AR) 6:30 Monday Movie Night: A Million Miles Away (TC)	24 10:30 Social Visits (AL) 1:30 DrumFit! Exercise (AR) 2:00 TOONIE BINGO! (CK) 2:00 Outdoor Strolls (OUTS) 3:00 Table Top Games (AR) 4:00 Fun Trivia - Did You Know? (3AR) 6:30 The Golden Girls (3AR)	25 10:00 Noodle Ballon (3AR) 12:00 Outing: Entertainment & Lunch at Cuchulainn's Pub *Sign up* (E) 2:00 Tea Time Social & Games (3AR) 3:30 Arts and Crafts (3F) 3:30 Ted Talks: All About Art (TC) 5:45 Evening BINGO (3AR) 6:30 Tea Time Social (AL)	26 10:00 Noodle Ballon (3AR) 10:30 Chair Yoga With Instructor Asha (AR) 11:00 Fit Minds!! Keep Thinking Sharp (3AR) 11:00 Fit Minds!! Keep Thinking Sharp (CK) 1:45 Let's Bake! (3AR) 2:30 SingFit (3AR) 3:00 Fun Games! Resident Pick... (3AR) 6:00 Calming Colouring (3AR)	27 9:00 Gentle Stretch Class (3AR) 10:00 News Flash Discussions (3P) 11:00 Movement Matters Class (AR) 2:00 Art and Crafts (CK) 3:00 Friday Fun Social (LL) 6:30 Comedy with Funniest Animals (AL)	28 10:00 Zumba with Fernanda (AR) 1:30 Walk Outdoors (LL) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Netflix Documentary: PUFF, Wonders of The Reef (TC) 3:00 MC/AL Fun Games (MC) 6:30 After Dinner Tea Social (3AR)
29 10:45 St. Joseph's Parish - Communion (TC) 2:00 Scenic Paintings (AR) 2:00 Tea & Snack Social (3AR) 3:00 Java Music (MC) 4:00 Visits with Household Team (3F) 6:00 Disney Movie Night (3F)	30 Happy Birthday Helen W 9:00 Gentle Stretch Class (3AR) 10:00 Noodle Balloon Stretching (3F) 10:30 Walking Group (OUTS) 11:00 Fall Prevention Class with Instructor Artie (AR) 2:00 Creative Art (3AR) 3:00 Physical Games (LL) 4:00 Spot The Difference (3AR) 6:30 Monday Movie Night: October Kiss (TC)	31 10:30 Social Visits (AL) 1:30 DrumFit! Exercise (AR) 2:00 TOONIE BINGO! (CK) 2:00 Outdoor Strolls (OUTS) 3:00 Credit Rivers Halloween Party (LL) 3:00 Table Top Games (AR) 4:00 Fun Trivia - Did You Know? (3AR) 6:30 The Golden Girls (3AR)	<p>MONDAY OCT 9</p>		<p>MONDAY OCT 3</p>	



Be Grateful

Locations Legend

3rd Floor Activity Room (3AR)
 Activity Room (AR)
 Theatre/Chapel (TC)
 Lower Level (LL)
 3rd Floor (3F)
 Country Kitchen (CK)

assisted Living (AL)
 Outside (OUTS)
 Memory Care (MC)
 3rd Floor Patio (3P)
 Dining Room (DR)
 Meet at Entrance (E)

Calendar Legend

Outing
Special Program
 Living, Loving, Local
Signature Program