



INSPIRED SENIOR LIVING

October 2023

Credit River Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Seniors Day 1 10:45 St. Joseph's Parish - Communion (TC) 2:00 Hymn Sing (TC) 2:00 Scenic Paintings (AR) 2:30 Games and Cider with Bobbie (B) 3:00 Java Music (MC) 4:00 Resident Billiards or Darts (GR) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	Active Aging Week 2 11:00 Protestant/ Non Denominational Church Service (TC) 1:30 Resident Council Meeting (TC) 2:30 Smoothie Bar! (LL) 3:00 Colouring Art Social (CK) 4:00 Docuseries Human: The World Within: React (TC) 6:30 Monday Movie Night: Book Club: The Next Chapter (TC)	Active Aging Week 3 10:30 Learn Breathing Relaxation Techniques with Jessica Pavlin (TC) 1:30 DrumFit! Exercise (AR) 2:00 TOONIE BINGO! (CK) 3:00 Rosary (TC) 3:00 Toonie Tuesday Happy Hour with Jeopardy (B) 4:00 Docuseries Human: The World Within: Pulse (TC) 6:30 Play a Board Game: Located in the Games Room (GR)	Active Aging Week 4 10:30 Mediation and Chair Yoga with Instructor Tasha (OUTS) 2:00 Artful Enrichment: Virtual Fall Birch Tree (AR) 2:00 Euchre (GR) 3:00 Exercise with Nicole!!! (LL) 3:30 Lawn Bowling! (LL) 4:00 Tech Help**See Bobbie** (LL) 4:00 Docuseries Human: The World Within: Fuel (TC) 6:30 Grab a Friend and Have an Evening Walk (OUTS)	Active Aging Week 5 10:00 Vendor Mary Kay (LL) 10:30 Chair Yoga With Instructor Asha (AR) 11:00 Fit Minds!! Keep Thinking Sharp (CK) 2:00 Knitting Club! New Members Welcome! (CK) 3:00 Scrabble (Resident-Run) (CK) 4:00 Docuseries Human: The World Within: Defend (TC) 6:30 Creative Colouring Corner (CK)	Active Aging Week 6 9:00 Gentle Stretch Class (3AR) 11:00 Movement Matters Class (AR) 1:30 Town Hall with Christina (CK) 2:00 Art and Crafts (CK) 3:00 Friday Fun Social (LL) 4:00 Docuseries Human: The World Within: Sense (TC) 6:30 Independent Group Game: Yahtzee (GR)	Active Aging Week 7 9:45 Meet At Entrance: Resident Walk (OUTS) 10:00 Zumba with Fernanda (AR) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Docuseries Human: The World Within: Birth (TC) 6:30 Resident Billiards or Darts (GR)
Active Aging Week 8 10:30 Activity Packages-Pick Outside Dinning Room (LL) 10:45 St. Joseph's Parish - Communion (TC) 2:00 Hymn Sing (TC) 2:00 Artful Enrichment Painting (AR) 2:00 Java music (MC) 3:00 Entertainment with Shannon Graham (LL) 4:00 Resident Billiards or Darts (GR) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	Happy Thanksgiving 9 11:00 Toronto Rehab Exercise Video (AR) 2:00 Colouring Art Social (CK) 3:00 Group Crossword (TC) 6:30 Monday Movie Night: Oscar Winning: Victoria (TC)	Mental Health Awareness Day 10 10:30 Guided Meditation Video (TC) 11:00 Mental Health Talks (TC) 1:30 Rosary (TC) 1:30 DrumFit! Exercise (AR) 2:00 TOONIE BINGO! (CK) 3:00 Entertainment with Kellie Davie (LL) 3:00 Toonie Tuesday Happy Hour (B) 6:30 Play a Board Game: Located in the Games Room (GR)	Strengthen Your Mind - Brain Exercises (FL) 11 10:45 Strengthen Your Mind - Brain Exercises (FL) 2:00 Meet at the MoMA (AR) 2:00 Euchre (GR) 3:30 Ted Talks: All About Art (TC) 4:00 Tech Help**See Bobbie** (LL) 6:30 Grab a Friend and Have an Evening Walk (OUTS)	Chair Yoga With Instructor Asha (AR) 12 10:30 Chair Yoga With Instructor Asha (AR) 11:00 Fit Minds!! Keep Thinking Sharp (CK) 2:00 Knitting Club! New Members Welcome! (CK) 3:00 Scrabble (Resident-Run) (CK) 4:00 Wine Tasting & Food Pairing ***Sign Up for Reservation**** (CK) 6:30 Creative Colouring Corner (CK)	Gentle Stretch Class (3AR) 13 9:00 Gentle Stretch Class (3AR) 11:00 Movement Matters Class (AR) 2:30 Baking Club - Apple Crumble (CK) 2:30 Apple Trivia (CK) 3:00 Friday Fun Social (LL) 6:30 Independent Group Game: Yahtzee (GR)	Meet At Entrance: Resident Walk (OUTS) 14 9:45 Meet At Entrance: Resident Walk (OUTS) 10:00 Zumba with Fernanda (AR) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Netflix Documentary: Dancing With The Birds (TC) 6:30 Resident Billiards or Darts (GR)
Activity Packages-Pick Outside Dinning Room (LL) 15 10:30 Activity Packages-Pick Outside Dinning Room (LL) 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 (B) 4:00 Resident Billiards or Darts (GR) 6:30 Resident Evening Walk - Grab a Partner (OUTS)	Gentle Stretch Class (3AR) 16 9:00 Gentle Stretch Class (3AR) 11:00 Fall Prevention Class with Instructor Artie (AR) 2:00 Colouring Art Social (CK) 3:00 All About Apples (TC) 4:00 Resident Social - What's New.... (B) 6:30 Monday Movie Night: Blue Jasmine (TC)	Guided Meditation Video (TC) 17 10:30 Guided Meditation Video (TC) 11:00 Bible Study**All Welcome** (TC) 1:30 DrumFit! Exercise (AR) 2:00 Peel Alzheimer's Society Presents: Understanding Behaviour (TC) 3:00 Rosary (TC) 3:00 TOONIE BINGO! **Time Change** (CK) 6:30 Play a Board Game: Located in the Games Room (GR)	Strengthen Your Mind - Brain Exercises (FL) 18 10:45 Strengthen Your Mind - Brain Exercises (FL) 2:00 Artful Enrichment Painting (AR) 2:00 Euchre (GR) 3:00 Physical Games! (LL) 4:00 Tech Help**See Bobbie** (LL) 6:30 Grab a Friend and Have an Evening Walk (OUTS)	Vendor: Jewelry by Maria (LL) 19 10:00 Vendor: Jewelry by Maria (LL) 10:30 Chair Yoga With Instructor Asha (AR) 11:00 Fit Minds!! Keep Thinking Sharp (CK) 2:00 Knitting Club! New Members Welcome! (CK) 3:00 Scrabble (Resident-Run) (CK) 4:45 Dinner Music with Viera Z (DR) 6:30 Creative Colouring Corner (CK)	Gentle Stretch Class (3AR) 20 9:00 Gentle Stretch Class (3AR) 11:00 Movement Matters Class (AR) 2:00 Baking Club (CK) 2:30 Baking Trivia (CK) 3:00 Friday Fun Social (LL) 6:30 Independent Group Game: Yahtzee (GR)	Meet At Entrance: Resident Walk (OUTS) 21 9:45 Meet At Entrance: Resident Walk (OUTS) 10:00 Zumba with Fernanda (AR) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Netflix Documentary: Kangaroo Valley (TC) 6:30 Resident Billiards or Darts (GR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Vendor: Traditions Alive (LL) 22</p> <p>10:30 Activity Packages-Pick Outside Dinning Room (LL)</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>3:00 Java Music (MC)</p> <p>3:00 Resident Social in the Bistro (B)</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) 23</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Colouring Art Social (CK)</p> <p>3:00 Entertainment with David Skolnick (LL)</p> <p>4:00 Resident Social - What's New.... (B)</p> <p>6:30 Monday Movie Night: A Million Miles Away (TC)</p>	<p>10:30 Guided Meditation Video (TC) 24</p> <p>1:30 DrumFit! Exercise (AR)</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>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>10:45 Strengthen Your Mind - Brain Exercises (FL) 25</p> <p>12:00 Outing: Entertainment & Lunch at Cuchulainn's Pub *Sign up* (E)</p> <p>2:00 Meet at the MoMA (AR)</p> <p>2:00 Euchre (GR)</p> <p>3:30 Ted Talks: All About Art (TC)</p> <p>4:00 Tech Help**See Bobbie** (LL)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>10:30 Chair Yoga With Instructor Asha (AR) 26</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:15 Tea and Sweets with Bobbie (CK)</p> <p>3:00 Scrabble (Resident-Run) (CK)</p> <p>6:30 Creative Colouring Corner (CK)</p>	<p>9:00 Gentle Stretch Class (3AR) 27</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Art and Crafts (CK)</p> <p>3:00 Friday Fun Social (LL)</p> <p>6:30 Independent Group Game: Yahtzee (GR)</p>	<p>9:45 Meet At Entrance: Resident Walk (OUTS) 28</p> <p>10:00 Zumba with Fernanda (AR)</p> <p>1:30 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Netflix Documentary: PUFF, Wonders of The Reef (TC)</p> <p>6:30 Resident Billiards or Darts (GR)</p>
<p>10:30 Activity Packages-Pick Outside Dinning Room (LL) 29</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 Java Music (MC)</p> <p>3:00 Resident Social in the Bistro (B)</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) 30</p> <p>11:00 Fall Prevention Class with Instructor Artie (AR)</p> <p>2:00 Colouring Art Social (CK)</p> <p>3:00 Group Crossword (TC)</p> <p>4:00 Resident Social - What's New.... (B)</p> <p>6:30 Monday Movie Night: October Kiss (TC)</p>	<p>10:30 Guided Meditation Video (TC) 31</p> <p>1:30 DrumFit! Exercise (AR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Rosary (TC)</p> <p>3:00 Credit Rivers Halloween Party (LL)</p> <p>6:30 Play a Board Game: Located in the Games Room (GR)</p>				



Be Grateful

Locations Legend

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

Calendar Legend

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