




INSPIRED SENIOR LIVING

February 2024 Assisted Living



INSPIRED SENIOR LIVING WITH

Credit River Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>		 <p>Lunar Year Dragon</p>				
<p>10:00 Activity Packages Available at Health & Wellness Desk (3F) 4</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Bingo (MC)</p> <p>3:00 Java Music (MC)</p> <p>4:00 Funniest Videos (3F)</p> <p>6:00 Hollywood Collection (Youtube): Mae West (3F)</p>	<p>9:00 Gentle Stretch Class (3AR) 5</p> <p>10:15 Walking Group (OUTS)</p> <p>11:00 Protestant/ Non Denominational Church Service (TC)</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>1:30 Resident Council Meeting (TC)</p> <p>2:30 Management Introduction Social (LL)</p> <p>6:00 Creative Art Corner (3AR)</p>	<p>10:30 Gentle Stretch with Diana (AR) 6</p> <p>10:30 Bowling! (3AR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>2:00 Tea Time Social (3AR)</p> <p>3:00 Entertainment w/ The Wandering Duo (LL)</p> <p>6:30 Sing a Tune (3AR)</p>	<p>10:00 Indoor Walking (3AR) 7</p> <p>10:30 DrumFit! (ER)</p> <p>1:30 Outing Erin Mills Town Center (OUTS)</p> <p>3:00 Games with Bobbie (LL)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>	<p>10:30 Chair Yoga Video (AR) 8</p> <p>1:30 Walking Group (3F)</p> <p>2:00 Games with Diana (MC)</p> <p>2:00 Tea Social: This Week In History (AL)</p> <p>3:00 Creative Art - MoMA (MC)</p> <p>4:00 Java Music Club (MC)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>9:00 Gentle Stretch Class (3AR) 9</p> <p>10:00 Morning Hall Walk (3F)</p> <p>10:30 Fit Minds: Brain Exercises (LL)</p> <p>11:00 Movement Matters Class (AR)</p> <p>1:15 Intergenerational Programs with Grade 7's - Dolphin PS - Join a Program (LL)</p> <p>3:00 Friday Fun Social with Karoke and Games (ALDR)</p> <p>6:30 Comedy with Funniest Animals (AL)</p>	<p>10:30 Zumba with Fernanda (AR) 10</p> <p>1:30 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Games w/ Saran (MC)</p> <p>4:00 Work on a Puzzle (AL)</p> <p>4:45 Special Chinese Dinner (DR)</p> <p>6:30 After Dinner Tea Social (3AR)</p>
<p>10:00 Activity Packages Available at Health & Wellness Desk (3F) 11</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>11:45 February Brunch (DR)</p> <p>2:00 Bingo (MC)</p> <p>3:00 Java Music (MC)</p> <p>4:00 Funniest Videos (3F)</p> <p>6:00 Hollywood Collection (Youtube): Cary Grant (3F)</p>	<p>9:00 Gentle Stretch Class (3AR) 12</p> <p>10:15 Walking Group (OUTS)</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>1:30 Snakes and ladders (3AR)</p> <p>3:00 Games (3F)</p> <p>6:00 Creative Art Corner (3AR)</p>	<p>Mardi Gras! Wear Green, Purple, Gold 13</p> <p>10:30 Gentle Stretch with Diana (AR)</p> <p>10:30 Bowling! (3AR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Mardi Gras Happy Hour! (B)</p> <p>3:00 FitMinds - Did You Know? (3AR)</p> <p>6:30 Sing a Tune (3AR)</p>	<p>Happy Valentine's Day - Wear Your Red, White & Pink 14</p> <p>10:00 Indoor Walking (3AR)</p> <p>10:30 DrumFit! (ER)</p> <p>1:30 Outing: Walk to Dollar Store**depending weather** (OUTS)</p> <p>2:00 Making Chocolate Covered Strawberries and Apple Slices (LL)</p> <p>2:30 Dining & Food Committee w/ Sandeep & Carolyn (CK)</p> <p>3:00 Games with Bobbie (LL)</p> <p>3:30 All About Your Valentine (LL)</p> <p>6:30 Entertainment w/Gilad Gratch (LL)</p>	<p>10:30 Chair Yoga Video (AR) 15</p> <p>2:00 Games with Diana (MC)</p> <p>2:00 Tea Social: This Week In History (AL)</p> <p>3:00 Creative Art - MoMA (MC)</p> <p>4:00 Java Music Club (MC)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>9:00 Gentle Stretch Class (3AR) 16</p> <p>10:00 Morning Hall Walk (3F)</p> <p>10:30 Fit Minds: Brain Exercises (LL)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Discussion of Most Expensive Art (TC)</p> <p>3:00 Friday Fun Social with Karoke and Games (ALDR)</p> <p>6:30 Comedy with Funniest Animals (AL)</p>	<p>10:30 Zumba with Fernanda (AR) 17</p> <p>1:30 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Games w/ Saran (MC)</p> <p>4:00 Work on a Puzzle (AL)</p> <p>6:30 After Dinner Tea Social (3AR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Vendor: Traditions Alive (LL) 18</p> <p>10:00 Activity Packages Available at Health & Wellness Desk (3F)</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Bingo (MC)</p> <p>3:00 Java Music (MC)</p> <p>4:00 Funniest Videos (3F)</p> <p>6:00 Hollywood Collection (Youtube): Audrey Hupburn (3F)</p>	<p>Happy Family Day 19</p> <p>10:15 Walking Group (OUTS)</p> <p>11:00 Exercise Video (AR)</p> <p>1:30 Movie Maudie: Maudie (TC)</p> <p>3:00 Crosswords (3F)</p> <p>6:00 Creative Art Corner (3AR)</p>	<p>10:30 Coffee and Sing Along W/ Craig Manning (LL) 20</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>2:00 Tea Time Social (3AR)</p> <p>3:00 FitMinds - Did You Know? (3AR)</p> <p>6:30 Sing a Tune (3AR)</p>	<p>10:00 Indoor Walking (3AR) 21</p> <p>10:30 DrumFit! (ER)</p> <p>2:00 Resident Town Hall with Amy (TC)</p> <p>2:00 Movie Matinee at The Theatre (TC)</p> <p>3:00 Artful Enrichment Painting (AR)</p> <p>3:00 Games with Bobbie (LL)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>	<p>National Margarita Day: Wear Your Beach Attire (LL) 22</p> <p>10:30 Chair Yoga Video (AR)</p> <p>2:00 Games with Diana (MC)</p> <p>2:00 Tea Social: This Week In History (AL)</p> <p>2:30 Margarita Bar! (B)</p> <p>3:00 Entertainment w/Zack (LL)</p> <p>3:00 Creative Art - MoMA (MC)</p> <p>4:00 Java Music Club (MC)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>Italian Day: Wear Your Red, Green & White 23</p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:00 Morning Hall Walk (3F)</p> <p>10:30 Fit Minds: Brain Exercises (LL)</p> <p>11:00 Movement Matters Class (AR)</p> <p>1:15 Intergenerational Programs with Grade 7's - Dolphin PS - Join a Program (LL)</p> <p>3:00 Word Games (B)</p> <p>3:00 Friday Fun Social with Karoke and Games (ALDR)</p> <p>4:45 Italian Themed Dinner (DR)</p> <p>6:30 Comedy with Funniest Animals (AL)</p>	<p>10:30 Zumba with Fernanda (AR) 24</p> <p>1:30 Rosary (TC)</p> <p>2:00 BINGO for Prizes!! (CK)</p> <p>3:00 Games w/ Saran (MC)</p> <p>4:00 Work on a Puzzle (AL)</p> <p>6:30 After Dinner Tea Social (3AR)</p>
<p>10:00 Activity Packages Available at Health & Wellness Desk (3F) 25</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:30 Indigo Chimes Choir (CK)</p> <p>4:00 Funniest Videos (3F)</p> <p>6:00 Hollywood Collection (Youtube): The Story Of Lassie (3F)</p>	<p>9:00 Gentle Stretch Class (3AR) 26</p> <p>10:15 Walking Group (OUTS)</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>1:30 Snakes and ladders (3AR)</p> <p>2:30 Concert with Craig Manning (MC)</p> <p>3:00 Games (3F)</p> <p>4:00 Life Enrichment Program Meeting (TC)</p> <p>6:00 Creative Art Corner (3AR)</p>	<p>10:30 Gentle Stretch with Diana (AR) 27</p> <p>10:30 Bowling! (3AR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 FitMinds - Did You Know? (3AR)</p> <p>6:30 Sing a Tune (3AR)</p>	<p>10:00 Indoor Walking (3AR) 28</p> <p>10:30 DrumFit! (ER)</p> <p>12:00 Outing: Entertainment & Lunch at Cuchulainn's Pub *Sign up* (E)</p> <p>3:00 Games with Bobbie (LL)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>	<p>10:30 Chair Yoga Video (AR) 29</p> <p>2:00 Games with Diana (MC)</p> <p>2:00 Tea Social: This Week In History (AL)</p> <p>3:00 Creative Art - MoMA (MC)</p> <p>4:00 Java Music Club (MC)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>MONDAY FEB 19 Family Day</p>	

THURSDAY
FEB 22
National Margarita Day

Be your best self

Locations Legend

- 3rd Floor Activity Room (3AR)
- Memory Care (MC)
- Activity Room (AR)
- 3rd Floor (3F)
- Lower Level (LL)
- assisted Living (AL)
- Theatre/Chapel (TC)

Calendar Legend

- Country Kitchen (CK)
- Outside (OUTS)
- Assisted Living DR (ALDR)
- Dining Room (DR)
- Exercise Room (ER)
- Bistro/Bar (B)
- Meet at Entrance (E)

Calendar Legend

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