



INSPIRED SENIOR LIVING

# February 2024 Independent Living

## Credit River Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Black History Month</b></p>		 <p><b>Lunar Year Dragon</b></p>		<p>10:30 Chair Yoga Video (AR) <b>1</b>            11:00 Fit Minds!! Keep Thinking Sharp (CK)            2:00 Knitting Club! New Members Welcome! (CK)            2:30 Java Music Club (TC)            3:00 Thirsty Thursday: All about Black History Month (B)            6:30 Yahtzee! (CK)</p>	<p><b>Groundhog Day</b> <b>2</b>            10:30 Walking Group - Dress for the weather (OUTS)            11:00 Movement Matters Class (AR)            2:00 Discussion on Global Sculptors (TC)            3:00 Art Club: All Welcome! (CK)            4:00 All about Beets (LL)            4:45 Living Loving Local Dinner: Beets (DR)            6:30 Friday Night Social (LL)</p>	<p>10:30 Zumba with Fernanda (AR) <b>3</b>            1:30 Rosary (TC)            2:00 BINGO for Prizes!! (CK)            3:00 Resident Coffee Social (B)            6:30 Resident Billiards (GR)            7:00 Saturday Night at The Movies: Resident Pick (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) <b>4</b>            2:00 Hymn Sing (TC)            2:00 Painting: Canadian Artists (MoMA) (AR)            3:00 Resident Social (B)            4:00 Resident Billiards (GR)            6:30 Indoor Resident Evening Walk - Grab a Partner (LL)</p>	<p>10:00 Indoor Walking (LL) <b>5</b>            11:00 Protestant/ Non Denominational Church Service (TC)            11:00 Fall Prevention Class with Instructor (AR)            1:30 Resident Council Meeting (TC)            2:30 Management Introduction Social (LL)            3:00 Group Crossword (TC)            4:00 Rebus Puzzles - Think Outside The Box (B)            6:30 Monday Prime Movie: (TC)</p>	<p>10:30 Gentle Stretch with Diana (AR) <b>6</b>            11:00 Pre Lunch Walk (LL)            1:30 Rosary (TC)            2:00 TOONIE BINGO! (CK)            3:00 Entertainment w/ The Wandering Duo (LL)            4:00 Word Jumble (CK)            6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>10:15 Guided Meditation Video (TC) <b>7</b>            10:30 DrumFit! (ER)            10:45 Strengthen Your Mind - Brain Exercises (FL)            2:00 Euchre (GR)            2:00 Artful Enrichment Painting (AR)            2:00 Kitchen Tour with Chef Sandeep *Sign up Max 5 Residents** (DR)            3:00 Games with Bobbie (LL)            6:30 Work on a Puzzle (L)</p>	<p>10:30 Chair Yoga Video (AR) <b>8</b>            11:00 Fit Minds!! Keep Thinking Sharp (CK)            2:00 Knitting Club! New Members Welcome! (CK)            2:30 Java Music Club (TC)            3:00 Thirsty Thursday and Jeopardy (B)            6:30 Yahtzee! (CK)            7:00 Outing: Mississauga Symphony Orchestra: Puccini Tosca Opera **sign up** (OUTS)</p>	<p>10:30 Walking Group - Dress for the weather (OUTS) <b>9</b>            11:00 Movement Matters Class (AR)            1:15 Intergenerational Programs with Grade 7's - Dolphin PS - Join a Program (LL)            3:00 Sing a Tune with Country Music Trivia (TC)            6:30 Friday Night Social (LL)</p>	<p><b>Chinese New Year: The Year of the Dragon</b> <b>10</b>            10:30 Zumba with Fernanda (AR)            1:30 Rosary (TC)            2:00 BINGO for Prizes!! (CK)            3:00 Resident Coffee Social (B)            4:45 Special Chinese Dinner (DR)            6:30 Resident Billiards (GR)            7:00 Saturday Night at The Movies: Resident Pick (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) <b>11</b>            11:45 February Brunch (DR)            2:00 Hymn Sing (TC)            2:00 Painting: Canadian Artists (MoMA) (AR)            3:00 Resident Social (B)            4:00 Resident Billiards (GR)            6:30 SuperBowl Party (B)</p>	<p>10:00 Indoor Walking (LL) <b>12</b>            11:00 Fall Prevention Class with Instructor (AR)            1:15 Outing: Shoppers Drug Mart &amp; LCBO **sign up required** (E)            2:00 Colouring Art Social (CK)            3:00 Group Crossword (TC)            4:00 Rebus Puzzles - Think Outside The Box (B)            6:30 Monday Prime Movie: (TC)</p>	<p><b>Mardi Gras! Wear Green, Purple, Gold</b> <b>13</b>            10:30 Gentle Stretch with Diana (AR)            11:00 Pre Lunch Walk (LL)            1:30 Rosary (TC)            2:00 TOONIE BINGO! (CK)            3:00 Mardi Gras Happy Hour! (B)            4:00 Word Jumble (CK)            6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p><b>Happy Valentine's Day - Wear Your Red, White &amp; Pink</b> <b>14</b>            10:15 Guided Meditation Video (TC)            10:30 DrumFit! (ER)            10:45 Strengthen Your Mind - Brain Exercises (FL)            2:00 Meet at the MoMA (AR)            2:00 Euchre (GR)            2:00 Making Chocolate Covered Strawberries and Apple Slices (LL)            2:30 Dining &amp; Food Committee w/ Sandeep &amp; Carolyn (CK)            3:30 All About Your Valentine (LL)            6:30 Entertainment w/Gilad Gratch (LL)</p>	<p>10:30 Chair Yoga Video (AR) <b>15</b>            11:00 Fit Minds!! Keep Thinking Sharp (CK)            2:00 Knitting Club! New Members Welcome! (CK)            2:30 Java Music Club (TC)            3:00 Thirsty Thursday and Jeopardy (B)            6:30 Yahtzee! (CK)</p>	<p>10:30 Walking Group - Dress for the weather (OUTS) <b>16</b>            11:00 Movement Matters Class (AR)            2:00 Discussion of Most Expensive Art (TC)            3:00 Art Club: All Welcome! (CK)            6:30 Friday Night Social (LL)</p>	<p>10:30 Zumba with Fernanda (AR) <b>17</b>            1:30 Rosary (TC)            2:00 BINGO for Prizes!! (CK)            3:00 Resident Coffee Social (B)            6:30 Resident Billiards (GR)            7:00 Saturday Night at The Movies: Resident Pick (TC)</p>



INSPIRED SENIOR LIVING

# February 2024 Independent Living

## Credit River Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:00</b> Vendor: Traditions Alive (LL) <b>18</b></p> <p><b>10:45</b> St. Joseph's Parish - Communion (TC)</p> <p><b>2:00</b> Hymn Sing (TC)</p> <p><b>2:00</b> Painting: Canadian Artists (MoMA) (AR)</p> <p><b>3:00</b> Resident Social (B)</p> <p><b>4:00</b> Resident Billiards (GR)</p> <p><b>6:30</b> Indoor Resident Evening Walk - Grab a Partner (LL)</p>	<p><b>10:00</b> Indoor Walking (LL) <b>19</b></p> <p><b>10:00</b> Activity Packages Available Outside Dining Room (DR)</p> <p><b>11:00</b> Exercise Video (AR)</p> <p><b>2:00</b> Movie: Maudie (Maud Lewis) (TC)</p> <p><b>6:30</b> After Dinner Social &amp; Board Games (B)</p>	<p><b>10:30</b> Coffee and Sing Along W/ Craig Manning (LL) <b>20</b></p> <p><b>11:00</b> Pre Lunch Walk (LL)</p> <p><b>1:30</b> Rosary (TC)</p> <p><b>2:00</b> TOONIE BINGO! (CK)</p> <p><b>3:00</b> Toonie Tuesday Happy Hour with Jeopardy (CK)</p> <p><b>4:00</b> Word Jumble (CK)</p> <p><b>6:30</b> Play a Board Game: Located in the Games Room (GR)</p>	<p><b>10:15</b> Guided Meditation Video (TC) <b>21</b></p> <p><b>10:30</b> DrumFit! (ER)</p> <p><b>10:45</b> Strengthen Your Mind - Brain Exercises (FL)</p> <p><b>2:00</b> Euchre (GR)</p> <p><b>2:00</b> Resident Town Hall with Amy (TC)</p> <p><b>3:00</b> Artful Enrichment Painting (AR)</p> <p><b>3:00</b> Games with Bobbie (LL)</p> <p><b>6:30</b> Work on a Puzzle (L)</p>	<p><b>National Margarita Day: Wear Your Beach Attire (LL) 22</b></p> <p><b>10:30</b> Chair Yoga Video (AR)</p> <p><b>11:00</b> Tech Help**See Bobbie (LL)</p> <p><b>11:00</b> Fit Minds!! Keep Thinking Sharp (CK)</p> <p><b>2:00</b> Knitting Club! New Members Welcome! (CK)</p> <p><b>2:30</b> Margarita Bar! (B)</p> <p><b>2:30</b> Java Music Club (TC)</p> <p><b>3:00</b> Entertainment w/Zack (LL)</p> <p><b>6:30</b> Yahtzee! (CK)</p>	<p><b>Italian Day: Wear Your Red, Green &amp; White 23</b></p> <p><b>10:30</b> Walking Group - Dress for the weather (OUTS)</p> <p><b>11:00</b> Movement Matters Class (AR)</p> <p><b>1:15</b> Intergenerational Programs with Grade 7's - Dolphin PS - Join a Program (LL)</p> <p><b>3:00</b> Word Games (B)</p> <p><b>4:45</b> Italian Themed Dinner (DR)</p> <p><b>6:30</b> Friday Night Social (LL)</p>	<p><b>10:30</b> Zumba with Fernanda (AR) <b>24</b></p> <p><b>1:30</b> Rosary (TC)</p> <p><b>2:00</b> BINGO for Prizes!! (CK)</p> <p><b>3:00</b> Resident Coffee Social (B)</p> <p><b>6:30</b> Resident Billiards (GR)</p> <p><b>7:00</b> Saturday Night at The Movies: Resident Pick (TC)</p>
<p><b>10:45</b> St. Joseph's Parish - Communion (TC) <b>25</b></p> <p><b>2:00</b> Hymn Sing (TC)</p> <p><b>2:00</b> Painting: Canadian Artists (MoMA) (AR)</p> <p><b>2:30</b> Indigo Chimes Choir (CK)</p> <p><b>3:00</b> Resident Social (B)</p> <p><b>4:00</b> Resident Billiards (GR)</p> <p><b>6:30</b> Indoor Resident Evening Walk - Grab a Partner (LL)</p>	<p><b>10:00</b> Indoor Walking (LL) <b>26</b></p> <p><b>11:00</b> Fall Prevention Class with Instructor (AR)</p> <p><b>2:00</b> Colouring Art Social (CK)</p> <p><b>3:00</b> Group Crossword (TC)</p> <p><b>4:00</b> Life Enrichment Program Meeting (TC)</p> <p><b>6:30</b> Monday Prime Movie: (TC)</p>	<p><b>10:30</b> Gentle Stretch with Diana (AR) <b>27</b></p> <p><b>11:00</b> Pre Lunch Walk (LL)</p> <p><b>1:30</b> Rosary (TC)</p> <p><b>2:00</b> TOONIE BINGO! (CK)</p> <p><b>3:00</b> Toonie Tuesday Happy Hour with Jeopardy (CK)</p> <p><b>4:00</b> Word Jumble (CK)</p> <p><b>6:30</b> Play a Board Game: Located in the Games Room (GR)</p>	<p><b>10:15</b> Guided Meditation Video (TC) <b>28</b></p> <p><b>10:30</b> DrumFit! (ER)</p> <p><b>10:45</b> Strengthen Your Mind - Brain Exercises (FL)</p> <p><b>12:00</b> Outing: Entertainment &amp; Lunch at Cuchulainn's Pub *Sign up* (E)</p> <p><b>2:00</b> Meet at the MoMA (AR)</p> <p><b>2:00</b> Euchre (GR)</p> <p><b>3:00</b> Games with Bobbie (LL)</p> <p><b>6:30</b> Work on a Puzzle (L)</p>	<p><b>10:30</b> Chair Yoga Video (AR) <b>29</b></p> <p><b>11:00</b> Fit Minds!! Keep Thinking Sharp (CK)</p> <p><b>2:00</b> Knitting Club! New Members Welcome! (CK)</p> <p><b>2:30</b> Java Music Club (TC)</p> <p><b>3:00</b> Thirsty Thursday and Jeopardy (B)</p> <p><b>6:30</b> Yahtzee! (CK)</p>	<p><b>MONDAY</b> <b>FEB 19</b> <b>Family Day</b></p>	



*Be your best self*

**Locations Legend**

- Theatre/Chapel (TC)
- Country Kitchen (CK)
- Lower Level (LL)
- Activity Room (AR)
- Bistro/Bar (B)
- Game Room (GR)

**Locations Legend**

- Dining Room (DR)
- Outside (OUTS)
- Exercise Room (ER)
- Fireside Lounge (FL)
- Library (L)
- Meet at Entrance (E)

**Calendar Legend**

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