



INSPIRED SENIOR LIVING

March 2024 Assisted Living

Credit River Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>	 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>				<p>Happy 8th Anniversary Credit River (Dress in Blue Day) (LL) 1</p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:00 Vendor Mary Kay (LL)</p> <p>10:00 Volleyball (3F)</p> <p>10:00 Brain Exercises (3F)</p> <p>2:00 Celebrating Credit River: Maple Butter Tarts & Coffee (LL)</p> <p>3:00 Entertainment with Marcus Schwan! (LL)</p> <p>4:45 Living Loving Local Dinner ft Maple (LL)</p> <p>6:30 Comedy with Funniest Animals (AL)</p>	<p>10:30 Zumba with Fernanda (AR) 2</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) 3</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 Disney Collection Movies (3F)</p>	<p>9:00 Gentle Stretch Class (3AR) 4</p> <p>10:15 Walking Group (OUTS)</p> <p>1:30 Resident Council Meeting (TC)</p> <p>2:00 Games/ Coloring (3F)</p> <p>2:30 Make your Bamboo (3AR)</p> <p>3:00 Crocodile and Jenga (3F)</p> <p>6:00 Creative Art and Games (3AR)</p>	<p>10:00 Bowling! (3AR) 5</p> <p>10:30 Gentle Stretch with Diana (AR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 History Presentation with Richard Jordan (TC)</p> <p>3:15 Wheel of Fortune! (3AR)</p> <p>6:30 Sing a Tune (3AR)</p>	<p>10:15 Drum Fit (3AR) 6</p> <p>10:45 Walking Group**Outside Depending Weather** (3F)</p> <p>1:30 Outing Erin Mills Town Center (OUTS)</p> <p>2:00 Animal race/ Games (3F)</p> <p>3:00 Java Music (3F)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>	<p>10:00 Zumba (3F) 7</p> <p>11:00 Walking Buddies (AR)</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 Singfit (MC)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>International Women's Day (Wear Purple) 8</p> <p>9:00 Gentle Stretch Class (3AR)</p> <p>10:00 Volleyball (3F)</p> <p>10:30 Brain Exercises (3F)</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>12:00 Spring Your Clocks Forward One Hour Before Bed 9</p> <p>10:30 Zumba with Fernanda (AR)</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) 10</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 Disney Collection Movies (3F)</p>	<p>9:00 Gentle Stretch Class (3AR) 11</p> <p>10:15 Walking Group (OUTS)</p> <p>1:30 Snakes and ladders (3AR)</p> <p>2:30 Games/ Coloring (3F)</p> <p>3:00 Crocodile and Jenga (3F)</p> <p>6:00 Creative Art Corner (3AR)</p>	<p>10:00 Bowling! (3AR) 12</p> <p>10:30 Gentle Stretch with Diana (AR)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Entertainment with David Skolnick (LL)</p> <p>3:15 Wheel of Fortune! (3AR)</p> <p>6:30 Sing a Tune (3AR)</p>	<p>10:15 Drum Fit (3AR) 13</p> <p>10:45 Walking Group**Outside Depending Weather** (3F)</p> <p>12:00 Outing: Entertainment & Lunch at Cuchulainn's Pub *Sign up* (E)</p> <p>2:00 Animal race/ Games (3F)</p> <p>2:30 Dinning & Food Discussion w/ Sandeep & Caroline (CK)</p> <p>5:45 Evening BINGO (3AR)</p> <p>6:30 Tea Time Social (AL)</p>	<p>National Potato Chip Day (LL) 14</p> <p>10:00 Zumba (3F)</p> <p>2:00 Rare Potato Chip Tasting (3AR)</p> <p>3:00 Creative Art - MoMA (MC)</p> <p>4:00 Singfit (MC)</p> <p>6:00 Calming Colouring (3AR)</p>	<p>9:00 Gentle Stretch Class (3AR) 15</p> <p>10:00 Volleyball (3F)</p> <p>10:30 Brain Exercises (3F)</p> <p>2:00 Sing Along with House Team (3AR)</p> <p>2:30 Board Games (3F)</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) 16</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
10:00 Activity Packages Available at Health & Wellness Desk (3F) 10:45 St. Joseph's Parish - Communion (TC) 2:00 St Patricks Day Bingo (MC) 3:00 Java Music (MC) 4:00 Funniest Videos (3F) 6:00 Disney Collection Movies (3F)	9:00 Gentle Stretch Class (3AR) 10:15 Walking Group (OUTS) 1:30 Snakes and ladders (3AR) 2:30 Games/ Coloring (3F) 3:00 Crocodile and Jenga (3F) 6:00 Make a Bamboo (MC)	First Day of S-P-R-I-N-G 10:00 Bowling! (3AR) 10:30 Gentle Stretch with Diana (AR) 2:00 TOONIE BINGO! (CK) 2:00 Nails Spa (MC) 3:00 Making Spring Arrangements with Life Enrichment (CK) 6:30 Sing a Tune (3AR)	10:15 Drum Fit (3AR) 10:45 Walking Group**Outside Depending Weather** (3F) 11:00 Vendor: Jewelry by Maria (LL) 2:00 Resident Town Hall with Amy (TC) 2:00 Movie Matinee: Mama Mia (TC) 5:45 Evening BINGO (3AR) 6:30 Tea Time Social (AL)	Port of Call Spain Wear Your Floral wear (LL) 10:00 Matador's Challenge (Physical Games) (3F) 10:30 A bailar Zumba! (3F) 1:30 Picasso's Palette - MoMA (MC) 2:00 Diana's Spanish Gala Games (MC) 2:30 Deck Cocktails & Learn Spanish (B) 3:00 Entertainment Jorge Lopez: Spanish Guitar (LL) 4:00 Cantando - Singfit (3F) 6:00 Siesta Sketches (3AR)	Port of Call Morocco Dress for The Beach! 9:00 Marrakech Morning stretch (Gentle Stretch Class) (3AR) 10:00 Casablanca Cruise Volley (volleyball) (3F) 10:30 Sahara Thinkers' Challenge (Brain Exercises) (3F) 1:30 Beach Games (LL) 2:00 Beach Photo Booth (LL) 3:30 Fez Strategy Lounge (Board Games) (3F) 6:30 Atlas Animal Laughs (Comedy with Funniest Animals) (AL)	Port of Call Italy Wear Your Bright Colours 10:30 Zumba with Fernanda (AR) 1:00 National Mediterranean Open House**Sea Posters for Activity Information** (LL) 6:30 After Dinner Tea Social (3AR)
Port Of Call Turkey Wear Your Sun Hats (LL) 10:00 Bosphorus Wellness Bazaar (Activity Packages Available at Health & Wellness Desk) (3F) 10:45 St. Joseph's Parish - Communion (TC) 2:00 Istanbul Bingo Bazaar (Bingo) (MC) 2:30 National Cocktail Day: Turkish Beverages (B) 3:00 Turkish Game: Tombara (B) 3:00 Anatolian Melody Cafe (Java Music) (MC) 4:00 Cappadocia Comedy Clips (Funniest Videos) (3F) 6:00 Ottoman Magic Cinema (Disney Collection Movies) (3F)	Port of Call Greece Wear White 9:00 Socrates' Serene Stretch (Gentle Stretch Class) (3AR) 10:15 Walking Group (OUTS) 10:30 Make Your Own Leaf Crown (CK) 11:45 Captain's Lunch 1:30 Olympus Snakes and ladders! (3AR) 2:30 (Mythos Games and Coloring Odyssey) (3F) 3:00 Athenians Ruins Jenga (Crocodile and Jenga) (3F) 6:30 Entertainment with Martin Wall (LL)	Port of Call Croatia Wear Your Best Tacky Tourist Outfit (LL) 10:00 Kuglanje na cesti (Bowling!) (3AR) 10:15 Bubnjati (Drum Fit) (3AR) 10:30 Gentle Stretch with Diana (AR) 2:00 Tourist TOONIE BINGO! (CK) 3:00 Chef Demo Featuring (CK) 3:15 Jadransko kolo s blagom (Adriatic Treasure Wheel) (3AR) 3:30 Discover Croatia & Play Trivia (B) 6:30 Karaoke Dalmatinske melodije (Dalmatian Melody Karaoke) (3AR)	Port of Call France Wear Your Sparkle, Bling, Sports Coats (LL) 10:00 Défilé de ballons parisien (Parisian Balloon Parade) (3AR) 10:30 Entraînement rythmique Riviera (Riviera Rhythmic Workout) (3F) 10:45 Walking Group**Outside Depending Weather** (3F) 2:00 (Versailles Critter Chasse) Animal race/ Games (3F) 2:30 Explore French Wine And Cheese (LL) 4:45 Gala Dinner 5:45 Le Bingo de Napoléon (Napoleon's Bingo) (3AR) 6:30 Provence Tea Salon (AL)	Return To Canada Wear Your Canadian Gear (LL) 10:00 Maple Groove Zumba (3F) 1:30 Canadian Prime Documentary: The Untold (TC) 2:00 Northern Lights Games With Diana (MC) 2:00 Great Cruise Birthday Bash (AL) 3:00 Canadian Artist Zack on the Guitar (B) 3:00 Canuck Creations Studio - MoMA (MC) 4:00 Rockies Melody Sessions (MC) 6:00 Tranquil Maple Coloring (3AR)	Good Friday 9:00 Gentle Stretch Class (3AR) 10:00 Volleyball (3F) 10:30 Brain Exercises (3F) 11:00 Exercise Video (AR) 2:30 Easter High Tea Social (CK) 6:30 Comedy with Funniest Animals (AL)	10:00 Vendor: Traditions Alive (CK) 10:30 Zumba with Fernanda (AR) 1:30 Rosary (TC) 2:00 BINGO for Prizes!! (CK) 3:00 Games w/ Saran (MC) 4:00 Work on a Puzzle (AL) 6:30 After Dinner Tea Social (3AR)
Happy Easter Sunday! 10:00 Activity Packages Available at Health & Wellness Desk (3F) 10:45 St. Joseph's Parish - Communion (TC) 11:00 Easter Brunch**Reserve A Spot For Your Guests** (LL) 2:00 Bingo (MC) 3:00 Java Music (MC) 4:00 Funniest Videos (3F) 6:00 Disney Collection Movies (3F)			Locations Legend 3rd Floor (3F) 3rd Floor Activity Room (3AR) Memory Care (MC) Lower Level (LL) assisted Living (AL) Theatre/Chapel (TC)		Country Kitchen (CK) Activity Room (AR) Outside (OUTS) Bistro/Bar (B) Assisted Living DR (ALDR) Meet at Entrance (E)	Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program