



INSPIRED SENIOR LIVING

March 2024

Independent 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>10:00 Vendor Mary Kay (LL)</p> <p>10:30 Walking Group - Dress for the weather (OUTS)</p> <p>11:00 Movement Matters Class (AR)</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 Friday Night Resident Social (LL)</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 Resident Coffee Social (B)</p> <p>6:30 Resident Billiards (GR)</p> <p>7:00 Saturday Night Disney Collection: Cinderella (not animated) (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) 3</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Painting: Canadian Artists (MoMA) (CK)</p> <p>3:00 Resident Social (B)</p> <p>4:00 Resident Billiards (GR)</p> <p>6:30 Indoor Resident Evening Walk - Grab a Partner (LL)</p>	<p>10:00 Indoor Walking (LL) 4</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>1:30 Resident Council Meeting (TC)</p> <p>2:00 Colouring Art Social (CK)</p> <p>3:00 Group Crossword (TC)</p> <p>4:00 Rebus Puzzles - Think Outside The Box (B)</p> <p>6:30 Monday Prime Movie: Everything Must Go (Dram/Comedy) (TC)</p>	<p>10:30 Gentle Stretch with Diana (AR) 5</p> <p>11:00 Pre Lunch Walk (LL)</p> <p>1:30 Rosary (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 History Presentation with Richard Jordan (TC)</p> <p>4:00 Word Jumble (CK)</p> <p>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>10:15 Guided Meditation Video (TC) 6</p> <p>10:45 Strengthen Your Mind - Brain Exercises (FL)</p> <p>1:30 Outing Erin Mills Town Center (OUTS)</p> <p>2:00 Euchre (GR)</p> <p>3:00 Jeopardy! (LL)</p> <p>4:00 Java Music (B)</p> <p>6:30 Work on a Puzzle (L)</p>	<p>11:00 Tech Help**See Bobbie (LL) 7</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>1:30 Outing: Shoppers Drug Mart & LCBO **sign up required** (E)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>3:00 Animal Race! Bring Your Quarters (LL)</p> <p>6:30 Throw Back Thursday Movie Night: Free Willy (Drama) (TC)</p>	<p>International Women's Day (Wear Purple) 8</p> <p>10:30 Walking Group - Dress for the weather (OUTS)</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>2:00 Drum Fit (ER)</p> <p>3:00 International Women Music Trivia and Singing (B)</p> <p>6:30 Friday Night Resident Social (LL)</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 Resident Coffee Social (B)</p> <p>6:30 Resident Billiards (GR)</p> <p>7:00 Saturday Night Disney Collection: Peter Pan & Wendy (not animated) (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) 10</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Painting: Canadian Artists (MoMA) (AR)</p> <p>3:00 Resident Social (B)</p> <p>4:00 Resident Billiards (GR)</p> <p>6:30 Indoor Resident Evening Walk - Grab a Partner (LL)</p>	<p>10:00 Indoor Walking (LL) 11</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>2:00 Colouring Art Social (CK)</p> <p>3:00 Prime Movie: Oppenheimer (part 1) Breathtaking Global Phenomenon About the Father of the Atomic Bomb (TC)</p> <p>6:30 Prime Movie: Oppenheimer (part 2) Breathtaking Global Phenomenon About the Father of the Atomic Bomb (TC)</p>	<p>10:30 Gentle Stretch with Diana (AR) 12</p> <p>11:00 Pre Lunch Walk (LL)</p> <p>1:30 Rosary (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Entertainment with David Skolnick (LL)</p> <p>4:00 Word Jumble (CK)</p> <p>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>10:15 Guided Meditation Video (TC) 13</p> <p>10:45 Strengthen Your Mind - Brain Exercises (FL)</p> <p>12:00 Outing: Entertainment & Lunch at Cuchulainn's Pub *Sign up* (E)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Meet at the MoMA - Charles Jarvis (AR)</p> <p>2:30 Dinning & Food Discussion w/ Sandeep & Caroline (CK)</p> <p>3:30 Jeopardy! (LL)</p> <p>4:00 Java Music (B)</p> <p>6:30 Work on a Puzzle (L)</p>	<p>National Potato Chip Day (LL) 14</p> <p>10:30 Chair Yoga Video (AR)</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:30 Rare Potato Chip Tasting (B)</p> <p>3:00 The Price Is Right! (B)</p> <p>6:30 Throw Back Thursday Movie Night: Patch Adams (Drama/Comedy) (TC)</p>	<p>10:30 Walking Group - Dress for the weather (OUTS) 15</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Drum Fit (ER)</p> <p>2:30 Onyx Dental Information Session with Wine & Cheese (CK)</p> <p>6:30 Friday Night Resident Social (LL)</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 Mediterranean Cruise Information Social with Sangria (LL)</p> <p>3:00 All About Maple! - Social & Trivia (B)</p> <p>6:30 Resident Billiards (GR)</p> <p>7:00 Saturday Night Disney Collection: Jungle Cruise (TC)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Artful Enrichment: Painting Clover Fields (AR)</p> <p>2:30 Celebrating St Patrick's Day: Trivia, Games, Singing, & Green Beer! (B)</p> <p>4:00 Resident Billiards (GR)</p> <p>6:30 Indoor Resident Evening Walk - Grab a Partner (LL)</p>	<p>18</p> <p>10:00 Indoor Walking (LL)</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>2:00 Colouring Art Social (CK)</p> <p>3:00 Group Crossword (TC)</p> <p>4:00 Rebus Puzzles - Think Outside The Box (B)</p> <p>6:30 Monday Prime Movie: The Aeronauts (Drama/Adventure) (TC)</p>	<p>19</p> <p>First Day of S-P-R-I-N-G</p> <p>10:30 Gentle Stretch with Diana (AR)</p> <p>11:00 Pre Lunch Walk (LL)</p> <p>1:30 Rosary (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Making Spring Arrangements with Life Enrichment (CK)</p> <p>4:00 Word Jumble (CK)</p> <p>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>20</p> <p>10:15 Guided Meditation Video (TC)</p> <p>10:45 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>11:00 Vendor: Jewelry by Maria (LL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Resident Town Hall with Amy (TC)</p> <p>2:00 Movie Matinee: Mama Mia (TC)</p> <p>3:00 Making Centerpieces (CK)</p> <p>4:00 Java Music (B)</p> <p>6:30 Getting Ready for Cruise Departure (LL)</p>	<p>21</p> <p>Port of Call Spain Wear Your Floral wear (LL)</p> <p>10:30 Stretch it out with Yoga (AR)</p> <p>10:30 Chair Yoga Video (AR)</p> <p>11:00 Mimosa's with Managers! (LL)</p> <p>1:30 Rick Steves' Travelogue: The Best of Southern Spain (TC)</p> <p>2:00 Knitting Below The Deck (CK)</p> <p>2:30 Deck Cocktails & Learn Spanish (B)</p> <p>3:00 Entertainment Jorge Lopez: Spanish Guitar (LL)</p> <p>4:45 Gala Dinner</p> <p>6:30 Evening Passport to Spain & Trivia (B)</p>	<p>22</p> <p>Port of Call Morocco Dress for The Beach!</p> <p>10:30 Walk The Beach (OUTS)</p> <p>11:00 Get Your Beach Body with Movement Matters (AR)</p> <p>11:00 Movement Matters Class (AR)</p> <p>1:30 Beach Games (LL)</p> <p>2:00 Beach Photo Booth (LL)</p> <p>2:00 Drum Fit (ER)</p> <p>2:30 Meet At The Mediterranean Sea For Moroccan Mojitos (B)</p> <p>3:00 Learn About Morocco & Test Your Knowledge (B)</p> <p>6:30 Friday Night Resident Social (LL)</p>	<p>23</p> <p>Port of Call Italy Wear Your Bright Colours</p> <p>10:30 Zumba with Fernanda (AR)</p> <p>1:00 National Mediterranean Open House**Sea Posters for Activity Information** (LL)</p> <p>6:30 Resident Billiards (GR)</p> <p>7:00 Saturday Night Disney Collection: The Little Mermaid (not animated) (TC)</p>
<p>24</p> <p>Port Of Call Turkey Wear Your Sun Hats (LL)</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>1:30 Travelogue: 15 Best Places to Visit in Turkey (TC)</p> <p>2:00 Painting: Turkish Artist Landscape (AR)</p> <p>2:30 National Cocktail Day: Turkish Beverages (B)</p> <p>3:00 Turkish Game: Tombara (B)</p> <p>4:00 Resident Billiards (GR)</p> <p>6:30 Sunset Indoor Resident Evening Walk - Grab a Partner (LL)</p>	<p>25</p> <p>Port of Call Greece Wear White</p> <p>10:00 Admire The Fine Art of CR Residents (LL)</p> <p>10:30 Make Your Own Leaf Crown (CK)</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>11:45 Captain's Lunch</p> <p>1:30 Grecian Art Presentation (CK)</p> <p>2:00 Making Your Own Grecian Vase (CK)</p> <p>3:00 χαρούμενη ώρα a.k.a Happy Hour Featuring Ouzo Martini (B)</p> <p>3:30 Passport to Greece : Discover & Trivia (TC)</p> <p>6:30 Entertainment with Martin Wall (LL)</p>	<p>26</p> <p>Port of Call Croatia Wear Your Best Tacky Tourist Outfit (LL)</p> <p>10:30 Gentle Stretch with Diana (AR)</p> <p>11:00 Pre Lunch Walk (LL)</p> <p>1:30 Rosary (TC)</p> <p>2:00 Tourist TOONIE BINGO! (CK)</p> <p>3:00 Chef Demo Featuring (CK)</p> <p>3:30 Discover Croatia & Play Trivia (B)</p> <p>6:30 Play a Board Game: Located in the Games Room (GR)</p>	<p>27</p> <p>Port of Call France Wear Your Sparkle, Bling, Sports Coats (LL)</p> <p>10:15 Chill Out with Silent Meditation (TC)</p> <p>10:45 Trivia at The Sea (FL)</p> <p>2:00 Paint Like Claud Monet - MoMA (AR)</p> <p>2:00 Play On The Deck - Euchre (GR)</p> <p>2:30 Explore French Wine And Cheese (LL)</p> <p>4:00 Java Music (B)</p> <p>4:45 Gala Dinner</p> <p>6:30 Sunset Deck Games: Team Nicole vs Team Bobbie (B)</p>	<p>28</p> <p>Return To Canada Wear Your Canadian Gear (LL)</p> <p>10:30 Chair Yoga Video (AR)</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>1:30 Canadian Prime Documentary: The Untold (TC)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:30 Canadian Happy Hour Casers at the Bar \$2 (B)</p> <p>3:00 Canadian Artist Zack on the Guitar (B)</p> <p>6:30 Throw Back Thursday Movie Night: You've Got Mail (drama) (TC)</p>	<p>29</p> <p>Good Friday</p> <p>10:00 Take Down Cruise Decor (LL)</p> <p>10:30 Walking Group - Dress for the weather (OUTS)</p> <p>11:00 Exercise Video (AR)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Drum Fit (ER)</p> <p>2:30 Easter High Tea Social (CK)</p> <p>6:30 Friday Night Resident Social (LL)</p>	<p>30</p> <p>10:00 Vendor: Traditions Alive (CK)</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 Resident Coffee Social (B)</p> <p>6:30 Resident Billiards (GR)</p> <p>7:00 Saturday Night Disney Collection: Aladdin (not animated) (TC)</p>
<p>31</p> <p>Happy Easter Sunday!</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>11:00 Easter Brunch**Reserve A Spot For Your Guests** (LL)</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Painting: Canadian Artists (MoMA) (AR)</p> <p>3:00 Resident Social (B)</p> <p>4:00 Resident Billiards (GR)</p> <p>6:30 Indoor Resident Evening Walk - Grab a Partner (LL)</p>	<p><i>Be your best self</i></p>			<p>Locations Legend</p> <p>Lower Level (LL) Theatre/Chapel (TC) Country Kitchen (CK) Activity Room (AR) Bistro/Bar (B)</p> <p>Game Room (GR) Outside (OUTS) Exercise Room (ER) Fireside Lounge (FL) Library (L) Meet at Entrance (E)</p>		<p>Calendar Legend</p> <p>Outing Special Program Cruise Week Living, Loving, Local Signature Program</p>