



INSPIRED SENIOR LIVING

April 2024

Independent Living

Credit River Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>10:00 Indoor Walking (LL) 1</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>3:00 Colouring Art Social (CK)</p> <p>6:30 Monday Prime Movie: Woman In Gold - Historical Drama (TC)</p>	<p>10:30 Gentle Stretch Video (AR) 2</p> <p>11:00 Java Music (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Entertainment with John Ludgate (LL)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>10:15 Guided Meditation Video (TC) 3</p> <p>10:15 Drum Fit (3AR)</p> <p>10:45 Strengthen Your Mind - Brain Exercises (FL)</p> <p>2:00 Euchre (GR)</p> <p>3:00 Artful Enrichment Painting - Solar Eclipse (CK)</p> <p>6:30 Billiards!! (GR)</p>	<p>10:30 Chair Yoga with Asha (AR) 4</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>11:30 Tech Help**See Bobbie (LL)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:30 Information Session: What's Going on in April (CK)</p> <p>3:30 Animal Race**Bring Your Quarters (LL)</p> <p>6:30 Documentary - King Charles III (CK)</p>	<p>10:00 Vendor Mary Kay (LL) 5</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>2:30 Choir: The Noteables (LL)</p> <p>4:30 Living Loving Local Dinner: Eggs (DR)</p> <p>6:30 Friday Night Resident Social (LL)</p>	<p>10:30 Zumba with Fernanda (AR) 6</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 at the Movies (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) 7</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Painting: Artist Impressions (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>Credit River Auction - All Proceeds to Alzheimers Society (LL) 8</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>2:00 Solar Eclipse - Enjoy the Moment with Certified Glasses (OUTS)</p> <p>6:30 Monday Prime Movie: Wild Oats - Comedy (TC)</p>	<p>Credit River Auction - All Proceeds to Alzheimers Society (LL) 9</p> <p>10:30 Gentle Stretch Video (AR)</p> <p>11:00 Java Music (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour with Games in the Pub (CK)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>Credit River Auction - All Proceeds to Alzheimers Society (LL) 10</p> <p>10:15 Guided Meditation Video (TC)</p> <p>10:15 Drum Fit (3AR)</p> <p>10:45 Strengthen Your Mind - Brain Exercises (FL)</p> <p>2:00 Meet at the MoMA (AR)</p> <p>2:00 Euchre (GR)</p> <p>2:30 Dinning & Food Discussion w/ Sandeep & Caroline (CK)</p> <p>6:30 Billiards!! (GR)</p>	<p>Credit River Auction - All Proceeds to Alzheimers Society (LL) 11</p> <p>10:30 Chair Yoga with Asha (AR)</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Outing: Shoppers Drug Mart & LCBO **sign up required** (E)</p> <p>3:00 Entertainment with Martin Wall (LL)</p> <p>4:00 Spring Wine & Cheese Pairing **Sign Up** (CK)</p> <p>6:30 Documentary - Tom Cruise The Last Movie Star (CK)</p>	<p>Credit River Auction - All Proceeds to Alzheimers Society (LL) 12</p> <p>10:30 Walking Group - Dress for the weather (OUTS)</p> <p>11:00 Movement Matters Class (AR)</p> <p>12:30 Resident Council Elections: Make Your Vote (LL)</p> <p>2:30 Credit River Auction Winner Announcements (LL)</p> <p>3:00 Art Club: All Welcome! (CK)</p> <p>6:30 Friday Night Resident Social (LL)</p>	<p>10:00 Vendor: Traditions Alive (LL) 13</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 at the Movies (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) 14</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Painting: Artist Impressions (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) 15</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>11:00 Resident 50/50 Tickets - Proceeds To Alzheimer's Society (LL)</p> <p>1:15 Outing: Erin Mills Town Centre *Sign up* (E)</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 Battle Of Mary Kay - Comedy (TC)</p>	<p>12:00 Resident 50/50 Tickets - Proceeds To Alzheimer's Society (LL) 16</p> <p>10:30 Gentle Stretch Video (AR)</p> <p>11:00 Java Music (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Entertainment with David Skolnick (LL)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>12:00 Resident 50/50 Tickets - Proceeds To Alzheimer's Society (LL) 17</p> <p>10:15 Guided Meditation Video (TC)</p> <p>10:15 Drum Fit (3AR)</p> <p>10:45 Strengthen Your Mind - Brain Exercises (FL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Resident Town Hall with Amy (TC)</p> <p>3:30 Wheel of Fortune (B)</p> <p>6:30 Billiards!! (GR)</p>	<p>12:00 Resident 50/50 Tickets - Proceeds To Alzheimer's Society (LL) 18</p> <p>10:30 Chair Yoga with Asha (AR)</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>11:30 Tech Help**See Bobbie (LL)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>3:00 Coffee and Talks with Councilor Brad Butt (TC)</p> <p>6:30 Documentary - Cher, Life In The Spotlight (CK)</p>	<p>12:00 Resident 50/50 Tickets - Proceeds To Alzheimer's Society (LL) 19</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>2:30 Planting Seeds: Getting Ready For The Garden (AR)</p> <p>4:00 50/50 Winner Announcement! (B)</p> <p>6:30 Friday Night Resident Social (LL)</p>	<p>10:30 Zumba with Fernanda (AR) 20</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 at the Movies (TC)</p>





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:45 St. Joseph's Parish - Communion (TC) 21</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Painting: Artist Impressions (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>Raffle Baskets - All Proceeds to Alzheimers Society (LL) 22</p> <p>Artful Enrichment Week</p> <p>10:00 Earth Day - Do Our Part, Outdoor Clean Up (OUTS)</p> <p>11:00 Fall Prevention Class with Instructor (AR)</p> <p>2:00 Painting Bubbles (CK)</p> <p>3:00 Entertainment with Duo Me & B (LL)</p> <p>6:30 Monday Prime Movie: At Eternity's Gate: Van Gogh (TC)</p>	<p>Raffle Baskets - All Proceeds to Alzheimers Society (LL) 23</p> <p>Artful Enrichment Week</p> <p>10:30 Gentle Stretch Video (AR)</p> <p>11:00 Java Music (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Famous Paintings in The World (TC)</p> <p>3:30 Play Jeopardy! (TC)</p> <p>6:30 Plant Night! Make Your Own Arrangement (CK)</p>	<p>Raffle Baskets - All Proceeds to Alzheimers Society (LL) 24</p> <p>Artful Enrichment Week</p> <p>Happy Administration Day - Thank You to Our Admin Team</p> <p>10:15 Guided Meditation Video (TC)</p> <p>10:15 Drum Fit (3AR)</p> <p>10:45 Brain Exercises: Art Quiz (FL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Resident Art walk: Come Check Out The Talent (CK)</p> <p>3:00 Entertainment with Siobhan! (LL)</p> <p>6:30 Billiards!! (GR)</p>	<p>Raffle Baskets - All Proceeds to Alzheimers Society (LL) 25</p> <p>Artful Enrichment Week</p> <p>10:30 Chair Yoga with Asha (AR)</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>1:45 Live Painting Workshop (CK)</p> <p>3:00 Entertainment with Zack! (LL)</p> <p>6:30 Documentary - Mount Saint Michael: Resistance Through The Ages (TC)</p>	<p>Raffle Baskets - All Proceeds to Alzheimers Society (LL) 26</p> <p>Artful Enrichment Week</p> <p>10:30 Walking Group - Dress for the weather (OUTS)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 Painting Forget Me Nots (CK)</p> <p>2:30 Raffle Basket Winners Announcement (CK)</p> <p>3:00 Feel Frantastic with Dancersize!! **NEW** (AR)</p> <p>6:30 Friday Night Resident Social (LL)</p>	<p>10:30 Zumba with Fernanda (AR) 27</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 at the Movies (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) 28</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Painting: Artist Impressions (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) 29</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 Life Enrichment Program Meeting (TC)</p> <p>6:30 Monday Prime Movie: Mirror Mirror - Comedy (TC)</p>	<p>10:30 Gentle Stretch Video (AR) 30</p> <p>11:00 Java Music (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 TOONIE BINGO! (CK)</p> <p>3:00 Toonie Tuesday Happy Hour with Jeopardy (CK)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	 <p>Parkinson's Awareness Month</p>		 <p>Earth Day</p>	

MONDAY
APR
22

Locations Legend

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

- Outside (OUTS)
- 3rd Floor Activity Room (3AR)
- Fireside Lounge (FL)
- Meet at Entrance (E)
- Dining Room (DR)

Be Proud

Calendar Legend

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

WEDNESDAY
APR
24

