



INSPIRED SENIOR LIVING

# May 2024

## Independent Living

### Credit River Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>Mental Health Awareness Month</b></p>						
			<p>10:00 Vendor: Shanny's Shortbread (LL) <b>1</b></p> <p>10:15 Guided Meditation Video (TC)</p> <p>10:45 Strengthen Your Mind - Brain Exercises (FL)</p> <p>1:30 Billiard's Club (GR)</p> <p>2:00 Euchre (GR)</p> <p>2:30 Artful Enrichment Painting (AR)</p> <p>3:30 Resident Choice - Games in the Bistro (B)</p> <p>6:30 Community Puzzle (L)</p>	<p>10:00 Vendor: Adrians Family Clothing <b>2</b></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</p> <p>1:30 Walking Group with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>3:00 Animal Race**Bring Your Quarters (B)</p> <p>6:30 Resident Billiards (GR)</p>	<p>10:00 Vendor Mary Kay <b>3</b></p> <p>10:15 Morning Walk with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>11:00 Movement Matters Class (AR)</p> <p>1:15 Intergenerational Programs with Grade 7's - Dolphin PS - Join a Program</p> <p>2:00 DrumFit! Exercise (AR)</p> <p>3:00 Sing a Tune with Music Trivia (B)</p> <p>4:45 Living Loving Local Dinner: Rhubarb</p> <p>6:30 Friday Night Resident Social</p>	<p>May The 4th Be With You - Star Wars Day <b>4</b></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>3:00 Pick Up Your Star Wars Bingo Card at Reception: Find the Pictures</p> <p>6:30 Resident Billiards (GR)</p> <p>7:00 Saturday Night at the Movies - Star Wars (TC)</p>
<p>Cinco De Mayo <b>5</b></p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>2:00 Hymn Sing (TC)</p> <p>2:00 Painting: Artist Impressions (AR)</p> <p>2:30 Margarita Bar with Nicole! (B)</p> <p>3:00 Loteria Game (Mexican Bingo) (B)</p> <p>4:00 Resident Billiards (GR)</p> <p>6:30 Resident Evening Walk - Grab a Partner</p>	<p>10:30 What Happened This Week In History (B) <b>6</b></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 Entertainment with Mariachi Fuego</p> <p>3:30 Mexico Passport Trivia (TC)</p> <p>4:45 Cinco de Mayo Dinner</p> <p>6:30 Monday Prime Movie: Comedy: The Intern (TC)</p>	<p>10:30 Gentle Stretch (AR) <b>7</b></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</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>10:15 Guided Meditation Video (TC) <b>8</b></p> <p>10:45 Strengthen Your Mind - Brain Exercises (FL)</p> <p>1:30 Billiard's Club (GR)</p> <p>2:00 Euchre (GR)</p> <p>3:00 Meet and Greet Mississauga Mayor Candidate Sinisa Mandrapa (TC)</p> <p>3:30 Resident Choice - Games in the Bistro (B)</p> <p>6:30 Community Puzzle (L)</p>	<p>10:30 Chair Yoga with Asha (AR) <b>9</b></p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>1:30 Walking Group with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>3:00 Entertainment with Martin Wall (LL)</p> <p>6:30 Resident Billiards (GR)</p>	<p>10:00 Vendor; Bijoux Treasures from Inga <b>10</b></p> <p>10:15 Morning Walk with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>11:00 Movement Matters Class (AR)</p> <p>2:00 DrumFit! Exercise (AR)</p> <p>3:00 Afternoon Games and Music (LL)</p> <p>6:30 Friday Night Resident Social</p>	<p>10:30 Zumba with Fernanda (AR) <b>11</b></p> <p>1:30 Rosary (TC)</p> <p>1:30 Cleaning &amp; Painting Patio...or sit outside and supervise (P)</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: As So It Goes (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) <b>12</b></p> <p>11:30 Mothers Day Buffet (DR)</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 Resident Evening Walk - Grab a Partner</p>	<p>10:30 What Happened This Week In History (B) <b>13</b></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 Get To Know Your Neighbours (B)</p> <p>6:30 Monday Prime Movie: Driving Miss Daisy (TC)</p>	<p>10:30 Gentle Stretch (AR) <b>14</b></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 - Jeopardy (B)</p> <p>6:30 Grab a Friend and Have an Evening Walk (OUTS)</p>	<p>10:15 Guided Meditation Video (TC) <b>15</b></p> <p>10:45 Strengthen Your Mind - Brain Exercises (FL)</p> <p>1:30 Billiard's Club (GR)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Resident Town Hall with Amy (TC)</p> <p>2:30 Artful Enrichment Painting (AR)</p> <p>3:30 Resident Choice - Games in the Bistro (B)</p> <p>6:30 Community Puzzle (L)</p>	<p>10:30 Chair Yoga with Asha (AR) <b>16</b></p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>11:30 Tech Help**See Bobbie</p> <p>1:30 Walking Group with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:00 Outing: Shoppers Drug Mart &amp; LCBO **sign up required** (OUTS)</p> <p>3:00 The Price Is Right! With Mimosas (B)</p> <p>6:30 Resident Billiards (GR)</p>	<p>10:15 Morning Walk with Life Enrichment - Meet at Front Entrance (OUTS) <b>17</b></p> <p>11:00 Movement Matters Class (AR)</p> <p>1:15 Intergenerational Programs with Grade 7's - Dolphin PS - Join a Program</p> <p>2:00 DrumFit! Exercise (AR)</p> <p>2:30 Strawberry-Rhubarb Pie Social **Outside depending on weather** (LL)</p> <p>3:00 Afternoon Games and Music (LL)</p> <p>6:30 Friday Night Resident Social</p>	<p>10:30 Zumba with Fernanda (AR) <b>18</b></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: The Oranges (TC)</p>





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:45 St. Joseph's Parish - Communion (TC) 19</b> <b>2:00 Hymn Sing (TC)</b> <b>2:00 Painting: Artist Impressions (AR)</b> <b>3:00 Resident Social (B)</b> <b>4:00 Resident Billiards (GR)</b> <b>6:30 Resident Evening Walk - Grab a Partner</b>	<b>10:30 What Happened This Week In History (B) 20</b> <b>11:00 Exercise Video (AR)</b> <b>2:00 Colouring Art Social (CK)</b> <b>3:00 Resident Social in the Bistro (B)</b> <b>4:00 Outdoor Walk (OUTS)</b> <b>6:30 Monday Prime Movie: Comedy: Puppy Love (TC)</b>	<b>National Tea Day 21</b> <b>10:00 Vendor: Jewelry by Maria</b> <b>10:30 Gentle Stretch (AR)</b> <b>11:00 Java Music (CK)</b> <b>1:30 Rosary (TC)</b> <b>2:00 TOONIE BINGO! (CK)</b> <b>3:00 Come for a Spot of Tea and Treats (CK)</b> <b>6:30 Grab a Friend and Have an Evening Walk (OUTS)</b>	<b>10:15 Guided Meditation Video (TC) 22</b> <b>10:45 Strengthen Your Mind - Brain Exercises (FL)</b> <b>1:30 Billiard's Club (GR)</b> <b>2:00 Euchre (GR)</b> <b>2:30 Meet at the MoMA (AR)</b> <b>3:30 Resident Choice - Games in the Bistro (B)</b> <b>6:30 Community Puzzle (L)</b>	<b>10:30 Chair Yoga with Asha (AR) 23</b> <b>11:00 Fit Minds!! Keep Thinking Sharp (CK)</b> <b>1:15 Outing: Erin Mills Town Centre *Sign up*</b> <b>1:30 Walking Group with Life Enrichment - Meet at Front Entrance (OUTS)</b> <b>2:00 Knitting Club! New Members Welcome! (CK)</b> <b>3:00 Entertainment with Zack!</b> <b>6:30 Resident Billiards (GR)</b>	<b>National Scavenger Hunt Day! 24</b> <b>10:00 Find the Hidden Objects following the Clues - Pick up at Reception</b> <b>10:15 Morning Walk with Life Enrichment - Meet at Front Entrance (OUTS)</b> <b>11:00 Movement Matters Class (AR)</b> <b>2:00 DrumFit! Exercise (AR)</b> <b>3:00 Historian Richard Jordan - Presenting (TC)</b> <b>3:00 Afternoon Games and Music (LL)</b> <b>6:30 Friday Night Resident Social</b>	<b>7:45 Outing: Alzheimer's Walk - Port Credit (OUTS) 25</b> <b>10:30 Zumba with Fernanda (AR)</b> <b>1:30 Rosary (TC)</b> <b>2:00 BINGO for Prizes!! (CK)</b> <b>3:00 Resident Coffee Social (B)</b> <b>6:30 Resident Billiards (GR)</b> <b>7:00 Saturday Night at the Movies: The Boys in the Boat (TC)</b>
<b>10:45 St. Joseph's Parish - Communion (TC) 26</b> <b>2:00 Hymn Sing (TC)</b> <b>2:00 Painting: Artist Impressions (AR)</b> <b>3:00 Resident Social (B)</b> <b>4:00 Resident Billiards (GR)</b> <b>6:30 Resident Evening Walk - Grab a Partner</b>	<b>10:30 What Happened This Week In History (B) 27</b> <b>11:00 Fall Prevention Class with Instructor (AR)</b> <b>2:00 Colouring Art Social (CK)</b> <b>2:00 Planting Flowers in the Garden (P)</b> <b>4:00 Get To Know Your Neighbours (B)</b> <b>6:30 Monday Prime Movie: Comedy: Queen Pins (TC)</b>	<b>10:30 Gentle Stretch (AR) 28</b> <b>11:00 Java Music (CK)</b> <b>1:30 Rosary (TC)</b> <b>2:00 TOONIE BINGO! (CK)</b> <b>3:00 Toonie Tuesday Happy Hour - Jeopardy (B)</b> <b>6:30 Grab a Friend and Have an Evening Walk (OUTS)</b>	<b>National Golf Day 29</b> <b>10:15 Guided Meditation Video (TC)</b> <b>10:45 Strengthen Your Mind - Brain Exercises (FL)</b> <b>1:30 Billiard's Club (GR)</b> <b>2:00 Euchre (GR)</b> <b>2:30 Credit River Mini Golf</b> <b>3:30 Resident Choice - Games in the Bistro (B)</b> <b>6:30 Community Puzzle (L)</b>	<b>10:00 Vendor: Traditions Alive (LL) 30</b> <b>10:30 Chair Yoga with Asha (AR)</b> <b>11:00 Fit Minds!! Keep Thinking Sharp (CK)</b> <b>11:30 Tech Help**See Bobbie</b> <b>1:30 Walking Group with Life Enrichment - Meet at Front Entrance (OUTS)</b> <b>2:00 Knitting Club! New Members Welcome! (CK)</b> <b>3:00 Program Meeting for June (TC)</b> <b>6:30 Resident Billiards (GR)</b>	<b>10:15 Morning Walk with Life Enrichment - Meet at Front Entrance (OUTS) 31</b> <b>11:00 Movement Matters Class (AR)</b> <b>1:15 Intergenerational Programs with Grade 7's - Games in The Parkette (OUTS)</b> <b>2:00 DrumFit! Exercise (AR)</b> <b>2:30 Ice Cream Floats! (B)</b> <b>3:00 Entertainment with Marcus Schwan!</b> <b>6:30 Friday Night Resident Social</b>	

#### Locations Legend

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

Outside (OUTS)  
 Lower Level (LL)  
 Fireside Lounge (FL)  
 Library (L)  
 Patio (P)  
 Dining Room (DR)



#### Calendar Legend

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