




INSPIRED SENIOR LIVING

February 2025 Independent Living Credit River Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>	 <p>Valentine's Day</p>	 <p>Family Day</p>	<p>National Dark Chocolate Day 1</p> <p>10:30 Zumba with Fernanda (AR)</p> <p>1:30 Meet Me at the MoMA ft Anthony Eyton (AR)</p> <p>2:30 Rosary (TC)</p> <p>2:30 Hot Chocolate Bar (LL)</p> <p>3:00 Scavenger Hunt: Name That Music Group (LL)</p> <p>6:45 Netflix Drama Saturday Night Movie: Shirley (N) (TC)</p>			
<p>10:30 Living Local Activity Packages (LL) 2</p> <p>10:45 St. Joseph's Parish - Communion (TC)</p> <p>1:30 Resident Walk - Grab a Partner (OUTS)</p> <p>2:00 Hymn Sing (TC)</p> <p>2:30 Chinese Happy Hour: What is Your Chinese Name? (B)</p> <p>6:45 Resident After Dinner Social (B)</p>	<p>10:00 DrumFit! Exercise (AR) 3</p> <p>10:30 Fall Prevention: Informative Presentation with Aleena (AR)</p> <p>11:00 Morning Java Music Club (3AR)</p> <p>2:00 Artful Enrichment Painting with Lily (AR)</p> <p>3:00 Group Crossword (B)</p> <p>6:45 Award Winning A thousand and One (N) (TC)</p>	<p>10:30 Gym Workouts with Pratiksha (ER) 4</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 Exercise Video (AR)</p> <p>3:00 Paint Your Chinese Name (CK)</p> <p>4:00 Go4Life Walking Group-Meet at Front Lobby (OUTS)</p> <p>4:45 Chinese New Year Dinner (AF)</p> <p>6:45 Book Club Movie Series: All the Light We Cannot See Ep 1 (TC)</p>	<p>10:00 Guided Meditation Video (TC) 5</p> <p>10:30 Mobility Ball Fitness Fun with Aleena (AR)</p> <p>11:00 Vendor: Jewelry by Maria (LL)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Black History Movie Matinee: The Help (D) (TC)</p> <p>6:30 Resident Evening Social (D)</p>	<p>10:30 Exercise; Joyful Jives with Pratiksha (AR) 6</p> <p>11:00 Tech Help**See Bobbie** (L)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:30 Animal Race**Bring Your Quarters (B)</p> <p>3:30 Get To Know Your Neighbours (B)</p> <p>6:45 Blak History Documentary: Clotilda: The Last American Slave Ship (D) (TC)</p>	<p>10:00 Vendor Mary Kay 7</p> <p>10:00 Better Batter Baking Group! (CK)</p> <p>11:00 Tai Chi Class (AR)</p> <p>1:00 Go4Life Walk with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>2:00 National Geographic Mysteries: The Secrets of Elephants Ep 1 (TC)</p> <p>3:00 Entertainment with Megan (LL)</p> <p>6:45 Friday Night at The Movie: Ticket to Paradise (N) (TC)</p>	<p>10:30 Zumba with Fernanda (AR) 8</p> <p>11:00 Guess The Country: Hand in To Reception. First Person Receives a Tim Hortons Card (LL)</p> <p>1:30 Meet Me at the MoMA Paint You Own Anthony Eyton Print (AR)</p> <p>2:30 Rosary (TC)</p> <p>3:00 Bingo for Chocolates (CK)</p> <p>6:45 Netflix Drama Saturday Night Movie: The Intern (TC)</p>
<p>10:45 St. Joseph's Parish - Communion (TC) 9</p> <p>1:30 Resident Walk - Grab a Partner (OUTS)</p> <p>2:00 Hymn Sing (TC)</p> <p>2:30 Piano and Sing A'Long with Amy (LL)</p> <p>3:30 American Football League: Fill In The Blanks (B)</p> <p>6:30 SuperBowl Party (B)</p>	<p>10:00 DrumFit! Exercise (AR) 10</p> <p>11:00 Morning Java Music Club (3AR)</p> <p>1:30 Outing: Erin Mills Town Centre (OUTS)</p> <p>2:30 Black History Movie Based on A True Story: The Six Triple Eight (TC)</p> <p>4:00 Due Date for Ticket Payment for Outings (OUTS)</p> <p>6:30 Beers & Billiards (GR)</p>	<p>10:30 Gym Workouts with Pratiksha (ER) 11</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 Pump it Up Exercise Class (AR)</p> <p>3:00 TOONIE BINGO! (CK)</p> <p>4:00 Go4Life Walking Group-Meet at Front Lobby (OUTS)</p> <p>4:30 Outing: Mandrin**Resident Pay** (OUTS)</p> <p>6:45 Book Club Movie Series: All the Light We Cannot See Ep 2 (TC)</p>	<p>10:00 Guided Meditation Video (TC) 12</p> <p>10:30 Mobility Ball Fitness Fun with Aleena (AR)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</p> <p>1:30 Billiard's Club (GR)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Presenter with Certified Financial Planner Paul Peious (TC)</p> <p>2:30 Food For Thought Discussion w/ Jim & Caroline (CK)</p> <p>3:00 Pen Art (CK)</p> <p>6:45 Documentary : Breaking Bounderies (N) (TC)</p>	<p>10:30 Exercise; Joyful Jives with Pratiksha (AR) 13</p> <p>1:30 Outing: Shoppers Drug Mart & LCBO **sign up required** (OUTS)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>2:30 Tech Help**See Bobbie** (L)</p> <p>3:00 Wheel of Fortune (B)</p> <p>6:30 It's Time To Play....JEOPARDY (B)</p>	<p>10:00 Better Batter Baking Group! (CK) 14</p> <p>11:00 Tai Chi Class (AR)</p> <p>1:00 Go4Life Walk with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>2:00 National Geographic: The Secrets of The Elephants EP 2 (TC)</p> <p>2:30 Afternoon Valentine's Day Tea & Activities (CK)</p> <p>6:30 Entertainment with Martin Wall! (LL)</p>	<p>10:30 Zumba with Fernanda (AR) 15</p> <p>11:00 Activity Packages (LL)</p> <p>1:30 Meet Me at the MoMA ft Betty Goodwin (AR)</p> <p>2:30 Rosary (TC)</p> <p>3:00 Bingo for Chocolates (CK)</p> <p>6:45 Netflix Drama Saturday Night Movie: Big George Foreman (TC)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:45 ***No Communion Today*** (TC) 16</p> <p>11:30 Family Day Brunch**guests please reserve** (DR)</p> <p>1:30 Resident Walk - Grab a Partner (OUTS)</p> <p>2:00 Hymn Sing (TC)</p> <p>3:00 Resident Social (B)</p> <p>6:45 Resident After Dinner Social (B)</p>	<p>Holiday: Family Day 17</p> <p>10:00 DrumFit! Exercise (AR)</p> <p>10:30 Fall Prevention: Informative Presentation with Aleena (AR)</p> <p>11:00 Morning Java Music Club (3AR)</p> <p>1:30 Resident Council Meeting (TC)</p> <p>3:00 Printed Crossword (B)</p> <p>4:00 Printed Brain Thinkers: Fit Minds (B)</p> <p>6:45 Award Winning Movie Night: Quenn Bees (N) (TC)</p>	<p>National Drink Wine Day Complimentary Wine for Dinner (DR) 18</p> <p>10:30 Gym Workouts with Pratiksha (ER)</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 Pump it Up Exercise Class (AR)</p> <p>3:00 TOONIE BINGO! (CK)</p> <p>4:00 Go4Life Walking Group-Meet at Front Lobby (OUTS)</p> <p>6:45 Book Club Movie Series: All the Light We Cannot See Ep 3 (TC)</p>	<p>10:00 Making Gatsby Themed Center Pieces (B) 19</p> <p>10:30 Mobility Ball Fitness Fun with Aleena (AR)</p> <p>10:45 Make Your Own 1920s Fascinator!!!! (CK)</p> <p>1:30 Billiard's Club (GR)</p> <p>2:00 Resident Town Hall with Amy (TC)</p> <p>2:30 Great Gatsby Themed Happy Hour! (B)</p> <p>3:00 Roaring 1920s Gatsby Entertainment with Jay Boehmer Trio (LL)</p> <p>6:45 Movie Night: The Great Gatsby (TC)</p>	<p>10:30 Exercise; Joyful Jives with Pratiksha (AR) 20</p> <p>11:00 Tech Help**See Bobbie** (L)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>3:00 The Price Is Right! (B)</p> <p>6:45 Documentary Thursdays: (TC)</p>	<p>10:00 Better Batter Baking Group! (CK) 21</p> <p>11:00 Tai Chi Class (AR)</p> <p>1:00 Go4Life Walk with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>2:00 National Geographic: The Secrets of The Elephants EP 3 (TC)</p> <p>3:00 Friday Fun Day with Cocktails & Games (LL)</p> <p>6:45 Friday Night at The Movie: Hidden Figures (N) (TC)</p>	<p>10:30 Zumba with Fernanda (AR) 22</p> <p>11:00 Activity Packages (LL)</p> <p>1:30 Meet Me at the MoMA Make Your Own Betty Goodwin (AR)</p> <p>2:30 Rosary (TC)</p> <p>3:00 Bingo for Chocolates (CK)</p> <p>6:45 Netflix Drama Saturday Night Movie: Back in Action (TC)</p>
<p>10:00 Activity: Wordsearch (LL) 23</p> <p>10:45 **No Communion Today** (TC)</p> <p>1:30 Resident Walk - Grab a Partner (OUTS)</p> <p>2:00 Hymn Sing (TC)</p> <p>3:00 Passport Trivia: India (B)</p> <p>6:45 Resident After Dinner Social (B)</p>	<p>10:00 DrumFit! Exercise (AR) 24</p> <p>11:00 Morning Java Music Club (3AR)</p> <p>1:00 Outing: Cambridge Butterfly Conservatory**Sign Up Required \$17.00** (OUTS)</p> <p>2:00 Artful Enrichment Painting with Lily (AR)</p> <p>4:00 Brain Thinkers: Fit Minds (B)</p> <p>6:30 Beers & Billiards (GR)</p>	<p>10:30 Gym Workouts with Pratiksha (ER) 25</p> <p>11:00 Fit Minds!! Keep Thinking Sharp (CK)</p> <p>1:30 Rosary (TC)</p> <p>2:00 Pump it Up Exercise Class (AR)</p> <p>3:00 TOONIE BINGO! (CK)</p> <p>4:00 Go4Life Walking Group-Meet at Front Lobby (OUTS)</p> <p>6:45 Book Club Movie Series: All the Light We Cannot See Ep 4 (TC)</p>	<p>10:00 Guided Meditation Video (TC) 26</p> <p>10:30 Mobility Ball Fitness Fun with Aleena (AR)</p> <p>11:00 Strengthen Your Mind - Brain Exercises (FL)</p> <p>1:30 Billiard's Club (GR)</p> <p>2:00 Euchre (GR)</p> <p>3:00 Have Henna Done (CK)</p> <p>4:00 Life Enrichment Program Planning (B)</p> <p>6:30 Entertainment with Wandering Duo (LL)</p>	<p>10:30 Exercise; Joyful Jives with Pratiksha (AR) 27</p> <p>11:00 Tech Help**See Bobbie** (L)</p> <p>1:00 Royal Botanical Gardens: Winter Exhibit: Alice in Bloomland (OUTS)</p> <p>2:00 Knitting Club! New Members Welcome! (CK)</p> <p>4:15 Book Club Return Books & Discussion (L)</p> <p>6:45 Black History Documentary : Black Barbie (N) (TC)</p>	<p>10:00 Better Batter Baking Group! (CK) 28</p> <p>11:00 Tai Chi Class (AR)</p> <p>1:00 Go4Life Walk with Life Enrichment - Meet at Front Entrance (OUTS)</p> <p>2:00 National Geographic: The Secrets of The Elephants EP 4 (TC)</p> <p>3:00 Friday Fun Day with Cocktails & Games (LL)</p> <p>6:45 Friday Night at The Movie: My Girl (N) (TC)</p>	

Locations Legend

- Theatre/Chapel (TC)
- Activity Room (AR)
- Country Kitchen (CK)
- Bistro/Bar (B)
- Outside (OUTS)
- Lower Level (LL)
- Game Room (GR)
- Library (L)
- 3rd Floor Activity Room (3AR)
- Exercise Room (ER)
- Fireside Lounge (FL)
- Dining Room (DR)
- All Floors (AF)

Be Limitless

Calendar Legend

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