



INSPIRED
SENIOR LIVING

January 2023

Port Credit



INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Digital Church Service 1 by Christ First United Church (T)</p> <p>10:30 Eucharist Service by St. Mary Star of the Sea (10)</p> <p>2:00 Free Play (B)</p> <p>2:00 Classic Movie Sundays: On Dangerous Grounds (T)</p> <p>3:00 Tea time (L)</p> <p>7:00 Evening Movie: Pirates of the Caribbean: The curse of the Black Pearl (T)</p>	<p>9:00 Lifemark Fitness Session (G) 2</p> <p>10:00 Lifemark Fitness (G)</p> <p>10:00 Creative Colouring (B)</p> <p>10:30 Concentration Memory Game (MR)</p> <p>11:00 Lifemark Fitness (G)</p> <p>11:00 Go For Life Walking Group (FD)</p> <p>2:00 Resident Run Bridge (10)</p> <p>2:00 Rummikub (B)</p> <p>3:00 Cinnamon Eggnog Social * Tea and coffee available* (L)</p> <p>6:15 Pet Therapy with Karen (L)</p> <p>7:00 Evening Movie: Pirates of the Caribbean: The curse of the Black Pearl (T)</p>	<p>8:30 Fitness with San (G) 3</p> <p>9:15 Fitness with San (G)</p> <p>9:30 Tech Time (MR)</p> <p>10:00 Fitness with San (G)</p> <p>10:00 Learn To Play Wii Bowling (T)</p> <p>10:30 Java Music Sing Along (MR)</p> <p>2:00 Dining Service Monthly Meeting w/ Dwight and Margarete (10)</p> <p>2:30 Afternoon Documentary: Found * Three girls adopted by different American Families travel to China in hopes of meeting their birth parents* (T)</p> <p>3:00 Tea time (L)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Evening Movie: Sister Act (T)</p>	<p>9:30 Knitting Nook (10) 4</p> <p>10:30 Hangman (T)</p> <p>11:00 Go For Life Walking Group (RECE)</p> <p>1:30 Drumfit (10)</p> <p>2:00 Walker Clinic (L)</p> <p>2:00 News and Views Discussion Group (LI)</p> <p>3:00 Tea time (L)</p> <p>3:30 Classic Game: Crazy Eights *Come Learn* (MR)</p> <p>7:00 Evening Movie: Sister Act (T)</p>	<p>8:30 Fitness with San (G) 5</p> <p>9:15 Fitness with San (G)</p> <p>9:30 Tech Time (MR)</p> <p>10:00 Fitness with San (G)</p> <p>10:00 Shopper's Drug Mart and Dollarama Outing *\$5* (RECE)</p> <p>10:30 What's in a Word? (T)</p> <p>2:00 Resident Run Euchre (B)</p> <p>2:00 Meet Me at the MOMA Lecture (T)</p> <p>2:30 Meet Me at the MOMA Art Painting (B)</p> <p>3:00 Tea time (L)</p> <p>3:30 Life Enrichment Meeting Outing for 2023 (10)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Evening Movie: The illusionist (T)</p>	<p>9:00 Lifemark Fitness Session (G) 6</p> <p>9:15 Fit Minds *Session One* (10)</p> <p>10:00 Lifemark Fitness (G)</p> <p>10:30 Fit Minds *Session Two* (10)</p> <p>11:00 Lifemark Fitness (G)</p> <p>2:00 Texas Hold'Em * Bring \$2.00* (MR)</p> <p>3:00 Afternoon Entertainment by Pianist Frank b * Arrive Early for tea time* (L)</p> <p>7:00 Night Bridge Game (10)</p> <p>7:00 Evening Movie: The illusionist (T)</p>	<p>10:00 Seated Yoga with Margaret * Sign-up at Front Desk* (10) 7</p> <p>10:30 Saturday Smoothies (L)</p> <p>11:00 Resident Run Go 4 Life Walk (FD)</p> <p>2:00 Rummikub (B)</p> <p>2:00 Saturday Mystery Series: Three Pines - "White out" Part 1 (T)</p> <p>3:00 Tea time (L)</p> <p>7:00 Resident Run Night Euchre (B)</p> <p>7:00 Evening Movie: Broken City (T)</p>
<p>9:30 Digital Church Service by Christ First United Church (T) 8</p> <p>10:30 Eucharist Service by St. Mary Star of the Sea (10)</p> <p>2:00 Free Play (B)</p> <p>2:00 Classic Movie Sundays: Citizen Kane (T)</p> <p>3:00 Tea time (L)</p> <p>7:00 Evening Movie: Broken City (T)</p>	<p>Reflexology with Judy * Sign-up at Reception * 9</p> <p>9:00 Lifemark Fitness Session (G)</p> <p>10:00 Lifemark Fitness (G)</p> <p>10:00 Creative Colouring (B)</p> <p>10:30 Concentration Memory Game (MR)</p> <p>11:00 Lifemark Fitness (G)</p> <p>11:00 Go For Life Walking Group (FD)</p> <p>2:00 Resident Run Bridge (10)</p> <p>2:00 Rummikub (B)</p> <p>3:00 Tea time (L)</p> <p>6:15 Pet Therapy with Karen (L)</p> <p>7:00 Evening Movie: Little Women (T)</p>	<p>8:30 Fitness with San (G) 10</p> <p>9:15 Fitness with San (G)</p> <p>9:30 Tech Time (MR)</p> <p>10:00 Fitness with San (G)</p> <p>10:00 Learn To Play Wii Bowling (T)</p> <p>10:30 Java Music Sing Along (MR)</p> <p>2:00 Bingo *Bring \$1.00* (10)</p> <p>3:00 Afternoon Entertainment: Shannon Graham * Arrive Early for tea time* (L)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Evening Movie: Little Women (T)</p>	<p>9:30 Knitting Nook (10) 11</p> <p>10:30 Hangman (T)</p> <p>11:00 Go For Life Walking Group (RECE)</p> <p>1:30 Drumfit (10)</p> <p>2:00 News and Views Discussion Group (LI)</p> <p>2:00 Trinity St Paul Anglican Church Service with Reverend Roshni (T)</p> <p>3:00 Tea time (L)</p> <p>3:30 Classic Game: Crazy Eights *Come Learn* (MR)</p> <p>7:00 Evening Movie: Dog (T)</p>	<p>Mobile Hearing Clinic * Sign-up at Front Desk* (MR) 12</p> <p>8:30 Fitness with San (G)</p> <p>9:15 Fitness with San (G)</p> <p>9:30 Tech Time (MR)</p> <p>10:00 Fitness with San (G)</p> <p>10:30 What's in a Word? (T)</p> <p>11:00 Shopping at Cloverdale Mall *sign-up \$5 (E)</p> <p>2:00 Resident Run Euchre (B)</p> <p>2:00 Guest Speaker Richard Jordan: The Kingsway (10)</p> <p>3:00 Tea time (L)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Evening Movie: Dog (T)</p>	<p>9:00 Lifemark Fitness Session (G) 13</p> <p>9:15 Fit Minds *Session One* (10)</p> <p>10:00 Lifemark Fitness (G)</p> <p>10:30 Fit Minds *Session Two* (10)</p> <p>11:00 Lifemark Fitness (G)</p> <p>2:00 Texas Hold'Em * Bring \$2.00* (MR)</p> <p>3:00 Carrot Nutmeg Punch Social * Tea and Coffee will be available* (L)</p> <p>7:00 Night Bridge Game (10)</p> <p>7:00 Evening Movie: Ed Wood (T)</p>	<p>10:00 Seated Yoga with Margaret * Sign-up at Front Desk* (10) 14</p> <p>10:30 Saturday Smoothies (L)</p> <p>11:00 Resident Run Go 4 Life Walk (FD)</p> <p>2:00 Rummikub (B)</p> <p>2:00 Saturday Mystery Series: Three Pines - "White out" Part 2 (T)</p> <p>2:00 Watercolour Class with Angela * Sign-up at Reception \$5.00 per person* (10)</p> <p>3:00 Tea time (L)</p> <p>7:00 Resident Run Night Euchre (B)</p> <p>7:30 Evening Entertainment by Pianist Martin (L)</p>
<p>9:30 Digital Church Service by Christ First United Church (T) 15</p> <p>10:30 Eucharist Service by St. Mary Star of the Sea (10)</p> <p>2:00 Classic Movie Sundays: Indiana Jones and the Last Crusade (T)</p> <p>2:00 Scattogories with Trevor (10)</p> <p>3:00 Tea time (L)</p> <p>3:00 Tech Time with Trevor (MR)</p> <p>7:00 Evening Movie: Midnight in Paris (T)</p>	<p>9:00 Lifemark Fitness Session (G) 16</p> <p>10:00 Lifemark Fitness (G)</p> <p>10:00 Creative Colouring (B)</p> <p>10:30 Concentration Memory Game (MR)</p> <p>11:00 Lifemark Fitness (G)</p> <p>11:00 Go For Life Walking Group (FD)</p> <p>2:00 Resident Run Bridge (10)</p> <p>2:00 Rummikub (B)</p> <p>3:00 Tea time (L)</p> <p>6:15 Pet Therapy with Karen (L)</p> <p>7:00 Evening Movie: Midnight in Paris (T)</p>	<p>8:30 Fitness with San (G) 17</p> <p>9:15 Fitness with San (G)</p> <p>9:30 Tech Time (MR)</p> <p>10:00 Fitness with San (G)</p> <p>10:00 Learn To Play Wii Bowling (T)</p> <p>10:30 Java Music Sing Along (MR)</p> <p>2:00 Bingo *Bring \$1.00* (10)</p> <p>3:00 Afternoon Entertainment: Rosita Stone * Arrive Early for Tea Time* (L)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Evening Movie: Memory (T)</p>	<p>9:30 Knitting Nook (10) 18</p> <p>10:30 Hangman (T)</p> <p>11:00 Go For Life Walking Group (RECE)</p> <p>1:30 Drumfit (10)</p> <p>2:00 News and Views Discussion Group (LI)</p> <p>3:00 Tea time (L)</p> <p>3:30 Classic Game: Crazy Eights *Come Learn* (MR)</p> <p>7:00 Evening Movie: Memory (T)</p>	<p>8:30 Fitness with San (G) 19</p> <p>9:15 Fitness with San (G)</p> <p>9:30 Tech Time (MR)</p> <p>10:00 Fitness with San (G)</p> <p>10:30 What's in a Word? (T)</p> <p>2:00 Resident Run Euchre (B)</p> <p>2:00 Meet Me at the MOMA Lecture (T)</p> <p>2:30 Meet Me at the MOMA Art Painting (B)</p> <p>3:00 Tea time (L)</p> <p>4:00 Cocktail Hour (L)</p> <p>7:00 Evening Movie: When in Rome (T)</p>	<p>9:00 Lifemark Fitness Session (G) 20</p> <p>9:15 Fit Minds *Session One* (10)</p> <p>10:00 Lifemark Fitness (G)</p> <p>10:30 Fit Minds *Session Two* (10)</p> <p>11:00 Lifemark Fitness (G)</p> <p>2:00 Texas Hold'Em * Bring \$2.00* (MR)</p> <p>3:00 Afternoon Entertainment: by Vocalist Sunju and Pianist Christina * Arrive Early for Tea Time* (L)</p> <p>7:00 Night Bridge Game (10)</p> <p>7:00 Evening Movie: When in Rome (T)</p>	<p>10:00 Seated Yoga with Margaret * Sign-up at Front Desk* (10) 21</p> <p>10:30 Saturday Smoothies (L)</p> <p>11:00 Resident Run Go 4 Life Walk (FD)</p> <p>2:00 Rummikub (B)</p> <p>2:00 Saturday Mystery Series: Three Pines - "The Cruellest Month" Part 1 (T)</p> <p>3:00 Tea time w/ Gail and family (L)</p> <p>7:00 Resident Run Night Euchre (B)</p> <p>7:00 Evening Movie: Courage Under Fire (T)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Chinese New Years! 22 9:30 Digital Church Service by Christ First United Church (T) 10:30 Eucharist Service by St. Mary Star of the Sea (10) 2:00 Scattergories with Trevor (10) 2:00 Classic Movie Sundays: Singing in the Rain (T) 3:00 Tea time (L) 3:00 Tech Time with Trevor (MR) 4:30 Chinese New Years Dinner (D) 7:00 Evening Movie: Courage Under Fire (T) 9:30 Digital Church Service by Christ First United Church (T) 29 10:30 Eucharist Service by St. Mary Star of the Sea (10) 2:00 Classic Movie Sundays: The Shawshank Redemption (T) 2:00 Scattergories with Trevor (10) 3:00 Tea time (L) 3:00 Tech Time with Trevor (MR) 7:00 Evening Movie: La Confidential (T)	9:00 Lifemark Fitness Session (G) 23 10:00 Lifemark Fitness (G) 10:00 Creative Colouring (B) 10:30 Concentration Memory Game (MR) 11:00 Lifemark Fitness (G) 11:00 Go For Life Walking Group (FD) 2:00 Resident Run Bridge (10) 2:00 Rummikub (B) 3:00 Tea time (L) 6:15 Pet Therapy with Karen (L) 7:00 Evening Movie: Amsterdam (T) 9:00 Lifemark Fitness Session (G) 30 10:00 Lifemark Fitness (G) 10:00 Creative Colouring (B) 10:30 Concentration Memory Game (MR) 11:00 Lifemark Fitness (G) 11:00 Go For Life Walking Group (FD) 2:00 Resident Run Bridge (10) 2:00 Culinary Corner with Chef Dwight (B) 3:00 Tea time (L) 6:15 Pet Therapy with Karen (L) 7:00 Evening Movie: La Confidential (T)	8:30 Fitness with San (G) 24 9:15 Fitness with San (G) 9:30 Tech Time (MR) 10:00 Fitness with San (G) 10:00 Learn To Play Wii Bowling (T) 10:30 Java Music Sing Along (MR) 2:00 New Program: Guessing Game 'Fact or Fiction' (10) 3:00 Tea time (L) 4:00 Cocktail Hour (L) 7:00 Evening Movie: Amsterdam (T) 8:30 Fitness with San (G) 31 9:15 Fitness with San (G) 9:30 Tech Time (MR) 10:00 Fitness with San (G) 10:00 Learn To Play Wii Bowling (T) 10:30 Java Music Sing Along (MR) 2:00 Bingo *Bring \$1.00* (10) 3:00 Tea time (L) 4:00 Cocktail Hour (L) 7:00 Evening Movie: The King's Speech (T)	Robbie Burns Day! 25 9:30 Knitting Nook (10) 10:30 Hangman (T) 11:00 Go For Life Walking Group (RECE) 2:00 Classic Game: Crazy Eights *Come Learn* *Time Change* (MR) 3:00 Celebrate Robbie Burns Day with Briar * Arrive Early for Tea time * (L) 7:00 Evening Movie: Dead Poets Society (T)	26 8:30 Fitness with San (G) 9:15 Fitness with San (G) 9:30 Tech Time (MR) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 2:00 Resident Information Session (10) 3:00 Tea time (L) 3:00 Resident Run Euchre *Time Change* (B) 3:00 Book Club Discussion * Members only sign up a reception* (T) 4:00 Cocktail Hour (L) 7:00 Evening Movie: Dead Poets Society (T)	27 9:00 Lifemark Fitness Session (G) 9:15 Fit Minds *Session One* (10) 10:00 Lifemark Fitness (G) 10:30 Fit Minds *Session Two* (10) 11:00 Lifemark Fitness (G) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 3:00 Tea time (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Bad Moms (T)	28 10:00 Seated Yoga with Margaret * Sign-up at Front Desk* (10) 10:30 Saturday Smoothies (L) 11:00 Resident Run Go 4 Life Walk (FD) 2:00 Flash Card Bingo with Gail & Family (10) 2:00 Saturday Mystery Series: Three Pines - "The Cruellest Month" Part 2 (T) 3:00 Tea time (L) 7:00 Resident Run Night Euchre (B) 7:00 Evening Movie: Bad Moms (T)

Locations Legend

Theatre (T)
Gym (G)
Lobby (L)

Pier 10 (10)
Meeting Room (MR)
Bistro (B)

Front Desk (FD)
Reception (RECE)

Library (LI)
Event (E)
Dining Room (D)

Calendar Legend

Outing
Special Program
Vendor

New Program
Meet Me at the MOMA

Go 4 Life Walking Living, Loving, Local

Signature Program Highlight

