



INSPIRED SENIOR LIVING

January 2024 Memory Care



INSPIRED SENIOR LIVING WITH Verve

Riverwalk Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Colouring and Company (TFL) 11:30 Jeopardy (TFL) 1:00 Sing A Long (TFL) 2:00 Sensory Game: Connect 4 (TFAR) 3:00 Afternoon Movie: Monster In Law (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	2 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Artful Enrichment: Craft (TFL) 11:30 The Price is Right (TFL) 11:30 World Junior Ice Hockey Championships (KTH) 1:00 B-I-N-G-O (TFL) 2:00 Jigsaw Puzzles (TFAR) 3:00 The Lawrence Welk Show (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	3 10:00 Music Therapy with Dandelion Music (TFAR) 11:00 Drum Fit - Music and Movement (TFAR) 1:00 Short Stories (TFL) 2:00 Sensory Game: Color and Match (TFAR) 3:00 Documentary Series: Our Universe Ep. (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	4 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Artful Enrichment: Print Making Presentation (TFL) 11:30 Jeopardy (TFL) 11:30 World Junior Ice Hockey Championships (KTH) 1:00 Sing A Long (TFL) 2:00 Active Games: Horse Races (TFAR) 3:00 Music and Move (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	5 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Drum Fit - Music and Movement (TFAR) 11:30 The Price is Right (TFL) 11:30 World Junior Ice Hockey Championships (KTH) 1:00 Bingo (TFL) 2:00 Card Game: Crazy Eights (TFAR) 3:00 Happy Hour w/ Entertainment (BB) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	6 10:00 Baking (TFD) 10:45 Go4Life Guided Walking (TFAR) 11:30 Lap Basket Station (TFL) 11:30 World Junior Ice Hockey Championships (KTH) 1:00 Nail Painting (TFAR) 2:00 Word Searches w/ Coffee and snacks (TFAR) 3:00 Concentration Game: Guess the Silhouette (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)
7 10:00 Baking (TFD) 10:45 Go4Life Guided Walking (TFAR) 11:30 Lap Basket Station (TFL) 1:00 Nail Painting (TFAR) 2:00 Word Searches w/ Coffee and snacks (TFAR) 3:00 Artful Enrichment: Snowy Creek Painting (TFAR) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	8 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Drum Fit - Music and Movement (TFAR) 11:30 Jeopardy (TFL) 1:00 Sing A Long (TFL) 2:00 Sensory Game: Connect 4 (TFAR) 3:00 Afternoon Movie: Elvis (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	9 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:30 The Price is Right (TFL) 1:00 B-I-N-G-O (TFL) 2:00 Jigsaw Puzzles (TFAR) 3:00 The Lawrence Welk Show (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	10 10:00 Music Therapy with Dandelion Music (TFAR) 11:00 Drum Fit - Music and Movement (TFAR) 1:00 Short Stories (TFL) 2:00 Sensory Game: Color and Match (TFAR) 3:00 Documentary Series: Our Universe Ep. (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	11 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Artful Enrichment: Harris House Painting (TFL) 11:30 Jeopardy (TFL) 1:00 Sing A Long (TFL) 1:00 Scenic Drive (LBY) 2:00 Active Games: Ladder Ball (TFAR) 3:00 Music and Move (TFP) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	12 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Drum Fit - Music and Movement (TFAR) 11:30 The Price is Right (TFL) 1:00 Bingo (TFL) 2:00 Card Game: Crazy Eights (TFAR) 3:00 Happy Hour w/ Entertainment (BB) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	13 10:00 Baking (TFD) 10:45 Go4Life Guided Walking (TFAR) 11:30 Lap Basket Station (TFL) 1:00 Nail Painting (TFAR) 2:00 Word Searches w/ Coffee and snacks (TFAR) 3:00 Concentration Game: Guess the Silhouette (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)
14 10:00 Baking (TFD) 10:45 Go4Life Guided Walking (TFAR) 11:30 Lap Basket Station (TFL) 1:00 Nail Painting (TFAR) 2:00 Word Searches w/ Coffee and snacks (TFAR) 3:00 Artful Enrichment: Iceberg Mixed Media (TFAR) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	15 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Drum Fit - Music and Movement (TFAR) 11:30 Jeopardy (TFL) 1:00 Sing A Long (TFL) 2:00 Sensory Game: Connect 4 (TFAR) 3:00 Afternoon Movie: The Lost Husband (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	16 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:30 The Price is Right (TFL) 1:00 B-I-N-G-O (TFL) 2:00 Jigsaw Puzzles (TFAR) 3:00 The Lawrence Welk Show (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	17 10:00 Music Therapy with Dandelion Music (TFAR) 11:00 Drum Fit - Music and Movement (TFAR) 1:00 Short Stories (TFL) 2:00 Sensory Game: Color and Match (TFAR) 3:00 Documentary Series: Our Universe Ep. (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	18 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Artful Enrichment: Monet Warm Winter (TFL) 11:30 Jeopardy (TFL) 1:00 Sing A Long (TFL) 2:00 Active Games: Seated Balloon Volleyball (TFAR) 3:00 Music and Move (TFP) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	19 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Drum Fit - Music and Movement (TFAR) 11:30 The Price is Right (TFL) 1:00 Bingo (TFL) 2:00 Card Game: Crazy Eights (TFAR) 3:00 Happy Hour w/ Entertainment (BB) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	20 10:00 Baking (TFD) 10:30 VENDOR: Under Wraps (LBY) 10:45 Go4Life Guided Walking (TFAR) 11:30 Lap Basket Station (TFL) 1:00 Nail Painting (TFAR) 2:00 Word Searches w/ Coffee and snacks (TFAR) 3:00 Concentration Game: Guess the Silhouette (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)



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21 10:00 Baking (TFD) 10:45 Go4Life Guided Walking (TFAR) 11:30 Lap Basket Station (TFL) 1:00 Nail Painting (TFAR) 2:00 Word Searches w/ Coffee and snacks (TFAR) 3:00 Artful Enrichment: Winter Chickadee Painting (TFAR) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	22 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Drum Fit - Music and Movement (TFAR) 11:30 Jeopardy (TFL) 1:00 Sing A Long (TFL) 2:00 Sensory Game: Connect 4 (TFAR) 3:00 Afternoon Movie: Rescued by Ruby (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	23 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 10:30 VENDOR: Bags and ETC. (LBY) 11:30 The Price is Right (TFL) 1:00 B-I-N-G-O (TFL) 2:00 Jigsaw Puzzles (TFAR) 3:00 The Lawrence Welk Show (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	24 10:00 Music Therapy with Dandelion Music (TFAR) 11:00 Drum Fit - Music and Movement (TFAR) 1:00 Short Stories (TFL) 2:00 Sensory Game: Color and Match (TFAR) 3:00 Documentary Series: Our Universe Ep. (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	25 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Artful Enrichment: Moses Rural Winter (TFL) 11:30 Jeopardy (TFL) 1:00 Sing A Long (TFL) 2:00 Active Games: Bean Bag Toss (TFAR) 3:00 Music and Move (TFP) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	26 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Drum Fit - Music and Movement (TFAR) 11:30 The Price is Right (TFL) 1:00 Bingo (TFL) 2:00 Card Game: Crazy Eights (TFAR) 3:00 Happy Hour w/ Entertainment (BB) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	27 10:00 Baking (TFD) 10:45 Go4Life Guided Walking (TFAR) 11:30 Lap Basket Station (TFL) 1:00 Nail Painting (TFAR) 2:00 Word Searches w/ Coffee and snacks (TFAR) 3:00 Concentration Game: Guess the Silhouette (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)
28 10:00 Baking (TFD) 10:45 Go4Life Guided Walking (TFAR) 11:30 Lap Basket Station (TFL) 1:00 Nail Painting (TFAR) 2:00 Word Searches w/ Coffee and snacks (TFAR) 3:00 Artful Enrichment: Colouring and Company (TFAR) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	29 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 11:00 Drum Fit - Music and Movement (TFAR) 11:30 Jeopardy (TFL) 1:00 Sing A Long (TFL) 2:00 Sensory Game: Connect 4 (TFAR) 3:00 Afternoon Movie: (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	30 10:00 Can Fit Pro: Strength and Stretch Exercises (TFL) 10:30 VENDOR: Stephi D- Design (LBY) 11:30 The Price is Right (TFL) 1:00 B-I-N-G-O (TFL) 2:00 Jigsaw Puzzles (TFAR) 3:00 The Lawrence Welk Show (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)	31 10:00 Music Therapy with Dandelion Music (TFAR) 11:00 Drum Fit - Music and Movement (TFAR) 1:00 Short Stories (TFL) 2:00 Sensory Game: Color and Match (TFAR) 3:00 Documentary Series: Our Universe Ep. (TFL) 6:30 Go4Life Guided Walk (TFD) 7:00 Guided Meditation (TFL)			

MONDAY
JAN 15

Martin Luther King Jr. Day

Be your best self

- Locations Legend**
- Third Floor Lounge (TFL)
 - Third Floor Activity Room (TFAR)
 - Third Floor Dining Room (TFD)
 - Kensington Theatre (KTH)
 - Bungalow Bistro (BB)
 - Lobby (LBY)
 - Third Floor Patio (TFP)

- Calendar Legend**
- Outing
 - Special Program
 - Living, Loving, Local
 - Signature Program