March 2023

Port Credit Retirement Residences

Verve INSPIRED SENIOR LIVING

PORT CREDIT INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Knitting Nook (10) 10:00 Documentary Series: Epic Engineering Failures - The Challenger Disaster (T) 11:00 Go For Life Walking Group (RECE) 1:30 Afternoon Movie: The Legend of Tarzan (T) 2:00 Walker Clinic (L) 2:00 Monthly Life Enrichment Meeting *Come and Share Your Thoughts* (10) 3:00 Afternoon Tea Time (L) 3:30 Classic Game: Crazy Eights (MR) 7:00 Evening Movie: The Legend of Tarzan (T)	8:30 San is Away! (G) 10:00 Shopper's Drug Mart and Dollarama Outing *$5 * (RECE) 10:30 What's in a Word? (T) 1:30 Afternoon Movie: I Care Alot (T) 2:00 New Resident Orientation (10) 2:00 Resident Run Euchre (B) 3:00 Afternoon Tea Time (L) 4:00 Complimentary Wine at Cocktail Hour (L) 7:00 Evening Movie: I Care Alot (T)	9:00 Lifemark Fitness Session (G) 9:15 Fit Minds *Session One* (10) 10:00 Lifemark Fitness (G) 10:00 Digital Concert: Mozart: Requiem in D K. 626 (T) 10:30 Fit Minds *Session Two* (10) 11:00 Lifemark Fitness (G) 1:00 Afternoon Movie: The Judge (T) 2:00 Texas Hold'Em * Bring $2.00* (MR) 2:00 Entertainment by Guitarist Ryan Andrew (10) 3:00 Afternoon Tea Time (L) 3:00 Chess (B) 7:00 Night Bridge Game *LOCATION CHANGE* (B) 7:00 Evening Movie: The Judge (T) 7:30 Bingo *Bring $1.00* (10)	10:00 Seated Yoga with Margaret (10) 10:30 Saturday Smoothies (L) 10:30 Hangman with Silvestar (T) 11:00 Resident Run Go 4 Life Walk (FD) 2:00 Rummikub (B) 2:00 Saturday Series: 1883 (T) 2:00 Flash Card Bingo with Gail & Family (10) 3:00 Afternoon Tea Time (L) 7:00 Resident Run Night Euchre (B) 7:00 Evening Movie Your Place or Mine (T)
5 10:30 Digital Church Service by Christ First United Church (T) 10:30 Eucharist Service by St. Mary Star of the Sea (10) 2:00 Classic Movie Sundays: The Sound of Music (T) 3:00 Tea time (L) 3:00 Outing: Mississauga Symphony Concert (FD) 7:00 Evening Movie A Beautiful Day in the Neighbourhood (T)	6 9:00 Lifemark Fitness Session (G) 10:00 Lifemark Fitness (G) 10:00 Creative Colouring & Coffee (B) 10:30 Concentration Memory Game (MR) 11:00 Lifemark Fitness (G) 11:00 Go For Life Walking Group (FD) 2:00 Rummikub (B) 2:00 Resident Run Bridge (10) 3:00 Afternoon Tea Time (L) 3:30 Virtual Wii Bowling (MR) 6:15 Pet Therapy with Karen (L) 7:00 Evening Movie Eddie the Eagle (T)	7 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Craft: Paint Your Own Wooden Bookmark (B) 10:30 News and Views Discussion Group (LI) 2:00 Dining Service Monthly Meeting w/ Cindy and Margarete (10) 2:00 Artful Talk: Female Renaissance & Baroque Artist (T) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Harry & Meghan (T) 7:00 Evening Movie: Up Close and Personal (T)	8 National Women's Day 9:30 Knitting Nook (10) 10:00 Documentary Series: Epic Engineering Failures - Chernobyl (T) 11:00 Go For Life Walking Group (RECE) 2:00 Guest Speaker Joseph Sharon Presents: Women Composers (10) 2:15 Texas Hold'Em * Bring $2.00* (MR) 3:00 Afternoon Tea Time (L) 3:30 Classic Game: Crazy Eights (MR) 3:30 National Geographic: Women of Impact - Changing the World (T) 7:00 Evening Movie: Erin Brockovich (T)	9 Mobile Hearing Clinic * Sign-up at Front Desk* (MR) 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 2:00 Resident Run Euchre (B) 2:00 Wedding Photo Guessing Game (10) 3:00 Afternoon Tea Time (L) 3:00 Documentary: Feminists - What were they thinking? (T) 4:00 Cocktail Hour (L) 7:00 Evening Movie: Marshall (T)	10 9:00 Lifemark Fitness Session (G) 9:15 Fit Minds *Session One* (10) 10:00 Lifemark Fitness (G) 10:00 Digital Concert: "The Trout Quintet: Piano Quintet in A major, D. 667" by Franz Schubert (T) 10:30 Fit Minds *Session Two* (10) 11:00 Lifemark Fitness (G) 2:00 Maple Hot Chocolate and Trivia (10) 3:00 Afternoon Tea Time (L) 3:00 Chess (B) 7:00 Night Bridge Game *LOCATION CHANGE* (B) 7:00 Evening Movie: Outside In (T)	11 10:00 Seated Yoga with Margaret (10) 10:30 Saturday Smoothies (L) 10:30 Hangman with Margarete (T) 11:00 Resident Run Go 4 Life Walk (FD) 2:00 Rummikub (B) 2:00 Saturday Series: 1883 (T) 2:00 Watercolour Class with Angela *Sign Up at Reception, $5* (10) 3:00 Afternoon Tea Time (L) 7:00 Resident Run Night Euchre (B) 7:00 Evening Movie: Talk to Me (T)
12 10:30 Digital Church Service by Christ First United Church (T) 10:30 Eucharist Service by St. Mary Star of the Sea (10) 2:00 Resident Choice Game Afternoon (B) 2:00 Classic Movie Sundays: My Favourite Wife (T) 3:00 Tea time (L) 7:00 Evening Movie: The Deep End of the Ocean (T)	13 Reflexology with Judy * Sign-up at Reception * 9:00 Lifemark Fitness Session (G) 10:00 Lifemark Fitness (G) 10:00 Creative Colouring & Coffee (B) 10:30 Concentration Memory Game (MR) 11:00 Lifemark Fitness (G) 11:00 Go For Life Walking Group (FD) 2:00 Rummikub (B) 2:00 Resident Run Bridge (10) 3:00 Afternoon Tea Time (L) 3:30 Virtual Wii Bowlinng (MR) 6:15 Pet Therapy with Karen (L) 7:00 Evening Movie: Fatherhood (T)	14 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:30 News and Views Discussion Group (LI) 11:15 Outing: Lunch at the Brogue *Residents will be walking, Sign Up at Reception* (OUTI) 2:00 Home Instead Presents: - Alzheimer and Dementia Workshop (10) 2:00 Texas Hold'Em * Bring $2.00* (MR) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Harry & Meghan (T) 7:00 Evening Movie: Bombshell (T)	15 9:30 Knitting Nook (10) 10:00 Documentary Series: Epic Engineering Failures - The Boeing 737 MAX (T) 11:00 Go For Life Walking Group (RECE) 2:00 Irish Beer Tasting *Sign Up at Reception* (10) 3:00 Afternoon Tea Time (L) 3:30 Classic Game: Crazy Eights (MR) 6:30 Outing: Andrew Llyod Weber 75th Birthday Concert (FD) 7:00 Evening Movie: Finding You (T)	16 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Travelogue: The Beauty of Ireland - Dublin (T) 10:30 What's in a Word? (T) 2:00 Resident Run Euchre (B) 2:00 Graham School of Irish Dancers Perform * Arrive Early to Secure Your Seat* (10) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 Evening Movie: Wild Mountain Thyme (T)	17 9:00 Lifemark Fitness Session (G) 9:15 Fit Minds *Session One* (10) 10:00 Lifemark Fitness (G) 10:00 Travelogue: The Beauty of Ireland - Kerry (T) 10:30 Fit Minds *Session Two* (10) 11:00 Lifemark Fitness (G) 2:00 Guest Speaker Ryan Uytdewilligen presents Irish Stars *Arrive Early for Green Beer* (10) 3:00 Afternoon Tea Time (L) 3:00 Chess (B) 7:00 Night Bridge Game *LOCATION CHANGE* (B) 7:00 Evening Movie: Leap Year (T)	18 10:00 Seated Yoga with Margaret (10) 10:30 Saturday Smoothies (L) 10:30 Hangman with Cindy (T) 11:00 Resident Run Go 4 Life Walk (FD) 2:00 Rummikub (B) 2:00 Saturday Series: 1883 (T) 3:00 Afternoon Tea Time (L) 7:00 Resident Run Night Euchre (B) 7:00 Evening Movie: Maudie (T)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:30 Digital Church Service by Christ First United Church (T) 10:30 Eucharist Service by St. Mary Star of the Sea (10) 2:00 Resident Choice Game Afternoon (B) 2:00 Classic Movie Sundays: Instant Love (T) 3:00 Tea time (L) 7:00 Evening Movie: Sweet Home Alabama (T)	**20** 9:00 Lifemark Fitness Session (G) 10:00 Lifemark Fitness (G) 10:00 Creative Colouring & Coffee (B) 10:00 Travelogue: The Beauty of Ireland - Donegal (T) 10:30 Concentration Memory Game (MR) 11:00 Lifemark Fitness (G) 11:00 Go For Life Walking Group (FD) 2:00 Rummikub (B) 2:00 Resident Run Bridge (10) 3:00 Afternoon Tea Time (L) 6:15 Pet Therapy with Karen (L) 7:00 Evening Movie: 5 Flights Up (T)	**21** 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Travelogue: The Beauty of Ireland - Cork (T) 10:30 News and Views Discussion Group (LI) 2:00 Resident Information Session (10) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Harry & Meghan (T) 7:00 Evening Movie: My Old Lady (T)	**22** 9:30 Knitting Nook (10) 10:00 Documentary Series: Epic Engineering Failures - The Challenger Disaster (T) 10:30 Speakers Corner: Knitting and Weaving (10) 11:00 Go For Life Walking Group (RECE) 2:00 Texas Hold'Em * Bring $2.00* (MR) 3:00 Afternoon Tea Time (L) 3:30 Classic Game: Crazy Eights (MR) 7:00 Evening Movie: The Duke (T)	**23** 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 What's in a Word? *TIME CHANGE* (T) 11:00 Shopping at Oakville Place * Sign Up at the Front Desk, $5* (FD) 2:00 Resident Run Euchre (B) 2:00 Crafternoon: Seashell Painting (MR) 3:00 Afternoon Tea Time (L) 3:00 Book Club Discussion * Members only sign up a reception* (T) 4:00 Cocktail Hour (L) 7:00 Evening Movie: Vacation (T)	**24** **Port of Call: Jamacia** 9:00 Lifemark Fitness Session (G) 9:15 Fit Minds *Only One Session* (10) 10:00 Lifemark Fitness (G) **10:00 Travelogue: Jamaica (T)** 11:00 Lifemark Fitness (G) **11:00 Cruise Week Begins with a Mimosa Send Off! (L)** **2:00 Guest Speaker Catherine Presents: Culture & Religion: Rastafarianism (Jamaica & Ethiopia) (10)** 3:00 Chess (B) **3:00 Rum Punch at the Tiki Bar! (L)** **3:30 Captain's Tetyana's Photo Booth (L)** **4:30 Captain's Dinner with Steeldrum Entertainment (D)** 7:00 Night Bridge Game *LOCATION CHANGE* (B) 7:00 Evening Movie: Shotgun Wedding (T)	**25** **Port of Call: St. Lucia** 10:00 Seated Yoga with Margaret (10) 10:30 Saturday Smoothies (L) **10:30 Caribbean Hangman with Faith (T)** 11:00 Resident Run Go 4 Life Walk (FD) **2:00 Cruise Week Open House (EB)** 3:00 Afternoon Tea Time (L) 7:00 Resident Run Night Euchre (B) 7:00 Evening Movie; Grace of Monaco (T)
26 **Port of Call: Bahamas** **10:00 Craft: Tye Dye Tote Bags *Sign Up at Reception* (B)** 10:30 Digital Church Service by Christ First United Church (T) 10:30 Eucharist Service by St. Mary Star of the Sea (10) 2:00 Resident Choice Game Afternoon (B) **2:00 Resident Travel Photo Slideshow *Bring Your Photos to Justine ASAP* (10)** 3:00 Tea time (L) **3:00 Bahama Mama's at the Tiki Bar (L)** **3:30 Travelogue: The Bahamas (T)** 7:00 Evening Movie: The Electrical Life of Louis Wain (T)	**27** **Port of Call: Cuba** 9:00 Lifemark Fitness Session (G) **9:30 Travelogue: Cuba (T)** 10:00 Lifemark Fitness (G) **10:00 Caribbean Collaborative Colouring Project (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 Celebrate Cuba with Enteratainment by Carla Gonzalez (B)** 3:00 Afternoon Tea Time (L) **3:00 Mojito's at the Tiki Bar (L)** **3:30 Gone Flshin' Game (B)** 6:15 Pet Therapy with Karen (L) 7:00 Evening Movie: Bliss (T)	**28** **Port Of Call: Trinidad & Tobago** 8:30 Fitness with San (G) 9:15 Fitness with San (G) **9:30 Ocean Beanbag Toss Challenge (L)** 10:00 Fitness with San (G) 10:30 News and Views Discussion Group (LI) 10:30 Food Committee Meeting (MR) **2:00 Lovesound Steel Drum Band Performs! (10)** 3:00 Afternoon Tea Time (L) **3:00 Sorrel Juice at the Tiki Bar! (L)** 7:00 Evening Movie: Being the Ricardos (T)	**29** **Port Of Call: Turks and Cacaos** 9:30 Knitting Nook (10) **10:00 Documentary: The Secret Life of the Cruise (T)** 11:00 Go For Life Walking Group (RECE) **11:30 Flamingo Ring Toss (L)** 2:00 Texas Hold'Em * Bring $2.00* (MR) **2:00 Staff & Resident Balloon Volleyball (10)** 3:00 Afternoon Tea Time (L) **3:00 Sea Breezes at the TIki Bar! (L)** 3:30 Classic Game: Crazy Eights (MR) **3:30 Nature Documentary: The Crimson Wing - Mystery of the Flamingos (T)** 7:00 Evening Movie: Red Tails (T)	**30** **Port of Call: Mexico** 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) **10:00 Travelogue: Mexico (T)** 10:30 What's in a Word? (T) **10:30 Artful Talks: Fun In The Sun (10)** 2:00 Resident Run Euchre (B) **2:00 Fact or Fictions Caribbean Style (10)** 3:00 Afternoon Tea Time (L) **3:00 Margarita's at the Tiki Bar (L)** **3:30 Make Your Own Maracas (MR)** **7:00 Celebrate Mexico with Mariachi Fuego (10)**	**31** Return Home! 9:00 Lifemark Fitness Session (G) 9:15 Fit Minds *Session One* (10) 10:00 Lifemark Fitness (G) **10:00 Documentary: The Secret Life of the World's Busiest Airport (T)** 10:30 Fit Minds *Session Two* (10) 11:00 Lifemark Fitness (G) **2:00 Cruise Week Photo Slideshow & Hand In Your Passports! (10)** 3:00 Afternoon Tea Time (L) 3:00 Chess (B) 7:00 Night Bridge Game *LOCATION CHANGE* (B) 7:00 Evening Movie: We Bought a Zoo (T) 7:30 Bingo *Bring $1.00* (10)	

Calendar Legend

Outing
Special Program
Cruise Week
Signature Program



Be Inspired

Locations Legend

Theatre (T)	Front Desk (FD)
Lobby (L)	Reception (RECE)
Gym (G)	Library (LI)
Pier 10 (10)	Outing (OUTI)
Bistro (B)	Dining Room (D)
Meeting Room (MR)	Entire Building (EB)