



INSPIRED
SENIOR LIVING

April 2024

Port Credit Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Programs Limited to 7 Participants - Sign Up with Emily, Justine or Reception! 9:30 Listen & Learn (T) 10:30 Concentration Memory Game (MR) 2:00 Rummikub (B) 2:00 Resident Run Bridge (G) 3:15 The Underground Railroad: Chapter 6: Tennessee - Proverbs (T) 7:00 Evening Movie: NYAD (T)	8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage and Skip Bo (B) 10:00 Digital Concert: Haydn - Symphony No. 94 in G Major "Surprise" (T) 2:00 Life Enrichment Calendar Review (T) 3:00 Billiards and Beer with Silvestar (BL) 3:00 Afternoon Tea Time (L) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Diane Fossey - Secrets in the Mist (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Irish Wish (T)	Disco Day! 9:30 Knitting Nook (10) 10:00 Aqua Fit with Ellen (AC) 10:30 News and Views Discussion Group (LI) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Crafternoon: Make Your Own Disco Headband (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 3:30 Disco Themed Trivia - All Things 1970s & 1980s (10) 7:00 The Sparklettes Present Dazzling Disco (10)	Kitchen Dish Collection Day! 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Shopping at Shopper's Drug Mart and Dollarama *Two Shuttles* (OUTI) 10:30 What's in a Word? *Pick Up and Go* (T) 2:00 Euchre Afternoon (B) 2:00 Meet Me at the MOMA Lecture & Paint Afternoon: Charles Jervas (10) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (B) 7:00 Evening Movie: Mahalia (T)	Morocco Day! 9:00 Body Balance Fitness (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Falls Prevention Exercise (G) 10:00 Learn to Write Your Name in Arabic *Until 11:30am* (L) 10:30 Fit Minds - Stay Sharp (MR) 10:30 Go 4 Life Walk (FD) 11:00 Pump It Up Exercise Class (G) 2:00 Name the Spice and Digital Spice Market Tour (10) 3:00 Afternoon Tea Time (L) 3:30 Travelogue: Morocco: Magic Comes Reality (T) 7:00 Bingo *Bring \$1.00* (10)	10:00 Seated Yoga with Margaret (10) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 11:00 Vendor: Traditions Alive *until 4pm* (L) 2:00 Armchair Travel - Turkey (10) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Evening Movie: The Last Letter From Your Lover (T)
National Beer Day! 10:30 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Sunday Java Singalong (B) 10:30 Smoothie Social (L) 2:00 Flash Card Bingo with Gail & Family (10) 2:00 Lost & Found House *Come Collect Your Stuff* (L) 2:00 Classic Movie Sundays: Dance, Girl, Dance (T) 3:00 Afternoon Tea Time (L) 3:30 Craft Beer Tasting with Emily (10) 7:00 Evening Movie: Heaven Is For Real (T)	Reflexology with Judy Blue Jays Day! *Wear Your Blue Jays Gear* 9:00 Body Balance Fitness (G) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game: Space Themed (MR) 11:00 Pump It Up Exercise Class (G) 1:30 Guest Speaker: Bill Anderson - National Anthems & Flags (10) 2:00 Resident Run Bridge *In the Gym* (G) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:00 Solar Eclipse Viewing (L) 3:15 The Underground Railroad: Chapter 7: Fanny Briggs (T) 6:30 Elliot the Dog Visits! (L) 7:00 Blue Jays Home Opener (L)	8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage and Skip Bo (B) 10:00 Digital Concert: Schumann: 4. Sinfonie (T) 2:00 Potato Chip Tasting *Can You Guess The Flavour?* (B) 3:00 Afternoon Tea Time (L) 3:00 Kitchen Tour *Sign Up* (D) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Diane Fossey - Secrets in the Mist (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Bank of Dave (T)	9:30 Knitting Nook (10) 10:00 Aqua Fit with Ellen (AC) 10:30 News and Views Discussion Group (LI) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Anglican Church Service (T) 2:00 Fact or Fiction Group Activity w/ a Surprise Drink (10) 2:00 Wellwise Clinic by Shopper's: Walker's and More! (L) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Wine and Paint Night: Earth Day Edition (10)	Mobile Hearing Clinic * Sign-up at Front Desk* (MR) 8:30 Fitness with San (G) 9:15 Fitness with San (G) 9:30 Craft: Egg Carton Crafts *Drop by until 11:30am* (10) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 11:15 Lunch Out at Bobby's Hideaway (L) 2:00 Euchre Afternoon (B) 2:00 Wine and Food Pairing Afternoon *Sign Up* (10) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (B) 7:00 Evening Movie: Mowgli: Legend of the Jungle (T)	9:00 Body Balance Fitness (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Falls Prevention Exercise (G) 10:30 Fit Minds - Stay Sharp (MR) 10:30 Go 4 Life Walk (FD) 11:00 Pump It Up Exercise Class (G) 1:30 Outing: Shopping at Loblaw's (OUTI) 2:00 Jokes & Rootbeer Floats (10) 2:00 Dining Service Monthly Meeting w/ Margarete & Kirollos (10) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 7:00 Bingo *Bring \$1.00* (10)	National Scrabble Day! 9:30 Craft: Scrabble Tile Art (MR) 10:00 Seated Yoga with Margaret (10) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 2:00 April Trivia Challenge (10) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 3:30 Scrabble Afternoon (B) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Evening Movie: Belfast (T)
10:30 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Sunday Java Singalong (B) 10:30 Smoothie Social (L) 2:00 Classic Movie Sundays: Dangerous Ground (T) 2:00 Flash Card Bingo with Gail & Family (10) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Till (T)	9:00 Body Balance Fitness (G) 9:30 Exploring Ted Talks (T) 9:30 Book Club Discussion * Members only sign up a reception* (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game (MR) 11:00 Pump It Up Exercise Class (G) 12:00 Mobile Senior Clothing Shop (10) 2:00 Rummikub (B) 2:00 Resident Run Bridge *In The Gym* (10) 3:00 Afternoon Tea Time (L) 3:15 The Underground Railroad: Chapter 8: Indiana Autumn (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Maestro (T)	8:30 Fitness with San (G) 9:15 Fitness with San (G) 9:30 Craft: Coffee Filter Flowers *Drop In until 11:30am* (10) 10:00 Fitness with San (G) 10:00 Cribbage and Skip Bo (B) 10:00 Digital Concert: BACH, Violin Concerto in A minor (T) 2:00 Jackpot BINGO *Bring \$5* (10) 3:00 Afternoon Tea Time (L) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Diane Fossey - Secrets in the Mist (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: No Pressure (T)	9:30 Knitting Nook (10) 10:00 Aqua Fit with Ellen (AC) 10:30 Speakers Corner: My Time in Botswana by Rev. Debra (10) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 What is Passover? With Cantor Paula Baruch (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Evening Social ft. Blackberry Daquiris (10)	8:30 Fitness with San (G) 9:15 Fitness with San (G) 9:45 Outing: Morning Coffee at Coffee Culture (OUTI) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 2:00 Euchre Afternoon (B) 2:00 Resident Information Session (10) 3:00 High Tea with Tony *Sign Up at Reception* (D) 3:00 Afternoon Tea Time (L) 4:00 April Birthday Cocktail Hour (L) 7:00 Night Bridge Game (B) 7:00 Evening Movie: Redeeming Love (T)	9:00 Body Balance Fitness (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Falls Prevention Exercise (G) 10:30 Fit Minds - Stay Sharp (MR) 10:30 Go 4 Life Walk (FD) 11:00 Pump It Up Exercise Class (G) 2:00 Seated Balloon Volleyball (10) 2:00 Horse Race Game *Bring \$2* (MR) 3:00 Afternoon Tea Time (L) 7:00 Bingo *Bring \$1.00* (10)	10:00 Seated Yoga with Margaret (10) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 2:00 Explore Earth Day and the Environment (10) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Pianist Martin Wall Performs (L)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Eucharist Service by St. Mary Star of the Sea (T) 21 10:30 Sunday Java Singalong (B) 10:30 Smoothie Social (L) 2:00 Flash Card Bingo with Gail & Family (10) 2:00 Classic Movie Sundays: The Big Country (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: The Beautiful Game (T)	Artfull Enrichment Week! Art BINGO 22 9:00 Body Balance Fitness (G) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game: Art Theme (MR) 11:00 Pump It Up Exercise Class (G) 2:00 Rummikub (B) 2:00 Artfull Minds: Earth Day Trivia (10) 3:00 Afternoon Tea Time (L) 3:00 Resident Run Bridge (10) 3:30 The Underground Railroad: Chapter 9: Indiana Winter (T) 6:30 Elliot the Dog Visits! (L) 7:00 Documentary: National Geographic Before the Flood (T)	Artfull Enrichment Week! Art BINGO 23 World Book Day! 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage and Skip Bo (B) 10:00 Outing: Port Credit Library (OUTI) 10:00 Digital Concert: Vivaldi and Mozart at the Musée du Louvre (T) 2:00 Artfull Talks: Folk Art & Naïve Art (T) 2:00 Show & Share - Bring Your Favourite Book To Share (T) 3:00 Afternoon Tea Time (L) 3:30 Go 4 Life Walk (FD) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Bob Ross: Happy Accidents, Betrayal & Greed (T)	Artfull Enrichment Week! Art BINGO 24 9:30 Knitting Nook (10) 10:00 Aqua Fit with Ellen (AC) 10:30 News and Views Discussion Group (LI) 10:30 Great Art Explained: John Singer Sargent: Madame X and Dr. Pozzi (T) 2:00 Crafternoon: Handprints for Memories (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 3:30 The Mind Explained: Creativity (T) 7:00 Evening Paint Night: April Showers Bring May Flower (10)	Artfull Enrichment Week! Art BINGO 25 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) 10:30 Artfull Minds ABSTRACT ART (10) 2:00 Euchre Afternoon (B) 2:00 Meet Me at the MOMA Lecture & Paint Afternoon: Rembrandt Van Rijn (10) 3:00 Afternoon Tea Time (L) 3:30 Great Art Explained: The Mona Lisa (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (B) 7:00 Evening Movie: The Prince of Egypt - The Musical (T)	Artfull Enrichment Week! Art BINGO 26 9:00 Body Balance Fitness (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Falls Prevention Exercise (G) 10:30 Fit Minds - Stay Sharp (MR) 10:30 *Resident Art Show - Drop Off Hour* (10) 10:30 Go 4 Life Walk (FD) 11:00 Pump It Up Exercise Class (G) 11:00 Walker Safety Clinic (L) 1:00 Resident Arts and Crafts Exhibition *Drop by until 3pm* (10) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 7:00 Bingo *Bring \$1.00* (10)	Tell a Story Day! 27 10:00 Seated Yoga with Margaret (10) 10:00 Crafternoon: Jewelry Making (B) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 2:00 An Afternoon of Reminiscing with Emily *Bring a Story to Share* (10) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Evening Concert: B.B. King - Standing Room Only! (T)
10:30 Eucharist Service by St. Mary Star of the Sea (T) 28 10:30 Sunday Java Singalong (B) 10:30 Smoothie Social (L) 2:00 Armchair Travel - Ireland (10) 2:00 Classic Movie Sundays: A Song is Born (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Little Voice (T)	29 9:00 Body Balance Fitness (G) 9:30 Exploring Ted Talks (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game (MR) 11:00 Pump It Up Exercise Class (G) 2:00 Rummikub (B) 2:00 Resident Run Bridge (10) 2:00 Culinary Corner with Chef (B) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:15 The Underground Railroad: Chapter 10: Mabel (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: The Holdovers (T)	30 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Digital Concert: Mozart - Requiem (T) 10:00 Fitness with San (G) 10:00 Cribbage and Skip Bo (B) 10:30 Food Committee Meeting (MR) 11:00 Shopping at Cloverdale Mall (OUTI) 2:00 Entertainment by Vocalist Siobhan Duffy *New Entertainer* (10) 3:00 Afternoon Tea Time (L) 3:30 Go 4 Life Walk (FD) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: The Battle of Mary Kay (T)				



MONDAY
APR
22

Passover

Be Proud

Locations Legend

Theatre (T)
Pier 10 (10)
Lobby (L)
Gym (G)
Bistro (B)
Meeting Room (MR)

Front Desk (FD)
Outing (OUTI)
Aquatic Center (AC)
Library (LI)
Dining Room (D)
Billiards Lounge (BL)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program