



INSPIRED
SENIOR LIVING

July 2024

Port Credit Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Paint The Town Red Festival! Canada Day Activity Kit - Pick Up at Reception! 1 9:00 Fitness Cancelled Due To Holiday! (G) 10:00 Cribbage (B) 11:30 Canada Day BBQ with Live Entertainment by the Escapade Trio (D) 2:00 Rummikub (B) 2:00 Resident Run Bridge (10) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Canada's Hidden Nature Reserve "Darkwoods" (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: La Bolduc (T)	Cycling Without Age Rides (L) 2 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Digital Concert: Schubert: Symphony No. 9 "The Great" (T) 10:30 Concentration Memory Game (MR) 1:30 Outing: Shopping at Loblaws (OUTI) 2:00 Dining Service Monthly Meeting w/ Kirolos and Margarete (10) 3:00 Afternoon Tea Time (L) 3:00 Living, Loving, Local Patio Drinks: Cherry Limade (C) 3:00 Billiards with Silvestar (BL) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Secrets of the Elephant - Savanna (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Breathe (T)	9:30 Knitting Nook (10) 3 10:00 30 Minute Meditation (T) 10:30 News and Views Discussion Group (LI) 11:45 Movie Outing: Thelma *Bagged Lunches Provided* (OUTI) 1:30 Afternoon Movie: Gold (T) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Wellwise Clinic by Shopper's: Walker's and More! (L) 3:00 Afternoon Tea Time (L) 3:15 Ice Cream Truck Stops By! (L) 3:30 Quiddler Card/Word Game (B) 7:00 Wine and Paint Night: Canadian Edition (10)	8:30 Fitness with San (G) 4 9:15 Fitness with San (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Fitness with San (G) 10:00 Shopping at Shopper's Drug Mart and Dollarama *Two Shuttles* (OUTI) 10:30 Fit Minds - Stay Sharp (MR) 2:00 Euchre Afternoon (B) 2:00 Meet Me at the MOMA Lecture and Painting: Robert Bateman (10) 2:00 Celebrate the Fourth of July with American Geography Trivia (T) 3:00 Afternoon Tea Time (L) 3:30 Music and Monarchy: Episode 2: Revolutions (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: La Bamba (T)	9:00 Pump It Up Exercise Class (G) 5 10:00 Falls Prevention Exercise (G) 10:30 Go 4 Life Walk (FD) 10:30 What's in a Word? (T) 11:00 Movement Matters Exercise Class (G) 2:00 Jokes and Rootbeer Floats (10) 2:00 Documentary: Flood Tombs of the Nile (T) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 3:30 Jazz Appreciation Afternoon (T) 4:30 Living, Loving, Local Dinner: Cherry (D) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Claypot Lighthouses *Drop In until 11:30am* (MR) 6 10:00 Seated Yoga with Margaret (10) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 2:00 History of Candy, Tasting and more! (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: Bless Me, Ultima (T)
10:30 Eucharist Service by St. Mary Star of the Sea (T) 7 10:30 Smoothie Social (L) 10:30 Games Morning: Quiddler and More! (B) 2:00 Classic Movie Sundays: The Pride of the Yankees (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Shirley (T)	Reflexology with Judy 8 9:00 Tai Chi (G) 9:30 Listen & Learn: Podcasts (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game (MR) 2:00 Guest Speaker: Going to the Canadian Movies (10) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:00 Resident Run Bridge *Time Change* (10) 3:30 Documentary: Canada - A Year in the Wild: Autumn (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: The Phantom of the Open (T)	8:30 Fitness with San (G) 9 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Digital Concert: Baltic Sea Youth Philharmonic (T) 10:00 Cribbage (B) 10:30 Java Singalong (10) 2:00 Artful Talks: Indigenous & Native American Art (T) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 3:00 Afternoon Tea Time (L) 3:00 Living, Loving, Local Patio Drinks: Cherry Coke Floats (C) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Secrets of the Elephant - Desert (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: The Family Man (T)	National Pina Colada Day 10 9:30 Knitting Nook (10) 10:00 30 Minute Meditation (T) 10:30 News and Views Discussion Group (LI) 2:00 Jackpot BINGO *Bring \$5* (10) 2:00 Anglican Church Service *Jim is away this month!* (T) 3:00 Afternoon Tea Time (L) 3:15 Ice Cream Truck Stops By! (L) 3:30 Quiddler Card/Word Game (B) 6:00 Pina Colada's (C) 7:00 Entertainment by Tim Godfrey (10)	8:30 Fitness with San (G) 11 9:15 Fitness with San (G) 9:30 Outing: Charterability Boat Cruise (OUTI) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 2:00 Euchre Afternoon (B) 2:00 Flash Card Bingo (10) 3:00 Afternoon Tea Time (L) 3:30 Music and Monarchy: Episode 3: Great British Music (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Tarzan (T)	9:00 Pump It Up Exercise Class (G) 12 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 Movement Matters Exercise Class (G) 1:30 Outing: Tour of Stonehooker Brewing Co. (OUTI) 2:00 Buried Secrets of the Bible Part One (T) 3:00 Afternoon Tea Time (L) 3:30 Jazz Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Pressed Flowers (MR) 13 10:00 Seated Yoga with Margaret (10) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 2:00 July Trivia Challenge and Cherry Sundaes (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: Overcomer (T)
10:30 Eucharist Service by St. Mary Star of the Sea (T) 14 10:30 Smoothie Social (L) 10:30 Games Morning: Quiddler and More! (B) 2:00 Classic Movie Sundays: Moby Dick (T) 2:00 Armchair Travel To Madagascar (10) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Stakeout (T)	9:00 Tai Chi (G) 15 9:30 Book Club Discussion (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game (MR) 2:00 Resident Run Bridge (10) 2:00 Guest Speaker: Healthy Aging and Nutrition by Home Instead (10) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:30 Documentary: Canada - A Year in the Wild: Winter (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Amy (T)	Cycling Without Age Rides (L) 16 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:00 Digital Concert: Bach: MAGNIFICAT (T) 10:30 Java Singalong (10) 2:00 Artful Talks: Fun In the Sun (T) 2:00 Oreo Taste Testing Challenge *Can You Guess the Flavour* (B) 3:00 Afternoon Tea Time (L) 3:00 Living, Loving, Local Patio Drinks: Cherry Party Punch (C) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Secrets of the Elephant - Rainforest (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Simon Birch (T)	National Hot Dog Day! 17 9:30 Knitting Nook (10) 10:00 30 Minute Meditation (T) 10:00 Craft: Watergun Painting (C) 10:30 News and Views Discussion Group (LI) 1:30 Shopping at Walmart (OUTI) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 3:00 Afternoon Tea Time (L) 3:15 Ice Cream Truck Stops By! (L) 3:30 Quiddler Card/Word Game (B) 7:00 Evening Movie: 12 Angry Men (T)	8:30 Fitness with San (G) 18 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 1:30 Afternoon Movie: The Intern (T) 2:00 Euchre Afternoon (B) 2:00 Meet Me at the MOMA Lecture and Painting: Brian Donnelly (10) 3:00 Afternoon Tea Time (L) 3:30 Music and Monarchy: Episode 3: Reinventions (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: The Intern (T)	9:00 Pump It Up Exercise Class (G) 19 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 Movement Matters Exercise Class (G) 2:00 Culinary Team Thank-You Activity (10) 2:00 Buried Secrets of the Bible Part Two (T) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 3:30 Jazz Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Olympic Centerpieces (MR) 20 10:00 Seated Yoga with Margaret (10) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 2:00 Armchair Travel - France (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: Chocolat (T)



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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 Smoothie Social (L) 10:30 Games Morning: Quiddler and More! (B) 2:00 Classic Movie Sundays: The Little Foxes (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Cocktail (T)	9:00 Tai Chi (G) 22 9:30 Exploring Ted Talks (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game (MR) 2:00 Rummikub (B) 2:00 Health and Wellness information Session w/ Prab (10) 2:00 Resident Run Bridge *In The Gym* (10) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:30 Documentary: Canada - A Year in the Wild: Spring (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Remembering Gene Wilder (T)	8:30 Fitness with San (G) 23 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:00 Digital Concert: Beethoven: Violin Concerto (T) 10:30 Java Singalong (10) 2:00 Guest Speaker Lianne Harris Presents: Everything you wanted to learn about Scotland in 1 hour! (10) 3:00 Afternoon Tea Time (L) 3:00 Living, Loving, Local Patio Drinks: Cherry Lemonade (C) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Secrets of the Elephant - Asia (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: 27 Dresses (T)	National Cowboy/Cowgirl Day! 24 9:30 Knitting Nook (10) 10:00 30 Minute Meditation (T) 10:30 News and Views Discussion Group (LI) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Entertainment by Guitarist Brad James (10) 3:00 Afternoon Tea Time (L) 3:15 Ice Cream Truck Stops By! (L) 3:30 Quiddler Card/Word Game (B) 7:00 Evening Social ft. Cherry Spritzers (10)	Culinarians Day! 25 8:30 Fitness with San (G) 9:15 Fitness with San (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Fitness with San (G) 10:30 Fit Minds - Stay Sharp (MR) 1:30 Outing: Port Credit Library (OUTI) 2:00 Euchre Afternoon (B) 2:00 Resident Information Session and Meet the Chefs and Culinary team! (10) 3:00 Afternoon Tea Time (L) 4:00 June Birthday Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Swiss Family Robinson (T)	9:00 Pump It Up Exercise Class (G) 26 10:00 Falls Prevention Exercise (G) 10:00 Art Documentary: How Renoir Revolutionised Art (T) 10:30 Go 4 Life Walk (FD) 10:30 What's in a Word? (T) 11:00 Movement Matters Exercise Class (G) 1:30 2024 Summer Olympic Opening Ceremonies Party! (T) 3:00 Afternoon Tea Time (L) 3:30 Jazz Appreciation Afternoon (T) 4:30 French Themed Dinner 7:00 Bingo *Bring \$1.00* (10)	10:00 Seated Yoga with Margaret (10) 27 10:30 Hangman: Olypmic Words (T) 11:00 Go 4 Life Walk (FD) 2:00 Afternoon Movie: I am Celine Dion (T) 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 Alamo (T)
10:30 Eucharist Service by St. Mary Star of the Sea (T) 28 10:30 Smoothie Social (L) 10:30 Games Morning: Quiddler and More! (B) 2:00 Classic Movie Sundays: They Won't Believe Me (T) 3:00 Afternoon Tea Time (L) 4:30 Dinner with Leslie on the Violin (D) 7:00 Evening Movie: The King of Comedy (T)	COVID Vaccine Booster Clinic 29 9:00 Tai Chi (G) 9:30 Exploring Ted Talks (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game: Olympic Themed (MR) 2:00 Olympic Trivia Social with French Lemonade (10) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:00 Resident Run Bridge *Time Change* (10) 3:30 Documentary: Canada - A Year in the Wild: Summer (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Pollyanna (T)	8:30 Fitness with San (G) 30 9:15 Fitness with San (G) 10:00 Digital Concert: Mozart - Requiem (T) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:30 Food Committee Meeting (MR) 10:30 Java Singalong (10) 2:00 French Wine Tasting *Sign Up* (10) 3:00 Afternoon Tea Time (L) 3:00 Living, Loving, Local Patio Drinks: Cherry Italian Cream Sodas (C) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Secrets of the Elephant - Savanna (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Down and Out in Beverly Hills (T)	9:30 Knitting Nook (10) 31 10:00 30 Minute Meditation (T) 10:30 News and Views Discussion Group (LI) 11:30 Vendor: Mary Kay (L) 11:30 Lunch Out at Snug Harbour (OUTI) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Seated Beach Volleyball *Staff vs. Residents* (10) 3:00 Afternoon Tea Time (L) 3:15 Ice Cream Truck Stops By! (L) 3:30 Quiddler Card/Word Game (B) 7:00 Wine and Paint Night: Olympics Edition (10)			

WEDNESDAY
JUL
17

National
Hot Dog Day

THURSDAY
JUL
25

Culinarians Day

Locations Legend

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

Front Desk (FD)
Outing (OUTI)
Courtyard (C)
Library (LI)
Dining Room (D)
Billiards Lounge (BL)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program