

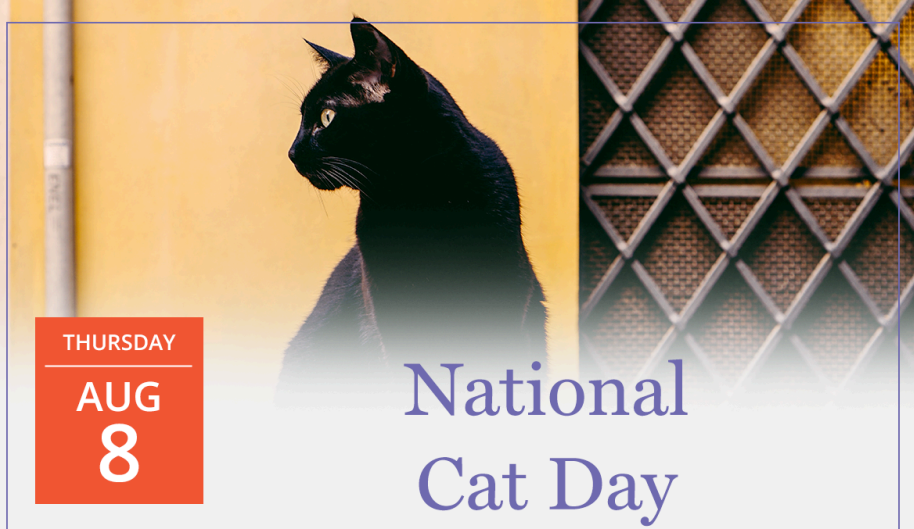
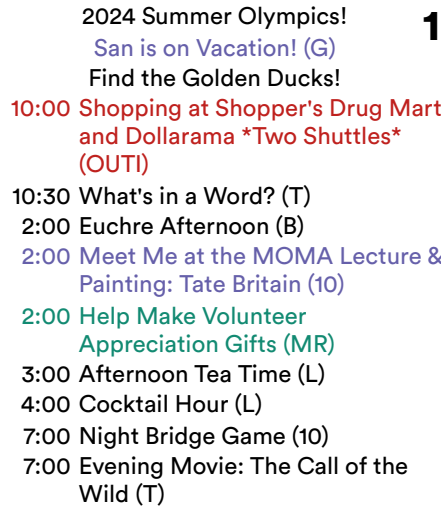
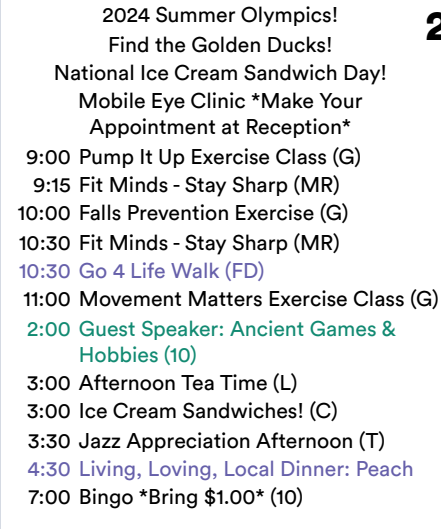
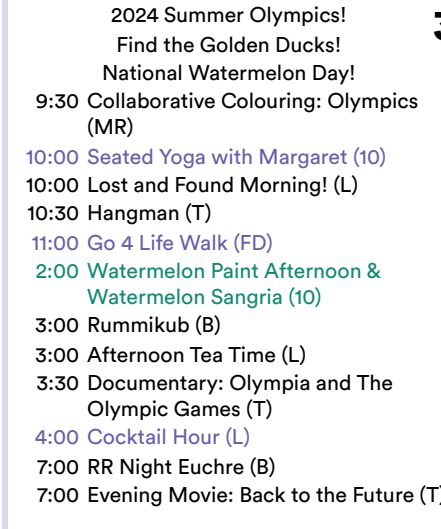


INSPIRED
SENIOR LIVING

August 2024

Port Credit Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MONDAY AUG 5 Civic Holiday	 THURSDAY AUG 8 National Cat Day	 THURSDAY AUG 8 National Cat Day	 THURSDAY AUG 8 National Cat Day	 THURSDAY AUG 8 National Cat Day	 THURSDAY AUG 8 National Cat Day	 THURSDAY AUG 8 National Cat Day
2024 Summer Olympics! Find the Golden Ducks! 9:15 30 Minute Meditation (T) 10:15 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Smoothie Social (L) 2:00 Classic Movie Sundays: Guys and Dolls (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: The Scoop (T)	2024 Summer Olympics! Find the Golden Ducks! Fitness Cancelled Due To Holiday! (G) 10:00 Cribbage (B) 2:00 Resident Run Bridge (10) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:30 Documentary: Canada - A Year in the Wild: Autumn (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: The Long Game (T)	2024 Summer Olympics! Find the Golden Ducks! Cycling Without Age Rides 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Digital Concert: Schubert: Symphony in C major "The Great" (T) 10:30 Concentration Memory Game: Olympics (MR) 2:00 Olympic Ping Pong Challenge *Prizes to be won* (10) 3:00 Afternoon Tea Time (L) 3:00 Living, Loving, Local Patio Drinks: Peach Lemonade (C) 3:00 Billiards and Beer with Karillos (BL) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Meet the Chimps Ep 1 (T) 6:00 Go For Gold Drinks (C) 7:00 Guest Speaker Lianne Harris presents "Odd Behaviour: Eccentric People in History" (10)	2024 Summer Olympics! Find the Golden Ducks! 9:30 Knitting Nook (10) 10:00 Documentary: Sprint (T) 10:30 News and Views Discussion Group (LI) 10:30 Java Singalong (10) 2:00 Wellwise Clinic by Shopper's: Walker's and More! (L) 2:00 Olympic Mini Putt Challenge *Prizes to be Won* (10) 3:00 Afternoon Tea Time (L) 3:15 Ice Cream Truck Stops By! (L) 3:30 Quiddler Card/Word Game (B) 7:00 Mexican Train Dominos *Day Change* (B) 7:00 Evening Movie: A Family Affair (T)	2024 Summer Olympics! Find the Golden Ducks! Mobile Hearing Clinic * Sign-up at Front Desk* (MR) 8:30 Fitness with San (G) 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) 1:30 Documentary: Inside the Mind of a Cat (T) 2:00 Euchre Afternoon (B) 2:00 Meet Me at the MOMA Lecture: Elizabeth Blackadder (10) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: A Little Chaos (T)	2024 Summer Olympics! Find the Golden Ducks! 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) 11:00 Pump It Up Exercise Class (G) 1:30 Documentary: Yogi Berra - It Ain't Over Yet (T) 2:00 Olympic Game Afternoon! (10) 3:00 Afternoon Tea Time (L) 3:30 Jazz Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	2024 Summer Olympics! Find the Golden Ducks! 9:30 Craft: Glass Fridge Magnets *Drop In Until 11:30am* (MR) 10:00 Seated Yoga with Margaret (10) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 11:00 Vendor: Suzanne M Jewelry (L) 2:00 Stone Fruit Tasting with Emily (10) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 3:30 Documentary: World Eats Bread Ep 1 (T) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Evening Movie: Fried Green Tomatoes (T)
2024 Summer Olympics! 9:15 30 Minute Meditation (T) 10:15 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Smoothie Social (L) 10:30 Games Morning: Quiddler and More! (B) 2:00 Olympic Closing Ceremonies (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Beverly Hills Cop (T)	Reflexology with Judy 9:00 Tai Chi (G) 9:30 Exploring Ted Talks (T) 10:00 Falls Prevention Exercise (G) 10:00 Cribbage (B) 11:00 Pump It Up Exercise Class (G) 2:00 Guest Speaker: Understanding Arthritis by Home Instead (10) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:00 Resident Run Bridge *Time Change* (10) 3:30 Food Feedback Chat! (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Crazy, Stupid, Love (T)	8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Digital Concert: R. Strauss: Horn Concerto No. 2 in E flat Major (T) 10:30 Concentration Memory Game (MR) 2:00 Artfull Talks: Historical Portraits (T) 3:00 Afternoon Tea Time (L) 3:00 Living, Loving, Local Patio Drinks: Iced Peach Tea (C) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Meet the Chimps Ep 2 (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Goyo (T)	9:30 Knitting Nook (10) 10:00 Documentary: Sprint (T) 10:30 News and Views Discussion Group (LI) 1:30 Shopping at Walmart (OUTI) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Anglican Church Service (T) 3:00 Afternoon Tea Time (L) 3:15 Ice Cream Truck Stops By! (L) 3:30 Quiddler Card/Word Game (B) 6:00 Whiskey Peach Tea (C) 7:00 Entertainment by Singer Milan Vincec (10)	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 Java Singalong (10) 11:30 Lunch Out: Swiss Chalet (OUTI) 2:00 Euchre Afternoon (B) 2:00 Guest Speaker Richard Jordan: The Boyd Gang - Toronto's Notorious Bank Robbers (10) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Einstein and the Bomb (T)	Resident Survey Deadline! 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) 11:00 Pump It Up Exercise Class (G) 2:00 Dips from Around the World! Tasting Program (10) 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: Tye Dye T Shirts - *Sign Up at Reception* (B) 10:00 Seated Yoga with Margaret (G) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 11:00 Entertainment: Mark Lewis from Buskerfest! (10) 2:00 August Trivia Challenge with Peach Ginger Popsicles (10) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 3:30 Documentary: World Eats Bread Ep 1 (T) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Evening Movie: Then Came You (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 30 Minute Meditation (T) 18 10:15 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Smoothie Social (L) 10:30 Games Morning: Quiddler and More! (B) 2:00 Classic Movie Sundays: Dead End (T) 2:00 Flash Card Bingo (10) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Platoon (T)	9:00 Tai Chi (G) 19 9:30 Book Club Discussion (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game (MR) 11:00 Pump It Up Exercise Class (G) 2:00 Resident Run Bridge (10) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:30 Food Feedback Chat! (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Diane Von Furstenberg: Woman in Charge (T)	Cycling Without Age Rides! (L) 20 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: Beethoven: Symphony No. 3 (T) 10:30 Java Singalong (10) 2:00 The Price of Art: Counterfeits and Collectors (10) 3:00 Afternoon Tea Time (L) 3:15 Living, Loving, Local Patio Drinks: Peachy Sparkler (C) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Meet the Chimps Ep 3 (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Roman J. Israel, Esq. (T)	9:30 Knitting Nook (10) 21 10:00 Documentary: Sprint (T) 10:30 News and Views Discussion Group (LI) 1:30 Afternoon Movie: Cirque du Soleil - Cabinet of Curiosities, "O" and LUZIA (T) 2:00 Jackpot BINGO *Bring \$5* (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. Cheeky Peach Cocktails (10)	8:30 Fitness with San (G) 22 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 1:30 Shopping at Farmboy (OUTI) 2:00 Euchre Afternoon (B) 2:00 Resident Information Session (10) 3:00 Afternoon Tea Time (L) 4:00 August Birthday Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Angels in the Outfield (T)	9:15 Fit Minds - Stay Sharp (MR) 23 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) 11:00 Pump It Up Exercise Class (G) 2:00 Anagram Afternoon! (10) 3:00 Afternoon Tea Time (L) 3:00 Stop By Emily's Ice Tea Bar! (L) 3:30 Jazz Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	10:00 Seated Yoga with Margaret (10) 24 10:00 Craft: Camp Week Centerpieces *Drop In Until 11:30am* (MR) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 11:00 Vendor: Monika's Collection (L) 2:00 Armchair Travel - Nepal (10) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 3:30 Documentary: World Eats Bread Ep 2 (T) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Evening Movie: Young Woman and the Sea (T)
9:15 30 Minute Meditation (T) 25 10:15 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Smoothie Social (L) 2:00 Classic Movie Sundays: Street Scenes (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: The Book Club - The Next Chapter (T)	Port Credit Goes To Camp! 26 9:00 Tai Chi (G) 9:30 Listen & Learn: Podcasts (T) 10:00 Falls Prevention Exercise (G) 10:30 Concentration Memory Game: Camping Theme (MR) 11:00 Pump It Up Exercise Class (G) 2:00 Resident Run Bridge (10) 2:00 Culinary Corner Goes to Camp! (B) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:30 Food Feedback Chat! (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: The Parent Trap (T)	Port Credit Goes To Camp! 27 8:30 Fitness with San (G) 9:15 Fitness with San (G) 9:30 Morning Coffee at Back Road Coffee Roasters (OUTI) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:00 Digital Concert: Daniil Trifonov in Elbphilharmonie NDR (T) 10:30 Food Committee Meeting (MR) 10:30 Java Singalong (10) 2:00 Campfire Jokes and S'mores Sundaes (10) 3:00 Afternoon Tea Time (L) 3:00 Living, Loving, Local Patio Drinks: Peach Strawberry Lemonade (C) 3:30 Go 4 Life Walk (FD) 3:30 Documentary: Meet the Chimps Ep 4 (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Dirty Dancing (T)	Port Credit Goes To Camp! 28 Camp Activity Kit - Pick Up at Reception! 9:30 Knitting Nook (10) 10:00 Documentary: Sprint (T) 10:30 News and Views Discussion Group (LI) 11:00 Morning Walk and Lunch at Jack Darling Park (RECE) 11:30 Vendor: Mary Kay (L) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Gone Fishin' Game (B) 3:00 Afternoon Tea Time (L) 3:15 Ice Cream Truck Stops By! (L) 3:30 Quiddler Card/Word Game (B) 6:00 Smore's Drinks (C) 7:00 Campfire Evening with Entertainment by Johnny-Dee (10)	Port Credit Goes To Camp! 29 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 Euchre Afternoon (B) 2:00 Price is Right? - Camp Edition (10) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Canada's National Parks (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (B) 7:00 Wine & Paint Night: Camp Edition (10)	Port Credit Goes To Camp! 30 9:15 Fit Minds - Stay Sharp (MR) 9:30 Morning Walk at Adamson Estate (OUTI) 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) 11:00 Pump It Up Exercise Class (G) 2:00 An Afternoon of Reminiscing with Emily *Camp and Cottage Memories* (10) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 3:30 Jazz Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	Port Credit Goes To Camp! 31 9:30 Craft: Watercolour Mugs *Drop In Until 11:30am* (MR) 10:00 Seated Yoga with Margaret (10) 10:30 Hangman: Camping Words (T) 11:00 Go 4 Life Walk (FD) 12:00 Minute to Win It - Camp Games! (B) 3:00 Rummikub (B) 3:00 Afternoon Tea Time (L) 3:30 Documentary: World Eats Bread Ep 3 (T) 4:00 Cocktail Hour: Camp Drink Special (L) 4:00 Cocktail Hour (L) 7:00 RR Night Euchre (B) 7:00 Evening Movie: Camp Nowhere (T)



WEDNESDAY

AUG 28

National Red Wine Day



SATURDAY

AUG 31

Eat Outside Day

Locations Legend

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

Front Desk (FD)
Courtyard (C)
Outing (OUTI)
Library (LI)
Billiards Lounge (BL)
Reception (RECE)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program