



INSPIRED
SENIOR LIVING

July 2024

Memory Care

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day 10:00 Coffee & Conversation with word games (3FD) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 Jeopardy (3FL) 1:30 Sing A Long (3FL) 2:00 Dominoes (3FAR) 3:00 Canada Day Celebration with Entertainment by Sox N Sax (DR) 6:00 Movie: The Highway Men (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 1	10:00 NYT-Brain Teasers (3FL) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 The Price is Right (3FL) 1:30 B-I-N-G-O (3FL) 2:00 Jigsaw Puzzles (3FAR) 3:00 Hangman (3FL) 4:00 Board Games (3FAR) 6:00 Summer Craft (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 2	10:00 Music Therapy with Dandelion Music (3FAR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Fit Minds (3FL) 1:30 Ted Talks (3FL) 2:00 Connect 4 (3FAR) 3:00 Active Games: Bean Bag Toss (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 3	9:00 One to One Visits (3FL) 10:00 Coffee & Conversation with word games (3FD) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:15 Scenic Drive (LBY) 3:00 Music and Move (3FL) 3:30 Whiteboard Pictionary (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 4	10:00 NYT-Brain Teasers (3FL) 11:00 Drum Fit - Music and Movement (CLB) 11:30 The Price is Right (3FL) 1:30 B-I-N-G-O (3FAR) 2:00 Card Games (3FAR) 3:00 Happy Hour Intro To Stampede with Wendy Duke (DR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 5	9:00 Coffee and Chat (3FD) 10:15 Morning Fitness (3FD) 11:00 Artful Enrichment: Painting (3FL) 2:00 Finish the Line (3FAR) 3:00 Board Games (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 6
11:00 Strength and Conditioning Exercise (3FAR) 11:30 Lap Basket Station: Sorting and Folding (3FL) 1:30 Manicures (3FAR) 2:00 Chocolate Fondue Social (3FD) 3:00 Artful Enrichment (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 7	10:00 Coffee & Conversation with word games (3FD) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:30 Sing A Long (3FL) 2:00 Dominoes (3FAR) 3:00 Afternoon Movie: The Outfit (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 8	10:00 NYT-Brain Teasers (3FL) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 The Price is Right (3FL) 1:30 B-I-N-G-O (3FL) 2:00 Mini Donut Social (3FAR) 3:00 Hangman (3FL) 4:00 Board Games (3FAR) 6:00 Making Chocolate Macaroons (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 9	10:00 Music Therapy with Dandelion Music (3FAR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Fit Minds (3FL) 1:30 Ted Talks (3FL) 2:00 Word Searches (3FAR) 3:00 Active Games: Knock Em Down (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 10	9:00 One to One Visits (3FL) 10:00 Coffee & Conversation with word games (3FD) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:15 Scenic Drive (LBY) 3:00 Music and Move (3FL) 3:30 Ice Cream Sundae Social (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 11	10:00 NYT-Brain Teasers (3FL) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Laughing Basket (3FAR) 1:30 B-I-N-G-O (3FAR) 2:00 Card Games (3FAR) 3:00 Happy Hour with Concerts in Care (DR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 12	9:00 Stampede Breakfast Entertainment W/ Joel Spire (BB) 11:00 Artful Enrichment: Painting (3FL) 2:00 Finish the Line (3FAR) 3:00 Board Games (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 13
11:00 Strength and Conditioning Exercise (3FAR) 11:30 Lap Basket Station: Sorting and Folding (3FL) 1:30 Manicures (3FAR) 2:00 Ice Cream Social (3FP) 3:00 Artful Enrichment (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 14	10:00 Coffee & Conversation with word games (3FD) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 Jeopardy (3FL) 1:30 Sing A Long (3FL) 2:00 Dominoes (3FAR) 3:00 Boardgames (3FAR) 6:00 Movie: Chocolat (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 15	10:00 NYT-Brain Teasers (3FL) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 The Price is Right (3FL) 1:30 B-I-N-G-O (3FL) 2:00 Jigsaw Puzzles (3FAR) 3:00 Hangman (3FL) 4:00 Board Games (3FAR) 6:00 Summer Painting (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 16	10:00 Music Therapy with Dandelion Music (3FAR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Fit Minds (3FL) 1:30 Ted Talks (3FL) 2:00 Word Searches (3FAR) 3:00 Active Games: Mini Golf (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 17	9:00 One to One Visits (3FL) 10:00 Coffee & Conversation with word games (3FD) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:15 Scenic Drive (LBY) 3:00 Music and Move (3FL) 3:30 Whiteboard Pictionary (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 18	10:00 NYT-Brain Teasers (3FL) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Scent Guessing Game (3FAR) 1:30 B-I-N-G-O (3FAR) 2:00 Card Games (3FAR) 3:00 Happy Hour with Wild Rose Duo (DR) 6:30 Go4Life Guided Walk Outside (3FD) 6:30 Wet T Shirt Contest (3FP) 7:00 Guided Meditation (3FL) 19	9:00 Coffee and Chat (3FD) 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Painting (3FL) 2:00 Finish the Line (3FAR) 3:00 Board Games (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL) 20



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Strength and Conditioning Exercise (3FAR) 21 11:30 Lap Basket Station: Sorting and Folding (3FL) 1:30 Manicures (3FAR) 2:00 Word Searches w/ Coffee and Snacks (3FAR) 3:00 Artful Enrichment (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	10:00 Coffee & Conversation with word games (3FD) 22 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 Jeopardy (3FL) 1:30 Sing A Long (3FL) 2:00 Dominoes (3FAR) 3:00 Afternoon Movie: Pride & Prejudice (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	10:00 NYT-Brain Teasers (3FL) 23 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 The Price is Right (3FL) 1:30 B-I-N-G-O (3FL) 2:00 Jigsaw Puzzles (3FAR) 3:00 Hangman (3FL) 4:00 Board Games (3FAR) 6:00 Baking Carrot Muffins (3FD) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	10:00 Music Therapy with Dandelion Music (3FAR) 24 11:00 Drum Fit - Music and Movement (CLB) 11:30 Fit Minds (3FL) 1:30 Ted Talks (3FL) 2:00 Word Searches (3FAR) 3:00 Active Games: Water Balloon Toss (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	9:00 One to One Visits (3FL) 25 10:00 Coffee & Conversation with word games (3FD) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:15 Scenic Drive (LBY) 3:00 Music and Move (3FL) 3:30 Outside Shirley Temple Social (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	10:00 NYT-Brain Teasers (3FL) 26 11:00 Drum Fit - Music and Movement (CLB) 11:30 Finish The Song Lyrics (3FL) 1:30 B-I-N-G-O (3FAR) 2:00 Card Games (3FAR) 3:00 Happy Hour with Bourque (DR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	9:00 Coffee and Chat (3FD) 27 11:00 Artful Enrichment: Painting (3FL) 2:00 Finish the Line (3FAR) 3:00 Board Games (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)
11:00 Strength and Conditioning Exercise (3FAR) 28 11:30 Lap Basket Station: Sorting and Folding (3FL) 1:30 Manicures (3FAR) 2:00 Baking Brownies (3FAR) 3:00 Artful Enrichment (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	10:00 Coffee & Conversation with word games (3FD) 29 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 Jeopardy (3FL) 1:30 Sing A Long (3FL) 2:00 Dominoes (3FAR) 3:00 Afternoon Movie: Tyson's Run (3FL) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	10:00 NYT-Brain Teasers (3FL) 30 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 11:30 The Price is Right (3FL) 1:30 B-I-N-G-O (3FL) 2:00 Jigsaw Puzzles (3FAR) 3:00 Hangman (3FL) 4:00 Board Games (3FAR) 6:00 Active Games: Ladderball (3FP) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)	10:00 Music Therapy with Elle (3FAR) 31 11:00 Drum Fit - Music and Movement (CLB) 11:30 Fit Minds (3FL) 1:30 Making Necklaces (3FL) 1:30 Ted Talks (3FL) 2:00 Word Searches (3FAR) 3:00 Active Games: Ring Toss (3FAR) 6:30 Go4Life Guided Walk Outside (3FD) 7:00 Guided Meditation (3FL)			

National Culinary Arts Month

Be Vibrant

Locations Legend

Third Floor Lounge (3FL)

Third Floor Activity Room (3FAR)

Third Floor Dining Room (3FD)

RW Club (CLB)

Dining Room (DR)

Lobby (LBY)

Third Floor Patio (3FP)

Bungalow Bistro (BB)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program