



INSPIRED
SENIOR LIVING

October 2024

Port Credit Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WEDNESDAY OCT 2 Rosh Hashanah		Active Aging Week 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: Brahms - Violin Concerto (T) 2:00 Drawing: How To Draw a Cat (MR) 2:15 Learn to Play Rummikub with Justine (10) 3:00 Billiards and Beer with Silvestar (BL) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Made in a Day: Airplane Meals (T) 7:00 Guest Speaker Lianne Harris presents "Vision Quest: A View of Indigenous Canadian Life" (10) 1	Active Aging Week 9:30 Knitting Nook (10) 10:30 News and Views Discussion Group (LI) 10:30 Aqua Fit with Alison (AC) 2:00 Wellwise Clinic by Shopper's: Walker's and More! (L) 2:00 Celebrate Oktoberfest with Entertainment by Briar (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 4:00 Oktoberfest Social - Beer, Trivia and More! (B) 7:00 Mexican Train Dominos (G) 7:00 Wine & Paint Night: Fall Scenes (10) 2	Active Aging Week 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Outing: Shopper's Drug Mart & Dollarama *Two Shuttles* (OUTI) 10:30 What's in a Word? Pick Up At Reception! (T) 2:00 Euchre Afternoon (B) 2:00 Staff & Resident Balloon Volleyball (10) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: His Three Daughters (T) 3	Active Aging Week 9:00 Pump It Up Exercise Class (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) 10:30 Java Singalong (10) 11:00 Movement Matters Exercise Class (G) 1:30 Outing: Bowling at Classic Bowl (OUTI) 1:30 Documentary: Oktoberfest in Munich (T) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Drumfit (10) 3:00 Afternoon Tea Time (L) 3:30 Music Appreciation Afternoon (T) 4:30 Living, Loving, Local Dinner: Apples (D) 7:00 Bingo *Bring \$1.00* (10) 4	Active Aging Week 10:00 Seated Yoga with Margaret (10) 10:00 Smoothie Social (L) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 1:30 RR Painting: Cone Flowers (MR) 2:00 Armchair Travel - Germany (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: Gifted (T) 5
Active Aging Week 9:15 30 Minute Meditation (T) 10:15 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Games Morning: Quiddler and More! (B) 2:00 Classic Movie Sundays: Perils of Pauline (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: The American (T) 6	Active Aging Week 9:00 Tai Chi (G) 10:00 Falls Prevention Exercise (G) 10:00 Exploring Ted Talks (T) 10:30 Concentration Memory Game (MR) 11:00 Pump It Up Exercise Class (G) 2:00 Resident Run Bridge (10) 2:00 Artful Talks: Witchcraft and Art (T) 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 Musical Mondays: 42nd Street (T) 7	Active Aging Week 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: Chopin: Piano Concerto No. 2 (T) 2:00 Fresh Start Food Demo: All Things Apples! (10) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Made in a Day: Sneakers (T) 6:45 Outing: Relive the Music of the 50s and 60s *Prepurchased* (OUTI) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: The Journey of Natty Gann (T) 8	9:30 Knitting Nook (10) 10:30 News and Views Discussion Group (LI) 10:30 Aqua Fit with Alison (AC) 10:30 Drumfit (10) 2:00 Anglican Church Service (T) 2:00 Price is Right? - Cost of a Thanksgiving Dinner *Prizes to be won!* (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Evening Movie: Whitney Houston: I Wanna Dance with Somebody (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 Java Singalong (10) 10:30 What's in a Word? Pick Up at Reception! (T) 2:00 Euchre Afternoon (B) 2:00 An Afternoon of Reminiscing with Emily *My First Car* (10) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Mamma Mia! (10) 10	9:00 Pump It Up Exercise Class (G) 9:15 Fit Minds - Stay Sharp (MR) 9:45 Outing: Bradley House "Truth and Reconciliation Tour" (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) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Meet Me at the MOMA Lecture & Painting: Vesod (10) 3:00 Afternoon Tea Time (L) 3:30 Music Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10) 11	9:30 Craft: Fall Shelf Decor *Drop In Until 11:30* (MR) 10:00 Seated Yoga with Margaret (10) 10:00 Smoothie Social (L) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 1:00 Summer's Crochet Sale (L) 1:30 RR Painting: Fallen Leaf (MR) 2:00 Thankful Tree: Stop by our Thankful Tree and let us know what you are thankful for! (L) 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: Mothers Instinct (T) 12
9:15 30 Minute Meditation (T) 10:15 Eucharist Service by St. Mary Star of the Sea (T) 11:00 Thanksgiving Buffet *Reservations with Reception! * (D) 2:00 Classic Movie Sundays: Till The Clouds Roll By (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Book of Love (T) 13	Thanksgiving Activity Kit - Pick Up at Reception! 9:00 Fitness Cancelled Due To Holiday! (G) 2:00 Rummikub (B) 2:00 Resident Run Bridge (10) 2:00 Concert: Andrea Bocelli - Vivere - Live in Tuscany (T) 3:00 Afternoon Tea Time (L) 7:00 Musical Monday: Pride and Prejudice (T) 14	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: Tchaikovsky: Piano Concerto No. 1 (T) 10:30 Java Singalong (10) 2:00 Anagram Afternoon! (10) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Made in a Day: Helicopters (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Arthur the King (T) 15	9:30 Knitting Nook (10) 10:30 News and Views Discussion Group (LI) 10:30 Aqua Fit with Alison (AC) 10:30 Drumfit (10) 11:30 Outing: Shopping at Cloverdale Mall (OUTI) 2:00 Diamond Art Afternoon (B) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 6:00 Apple Sangria Social (L) 7:00 Entertainment by Singer-Crooner Andy De Campos (10) 16	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 Apple Tasting with Emily (10) 3:00 High Tea with Tony *Sign Up at Reception* (D) 3:00 Afternoon Tea Time (L) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Miranda's Victim (T) 17	9:00 Pump It Up Exercise Class (G) 9:15 Fit Minds - Stay Sharp (MR) 9:30 Outing: Morning Walk at Riverwood Park (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) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Craft: Découpage Pumpkin (10) 3:00 Afternoon Tea Time (L) 3:30 Music Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10) 18	10:00 Seated Yoga with Margaret (10) 10:00 Smoothie Social (L) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 1:30 RR Painting: Fall Birch (MR) 2:00 Flash Card BINGO (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 Entertainment by Pianist Nataliya (L) 19



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 30 Minute Meditation (T) 20 10:15 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Games Morning: Quiddler and More! (B) 2:00 Classic Movie Sundays: Royal Wedding (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Mr. Church (T)	9:00 Tai Chi (G) 21 9:30 Listen & Learn: Podcasts (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 Resident Run Bridge (10) 2:00 Loot Bag Building for Forest Ave School (MR) 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 Musical Mondays: Emma (T)	8:30 Fitness with San (G) 22 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:00 Outing: Shaw Festival: My Fair Lady (OUTI) 10:00 Digital Concert: Mozart: Symphony No. 39 (T) 10:30 Java Singalong (10) 2:00 October Trivia Challenge & Apple Spiced Sundaes (10) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Made in a Day: Electric Guitars (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Together Forever Tea (T)	9:30 Knitting Nook (10) 23 10:30 News and Views Discussion Group (LI) 10:30 Aqua Fit with Alison (AC) 10:30 Drumfit (10) 1:30 Shopping at Walmart (OUTI) 2:00 Jackpot BINGO *Bring \$5* (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Wine & Paint Night: Halloween (10)	8:30 Fitness with San (G) 24 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 Meet Me at the MOMA Lecture & Painting: Denyse Thomasos (10) 3:00 Afternoon Tea Time (L) 4:00 October Birthday Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Kate and Leopold (T)	9:00 Pump It Up Exercise Class (G) 25 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 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Resident Information Session (10) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 3:30 Music Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Halloween Decorations *Drop In Until 11:30* (MR) 26 10:00 Seated Yoga with Margaret (10) 10:00 Smoothie Social (L) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 1:30 RR Painting: Spooky Night (MR) 2:00 Family Halloween Party - Bubble Show and More! *Sign Up* (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: Lake Effect (T)
9:15 30 Minute Meditation (T) 27 10:15 Eucharist Service by St. Mary Star of the Sea (T) 2:00 Classic Movie Sundays: Road to Bali (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: On Golden Pond (T)	9:00 Tai Chi (G) 28 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 International Candy Tasting (10) 2:00 Resident Run Bridge (G) 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 Musical Mondays: Sweeney Todd: The Demon Barber of Fleet Street (T)	8:30 Fitness with San (G) 29 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:00 Digital Concert: Opera gala: the greatest arias from Mozart, Verdi, Rossini and others (T) 10:30 Food Committee Meeting (MR) 10:30 Java Singalong (10) 11:30 Outing: Lunch at the Apricot Cafe (OUTI) 2:00 Music Bingo: Halloween Jams *Prizes to be Won!* (10) 3:00 Afternoon Tea Time (L) 3:30 Documentary: Made in a Day: Space Rockets (T) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Hocus Pocus (T)	9:30 Knitting Nook (10) 30 10:30 News and Views Discussion Group (LI) 10:30 Aqua Fit with Alison (AC) 10:30 Drumfit (10) 11:30 Vendor: Mary Kay (L) 2:00 Presentation: Witches, Salem and More! (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Evening Social ft. Black Magic Margarita (10)	Halloween Bingo! 31 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Forest Ave School Costume Parade (EB) 2:00 Euchre Afternoon (B) 2:00 Celebrate Halloween with Entertainment by the Sparklettes (10) 3:00 Afternoon Tea Time (L) 3:00 Staff Halloween Costume Judging (10) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Hocus Pocus 2 (T)	MONDAY OCT 14 Thanksgiving	



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

Locations Legend

Meeting Room (MR)
Outing (OUTI)
Front Desk (FD)
Library (LI)

Aquatic Center (AC)
Dining Room (D)
Billiards Lounge (BL)
Entire Building (EB)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program