

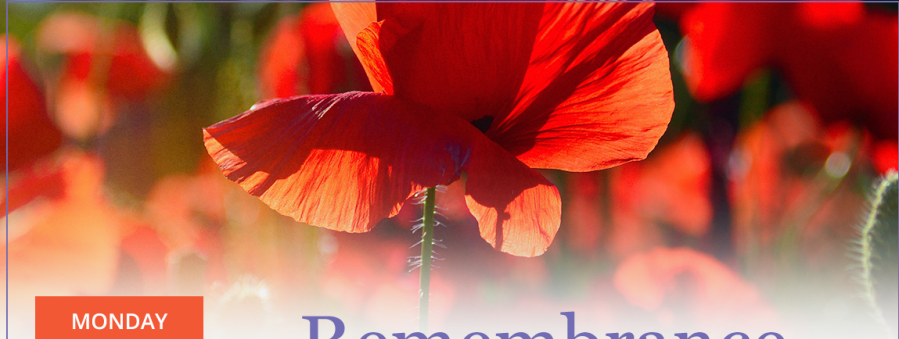


INSPIRED
SENIOR LIVING

November 2024

Port Credit Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Movember	 MONDAY NOV 11 Remembrance Day				9:00 Pump It Up Exercise Class (G) 1 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 Who Am I? Classic Stars (10) 3:00 Afternoon Tea Time (L) 3:30 Music Appreciation Afternoon: Jacques Loussier trio play Bach (T) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Felt Poppies *Drop In Until 11:30* (MR) 2 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: Norval's Turtles (MR) 2:00 Seated Beach Volleyball (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: Lonely Planet (T)
9:15 30 Minute Meditation 3 (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: Carnival Story (T) 2:00 Flash Card Bingo with Gail and Family (10) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: A Man Called Otto (T)	9:00 Tai Chi (G) 4 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 Guest Speaker: Battle of Vimy Ridge by Paul Dias (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 Musical Monday: The Hunchback of Notre Dame (T)	8:30 Fitness with San (G) 5 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:15 Digital Concert: Schubert: Symphony in C major "The Great" (T) 10:30 Java Singalong (10) 1:30 Shopping at Michaels Craft Store (OUTI) 2:00 Artful Talks: Fall and Autumn Art (T) 3:00 Billiards and Beer with Silvestar (BL) 3:00 Afternoon Tea Time (L) 3:30 Learn to Play Rack-o Card Game (B) 7:00 Mexican Train Dominos (10)	9:30 Knitting Nook (10) 6 10:00 Dog Visits with Nona the Golden Retriever (L) 10:00 Documentary: A Woman Named Jackie - The Bouvier Years (T) 10:30 News and Views Discussion Group (L) 10:30 Drumfit (10) 1:30 Documentary: Lancaster - Above and Beyond (T) 2:00 Wellwise Clinic by Shopper's: Walker's and More! (L) 2:00 Meet Me at the MOMA Lecture (10) 2:00 Scrabble Afternoon (B) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Wine and Paint Night: Poppies (10)	8:30 Fitness with San (G) 7 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:30 What's in a Word? (T) 11:30 Outing: Shopping at Cloverdale Mall (OUTI) 2:00 Diamond Art with Soja (MR) 3:00 Afternoon Tea Time (L) 3:30 The Carol Burnett Show Ep 1 & 2 (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: The Deep End of the Ocean (T)	National Cappuccino Day! 8 9:00 Pump It Up Exercise Class (G) 9:15 Fit Minds - Stay Sharp (MR) 10:00 Falls Prevention Exercise (G) 10:00 Visit Soja & Emily's Coffee Bar (L) 10:30 Fit Minds - Stay Sharp (MR) 11:00 Movement Matters Exercise Class (G) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Get To Know Your Neighbour 2nd Floor *Bring Something interesting about yourself to share with your floor* (10) 2:00 Go 4 Life Walk with Soja (FD) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 3:30 Music Appreciation Afternoon: Modern Jazz Quartet (T) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Poppy Backdrop *Drop In Until 11:30* (MR) 9 10:00 Seated Yoga with Margaret (10) 10:00 Smoothie Social (L) 10:00 Vendor: Adrian's Family Clothing (L) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 1:30 RR Painting: Water Lilies (MR) 2:00 Armchair Travel - Iceland (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)
9:15 30 Minute Meditation 10 (T) 10:15 Eucharist Service by St. Mary Star of the Sea (T) 1:30 RR Outing: Mississauga Symphony (OUTI) 2:00 Classic Movie Sundays: The Heats On (T) 2:00 Flash Card Bingo with Gail and Family (10) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Dirty Rotten Scoundrels (T)	Reflexology with Judy 11 9:00 Tai Chi (G) 10:00 Falls Prevention Exercise (G) 10:30 Remembrance Day Footage From Ottawa & Tea Time (T) 11:00 Pump It Up Exercise Class (G) 2:00 Entertainment: Boots and Salutes - A Remembrance Day Show! (10) 3:00 Afternoon Tea Time (L) 3:00 Rummikub (B) 3:00 Resident Run Bridge (10) 3:30 Food Feedback Chat! (T) 6:30 Elliot the Dog Visits! (L) 7:00 Evening Movie: Sunday in the Park with George (T)	8:30 Fitness with San (G) 12 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:15 Digital Concert: Gala Concert: Classical Masterpieces by Bach, Ravel, Verdi, Dvořák, Rebel, Messiaen and others (T) 10:30 Java Singalong (10) 2:00 Art Workshop: Autumn Pastel Landscape (MR) 2:00 An Afternoon of Reminiscing with Emily *My First Job* (10) 3:00 Afternoon Tea Time (L) 3:30 Learn to Play Rack-o Card Game (B) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: Wish You Well (T)	9:30 Knitting Nook (10) 13 10:00 Dog Visits with Nona the Golden Retriever (L) 10:00 Vendor: Triple Eight Clothing (10) 10:00 Documentary: A Woman Named Jackie - The Kennedy Years (T) 10:30 News and Views Discussion Group (L) 10:30 Drumfit (10) 2:00 Anglican Church Service (T) 2:00 Bingo *Bring \$1.00* (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 6:00 Mulled Wine Social (L) 7:00 Entertainment by Davis Steven *New Entertainer* (10)	Mobile Hearing Clinic * Sign-up at Front Desk* (MR) 14 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? (T) 2:00 Music Bingo: Canadian Classic *Prizes to be Won!* (10) 3:00 Afternoon Tea Time (L) 3:30 The Carol Burnett Show Ep 3 & 4 (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Magic In The Moonlight (T)	I Love to Write Day! 15 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) 11:00 Movement Matters Exercise Class (G) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Poetry Afternoon *Bring Your Favourite Poem to Share* (10) 3:00 Afternoon Tea Time (L) 3:30 Music Appreciation Afternoon: Miss Peggy Lee (T) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Leaf Collages *Drop In Until 11:30* (MR) 16 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: Van Gogh's Sunflowers (MR) 2:00 November Trivia Challenge (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 Best Of Me (T)



INSPIRED
SENIOR LIVING

November 2024

Port Credit Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 30 Minute Meditation (T) 17 10:00 Vendor: Scentsy & Voxx Socks (L) 10:15 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Games Morning: Quiddler and More! (B) 1:30 Classic Movie Sundays: The Trouble with Spies *Time Change* (T) 2:00 Raposa Millar Student Piano Recital (L) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Anatomy of a Fall (T)	9:00 Tai Chi (G) 18 10:00 Falls Prevention Exercise (G) 10:00 Listen and Learn: Podcasts (T) 10:30 Concentration Memory Game (MR) 11:00 Pump It Up Exercise Class (G) 2:00 Resident Run Bridge (10) 2:00 Guest Speaker: Bill Anderson - Travel the Mediterranean (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 Musical Monday: Some Enchanted Evening: Celebrating Oscar Hammerstein (T)	International Men's Day! 19 8:30 Fitness with San (G) 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:15 Digital Concert: Dvořák: Symphony No. 9 (T) 10:30 Java Singalong (10) 2:00 Movember Men's Social (10) 3:00 Afternoon Tea Time (L) 3:30 Learn to Play Rack-o Card Game (B) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: A Good Woman (T)	9:30 Knitting Nook (10) 20 9:30 Shopping at Walmart (OUTI) 10:00 Dog Visits with Nona the Golden Retriever (L) 10:00 Documentary: A Woman Named Jackie - The Onassis Years (T) 10:30 News and Views Discussion Group (LI) 10:30 Drumfit (10) 2:00 Learn to Play Rummikub with Justine (10) 2:00 Jackpot BINGO *Bring \$5* (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Evening Movie: The Challengers (T)	AGA Khan Museum Tour and Lunch *Details to Follow* (OUTI) 21 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 Meet Me at the MOMA Lecture (10) 2:00 Learn to Play Scattergories Word Game (B) 3:00 Afternoon Tea Time (L) 3:30 The Carol Burnett Show Ep 5 & 6 (T) 4:00 Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: All Of My Heart: The Wedding (T)	9:00 Pump It Up Exercise Class (G) 22 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 Staff & Resident Balloon Volleyball (10) 3:00 Afternoon Tea Time (L) 3:30 Tech Time (B) 3:30 Music Appreciation Afternoon: Patricia Barber sings Cole Porter (T) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Pine Cone Animals *Drop In Until 11:30* (MR) 23 10:00 Seated Yoga with Margaret (10) 10:00 Smoothie Social (L) 10:30 Hangman (T) 11:00 Go 4 Life Walk (FD) 11:30 Vendor: Monika's Signature Collection (L) 1:30 RR Painting: Northern Lights (MR) 2:00 Great Minds Think Alike Word Game *NEW PROGRAM* (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)
9:15 30 Minute Meditation (T) 24 10:15 Eucharist Service by St. Mary Star of the Sea (T) 10:30 Games Morning: Quiddler and More! (B) 2:00 Ed Smith Performs *Sign Up with Marketing* (10) 2:00 Classic Movie Sundays: The Lady from Louisiana (T) 3:00 Afternoon Tea Time (L) 7:00 Evening Movie: Oppenheimer (T)	9:00 Tai Chi (G) 25 10:00 Falls Prevention Exercise (G) 10:00 Book Club Discussion (T) 10:30 Concentration Memory Game (MR) 11:00 Pump It Up Exercise Class (G) 2:00 Resident Run Bridge (10) 2:00 Culinary Corner with Chef Kirollos and Margarete (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 Musical Monday: The Music Man (T)	8:30 Fitness with San (G) 26 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Cribbage (B) 10:15 Digital Concert: Baroque Concert (T) 10:30 Food Committee Meeting (MR) 10:30 Java Singalong (10) 2:00 Artfull Talks: Album Art - When The Arts Collide (10) 3:00 Afternoon Tea Time (L) 3:30 Learn to Play Rack-o Card Game (B) 7:00 Mexican Train Dominos (10) 7:00 Evening Movie: From Time to Time (T)	9:30 Knitting Nook (10) 27 10:00 Dog Visits with Nona the Golden Retriever (L) 10:30 News and Views Discussion Group (LI) 10:30 Drumfit (10) 11:30 Vendor: Mary Kay (L) 11:30 Lunch Out at Five Guys Burgers & Fries (OUTI) 2:00 What Do You See? Group Activity *New Program* (10) 3:00 Afternoon Tea Time (L) 3:30 Quiddler Card/Word Game (B) 7:00 Evening Social ft. Bees Knees (10)	8:30 Fitness with San (G) 28 9:15 Fitness with San (G) 10:00 Fitness with San (G) 10:00 Resident Information Session *NEW TIME* (10) 10:30 What's in a Word? Pick Up Today Only! (T) 2:00 Jay Boehmer Jazz Trio Performs (10) 3:00 Afternoon Tea Time (L) 3:30 The Carol Burnett Show Ep 7 & 8 (T) 4:00 November Birthday Cocktail Hour (L) 7:00 Night Bridge Game (10) 7:00 Evening Movie: Cocktail (T)	9:00 Pump It Up Exercise Class (G) 29 9:15 Fit Minds - Stay Sharp (MR) 10:00 Falls Prevention Exercise (G) 10:30 Fit Minds - Stay Sharp (MR) 11:00 Movement Matters Exercise Class (G) 2:00 Texas Hold'Em * Bring \$2.00* (MR) 2:00 Get To Know Your Neighbour 3rd Floor * Bring something about yourself to share with your floor* (T) 2:00 Go 4 Life Walk with Soja (FD) 3:00 Afternoon Tea Time (L) 3:00 Carmel Apple Bar (B) 3:30 Music Appreciation Afternoon (T) 7:00 Bingo *Bring \$1.00* (10)	9:30 Craft: Diamond Art *Drop In Until 11:30* (MR) 30 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: Koi Fish (MR) 2:00 Carassauga Presentation: Location TBD (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: Babe (T) 7:30 RR Outing: Merry & Bright Concert (OUTI)



TUESDAY

NOV 12

National Social
Hour Day



FRIDAY

NOV 15

I Love to Write
Day

Locations Legend

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

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

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program