



INSPIRED
SENIOR LIVING

March 2025

Independent Living

Riverwalk Retirement Residence

RIVERWALK
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SATURDAY MAR 08 International Women's Day	 MONDAY MAR 17 St. Patrick's Day	 FRIDAY MAR 21 Elimination of Racial Discrimination Day				
Activity Packages Available at Reception 2 9:00 Virtual Sunday Service - Hillhurst United (KTH) 10:30 Virtual Sunday Service - Calgary Life Church (KTH) 1:30 Lounge and Learn: Ramadan (KTH) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)	10:15 Can Fit Pro: Weight Exercises (CLB) 3 11:00 Resident Led: Coffee & Chat (CLB) 1:30 Meet Me at the MoMA Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Life Enrichment Meeting (KTH) 3:30 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL)	Mardi Gras 4 9:30 Fit Minds (6FL) 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Language Learning: Italian (KTH) 1:30 DrumFit (CLB) 2:00 Tech Support (CLB) 3:00 New Resident Welcome Social (6FL) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Hauser - Classic Gala Concert (KTH)	10:15 Can Fit Pro: Yoga (CLB) 5 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Iceland (KTH) 1:30 Artful Enrichment: Shoreline Treasures (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:30 TED Talk: 7 Ways to Make Conversation with Anyone (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	10:15 Can Fit Pro: Seated Exercise (CLB) 6 11:30 Living, Loving, Local: Maple Word Search (CLB) 1:30 Living, Loving, Local Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:30 Resident Led: Bridge (CLB) 3:30 Town Hall with NDP Candidate Beau Shaw (KTH) 4:00 Go4Life Walking Club (LBY) 7:00 Documentary: The Only Girl in the Orchestra (KTH)	10:15 Can Fit Pro: Resistance Exercises (CLB) 7 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Concerts in Care (DR) 4:15 Resident Led Sing Along (BB) 4:30 Living, Loving, Local: Maple Dinner Feature (DR) 7:00 Friday Night Movie: Love Again (KTH)	International Women's Day 8 9:30 Crosswords and Coffee (6FL) 10:00 Oscar Movie Showing: Conclave (KTH) 10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:00 Go4Life Walking Club (LBY) 1:00 Oscar Movie Showing: Conclave (KTH) 2:00 International Women's Day Social (BB) 2:00 Resident Led: Scrabble (CLB) 3:00 B-I-N-G-O (CLB) 3:00 Oscar Movie Showing: Conclave (KTH) 4:00 Resident Led: Cribbage (CLB) 7:00 Saturday Night Movie: Hidden Figures (KTH)
Activity Packages Available at Reception 9 9:00 Virtual Sunday Service - Hillhurst United (KTH) 10:30 Virtual Sunday Service - Calgary Life Church (KTH) 1:30 Lounge and Learn: Women Who Changed the World (KTH) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)	9:30 Outing to Telus Spark Science Centre (LBY) 10 10:15 Can Fit Pro: Weight Exercises (CLB) 11:00 Resident Led: Coffee & Chat (CLB) 1:30 Artful Enrichment: Women Who Shaped the Art World Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL) 7:00 Book Club: The Briar Club (5FL)	9:30 Fit Minds (6FL) 11 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Language Learning: Italian (KTH) 1:30 DrumFit (CLB) 2:00 Tech Support (CLB) 3:00 Wine & Cheese Social (6FL) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Wagner: Der Ring des Nibelungen (KTH) 7:00 Painting with Alexandre (CLB)	10:15 Can Fit Pro: Yoga (CLB) 12 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Prague (KTH) 1:30 Artful Enrichment: St. Patrick's Day Bouquet (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:30 TED Talk: How to Make Big Decisions in Challenging Circumstances (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	10:15 Can Fit Pro: Seated Exercise (CLB) 13 10:45 Goals of Care Education Session (KTH) 11:30 Living, Loving, Local: Maple Trivia (CLB) 1:30 Monthly Fitness Equipment Tutorials (FR) 2:00 B-I-N-G-O (CLB) 3:30 Resident Led: Bridge (CLB) 4:00 Go4Life Walking Club (LBY) 7:00 Documentary: Will & Harper (KTH)	10:15 Can Fit Pro: Resistance Exercises (CLB) 14 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Dining Services Meeting (KTH) 3:00 St. Patrick's Day Party with Joel Spire (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Shirley (KTH)	9:30 Crosswords and Coffee (6FL) 15 10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:00 Go4Life Walking Club (LBY) 2:00 Resident Led: Scrabble (CLB) 3:00 B-I-N-G-O (CLB) 4:00 Resident Led: Cribbage (CLB) 7:00 Saturday Night Movie: The Secret of Roan Inish (KTH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available at Reception 16 9:00 Virtual Sunday Service - Hillhurst United (KTH) 10:30 Virtual Sunday Service - Calgary Life Church (KTH) 1:30 Lounge and Learn: Luck, Legends, & Leprechauns (KTH) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)	St. Patricks Day 17 10:15 Can Fit Pro: Weight Exercises (CLB) 11:00 Resident Led: Coffee & Chat (CLB) 11:00 Outing to Irish Pub (LBY) 1:30 Meet Me at the MoMA Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL) 4:30 St. Patrick's Day Dinner (DR)	9:30 Fit Minds (6FL) 18 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Language Learning: Italian (KTH) 11:00 Town Hall with Conservative Candidate Greg McLean (KTH) 1:00 DrumFit (CLB) 1:30 General Manager Meeting (KTH) 2:00 Tech Support (CLB) 3:00 Wine & Cheese Social (6FL) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: John Williams Live in Vienna (KTH)	10:15 Can Fit Pro: Yoga (CLB) 19 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Mediterranean Cruise (KTH) 1:30 Artful Enrichment: Lighthouse Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:30 TED Talk: Mediterranean Diet, Our Legacy, Our Future (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	First Day of Spring 20 Cruise Week: Monaco 9:00 Passport Pickup (LBY) 9:30 Travelogue: Monaco (KTH) 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Pokeno (CLB) 1:00 Deck Game: B-I-N-G-O (CLB) 2:00 Captain and Passenger Meeting (CLB) 3:00 Coastal Cocktail Hour: Casino Royale (BB) 3:30 Resident Led: Bridge (CLB) 4:00 Go4Life Walking Club (LBY) 4:30 Casino Night Opening Dinner Gala (DR) 7:00 Mediterranean Movie Night: Grace of Monaco (KTH)	Cruise Week: Morocco 21 9:30 Travelogue: Morocco (KTH) 10:15 Can Fit Pro: Resistance Exercises (CLB) 11:00 Language Learning: Arabic (KTH) 1:00 Drum Fit - Music and Movement (CLB) 1:30 DIY Moroccan Oil Scrub (CLB) 2:00 Mediterranean Tile Painting (6FL) 2:30 Coastal Cocktail Hour with Cole Briggs (BB) 4:00 Moroccan Cuisine Show (KTH) 4:15 Resident Led Sing Along (BB) 7:00 Mediterranean Movie Night: Casablanca (KTH)	Cruise Week: France 22 9:30 Travelogue: French Riviera & Burgundy (KTH) 10:15 Tai Chi with Rebecca (5FL) 11:00 Language Learning: French (KTH) 1:30 Virtual Walking Tour: Paris (KTH) 2:00 Deck Game: B-I-N-G-O (CLB) 2:00 Resident Led: Scrabble (CLB) 3:00 Coastal Cocktail Hour: French 75 (BB) 4:00 Belot Card Game (CLB) 7:00 Mediterranean Movie Night: Amelie (KTH)
Activity Packages Available at Reception 23 Cruise Week: Egypt 9:30 Travelogue: Cairo, Nile, Alexandria, & Luxor (KTH) 10:15 Sand Art Bottles (CLB) 11:00 Egyptian Hieroglyphics Lesson (KTH) 1:30 Lounge and Learn: Mediterranean Culture (KTH) 2:00 Air Dry Clay Sculpting (6FL) 3:00 Coastal Cocktail Hour: Nile Breeze (BB) 4:00 Egypt's Lost Wonders (KTH) 7:00 Mediterranean Movie Night: Cleopatra (KTH)	Cruise Week: Greece 24 9:30 Travelogue: Santorini, Mykonos, Rhodes, & Athens (KTH) 10:15 Can Fit Pro: Weight Exercises (CLB) 11:00 Language Learning: Greek (KTH) 1:00 Outing: Grey Eagle Casino (LBY) 1:30 Artful Enrichment: Grecian Art Presentation (KTH) 2:00 Deck Game: B-I-N-G-O (CLB) 3:00 Coastal Cocktail Hour: Ouzo Fizz (BB) 4:00 Mediterranean Jeopardy (KTH) 7:00 Mediterranean Movie Night: Mamma Mia (KTH)	Cruise Week: Slovenia 25 9:30 Travelogue: Slovenia (KTH) 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Language Learning: Slovenian (KTH) 1:30 Beehive Panel Painting (6FL) 2:00 Chef Demo (BB) 3:00 Coastal Cocktail Hour: Lake Bled Bellini (BB) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Mahler: Symphony No. 5 Slovenian Symphony Orchestra (KTH) 7:00 Painting with Alexandre (CLB) 7:00 Restaurants on the Edge: Slovenia (KTH)	Cruise Week: Italy 26 9:30 Travelogue: Cinque Terre & Amalfi Coast (KTH) 10:15 Can Fit Pro: Yoga (CLB) 10:30 Blood Pressure Clinic (H&W) 11:00 Italian Word Challenge (KTH) 1:30 Artful Enrichment: The Blue Tuscan Door (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 Coastal Cocktail Hour: Aperol Spritz (BB) 3:30 TED Talk: Secrets of the Mediterranean Lifestyle (KTH) 4:00 Pool Club (2FL) 4:30 An Evening in Rome Closing Dinner (DR) 7:00 Mediterranean Movie Night: Roman Holiday (KTH)	Cruise Week: Canada 27 9:30 Travelogue: Across Canada (KTH) 9:45 Outing to Studio Bell (LBY) 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Canadian Jeopardy (KTH) 11:30 Living, Loving, Local: Maple Crossword (CLB) 1:30 Maple Syrup Tasting (CLB) 2:00 Deck Game: B-I-N-G-O (CLB) 3:00 Coastal Cocktail Hour: Maple Old Fashioned (BB) 3:30 Resident Led: Bridge (CLB) 4:00 Table Curling (CLB) 7:00 Mediterranean Movie Night: The Grand Seduction (KTH)	10:15 Can Fit Pro: Resistance Exercises (CLB) 28 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Paul Michael Stoia (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Agatha and the Truth of Murder (KTH)	9:30 Crosswords and Coffee (6FL) 29 10:15 Tai Chi with Rebecca (5FL) 11:00 Chess Club (2FL) 1:00 Go4Life Walking Club (LBY) 2:00 Resident Led: Scrabble (CLB) 3:00 B-I-N-G-O (CLB) 4:00 Resident Led: Cribbage (CLB) 7:00 Saturday Night Movie: The Thomas Crown Affair (KTH)
Activity Packages Available at Reception 30 9:00 Virtual Sunday Service - Hillhurst United (KTH) 10:30 Virtual Sunday Service - Calgary Life Church (KTH) 1:30 Lounge and Learn: Springtime Traditions (KTH) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)	10:15 Can Fit Pro: Weight Exercises (CLB) 31 11:00 Resident Led: Coffee & Chat (CLB) 1:00 Artful Enrichment: Christianity in Art Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL)	Be Limitless		Locations Legend RW Club - Second Floor (CLB) Kensington Theatre - Second Floor (KTH) Sixth Floor Lounge (6FL) Bungalow Bistro - Ground Floor (BB) Lobby - Ground Floor (LBY) Fifth Floor Lounge (5FL) Second Floor Lounge (2FL) Fireplace Lounge - Second Floor (FPL) Dining Room - Ground Floor (DR) Health & Wellness Office - Second Floor (H&W) Fitness Room - Second Floor (FR)		Calendar Legend Outing Special Program Holidays Cruise Week Living, Loving, Local Signature Program