



INSPIRED
SENIOR LIVING

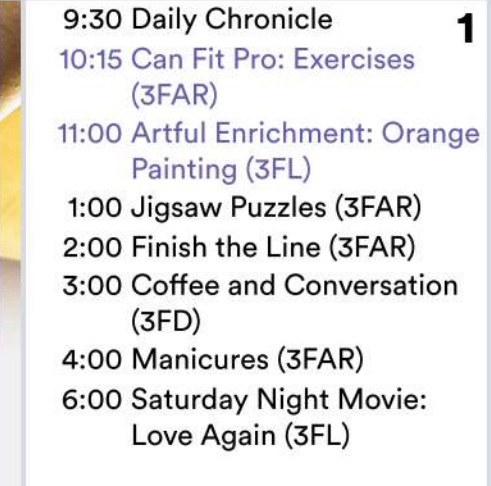
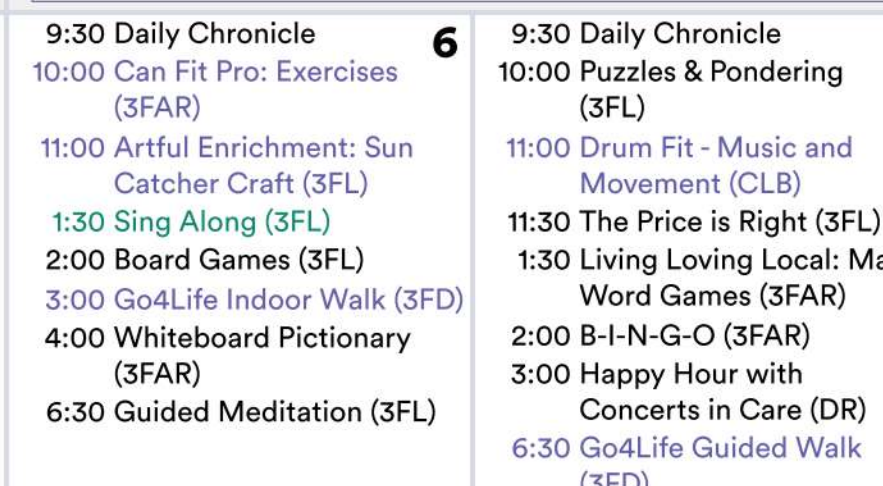
March 2025

Memory Care

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	 SATURDAY MAR 08 International Women's Day	 MONDAY MAR 17 St. Patrick's Day	 FRIDAY MAR 21 Elimination of Racial Discrimination Day	 FRIDAY MAR 21 Elimination of Racial Discrimination Day
9:30 Daily Chronicle 2 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Cheese Scones (3FD) 1:30 Jigsaw Puzzles (3FAR) 2:15 Fit Minds (3FL) 3:00 Baking Social (3FL) 4:00 Board Games (3FL) 6:30 Hymn Sing Along (3FL)	9:30 Daily Chronicle 3 10:00 Puzzles & Pondering (3FL) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:30 Documentary Series: Somebody Feed Phil (3FL) 3:00 Scattergories (3FL) 4:00 Artful Enrichment: Colouring (3FAR) 6:30 Go4Life Guided Walk (3FD)	Mardi Gras 4 9:30 Daily Chronicle 10:00 Brain Teasers (3FL) 11:00 Hands on Science: Dancing Raisins (3FL) 1:30 Jigsaw Puzzles (3FAR) 2:30 Drum Fit - Music and Movement (CLB) 3:00 B-I-N-G-O (3FL) 4:00 Music Therapy with Elle (3FL) 6:30 Guided Meditation (3FL)	9:30 Daily Chronicle 5 10:00 Artful Enrichment: Colouring (3FAR) 11:00 Can Fit Pro: Resistance Exercises (3FAR) 1:30 TED Talks (3FL) 2:00 Active Games: Balloon Badminton (3FAR) 3:00 Hangman (3FL) 4:00 Wheel of Fortune (3FL) 6:30 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 6 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Sun Catcher Craft (3FL) 1:30 Sing Along (3FL) 2:00 Board Games (3FL) 3:00 Go4Life Indoor Walk (3FD) 4:00 Whiteboard Pictionary (3FAR) 6:30 Guided Meditation (3FL)	9:30 Daily Chronicle 7 10:00 Puzzles & Pondering (3FL) 11:00 Drum Fit - Music and Movement (CLB) 11:30 The Price is Right (3FL) 1:30 Living Loving Local: Maple Word Games (3FAR) 2:00 B-I-N-G-O (3FAR) 3:00 Happy Hour with Concerts in Care (DR) 6:30 Go4Life Guided Walk (3FD)	International Women's Day 8 9:30 Daily Chronicle 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Shoreline Treasures Painting (3FL) 1:00 Jigsaw Puzzles (3FAR) 2:00 Who Am I? (3FL) 3:00 Coffee and Conversation (3FD) 4:00 Manicures (3FAR) 6:00 Saturday Night Movie: Queen Bees (3FL)
10:00 Can Fit Pro: Exercises (3FAR) 9 11:00 Baking: Nanaimo Bars (3FD) 1:30 Jigsaw Puzzles (3FAR) 2:15 Fit Minds (3FL) 3:00 Baking Social (3FL) 4:00 Board Games (3FL) 6:30 Hymn Sing Along (3FL)	9:30 Daily Chronicle 10 10:15 Scenic Drive: Airdrie (LBV) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:30 Documentary Series: Somebody Feed Phil (3FL) 2:00 Puzzles & Pondering (3FL) 3:00 Scattergories (3FL) 4:00 Artful Enrichment: Colouring (3FAR) 6:30 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 11 10:00 Brain Teasers (3FL) 11:00 Hands on Science: Elephant Toothpaste (3FL) 1:30 Jigsaw Puzzles (3FAR) 2:30 Drum Fit - Music and Movement (CLB) 3:00 B-I-N-G-O (3FL) 4:00 Music Therapy with Elle (3FL) 6:30 Guided Meditation (3FL)	9:30 Daily Chronicle 12 10:00 Artful Enrichment: Colouring (3FAR) 11:00 Can Fit Pro: Resistance Exercises (3FAR) 1:30 TED Talks (3FL) 2:00 Active Games: Beach Volleyball (3FAR) 3:00 Hangman (3FL) 4:00 Wheel of Fortune (3FL) 6:30 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 13 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Bird House Craft (3FL) 1:30 Sing Along (3FL) 2:00 Board Games (3FL) 3:00 Go4Life Indoor Walk (3FD) 4:00 Whiteboard Pictionary (3FAR) 6:30 Guided Meditation (3FL)	9:30 Daily Chronicle 14 10:00 Puzzles & Pondering (3FL) 11:00 Drum Fit - Music and Movement (CLB) 11:30 The Price is Right (3FL) 1:30 Living Loving Local: Maple Word Games (3FAR) 2:00 B-I-N-G-O (3FAR) 3:00 St. Patrick's Day Party with Joel Spire (DR) 6:30 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 15 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: St. Patrick's Painting (3FL) 1:00 Jigsaw Puzzles (3FAR) 2:00 Finish the Line (3FAR) 3:00 Coffee and Conversation (3FD) 4:00 Manicures (3FAR) 6:00 Saturday Night Movie: Faraway (3FL)



INSPIRED
SENIOR LIVING

March 2025

Memory Care

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Daily Chronicle 16 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: St. Patrick's Cookie Bark (3FD) 1:30 Jigsaw Puzzles (3FAR) 2:15 Fit Minds (3FL) 3:00 Baking Social (3FL) 4:00 Board Games (3FL) 6:30 Hymn Sing Along (3FL)	St. Patricks Day 17 9:30 Daily Chronicle 10:00 Puzzles & Pondering (3FL) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:30 Documentary Series: Somebody Feed Phil (3FL) 3:00 Scattergories (3FL) 4:00 Artful Enrichment: Colouring (3FAR) 6:30 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 18 10:00 Brain Teasers (3FL) 11:00 Hands on Science: Cabbage pH test (3FL) 1:30 Jigsaw Puzzles (3FAR) 2:30 Drum Fit - Music and Movement (CLB) 3:00 B-I-N-G-O (3FL) 4:00 Music Therapy with Elle (3FL) 6:30 Guided Meditation (3FL)	9:30 Daily Chronicle 19 10:00 Artful Enrichment: Colouring (3FAR) 11:00 Can Fit Pro: Resistance Exercises (3FAR) 1:30 TED Talks (3FL) 2:00 Active Games: Seated Soccer (3FAR) 3:00 Hangman (3FL) 4:00 Wheel of Fortune (3FL) 6:30 Go4Life Guided Walk (3FD)	First Day of Spring 20 Cruise Week: Monaco 9:00 Travelogue (3FL) 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Deck Game: Pokeno (3FL) 1:30 Sing Along (3FL) 2:00 Mediterranean Bingo (3FL) 3:00 Artful Enrichment: Mediterranean Tile Painting (3FL) 4:00 Mediterranean Whiteboard Pictionary (3FAR) 6:00 Mediterranean Movie Night: Murder Mystery (3FL)	Cruise Week: Morocco 21 9:00 Travelogue (3FL) 9:30 Daily Chronicle 10:00 Puzzles & Pondering (3FL) 11:00 Drum Fit - Music and Movement (CLB) 11:00 Palm Reading (3FL) 1:30 Moroccan Word Games (3FAR) 2:00 Mediterranean Scent Guessing Game (3FL) 2:30 Coastal Cocktail Hour with Cole Briggs (BB) 6:00 Mediterranean Movie Night: Lonely Planet (3FL)	Cruise Week: France 22 9:00 Travelogue (3FL) 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Mediterranean Coast Painting (3FL) 1:30 Mediterranean Brain Teasers (3FAR) 2:00 Deck Game: Mini Golf (3FL) 3:00 French Object Pictionary (3FD) 4:00 Manicures (3FAR) 6:00 Mediterranean Movie Night: Mrs. Harris Goes to Paris (3FL)
Cruise Week: Egypt 23 9:00 Travelogue (3FL) 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Egyptian Butter Cookies (3FD) 1:30 Mediterranean Jigsaw Puzzles (3FAR) 2:00 Hieroglyphic Lesson (3FL) 3:00 Sand Art Bottles (3FL) 4:00 Baking Social (3FL) 6:00 Mediterranean Movie Night: Mom is Pregnant (3FL)	Cruise Week: Greece 24 9:00 Travelogue (3FL) 9:30 Daily Chronicle 10:00 Scenic Drive: Cat Cafe (LBY) 11:00 Greek Alphabet Initials (3FL) 1:30 Greek Word Search (3FL) 1:30 Documentary Series: Somebody Feed Phil (3FL) 2:00 Can Fit Pro: Exercises (3FAR) 3:00 Evil Eye Craft (3FL) 4:00 Greek Mythology Trivia (3FAR) 6:00 Mediterranean Movie Night: My Big Fat Greek Wedding (3FL)	Cruise Week: Slovenia 25 9:00 Travelogue (3FL) 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Beehive Panel Painting (3FL) 1:30 Mediterranean Colouring (3FAR) 2:00 Mediterranean Hangman (3FAR) 3:00 Chef Demo (3FD) 4:00 Music Therapy with Elle (3FL) 6:00 Mediterranean Movie Night: Restaurants on the Edge (3FL)	Cruise Week: Italy 26 9:00 Travelogue (3FL) 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Pasta Sorting Game (3FAR) 1:30 TED Talk: Mediterranean Diets (3FL) 2:00 Bocce Ball (3FL) 3:00 Air Dry Clay Sculpting (3FL) 4:00 Italian Cuisine Show (3FL) 6:00 Mediterranean Movie Night: Toscana (3FL)	Cruise Week: Canada 27 9:00 Travelogue (3FL) 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Canadian Trivia (3FAR) 1:15 Scenic Drive: Okotoks (LBY) 2:00 Deck Game: Table Curling (3FL) 3:00 Canadian Songs Sing Along (3FD) 4:00 Canadian Scattergories (3FAR) 6:00 Mediterranean Movie Night: The Grand Seduction (3FL)	9:30 Daily Chronicle 28 10:00 Puzzles & Pondering (3FL) 11:00 Drum Fit - Music and Movement (CLB) 11:30 The Price is Right (3FL) 1:30 Living Loving Local: Maple Word Games (3FAR) 2:00 B-I-N-G-O (3FAR) 3:00 Happy Hour with Paul Michael Stoia (DR) 6:30 Go4Life Guided Walk (3FD)	9:30 Daily Chronicle 29 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: The Blue Tuscan Door Painting (3FL) 1:00 Jigsaw Puzzles (3FAR) 2:00 Finish the Line (3FAR) 3:00 Coffee and Conversation (3FD) 4:00 Manicures (3FAR) 6:00 Saturday Night Movie: (3FL)
9:30 Daily Chronicle 30 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Cupcakes (3FD) 1:30 Jigsaw Puzzles (3FAR) 2:15 Fit Minds (3FL) 3:00 Baking Social (3FL) 4:00 Board Games (3FL) 6:30 Hymn Sing Along (3FL)	9:30 Daily Chronicle 31 10:00 Puzzles & Pondering (3FL) 11:00 Can Fit Pro: Strength and Stretch Exercises (3FL) 1:30 Documentary Series: Somebody Feed Phil (3FL) 3:00 Scattergories (3FL) 4:00 Artful Enrichment: Colouring (3FAR) 6:30 Go4Life Guided Walk (3FD)	Be Limitless		Locations Legend Third Floor Lounge (3FL) Third Floor Activity Room (3FAR) Third Floor Dining Room (3FD) RW Club - Second Floor (CLB) Dining Room - Ground Floor (DR) Lobby - Ground Floor (LBY) Bungalow Bistro - Ground Floor (BB)		Calendar Legend Outing Special Program Holidays Cruise Week Living, Loving, Local Signature Program