



INSPIRED
SENIOR LIVING

June 2025

Independent Living

Riverwalk Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available at Reception 1 10:00 Virtual Sunday Service - Hillhurst United (KTH) 1:30 Lounge and Learn: The History of Pride Month (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) 2 11:00 Resident Led: Coffee & Chat (CLB) 1:30 Artful Enrichment: The Healing Power of Art Presentation (KTH) 2:00 B-I-N-G-O (CLB) 2:30 Learn Chess with Nathan (FPL) 3:00 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL) 7:00 Book Club: Munich (BDR)	10:15 Can Fit Pro: Walk & Groove (CLB) 3 11:00 Tech Support (CLB) 1:30 Language Learning: French (KTH) 2:00 DrumFit (CLB) 3:00 New Resident Welcome Social (6FL) 4:00 Classical Music: CFC Arts Orchestra (KTH) 7:00 Painting with Alexandre (CLB)	10:15 Can Fit Pro: Yoga (CLB) 4 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Southeast England (KTH) 1:30 Artful Enrichment: Tropical Hibiscus Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: You Can Be Happy Without Changing Your Life (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	9:00 Outing to Spruce Meadows (LBY) 5 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Living, Loving, Local: Strawberry Crossword (CLB) 1:30 Gardening Club (6FL) 2:00 B-I-N-G-O (CLB) 3:00 Go4Life Walking Club (LBY) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)	10:15 Can Fit Pro: Resistance Exercises (CLB) 6 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Dining Services Meeting (KTH) 3:00 Happy Hour with Cornelia Sutherland (DR) 4:15 Resident Led Sing Along (BB) 4:30 Living, Loving, Local Dinner Feature (DR) 7:00 Book Club Movie: Munich: The Edge of War (KTH)	National Donut Day 7 9:30 Crosswords and Coffee (6FL) 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: Conclave (KTH)
Activity Packages Available at Reception 8 10:00 Virtual Sunday Service - Hillhurst United (KTH) 1:30 Lounge and Learn: The History of Summer Music Hits (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) 9 11:00 Resident Led: Coffee & Chat (CLB) 11:00 Falls Prevention Presentation (KTH) 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) 7:00 Documentary: Unbroken (KTH)	10:15 Can Fit Pro: Walk & Groove (CLB) 10 11:00 Language Learning: French (KTH) 1:30 Tech Support (CLB) 2:00 DrumFit (CLB) 2:30 Chef Demo (BB) 3:00 Wine Tasting: Portugal (6FL) 4:00 Classical Music: Netherlands Philharmonic Orchestra (KTH)	10:15 Can Fit Pro: Yoga (CLB) 11 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Dubrovnik (KTH) 1:30 Artful Enrichment: Squeegie Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: Faster Than a Calculator (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	10:15 Can Fit Pro: Seated Exercise (CLB) 12 11:00 Living, Loving, Local: Strawberry Word Scramble (CLB) 1:30 Monthly Fitness Equipment Tutorials (FR) 1:30 Outing to Fort Calgary (LBY) 2:00 B-I-N-G-O (CLB) 3:00 Go4Life Walking Club (LBY) 3:00 Sound Bath Presentation by Within Wellness (KTH) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)	10:15 Can Fit Pro: Resistance Exercises (CLB) 13 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Dwayne Fettig (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Nonnas (KTH)	9:30 Crosswords and Coffee (6FL) 14 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: Another Simple Favor (KTH)
Activity Packages Available at Reception 15 Father's Day 10:00 Virtual Sunday Service - Hillhurst United (KTH) 1:30 Lounge and Learn: Father's Day Traditions (KTH) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 3:00 Father's Day Social ft. Craft Beer Flights (BB) 4:00 Guided Meditation (KTH)	10:15 Can Fit Pro: Weight Exercises (CLB) 16 11:00 Resident Led: Coffee & Chat (CLB) 1:30 Artful Enrichment: American Landscapes Presentation (KTH) 2:00 B-I-N-G-O (CLB) 2:30 Learn Chess with Nathan (FPL) 3:00 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL) 7:00 Documentary: Quincy (KTH)	9:30 Outing to Butterfield Acres Petting Farm (LBY) 17 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Tech Support (CLB) 1:00 Language Learning: French (KTH) 1:30 General Manager Meeting (KTH) 2:00 DrumFit (CLB) 3:00 Wine Tasting: Spain (6FL) 4:00 Classical Music: André Rieu Amsterdam Arena 2011 (KTH) 7:00 Painting with Alexandre (CLB)	10:15 Can Fit Pro: Yoga (CLB) 18 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Little Europe (KTH) 1:30 Artful Enrichment: Clay Pot Lighthouse Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: What Makes You Special? (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	10:15 Can Fit Pro: Seated Exercise (CLB) 19 11:00 Living, Loving, Local: Strawberry Trivia (CLB) 1:00 B-I-N-G-O (CLB) 2:00 Monthly Resident and Manager Meeting (CLB) 3:00 Go4Life Walking Club (LBY) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)	10:15 Can Fit Pro: Resistance Exercises (CLB) 20 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Wild Rose (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: The Dig (KTH)	National Indigenous Peoples Day 21 9:30 Crosswords and Coffee (6FL) 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: Divine Secrets of the Ya-Ya Sisterhood (KTH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages 22 Available at Reception 10:00 Virtual Sunday Service - Hillhurst United (KTH) 1:30 Lounge and Learn: The Story of Treaty 7 (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) 23 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 Resident Art Showcase (6FL) 4:00 Knitting Group for Charity (FPL) 7:00 Documentary: Breaking Boundaries (KTH)	10:15 Can Fit Pro: Walk & Groove (CLB) 24 11:00 Tech Support Class: Navigating Settings (KTH) 1:30 Language Learning: French (KTH) 2:00 DrumFit (CLB) 3:00 Wine Tasting: France (6FL) 4:00 Classical Music: Hauser - Live in Budapest 2022 (KTH)	10:15 Can Fit Pro: Yoga (CLB) 25 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Edinburgh (KTH) 1:30 Artful Enrichment: Canada Flag Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: The New Superpowers of AI Glasses (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	10:15 Can Fit Pro: Seated Exercise (CLB) 26 11:00 Living, Loving, Local: Strawberry Word Search (CLB) 1:30 Outing to Inglewood Bird Sanctuary (LBY) 2:00 B-I-N-G-O (CLB) 3:00 Learn How to Line Dance (FR) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)	10:15 Can Fit Pro: Resistance Exercises (CLB) 27 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Cole Briggs (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Knives Out (KTH)	9:30 Crosswords and Coffee (6FL) 28 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 Great Gatsby (KTH)
Activity Packages 29 Available at Reception 10:00 Virtual Sunday Service - Hillhurst United (KTH) 1:30 Lounge and Learn: Canada Day (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) 30 11:00 Resident Led: Coffee & Chat (CLB) 1:30 Artful Enrichment: Beyond the Pines: Canadian Wilderness (KTH) 2:00 B-I-N-G-O (CLB) 2:30 Learn Chess with Nathan (FPL) 3:00 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL) 7:00 Documentary: Kangaroo Valley (KTH)					



Locations Legend	
RW Club - Second Floor (CLB)	Fifth Floor Lounge (5FL)
Kensington Theatre - Second Floor (KTH)	Second Floor Lounge (2FL)
Sixth Floor Lounge (6FL)	Dining Room - Ground Floor (DR)
Fireplace Lounge - Second Floor (FPL)	Health & Wellness Office - Second Floor (H&W)
Lobby - Ground Floor (LBY)	Fitness Room - Second Floor (FR)
Bungalow Bistro - Ground Floor (BB)	Board Room - Second Floor (BDR)

Calendar Legend
Outing
Special Program
Holidays
Living, Loving, Local
Signature Program