



INSPIRED
SENIOR LIVING

June 2025

Memory Care

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Daily Chronicle 1 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Apple Oatmeal Muffins (3FD) 1:30 Jigsaw Puzzles (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Hymn Sing Along (LVR)	9:30 Daily Chronicle 2 10:00 Puzzles & Pondering (LVR) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:30 Documentary Series: Love on the Spectrum (LVR) 2:30 Hangman (LVR) 3:00 Go4Life Outdoor Walk (DR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	9:30 Daily Chronicle 3 10:15 Music Therapy with Elle (3FL) 11:15 Jigsaw Puzzles (LVR) 1:30 Brain Teasers (4FL) 2:30 Drum Fit - Music and Movement (CLB) 3:00 Artful Enrichment: Watermelon Coaster Craft (4FL) 4:00 TED Talks (LVR) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 4 10:00 Artful Enrichment: Colouring (LVR) 11:00 Can Fit Pro: Resistance Exercises (4FL) 1:30 B-I-N-G-O (3FL) 2:30 Active Games: Seated Soccer (3FAR) 3:00 Manicures (3FAR) 3:30 Go4Life Outdoor Walk (DR) 6:00 The Price is Right (LVR)	9:30 Daily Chronicle 5 10:00 Can Fit Pro: Exercises (3FL) 11:00 Outdoor Gardening (3FP) 1:30 Outing to Spruce Meadows (LBY) 2:00 Sing Along (LVR) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 6 10:00 Puzzles & Pondering (LVR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Jeopardy (3FL) 1:30 Living Loving Local: Word Games (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Cornelia Sutherland (DR) 4:00 Jigsaw Puzzles (LVR) 6:00 Go4Life Guided Walk (DR)	National Donut Day 7 9:30 Daily Chronicle 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Tropical Painting (3FL) 1:30 Fit Minds (LVR) 2:00 Scattergories (4FL) 3:00 Coffee and Conversation (DR) 4:00 Family Feud (LVR) 6:00 Saturday Night Movie: It Takes Two (LVR)
9:30 Daily Chronicle 8 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Coconut Cookies (3FD) 1:30 Jigsaw Puzzles (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Hymn Sing Along (LVR)	9:30 Daily Chronicle 9 10:00 Puzzles & Pondering (LVR) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:30 Documentary Series: Love on the Spectrum (LVR) 2:30 Manicures (3FAR) 3:00 Go4Life Outdoor Walk (DR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	9:30 Daily Chronicle 10 10:15 Music Therapy with Elle (3FL) 11:15 Jigsaw Puzzles (LVR) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Artful Enrichment: Spiral Suncatchers Craft (4FL) 3:00 Chef Demo (4FDA) 4:00 TED Talks (LVR) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 11 10:00 Artful Enrichment: Colouring (LVR) 11:00 Can Fit Pro: Resistance Exercises (4FL) 1:30 B-I-N-G-O (3FL) 2:30 Active Games: Balloon Badminton (3FAR) 3:30 Go4Life Outdoor Walk (DR) 6:00 The Price is Right (LVR)	9:30 Daily Chronicle 12 9:30 Outing to Fort Calgary (LBY) 11:00 Outdoor Gardening (3FP) 1:30 Sing Along (LVR) 2:00 Go4Life Outdoor Walk (DR) 3:00 Hangman (LVR) 4:00 Board Games (LVR) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 13 10:00 Puzzles & Pondering (LVR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Jeopardy (3FL) 1:30 Living Loving Local: Word Games (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Dwayne Fettig (DR) 4:00 Jigsaw Puzzles (LVR) 6:00 Go4Life Guided Walk (DR)	9:30 Daily Chronicle 14 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Squeegie Painting (3FL) 1:30 Fit Minds (LVR) 2:00 Scattergories (4FL) 3:00 Coffee and Conversation (DR) 4:00 Family Feud (LVR) 6:00 Saturday Night Movie: The Dig (LVR)
Father's Day 15 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Feta and Herb Biscuits (3FD) 1:30 Jigsaw Puzzles (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Hymn Sing Along (LVR)	9:30 Daily Chronicle 16 10:00 Puzzles & Pondering (LVR) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:30 Documentary Series: Love on the Spectrum (LVR) 2:30 Manicures (3FAR) 3:00 Go4Life Outdoor Walk (DR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	9:30 Daily Chronicle 17 10:15 Music Therapy with Elle (3FL) 11:15 Jigsaw Puzzles (LVR) 1:30 Outing to Prince's Island Park (LBY) 3:00 Artful Enrichment: Fruit Paper Fan Craft (4FL) 4:00 TED Talks (LVR) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 18 10:00 Artful Enrichment: Colouring (LVR) 11:00 Can Fit Pro: Resistance Exercises (4FL) 1:30 B-I-N-G-O (3FL) 2:30 Active Games: Ladderball (3FAR) 3:30 Go4Life Outdoor Walk (DR) 6:00 The Price is Right (LVR)	9:30 Daily Chronicle 19 10:00 Can Fit Pro: Exercises (3FL) 11:00 Outdoor Gardening (3FP) 1:30 Sing Along (LVR) 2:00 Go4Life Outdoor Walk (DR) 3:00 Hangman (LVR) 4:00 Board Games (LVR) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 20 10:00 Puzzles & Pondering (LVR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Jeopardy (3FL) 1:30 Living Loving Local: Word Games (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Wild Rose (DR) 4:00 Jigsaw Puzzles (LVR) 6:00 Go4Life Guided Walk (DR)	National Indigenous Peoples Day 21 9:30 Daily Chronicle 10:15 Drum Fit - Music and Movement (CLB) 11:00 Artful Enrichment: Clay Pot Lighthouse Painting (3FL) 1:30 Fit Minds (LVR) 2:00 Scattergories (4FL) 3:00 Coffee and Conversation (DR) 4:00 Family Feud (LVR) 6:00 Saturday Night Movie: Divine Secrets of the Ya-Ya Sisterhood (LVR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Daily Chronicle 22 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: German Black Forest Cake (3FD) 1:30 Jigsaw Puzzles (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Hymn Sing Along (LVR)	9:30 Daily Chronicle 23 10:00 Puzzles & Pondering (LVR) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:30 Documentary Series: Love on the Spectrum (LVR) 2:30 Manicures (3FAR) 3:00 Go4Life Outdoor Walk (DR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	9:30 Daily Chronicle 24 10:15 Can Fit Pro: Exercises (3FAR) 11:15 Jigsaw Puzzles (LVR) 1:30 Brain Teasers (4FL) 2:30 Drum Fit - Music and Movement (CLB) 3:00 Artful Enrichment: Sand Art Craft (4FL) 4:00 TED Talks (LVR) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 25 10:15 Music Therapy with Elle (3FL) 11:15 Artful Enrichment: Colouring (3FAR) 1:30 B-I-N-G-O (3FL) 2:30 Active Games: Beach Volleyball (3FAR) 3:30 Go4Life Outdoor Walk (DR) 6:00 The Price is Right (LVR)	9:30 Daily Chronicle 26 9:30 Outing to Butterfield Acres Petting Farm (LBY) 11:00 Sing Along (LVR) 1:30 Outdoor Gardening (3FP) 2:00 Go4Life Outdoor Walk (DR) 3:00 Hangman (LVR) 4:00 Board Games (LVR) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 27 10:00 Puzzles & Pondering (LVR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Jeopardy (3FL) 1:30 Living Loving Local: Word Games (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Cole Briggs (DR) 4:00 Jigsaw Puzzles (LVR) 6:00 Go4Life Guided Walk (DR)	9:30 Daily Chronicle 28 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Canadian Flag Rock Painting (3FL) 1:30 Fit Minds (LVR) 2:00 Scattergories (4FL) 3:00 Coffee and Conversation (DR) 4:00 Family Feud (LVR) 6:00 Saturday Night Movie: Kangaroo Valley (LVR)
9:30 Daily Chronicle 29 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Cheesy Garlic Pull Apart Loaf (3FD) 1:30 Jigsaw Puzzles (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Hymn Sing Along (LVR)	9:30 Daily Chronicle 30 10:00 Puzzles & Pondering (LVR) 11:00 Can Fit Pro: Stretching Exercises (3FL) 1:30 Documentary Series: Love on the Spectrum (LVR) 2:30 Manicures (3FAR) 3:00 Go4Life Outdoor Walk (DR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	SATURDAY JUNE 7 National Donut Day		FRIDAY JUNE 13 Men's Health (Wear Blue Day)		
SUNDAY JUNE 15 Father's Day		Be Heard		<u>Locations Legend</u> Living Room (LVR) Dining Room (DR) Third Floor Activity Room (3FAR) Third Floor Lounge (3FL) Fourth Floor Lounge (4FL) RW Club - Second Floor (CLB) Third Floor Dining Room (3FD) Third Floor Patio (3FP) Lobby - Ground Floor (LBY) Dining Room - Ground Floor (DR) Fourth Floor Dining Area (4FDA)		<u>Calendar Legend</u> Outing Special Program Holidays Living, Loving, Local Signature Program