



INSPIRED
SENIOR LIVING

May 2025

Independent Living

Riverwalk Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MONDAY MAY 5 Cinco De Mayo	 SUNDAY MAY 11 Mother's Day					
Activity Packages Available at Reception 4 9:00 Virtual Sunday Service - Hillhurst United (KTH) 10:30 Virtual Sunday Service - Calgary Life Church (KTH) 1:30 Lounge and Learn: Gardens of the World (KTH) 2:00 Resident Led: Rummikub (CLB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)	Cinco de Mayo 5 10:15 Can Fit Pro: Weight Exercises (CLB) 11:00 Calgary Library Program Orientation (KTH) 1:30 Artful Enrichment: Mexican Art Presentation (KTH) 2:00 B-I-N-G-O (CLB) 3:00 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL) 4:30 Cinco de Mayo Dinner (DR) 7:00 Documentary: Mexico: The Royal Tour (KTH)	10:15 Can Fit Pro: Walk & Groove (CLB) 6 11:00 Language Learning: French (KTH) 1:00 Tech Support (CLB) 1:30 Calgary Montessori School Choir (DR) 2:30 DrumFit (CLB) 3:00 New Resident Welcome Social (6FL) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Beethoven - Symphony No. 9 (KTH) 7:00 Painting with Alexandre (CLB)	10:15 Can Fit Pro: Yoga (CLB) 7 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Mexico (KTH) 1:30 Artful Enrichment: Cherry Blossoms Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: How to Hack Your Brain for Better Focus (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	9:30 Outing to Spruce It Up Garden Centre (LBY) 1 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Living, Loving, Local: Rhubarb Presentation (CLB) 1:30 Gardening Club: Indoor Seed Planting (6FL) 2:00 B-I-N-G-O (CLB) 3:00 Resident Led Art Tour (LBY) 3:30 Resident Led: Bridge (CLB) 4:00 Fit Minds (6FL)	10:15 Can Fit Pro: Resistance Exercises (CLB) 2 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Dining Services Meeting (KTH) 3:15 Happy Hour with Dwayne Fettig (DR) 4:15 Resident Led Sing Along (BB) 4:30 Living, Loving, Local Dinner Feature (DR) 7:00 Friday Night Movie: Good Will Hunting (KTH)	9:30 Crosswords and Coffee (6FL) 3 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: Stanley & Iris (KTH)
Activity Packages Available at Reception 11 9:00 Virtual Sunday Service - Hillhurst United (KTH) 10:30 Virtual Sunday Service - Calgary Life Church (KTH) 1:30 Lounge and Learn: Mother's Day Through the Ages (KTH) 2:00 Resident Led: Rummikub (CLB) 2:00 Mother's Day Tea (BB) 3:00 Resident Led: Kings in the Corner (CLB) 4:00 Guided Meditation (KTH)	10:15 Can Fit Pro: Weight Exercises (CLB) 12 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 Interactive Jeopardy (KTH) 4:00 Knitting Group for Charity (FPL) 7:00 Documentary: Audrey (KTH)	10:15 Can Fit Pro: Walk & Groove (CLB) 13 11:00 Language Learning: French (KTH) 1:30 Tech Support (CLB) 2:00 DrumFit (CLB) 2:30 Chef Demo (BB) 3:00 Wine & Cheese Social (6FL) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: John Williams & Steven Spielberg Orchestra (KTH)	10:15 Can Fit Pro: Yoga (CLB) 14 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Ethiopia (KTH) 1:30 Artful Enrichment: Pressed Flowers Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: The Keys to Living a Rich Life (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	9:30 Outing to The Core Shopping Mall (LBY) 15 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Living, Loving, Local: Rhubarb Word Scramble (CLB) 1:00 B-I-N-G-O (CLB) 1:30 Gardening Club (6FL) 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)	National Pizza Party Day 16 10:15 Can Fit Pro: Resistance Exercises (CLB) 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Joel Spire (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: I Am Woman (KTH)	9:30 Crosswords and Coffee (6FL) 17 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: Ordinary Angels (KTH)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Packages Available at Reception 18 9:00 Virtual Sunday Service - Hillhurst United (KTH) 10:30 Virtual Sunday Service - Calgary Life Church (KTH) 1:30 Lounge and Learn: Victoria Day History (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) 19 11:00 Falls Prevention Presentation by In Home Physical Therapy (KTH) 1:30 Artful Enrichment: Air Dry Clay Ring Holder (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: Bogart: Life Comes in Flashes (KTH)	World Bee Day 20 10:15 Can Fit Pro: Walk & Groove (CLB) 11:00 Language Learning: French (KTH) 1:00 Tech Support (CLB) 1:30 General Manager Meeting (KTH) 2:00 DrumFit (CLB) 3:00 Wine & Cheese Social (6FL) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Andrews University Symphony Orchestra (KTH) 7:00 Painting with Alexandre (CLB)	10:15 Can Fit Pro: Yoga (CLB) 21 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Basque Country (KTH) 1:30 Artful Enrichment: Ring Holder Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: What I Learned From Getting Rid of 99% of My Stuff (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	9:30 Outing to Leighton Art Centre (LBY) 22 10:15 Can Fit Pro: Seated Exercise (CLB) 11:00 Living, Loving, Local: Rhubarb Trivia (CLB) 1:30 Tech Support Class: Putting Photos into Albums on Iphone (KTH) 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) 23 11:00 Tech Support (FPL) 1:30 Drum Fit - Music and Movement (CLB) 2:00 Card Games (CLB) 3:00 Happy Hour with Walking on Sunshine (DR) 4:15 Resident Led Sing Along (BB) 7:00 Friday Night Movie: Matilda (KTH)	9:30 Crosswords and Coffee (6FL) 24 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: Memoirs of a Geisha (KTH)
Activity Packages Available at Reception 25 9:00 Virtual Sunday Service - Hillhurst United (KTH) 10:30 Virtual Sunday Service - Calgary Life Church (KTH) 1:30 Lounge and Learn: Curious Canadian Laws (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) 26 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 Alzheimer's Society Walk (LBY) 4:00 Knitting Group for Charity (FPL) 7:00 Documentary: The Other Shore (KTH)	10:15 Can Fit Pro: Walk & Groove (CLB) 27 11:00 Language Learning: French (KTH) 1:30 Tech Support (CLB) 2:00 DrumFit (CLB) 3:00 Wine & Cheese Social (6FL) 3:30 Resident Led: Bridge (CLB) 4:00 Classical Music: Pittsburgh Symphony Orchestra (KTH)	Red Shirt Day 28 10:15 Can Fit Pro: Yoga (CLB) 10:30 Blood Pressure Clinic (H&W) 11:00 Travelogue: Lisbon (KTH) 1:30 Artful Enrichment: Mushroom Garden Painting (6FL) 2:00 Tai Chi with Rebecca (5FL) 3:00 TED Talk: You Only Have One Life... Until You Have Another (KTH) 4:00 Pool Club (2FL) 7:00 Resident Led: Men's Group (BB)	10:15 Can Fit Pro: Seated Exercise (CLB) 29 11:00 Living, Loving, Local: Rhubarb Syrup (CLB) 1:00 Outing to Calgary Zoo (LBY) 1:30 Gardening Club: Outdoor Plant Transfer (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) 30 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: Moving On (KTH)	9:30 Crosswords and Coffee (6FL) 31 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: Florence Foster Jenkins (KTH)



WEDNESDAY

MAY
28

Red Shirt Day

Be Heard

Locations Legend

RW Club - Second Floor (CLB)
Kensington Theatre - Second Floor (KTH)
Sixth Floor Lounge (6FL)
Lobby - Ground Floor (LBY)
Bungalow Bistro - Ground Floor (BB)
Fireplace Lounge - Second Floor (FPL)

Fifth Floor Lounge (5FL)
Second Floor Lounge (2FL)
Dining Room - Ground Floor (DR)
Health & Wellness Office - Second Floor (H&W)
Fitness Room - Second Floor (FR)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program