



INSPIRED
SENIOR LIVING

May 2025 Memory Care

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					
4 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Churros (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)	5 Cinco de Mayo 9:30 Daily Chronicle 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) 3:30 Go4Life Outdoor Walk (DR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	6 9:30 Daily Chronicle 10:15 Music Therapy with Elle (3FL) 11:00 Jigsaw Puzzles (LVR) 1:30 Calgary Montessori School Choir (DR) 2:30 Brain Teasers (4FL) 3:00 Artful Enrichment: Maracas Craft (4FL) 4:00 TED Talks (LVR) 6:00 Guided Meditation (LVR)	7 9:30 Daily Chronicle 10:00 Artful Enrichment: Colouring (LVR) 11:00 Can Fit Pro: Resistance Exercises (4FL) 1:30 B-I-N-G-O (3FL) 2:30 Drum Fit - Music and Movement (CLB) 3:00 Manicures (3FAR) 3:30 Go4Life Outdoor Walk (DR) 6:00 The Price is Right (LVR)	8 9:30 Daily Chronicle 9:30 Scenic Drive (LBY) 11:00 Outdoor Gardening (3FP) 1:30 Sing Along (LVR) 2:00 Scattergories (5FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Guided Meditation (LVR)	9 9:30 Daily Chronicle 10:00 Puzzles & Pondering (LVR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Jeopardy (3FL) 1:30 Living Loving Local: Rhubarb Word Games (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with The CC Hippie Shakers (DR) 4:00 Jigsaw Puzzles (LVR) 6:00 Go4Life Guided Walk (DR)	10 9:30 Daily Chronicle 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Q-Tip Flower Painting (3FL) 1:30 Fit Minds (LVR) 2:00 Whiteboard Pictionary (4FL) 3:00 Coffee and Conversation (DR) 4:00 Family Feud (LVR) 6:00 Saturday Night Movie: The Life List (LVR)
11 Mother's Day 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Strawberry Fudge (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)	12 9:30 Daily Chronicle 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) 3:30 Go4Life Outdoor Walk (DR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	13 9:30 Daily Chronicle 10:15 Music Therapy with Elle (3FL) 11:00 Jigsaw Puzzles (LVR) 1:30 Artful Enrichment: Pressed Flower Craft (4FL) 2:30 Drum Fit - Music and Movement (CLB) 3:00 Chef Demo (4FDA) 4:00 TED Talks (LVR) 6:00 Guided Meditation (LVR)	14 9:30 Daily Chronicle 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)	15 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FL) 11:00 Outdoor Gardening (3FP) 1:30 Scenic Drive (LBY) 2:00 Sing Along (LVR) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Guided Meditation (LVR)	16 National Pizza Party Day 9:30 Daily Chronicle 10:00 Puzzles & Pondering (LVR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Jeopardy (3FL) 1:30 Living Loving Local: Rhubarb Word Games (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Joel Spire (DR) 4:00 Jigsaw Puzzles (LVR) 6:00 Go4Life Guided Walk (DR)	17 9:30 Daily Chronicle 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Bubble 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: I Am Woman (LVR)



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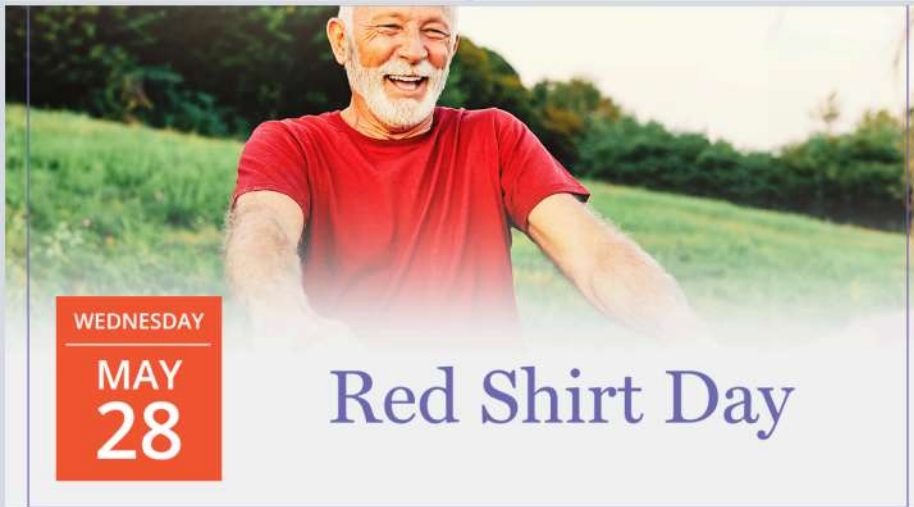
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Daily Chronicle 18 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Chocolate Parfait (3FD) 1:30 Jigsaw Puzzles (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Go4Life Outdoor Walk (DR) 4:00 Board Games (LVR) 6:00 Hymn Sing Along (LVR)	9:30 Daily Chronicle 19 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) 3:30 Go4Life Outdoor Walk (DR) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	World Bee Day 20 9:30 Daily Chronicle 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Jigsaw Puzzles (LVR) 1:30 Brain Teasers (4FL) 2:30 Drum Fit - Music and Movement (CLB) 3:00 Artful Enrichment: Air Dry Clay Craft (4FL) 4:00 Music Therapy with Elle (3FL) 6:00 Guided Meditation (LVR)	9:30 Daily Chronicle 21 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: Bocce Ball (3FAR) 3:00 Manicures (3FAR) 3:30 Go4Life Outdoor Walk (DR) 6:00 The Price is Right (LVR)	9:30 Daily Chronicle 22 10:00 Can Fit Pro: Exercises (3FL) 11:00 Outdoor Gardening (3FP) 1:30 Scenic Drive (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 23 10:00 Puzzles & Pondering (LVR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Jeopardy (3FL) 1:30 Living Loving Local: Rhubarb Word Games (LVR) 2:00 B-I-N-G-O (4FL) 3:00 Happy Hour with Walking on Sunshine (DR) 4:00 Jigsaw Puzzles (LVR) 6:00 Go4Life Guided Walk (DR)	9:30 Daily Chronicle 24 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Ring Holder Painting (3FL) 1:30 Fit Minds (LVR) 2:00 Whiteboard Pictionary (4FL) 3:00 Coffee and Conversation (DR) 4:00 Family Feud (LVR) 6:00 Saturday Night Movie: Matilda (LVR)
9:30 Daily Chronicle 25 10:00 Can Fit Pro: Exercises (3FAR) 11:00 Baking: Sweet & Creamy Iced Coffee (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 26 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 Alzheimer's Society Walk (LBY) 4:00 Artful Enrichment: Colouring (3FAR) 6:00 Jigsaw Puzzles (LVR)	9:30 Daily Chronicle 27 10:15 Music Therapy with Elle (3FL) 11:00 Jigsaw Puzzles (LVR) 1:30 Brain Teasers (4FL) 2:30 Drum Fit - Music and Movement (CLB) 3:00 Artful Enrichment: Painted Rocks Craft (4FL) 4:00 TED Talks (LVR) 6:00 Guided Meditation (LVR)	Red Shirt Day 28 National Hamburger Day 9:30 Daily Chronicle 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) 3:00 Manicures (3FAR) 3:30 Go4Life Outdoor Walk (DR) 6:00 The Price is Right (LVR)	9:30 Daily Chronicle 29 9:30 Scenic Drive (LBY) 10:00 Can Fit Pro: Exercises (3FL) 11:00 Outdoor Gardening (3FP) 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 30 10:00 Puzzles & Pondering (LVR) 11:00 Drum Fit - Music and Movement (CLB) 11:30 Jeopardy (3FL) 1:30 Living Loving Local: Rhubarb 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 31 10:15 Can Fit Pro: Exercises (3FAR) 11:00 Artful Enrichment: Mushroom Garden 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: Moving On (LVR)



Red Shirt Day

Be Heard

Locations Legend

Living Room (LVR)
Third Floor Lounge (3FL)
Dining Room (DR)
Fourth Floor Lounge (4FL)
Third Floor Activity Room (3FAR)
RW Club - Second Floor (CLB)

Lobby - Ground Floor (LBY)
Dining Room - Ground Floor (DR)
Third Floor Dining Room (3FD)
Third Floor Patio (3FP)
Fifth Floor Lounge (5FL)
Fourth Floor Dining Area (4FDA)

Calendar Legend

Outing
Special Program
Holidays
Living, Loving, Local
Signature Program