



# RIVERWOOD SQUARE

*Retirement Living*

## *Sample Activities*



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>1</b>	<b>2</b> 10:00 Ball Exercises 2:00 Pool/ Shuffleboard	<b>3</b> 10:00 How to Play Wii 2:00 Craft Corner - Jewelry Making	<b>4</b> 10:00 Balance Exercises 2:00 Knitting Circle 7:00 Bingo	<b>5</b> 10:30 Walking Club 1:30 Outing to Millennium Library	<b>6</b> 10:00 Sit & Stretch 2:00 Feature Movie and Popcorn	<b>7</b> 2:00 Card Games in the Lounge
<b>8</b>	<b>9</b> 10:00 Ball Exercises 2:00 Baking with Harmony Court 7:00 Pool/ Shuffleboard	<b>10</b> 10:30 Outing to St. Vital Mall 2:00 Sing-A-Long	<b>11</b> 10:00 Balance Exercises 2:00 Knitting Circle 7:00 Bingo	<b>12</b> 10:30 Walking Club 2:00 Tenant Council Meeting	<b>13</b> 10:00 Sit & Stretch 2:00 Feature Movie and Popcorn	<b>14</b> 2:00 Board Games in the Lounge
<b>15</b>	<b>16</b> 10:00 Ball Exercises 2:00 Reminiscing 7:00 Pool/ Shuffleboard	<b>17</b> 10:30 How to Play Wii 2:00 Info Session with Tache Pharmacy	<b>18</b> 10:00 Balance Exercises 2:00 Knitting Circle 7:00 Bingo	<b>19</b> 10:30 Walking Club 2:00 Current Events Discussion	<b>20</b> 10:00 Sit & Stretch 2:00 Feature Movie and Popcorn	<b>21</b> 2:00 Card Games in the Lounge
<b>22</b>	<b>23</b> 10:00 Ball Exercises 2:00 Baking with Harmony Court 7:00 Pool/ Shuffleboard	<b>24</b> 10:30 Outing to IMAX 2:00 Bridge Club	<b>25</b> 10:00 Balance Exercises 2:00 Knitting Circle 7:00 Bingo	<b>26</b> 10:30 Walking Club 2:00 Library & Internet Circle	<b>27</b> 10:00 Sit & Stretch 2:00 Feature Movie and Popcorn	<b>28</b> 2:00 Board Games in the Lounge
<b>29</b>	<b>30</b> 10:00 Ball Exercises 2:00 Tea Party & Entertainment 7:00 Pool/ Shuffleboard	<b>31</b> 10:00 How to Play Wii 2:00 Expressive Art - Pastels				