



INSPIRED SENIOR LIVING

July 2023

The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Happy Canada Day! (AF) 1 9:00 Canada Day Brain Teasers (REC) 6:30 Movie night - Blended (MT)
2:00 Memory Lane Matinee - Due South (MT) 2 2:00 Resident Run Board games (2K) 5:00 Concert in the park (OUT) 6:30 Movie Night (MT)	9:00 Go 4 Life Walking Club! with Erica (FP) 3 10:30 Hole in 1 Putting (2K) 1:30 Resident Run Scrabble! (2K) 2:00 Bingo! (25¢ each card) (LL) 2:00 Memory Lane Matinee - Due South (MT) 3:30 Chit Chat with Erica (3K) 6:30 Movie night - Dolly Parton: A MusiCares tribute (MT)	9:30 Sit and Get Fit Exercise with Erica (MT) 4 10:00 Meditation (MT) 10:30 Fit Minds! (2K) 2:00 Outing- Zwicks Park for outdoor games (OUT) 6:30 Movie Night Shania Twain: Not Just a girl (MT)	9:00 Go 4 Life Walking Club! with Erica (FP) 5 9:30 Making Blankets for the Humane Society! (3K) 10:30 Drumfit (LL) 2:00 Sing Along with Eileen Leblanc (LL) 3:15 Chit Chat with Erica (3K) 6:30 Movie Night - Miles Davis: Birth of the Cool (MT)	9:30 Sit and Get Fit Exercise (MT) 6 10:00 Therapy Dog visit. (BB) 10:00 Meditation (MT) 10:30 Living Loving Local - Trivia and Treats (LL) 2:00 Chit Chat with Erica (3K) 3:00 Games with Margaret (LL) 6:30 Movie Night - -Judy (MT)	9:00 Go 4 Life Walking Club! with Erica (FP) 7 10:00 Knock 'em down Bowling (LL) 2:00 Bingo! (25¢ each card) (LL) 3:30 Happy Hour - National Chocolate day (BB) 6:30 Movie Night - Springsteen on Broadway (MT)	10:00 Pick up your activity booklets by the elevator (REC) 8 6:30 Movie night - mama mia (MT)
2:00 Memory Lane Matinee - Due South (MT) 9 2:00 Resident Run Board games (2K) 6:30 Movie Night (MT)	9:00 Go 4 Life Walking Club! with Erica (FP) 10 10:30 Hole in 1 Putting (2K) 1:30 Resident Run Scrabble! (2K) 2:00 Bingo! (25¢ each card) (LL) 2:00 Memory Lane Matinee - Due South (MT) 3:30 National Pina colada Social (FP) 6:30 Movie night (MT)	9:30 Sit and Get Fit Exercise (MT) 11 10:00 Meditation (MT) 10:30 Fit Minds! (2K) 2:00 Outing - Afternoon at Myers Pier (OUT) 6:30 Movie Night (MT)	National Ice Cream Month 9:00 Go 4 Life Walking Club! with Erica (FP) 12 9:30 Making Blankets for the Humane Society! (3K) 10:30 Drumfit (LL) 1:30 Animal Visits from the Humane Society! (LL) 2:30 Ice Cream Social! (LL) 6:30 Movie Night (MT)	9:30 Sit and Get Fit Exercise (MT) 13 10:00 Therapy Dog visit. (BB) 10:00 Meditation (MT) 10:30 Living Loving Local Trivia! (LL) 3:00 Games with Margaret (LL) 6:30 Movie Night (MT)	French Day! 9:00 Go 4 Life Walking Club! with Erica (FP) 14 10:00 Knock 'em down Bowling (LL) 2:00 Bingo! (25¢ each card) (LL) 3:30 Happy Hour - OPEN MIC (BB) 6:30 Movie Night (MT)	10:00 Pick up your activity booklets by the elevator (REC) 15 6:30 Movie night (MT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>2:00 Memory Lane Matinee - Due South (MT)</p> <p>2:00 Resident Run Board games (2K)</p> <p>6:30 Movie Night (MT)</p>	<p>17</p> <p>9:00 Go 4 Life Walking Club! with Erica (FP)</p> <p>10:30 Hole in 1 Putting (2K)</p> <p>1:30 Resident Run Scrabble! (2K)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Due South (MT)</p> <p>3:30 Chit Chat with Erica (3K)</p> <p>6:30 Movie night (MT)</p>	<p>18</p> <p>9:30 Sit and Get Fit Exercise (MT)</p> <p>10:00 Meditation (MT)</p> <p>10:30 Fit Minds! (2K)</p> <p>2:00 Chapel Service (Holy Rosary) (MT)</p> <p>2:00 Outing - Senic Drive to World's Finest Chocolate in Campbellford (OUT)</p> <p>6:30 Movie Night (MT)</p>	<p>19</p> <p>9:00 Go 4 Life Walking Club! with Erica (FP)</p> <p>9:30 Making Blankets for the Humane Society! (3K)</p> <p>10:30 Drumfit (LL)</p> <p>2:30 Shopping Trip- Talize (Thrift Store) SIGN UP (OUT)</p> <p>6:30 Movie Night (MT)</p>	<p>20</p> <p>9:30 Sit and Get Fit Exercise (MT)</p> <p>10:00 Therapy Dog visit. (BB)</p> <p>10:00 Meditation (MT)</p> <p>10:30 Living Loving Local - Trivia and Treats (LL)</p> <p>2:00 Resident Town Hall Meeting! (LL)</p> <p>3:00 Games with Margaret (LL)</p> <p>6:30 Movie Night (MT)</p>	<p>21</p> <p>9:00 Go 4 Life Walking Club! with Erica (FP)</p> <p>10:00 Knock 'em down Bowling (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - Beer and Pretzels (BB)</p> <p>6:30 Movie Night (MT)</p>	<p>22</p> <p>10:00 Pick up your activity booklets by the elevator (REC)</p> <p>1:30 Food Advisory Meeting (BB)</p> <p>2:00 Tic Tac Toss (LL)</p> <p>6:30 Movie night (MT)</p>
<p>23</p> <p>10:00 Resident Run Board games (2K)</p> <p>2:00 Memory Lane Matinee - Due South (MT)</p> <p>3:00 Afternoon Social (BB)</p> <p>6:30 Movie Night (MT)</p>	<p>24</p> <p>9:00 Go 4 Life Walking Club! with Erica (FP)</p> <p>10:30 Hole in 1 Putting (2K)</p> <p>1:30 Resident Run Scrabble! (2K)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Due South (MT)</p> <p>3:30 Chit Chat with Erica (3K)</p> <p>6:30 Movie night (MT)</p>	<p>25</p> <p>9:30 Sit and Get Fit Exercise (MT)</p> <p>10:00 Meditation (MT)</p> <p>10:30 Fit Minds! (2K)</p> <p>2:30 Shopping Trip - Walmart (Sign-up at Front Office) (OUT)</p> <p>6:30 Movie Night (MT)</p>	<p>26</p> <p>9:00 Go 4 Life Walking Club! with Erica (FP)</p> <p>9:30 Making Blankets for the Humane Society! (3K)</p> <p>10:30 Drumfit (LL)</p> <p>3:00 Shopping - Giant Tiger/Dollarama (Sign-up at the Front Office) (OUT)</p> <p>6:30 Movie Night (MT)</p>	<p>27</p> <p>9:30 Sit and Get Fit Exercise (MT)</p> <p>10:00 Therapy Dog visit. (BB)</p> <p>10:00 Meditation (MT)</p> <p>10:30 Living Loving Local - Trivia and Treats (LL)</p> <p>2:00 Anglican Service (MT)</p> <p>3:00 Games with Margaret (LL)</p> <p>6:30 Movie Night (MT)</p>	<p>28</p> <p>9:00 Go 4 Life Walking Club! with Erica (FP)</p> <p>10:00 Knock 'em down Bowling (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - OPEN MIC (BB)</p> <p>6:30 Movie Night (MT)</p>	<p>29</p> <p>10:00 Pick up your activity booklets by the elevator (REC)</p> <p>6:30 Movie night (MT)</p>
<p>30</p> <p>2:00 Memory Lane Matinee - Due South (MT)</p> <p>2:00 Resident Run Board games (2K)</p> <p>6:30 Movie Night (MT)</p>	<p>31</p> <p>9:00 Go 4 Life Walking Club! with Erica (FP)</p> <p>10:30 Hole in 1 Putting (2K)</p> <p>1:30 Resident Run Scrabble! (2K)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Due South (MT)</p> <p>3:30 Chit Chat with Erica (3K)</p> <p>6:30 Movie night (MT)</p>	<p>SATURDAY JUL 1 Canada Day</p>		<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>New Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	<p>Locations Legend</p> <p>Theatre/Chapel (MT)</p> <p>Lower Level (LL)</p> <p>2nd Floor Kitchenette (2K)</p> <p>Front patio (FP)</p> <p>3rd Floor Kitchenette (3K)</p> <p>Bistro (BB)</p> <p>Outing (OUT)</p> <p>Reception (REC)</p> <p>All Floors (AF)</p>	