




INSPIRED SENIOR LIVING

# August 2023

## The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SUNDAY</b> <b>AUG 6</b> <b>National Friendship Day</b></p>		<p>9:30 Sit and Get Fit Exercise (MT) <b>1</b> 10:00 Meditation (MT) 10:15 Fit Minds! (2K) 2:00 Scenic drive to Quinte West with a stop at Brambleberry farm store (OUT) 6:30 Movie Night (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>2</b> 9:30 Go 4 Life Walking Club! with Erica (REC) 10:30 Drumfit (LL) 1:30 Animal Visits from the Humane Society! (LL) 2:30 Chair Yoga (LL) 6:30 Movie Night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>3</b> 10:00 Meditation (MT) 10:00 Therapy Dog visit. (LL) 10:30 Living Loving Local - Trivia and Treats (BB) 2:00 Outing- Myers Pier (OUT) 3:00 Java Music Club with Margaret (BB) 6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>4</b> 10:30 Knock 'em down Bowling (LL) 2:00 Bingo! (25¢ each card) (LL) 3:30 Happy Hour - National White Wine day (LL) 6:30 Movie Night (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) 6:30 Movie night (MT) <b>5</b></p>
<p>2:00 Resident Run Board games (2K) <b>6</b> 2:00 Afternoon Matinee - The World's Most Amazing Vacation Rentals (MT) 6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! (FP) <b>7</b> 2:00 Memory Lane Matinee - Blue Healers (MT) 6:30 Movie night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>8</b> 10:00 Meditation (MT) 10:00 Fit Minds! (2K) 11:00 Learn to Dance (BB) 2:00 Resident Survey Launch Party! (BB) 6:30 Movie Night (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>9</b> 9:30 Go 4 Life Walking Club! with Erica (REC) 10:30 Drumfit (LL) 2:00 Horse Races Game! Don't forget your dimes! (LL) 6:30 Movie Night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>10</b> 10:00 Meditation (MT) 10:00 Therapy Dog visit. (LL) 11:00 Learn to Dance (BB) 3:00 Java Music Club with Margaret (BB) 6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>11</b> 10:30 Name that Tune Game! (LL) 11:30 Picnic in the park and live music (OUT) 2:00 Bingo! (25¢ each card) (LL) 3:30 Happy Hour - LLL Peach Bellinis (LL) 6:30 Movie Night (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>12</b> 6:30 Movie night (MT)</p>
<p>2:00 Resident Run Board games (2K) <b>13</b> 2:00 Afternoon Matinee - The World's Most Amazing Vacation Rentals (MT) 6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>14</b> 10:30 Artful Enrichment- Painting Ocean View Acrylic Painting (LL) 2:00 Bingo! (25¢ each card) (LL) 2:00 Memory Lane Matinee - Blue Healers (MT) 3:30 Rootbeer Float Social and Trivia! (LL) 6:30 Movie night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>15</b> 10:00 Meditation (MT) 10:00 Fit Minds! (2K) 11:00 Learn to Dance (BB) 2:00 Chapel Service (Holy Rosary) (MT) 2:00 Scenic Drive to Maple Dale Cheese! * Sign Up at the Front Office! (OUT) 6:30 Movie Night (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>16</b> 9:30 Go 4 Life Walking Club! (REC) 10:30 Drumfit (LL) 2:30 Chair Yoga (LL) 6:30 Movie Night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>17</b> 10:00 Meditation (MT) 10:00 Therapy Dog visit. (LL) 11:00 Learn to Dance (BB) 2:00 Resident Town Hall Meeting! (LL) 3:00 Java Music Club with Margaret (BB) 6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>18</b> 10:30 Knock 'em down Bowling (LL) 2:00 Bingo! (25¢ each card) (LL) 3:30 Happy Hour - LLL Blueberry (LL) 6:30 Movie Night (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>19</b> 6:30 Movie night (MT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2:00 Resident Run Board games (2K) <b>20</b></p> <p>2:00 Afternoon Matinee - The World's Most Amazing Vacation Rentals (MT)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>21</b></p> <p>10:30 Hole in 1 Putting (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Blue Healers (MT)</p> <p>6:30 Movie night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>22</b></p> <p>10:00 Meditation (MT)</p> <p>10:00 Fit Minds! (2K)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Airforce Museum (OUT)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>23</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>2:00 Health Talk With Lisa Steffan: Blood Pressure (LL)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>24</b></p> <p>10:00 Meditation (MT)</p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:15 Artful Enrichment-Denim Wreath (LL)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Anglican Service (MT)</p> <p>3:00 Java Music Club with Margaret (BB)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>25</b></p> <p>10:30 Name that Tune Game! (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - National Whisky Sour Day (LL)</p> <p>6:30 Movie Night (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>26</b></p> <p>6:30 Movie night (MT)</p>
<p>2:00 Resident Run Board games (2K) <b>27</b></p> <p>2:00 Afternoon Matinee - The World's Most Amazing Vacation Rentals (MT)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>28</b></p> <p>10:30 Hole in 1 Putting (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Blue Healers (MT)</p> <p>6:30 Movie night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>29</b></p> <p>10:00 Meditation (MT)</p> <p>10:00 Fit Minds! (2K)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Shopping Trip - Walmart! Sign up at front desk! (OUT)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>30</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>2:30 Chair Yoga (LL)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>31</b></p> <p>10:00 Meditation (MT)</p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Outing - Belleville Public Library (OUT)</p> <p>3:00 Java Music Club with Margaret (BB)</p> <p>6:30 Movie Night (MT)</p>	<p><b>WEDNESDAY</b> <b>AUG 26</b></p> <p>National Dog Day</p>	

**WEDNESDAY**  
**AUG 28**

National Red Wine Day

Be Social

**Locations Legend**

Theatre/Chapel (MT)  
Lower Level (LL)  
Bistro (BB)  
2nd Floor  
Kitchenette (2K)

Reception (REC)  
Front patio (FP)  
Outing (OUT)  
3rd Floor Kitchenette (3K)

**Calendar Legend**

Outing  
Special Program  
Living, Loving, Local  
Signature Program