



INSPIRED SENIOR LIVING

# September 2023

## The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>World Alzheimer's Month</b></p>		<p><b>Grandparent's Day</b></p>			<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>1</b></p> <p>10:30 Knock 'em down Bowling (LL)</p> <p>1:00 Hitchon's Hearing Clinic (MT)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - OPEN MIC (LL)</p> <p>6:30 Movie Night (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>2</b></p> <p>2:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>2:00 Food Advisory Meeting! Share your thoughts* (BB)</p> <p>6:30 Movie night (MT)</p>
<p>2:00 Resident Run Board games (2K) <b>3</b></p> <p>2:00 Afternoon Matinee - Barney Miller (MT)</p> <p>6:30 Movie Night (MT)</p>	<p><b>Labour Day</b> <b>4</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (FP)</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>5</b></p> <p>10:00 Meditation (MT)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Afternoon Outing - Scenic Drive to Grills's Orchards (OUT)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>6</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>1:00 Recognition Ceremony: The Best Company (DR)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Sit and Get Fit Exercise (MT) <b>7</b></p> <p>10:00 Meditation (MT)</p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:30 Artful Enrichment (LL)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Shopping trip tp Gian Tiger (OUT)</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>8</b></p> <p>10:30 <b>**NEW PROGRAM**</b> Come and learn about MEET ME AT THE MOMA! (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - Entertainment By Joe Kennedy (LL)</p> <p>6:30 Movie Night (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>9</b></p> <p>2:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>6:30 Movie night (MT)</p>
<p>Grandparents day <b>10</b></p> <p>11:00 Pick up a craft kit for the grandkids (BB)</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:30 Celebrate Grandparents day with a Family Movie Afternoon: Spirit: Stallion of the Cimarron (MT)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>11</b></p> <p>10:30 Hole in 1 Putting (BB)</p> <p>11:00 Learn to dance: Line dancing (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>12</b></p> <p>10:00 Meditation (MT)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Shopping - Walmart (OUT)</p> <p>7:00 Day Spring Youth Choir (LL)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>13</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>11:00 Outing: Parrot Gallery Lunch Series: Belleville 1973 and beyond.... (OUT)</p> <p>1:30 Animal Visits from the Humane Society! (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>14</b></p> <p>10:00 Meditation (MT)</p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:30 Artful Enrichment (LL)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Visiting a horse Farm and Fall Wagon Ride (OUT)</p> <p>3:00 Java Music Club</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>15</b></p> <p>10:30 Meet me at the MOMA - Artist Presentation Frida Kahlo (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - OPEN MIC (LL)</p> <p>6:30 Movie Night (MT)</p>	<p>International Street Fair. <b>16</b></p> <p>10:00 Pick up your activity booklets at reception (REC)</p> <p>1:00 The Richmond Open house: International Street Fair (AF)</p> <p>2:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>6:30 Movie night (MT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 Resident Run Board games (2K) <b>17</b> 2:00 Afternoon Matinee - Barney Miller (MT) 6:30 Movie Night (MT)	9:30 Go 4 Life Walking Club! with Erica (FP) <b>18</b> 10:30 Hole in 1 Putting (BB) 11:00 Learn to dance: Line dancing (BB) 2:00 Bingo! (25¢ each card) (LL) 2:00 Memory Lane Matinee - Blue Healers (MT) 6:30 Movie night (MT)	9:30 Sit and Get Fit Exercise (MT) <b>19</b> 10:00 Meditation (MT) 10:15 Fit Minds! (BB) 11:00 Learn to Dance (BB) 2:00 Chapel Service (Holy Rosary) (MT) 2:00 Afternoon Trip to Belleville Shorelines Casino! (OUT) 6:30 Movie Night (MT)	9:30 Making Blankets for the Humane Society! (3K) <b>20</b> 9:30 Go 4 Life Walking Club! with Erica (REC) 10:30 Drumfit (LL) 6:30 Movie Night (MT)	7:00 Alzheimer's Coffee Break (OUT) <b>21</b> 9:30 Sit and Get Fit Exercise (MT) 10:00 Meditation (MT) 10:00 Therapy Dog visit. (LL) 10:30 Artful Enrichment (LL) 2:00 Resident Town Hall Meeting! (LL) 3:00 Java Music Club with Margaret (BB) 6:30 Movie Night (MT)	Octoberfest! <b>22</b> 9:30 Go 4 Life Walking Club! with Erica (FP) 10:30 Meet me at the MOMA Jewelry Making (LL) 2:30 Oktoberfest Afternoon (LL) 6:30 Movie Night (MT)	10:00 Pick up your activity booklets at reception (REC) <b>23</b> 2:00 Therapy Dog visit with Cindy and Sully (AF) 2:00 Name that Tune Game! (BB) 6:30 Movie night (MT)
2:00 Resident Run Board games (2K) <b>24</b> 2:00 Afternoon Matinee - Barney Miller (MT) 2:30 Bean Bag Toss (BB) 6:30 Movie Night (MT)	9:30 Go 4 Life Walking Club! with Erica (FP) <b>25</b> 10:30 Hole in 1 Putting (BB) 11:00 Learn to dance: Line dancing (BB) 2:00 Bingo! (25¢ each card) (LL) 2:00 Memory Lane Matinee - Blue Healers (MT) 6:30 Movie night (MT)	9:30 Sit and Get Fit Exercise (MT) <b>26</b> 10:00 Meditation (MT) 10:15 Fit Minds! (BB) 11:00 Learn to Dance (BB) 2:00 Health Talk With Lisa Steffan: Diabetes (LL) 3:00 Trivia an a treat (BB) 6:30 Movie Night (MT)	9:30 Making Blankets for the Humane Society! (3K) <b>27</b> 9:30 Go 4 Life Walking Club! with Erica (REC) 10:30 Drumfit (LL) 2:00 Scenic Country Drive (OUT) 2:30 Chair Yoga (LL) 6:30 Movie Night (MT)	9:30 Sit and Get Fit Exercise (MT) <b>28</b> 10:00 Meditation (MT) 10:00 Therapy Dog visit. (LL) 10:30 Artful Enrichment (LL) 2:00 Anglican Service (MT) 3:00 Java Music Club with Margaret (BB) 6:30 Movie Night (MT)	9:30 Go 4 Life Walking Club! with Erica (FP) <b>29</b> 10:30 Meet me at the MOMA - Artist Presentation Gustav Klimt (LL) 2:00 Bingo! (25¢ each card) (LL) 3:30 Happy Hour - OPEN MIC (LL) 6:30 Movie Night (MT)	National day of Truth and Reconciliation <b>30</b> 10:00 Pick up your activity booklets at reception (REC) 2:00 Therapy Dog visit with Cindy and Sully (AF) 6:30 Movie night (MT)

Be Social

### Locations Legend

- Theatre/Chapel (MT)
- Lower Level (LL)
- Bistro (BB)
- Front patio (FP)
- Reception (REC)
- Outing (OUT)
- All Floors (AF)
- 2nd Floor
- Kitchenette (2K)
- 3rd Floor Kitchenette (3K)
- Dining Room (DR)

### Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program