



INSPIRED SENIOR LIVING

# October 2023

## The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2:00 Resident Run Board games (2K) <b>1</b></p> <p>2:00 Afternoon Matinee - Matlock (MT)</p> <p>6:30 Movie Night (MT)</p>	<p><b>Active Aging Week: Nourish Your body 2</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (FP)</p> <p>10:30 Get your morning started with a Smoothie: Why good nutrition is good for us (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 - Dick Vandyke (MT)</p> <p>6:30 Movie night: Mushv</p>	<p><b>Active Aging Week!: Maintain Your Emotional Wellness 3</b></p> <p>9:30 Sit and Get Fit Exercise (2K)</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:30 Outing- Walmart! (OUT)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p>	<p><b>Active Aging Week!: Be Grateful 4</b></p> <p>9:30 Making Blankets for the Humane Society! (3K)</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>11:00 Grateful Tree Front Lobby (REC)</p> <p>2:30 Chair Yoga (LL)</p> <p>3:30 Nifty Nail Painting: Please sign up at the Front Desk (LL)</p> <p>6:30 Movie: Western Wednesdays (MT)</p>	<p><b>Active Aging Week!: Prioritize Brain Care 5</b></p> <p>9:30 Sit and Get Fit Exercise (2K)</p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:00 Meditation (2K)</p> <p>10:30 Artful Enrichment (LL)</p> <p>2:30 Trivia, treats, tea and Talk (BB)</p> <p>3:00 Java Music Club with Margaret (BB)</p> <p>6:30 Movie Night: Ghost stories of the great White North (MT)</p>	<p><b>Active Aging Week!: Tools for Pain Relief 6</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (FP)</p> <p>10:30 Morning stretch in the bistro and a healthy snack (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - OPEN MIC (LL)</p> <p>6:30 Armchair Travel: Iceland (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>7</b></p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>10:30 Meet me at the MOMA - Artist Presentation Henry Ossawa Tanner (MT)</p> <p>6:30 Movie night (MT)</p>
<p>2:00 Resident Run Board games (2K) <b>8</b></p> <p>2:00 Afternoon Matinee - Matlock (MT)</p> <p>6:30 Movie Night (MT)</p>	<p><b>Thanksgiving 9</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (FP)</p> <p>2:00 Memory Lane Matinee - Dick Vandyke (MT)</p> <p>6:30 Movie night: Mushy Romance Monday (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) <b>10</b></p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Pumpkin Patch Visit (OUT)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>11</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>11:30 Outing: Parrot Gallery Lunch Series: Music of the 70's Brown Bag Lunch Series (OUT)</p> <p>1:30 Animal Visits from the Humane Society! (LL)</p> <p>6:30 Movie: Western Wednesdays (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) <b>12</b></p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:00 Meditation (2K)</p> <p>10:30 Artful Enrichment (LL)</p> <p>2:30 Horse Races Game! Don't forget your dimes! (LL)</p> <p>3:00 Java Music Club with Margaret (BB)</p> <p>6:30 Movie Night: Ghost stories of the great</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>13</b></p> <p>10:30 Meet Me at the MOMA Painting Class The Thankful Poor (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - OPEN MIC (LL)</p> <p>6:30 Armchair Travel: Fiji (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>14</b></p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>6:30 Movie night (MT)</p>
<p>2:00 Resident Run Board games (2K) <b>15</b></p> <p>2:00 Afternoon Matinee - Matlock (MT)</p> <p>6:30 Movie Night (MT)</p>	<p>9:30 Go 4 Life Walking Club! (FP) <b>16</b></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 - Dick Vandyke (MT)</p> <p>6:30 Movie night: Mushy Romance Monday (MT)</p>	<p>9:30 Sit and Get Fit Exercise Video (MT) <b>17</b></p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:00 Chapel Service (Holy Rosary) (MT)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) <b>18</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>2:00 Isaac Blaise Magician (LL)</p> <p>6:30 Movie: Western Wednesdays (MT)</p>	<p>9:30 Sit and Get Fit Exercise Video (MT) <b>19</b></p> <p>2:00 Resident Town Hall Meeting! (LL)</p> <p>6:30 Movie Night: Ghost stories of the great White North (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (FP) <b>20</b></p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - OPEN MIC (LL)</p> <p>6:30 Armchair Travel: Scotland (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>21</b></p> <p>10:00 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
<p><b>22</b></p> <p>2:00 Resident Town Hall Meeting! (LL)</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Matlock (MT)</p> <p>6:30 Movie Night (MT)</p>	<p><b>23</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (FP)</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 - Dick Vandyke (MT)</p> <p>6:30 Movie night: Mushy Romance Monday (MT)</p> <p>6:30 Night Drive to see the spooky Halloween decorations (OUT)</p>	<p><b>24</b></p> <p>9:30 Sit and Get Fit Exercise (2K)</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 Learn to Dance (BB)</p> <p>12:00 Men's Club Kick Off and Lunch with Erica (LL)</p> <p>2:00 Pumpkin Carving and Decorating! (LL)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p>	<p><b>25</b></p> <p>9:30 Making Blankets for the Humane Society! (3K)</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>2:00 Shopping Trip - Giant Tiger (Sidney Street) (OUT)</p> <p>2:30 Chair Yoga (LL)</p> <p>6:30 Movie: Western Wednesdays (MT)</p>	<p><b>26</b></p> <p>9:30 Sit and Get Fit Exercise (2K)</p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:00 Meditation (2K)</p> <p>10:30 Artful Enrichment (LL)</p> <p>2:00 Anglican Service (MT)</p> <p>2:00 Health Talk With Lisa Steffan: Influenza (LL)</p> <p>6:30 Movie Night: Ghost stories of the great</p>	<p><b>27</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (FP)</p> <p>10:30 Meet me at the MOMA - Artist Presentation Edvard Munch (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - OPEN MIC (LL)</p> <p>6:30 Armchair Travel: Italy (MT)</p>	<p><b>28</b></p> <p>10:00 Pick up your activity booklets at reception (REC)</p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>1:30 Food Advisory Meeting! Share your thoughts* (BB)</p> <p>6:30 Movie night (MT)</p>
<p><b>29</b></p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Matlock (MT)</p> <p>6:30 Movie Night (MT)</p>	<p><b>30</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (FP)</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 - Dick Vandyke (MT)</p> <p>6:30 Movie night: Mushy Romance Monday (MT)</p>	<p><b>31</b></p> <p>Halloween!</p> <p>9:30 Sit and Get Fit Exercise (2K)</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 Learn to Dance (BB)</p> <p>2:30 Halloween Costume Parade and Social (LL)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p>	<p>MONDAY OCT 9</p>		<p>MONDAY OCT 30</p> <p>Global Diversity Awareness Month</p>	



Be Social

Locations Legend		Calendar Legend
Theatre/Chapel (MT)	Reception (REC)	Outing
Lower Level (LL)	Outing (OUT)	Special Program
Bistro (BB)	3rd Floor Kitchenette (3K)	Living, Loving, Local
2nd Floor	Kitchenette (2K)	Signature Program
Kitchenette (2K)	Front patio (FP)	
		All Floors (AF)