




INSPIRED SENIOR LIVING

November 2023

The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|--|
|  <p>National Family Caregivers Month</p> | | | | | | |
| <p>Flu Shot Clinic (LL) 5</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>9:30 Go 4 Life Walking Club! with Erica (REC) 6</p> <p>10:30 Artful Enrichment: Poppy Watercolour/Mixed media (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Dick Vandyke (MT)</p> <p>3:30 National Nacho day Social: Nacho Bar and Margaritas (LL)</p> <p>6:30 Movie night: Mushy Romance Monday (MT)</p> | <p>9:30 Sit and Get Fit Exercise 7 (2K)</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>2:30 Java Music Club with Erica (3K)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p> | <p>9:30 Making Blankets for the Humane Society! (3K) 8</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>11:15 Learn to Line Dance (BB)</p> <p>2:00 Afternoon Tea with the Community Development Centre (LL)</p> <p>6:30 Movie: Western Wednesdays (MT)</p> | <p>9:30 Sit and Get Fit Exercise 9 (2K)</p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:00 Meditation (2K)</p> <p>11:15 Nine Hand Hill Farm Lunch and Shop (OUT)</p> <p>6:30 Movie : Thursday Night Chuckle (MT)</p> | <p>9:30 Go 4 Life Walking Club! with Erica (REC) 10</p> <p>10:30 Meet me at the MOMA - Mixed Media Poppies (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: Remembrance (MT)</p> | <p>10:00 Pick up your activity booklets at reception (REC) 11</p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>10:30 Remembrance Day Service (LL)</p> <p>3:30 Nifty Nail Painting: Please sign up at the Front Desk (LL)</p> <p>6:30 Movie night (MT)</p> <p>7:00 Hockey Night in Canada: Boston at Montreal (BB)</p> |
| <p>2:00 Resident Run Board games (2K) 12</p> <p>2:00 Afternoon Matinee - Matlock (MT)</p> <p>2:00 Rawdonrim Acres Country Market (OUT)</p> <p>6:30 Movie Night (MT)</p> | <p>9:30 Go 4 Life Walking Club! with Erica (REC) 13</p> <p>10:30 Artful Enrichment: Christmas Card Making (LL)</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 (2K) 14</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>2:00 Living with Dementia: Alzheimer's society (LL)</p> <p>2:30 Java Music Club with Erica (3K)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p> | <p>9:30 Making Blankets for the Humane Society! (3K) 15</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>11:15 Learn to Line Dance (BB)</p> <p>2:00 Farmtown Parks Annual Festival of Trees **Cost\$5.00** (OUT)</p> <p>6:30 Movie: Western</p> | <p>9:30 Sit and Get Fit Exercise (2K) 16</p> <p>10:00 Therapy Dog visit. (LL)</p> <p>10:00 Meditation (2K)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>2:30 Entertainment: Sing Along with Roy and Hazel (LL)</p> <p>6:30 Movie : Thursday Night Chuckle (MT)</p> | <p>9:30 Go 4 Life Walking Club! with Erica (REC) 17</p> <p>10:30 Meet me at the MOMA - Artist Presentation Emily Carr (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: Switzerland (MT)</p> | <p>10:00 Pick up your activity booklets at reception (REC) 18</p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>6:30 Movie night (MT)</p> <p>7:00 Hockey Night in Canada: Montreal at Boston (BB)</p> |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|--|
| <p>19</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Matlock (MT)</p> <p>6:00 Belleville Santa Claus Parade (OUT)</p> <p>6:30 Movie Night (MT)</p> | <p>20</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:00 Vendors Mall (REC)</p> <p>10:30 Artful Enrichment: Rudolph Hot Cocoa Bags (LL)</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</p> | <p>21</p> <p>12:00 Vendors Mall (REC)</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>2:00 Chapel Service (Holy Rosary) (MT)</p> <p>2:30 Java Music Club with Erica (3K)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p> | <p>22</p> <p>12:00 Vendors Mall (REC)</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>11:15 Learn to Line Dance (BB)</p> <p>1:30 Animal Visits from the Humane Society! (LL)</p> <p>2:30 Afternoon Baking (BB)</p> <p>3:00 Afternoon Tea and taste (BB)</p> <p>6:30 Movie: Western Wednesdays (MT)</p> | <p>23</p> <p>12:00 Vendors Mall (REC)</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 Living Loving Local - Trivia and Treats (BB)</p> <p>2:00 Anglican Service (MT)</p> <p>3:00 Resident Town Hall Meeting! (LL)</p> <p>6:30 Movie : Thursday Night Chuckle (MT)</p> | <p>24</p> <p>12:00 Vendors Mall (REC)</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Meet me at the MOMA - Emily Carr (LL)</p> <p>3:00 Happy Hour - Entertainment By Joe Kennedy (LL)</p> <p>6:30 Armchair Travel: South Africa (MT)</p> | <p>25</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>6:30 Movie night (MT)</p> <p>7:00 Hockey Night in Canada: Toronto at Pittsburgh (BB)</p> |
| <p>26</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>27</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Artful Enrichment: Watercolour Northern Lights (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Dick Vandyke (MT)</p> <p>3:30 Decorating the 3rd Floor Lounges (3K)</p> <p>6:30 Movie night: Mushy Romance Monday (MT)</p> | <p>28</p> <p>National Day of Giving</p> <p>9:30 Sit and Get Fit Exercise (2K)</p> <p>10:00 Meditation (2K)</p> <p>2:00 Decorating the 1st Floor (BB)</p> <p>6:30 Movie Night: Queen's Gambit (MT)</p> | <p>29</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>11:15 Learn to Line Dance (BB)</p> <p>2:00 Afternoon Baking (BB)</p> <p>3:00 Afternoon Tea and taste (BB)</p> <p>6:30 Movie: Western</p> | <p>30</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 Living Loving Local - Trivia and Treats (BB)</p> <p>10:30 Shopping Trip - Giant Tiger (Sidney Street) (OUT)</p> <p>12:00 Decorating the 2nd Floor (2K)</p> <p>6:30 Movie : Thursday Night Chuckle (MT)</p> | | |

SUNDAY
NOV 12

Diwali

Be Grateful

Locations Legend

| | |
|---------------------|----------------------------|
| Theatre/Chapel (MT) | Bistro (BB) |
| Lower Level (LL) | 3rd Floor Kitchenette (3K) |
| 2nd Floor | Outing (OUT) |
| Kitchenette (2K) | All Floors (AF) |
| Reception (REC) | |

Calendar Legend

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