



INSPIRED SENIOR LIVING

January 2024

The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 1</p> <p>2:00 Memory Lane Matinee - Highway to Heaven (MT)</p> <p>6:30 Movie night: Anne with an E (Anne of Green Gables) (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) 2</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Traveling cart: (TC)</p> <p>6:30 Movie Night: Unauthorized biographies - Elvis Presley (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) 3</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>3:00 Yoga With Murali! (LL)</p> <p>6:30 Movie night: Canadian Made - Clothing Revolution (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) 4</p> <p>10:00 Meditation (2K)</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>6:30 Movie Night: Bomb Girls Episode 1 (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 5</p> <p>10:30 Meet me at the MOMA - Artist Presentation Canadian artist Stan Douglas (LL)</p> <p>11:00 Breath and Stretch before Lunch (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - National whipped cream day (LL)</p> <p>6:30 Armchair Travel: Wales (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) 6</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 San Jose (BB)</p>
<p>2:00 Resident Run Board games (2K) 7</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) 8</p> <p>10:30 Artful Enrichment: Snowy Creek Painting and Video Tutorial (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Highway to Heaven (MT)</p> <p>6:30 Movie night: Anne with an E (Anne of Green Gables) (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) 9</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Afternoon Baking (BB)</p> <p>3:00 Afternoon Tea and taste (BB)</p> <p>6:30 Movie Night: Unauthorized Biographies - John Gotti (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) 10</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>1:30 Animal Visits from the Humane Society! (LL)</p> <p>2:00 Shopping Trip to Walmart (OUT)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>6:30 Movie night: Canadian Made - Snow Crossing (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) 11</p> <p>10:00 Meditation (2K)</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>2:00 Food Advisory Meeting! Share your thoughts* (BB)</p> <p>3:30 Nifty Nail Painting: Please sign up at the Front Desk (LL)</p> <p>6:30 Movie Night: Bomb Girls Episode 2 (MT)</p>	<p>9:30 Go 4 Life Walking Club lets head to the Indoor Track then to Timmies (OUT) 12</p> <p>11:00 Breath and Stretch before Lunch (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - Tea Tasting for national Tea Day (LL)</p> <p>6:30 Armchair Travel: Peru (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) 13</p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>10:30 Meet me at the MOMA - Stan Douglas Recreation (MT)</p> <p>6:30 Movie night (MT)</p> <p>7:00 Hockey Night in Canada: Edmonton at Montreal (BB)</p>
<p>2:00 Resident Run Board games (2K) 14</p> <p>2:00 Afternoon Matinee - Matlock (MT)</p> <p>6:30 Movie Night (MT)</p>	<p>National Hat Day...Wear your Favorite Hat Today 15</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Artful Enrichment: Winter Birches Painting and Video Tutorial (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Highway to Heaven (MT)</p> <p>6:30 Movie night: Anne with an E (Anne of Green Gables) (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) 16</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Chapel Service (Holy Rosary) (MT)</p> <p>2:30 Birthday Party (LL)</p> <p>6:30 Movie Night: Unauthorized Biographies - Elizabeth Taylor (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) 17</p> <p>9:30 Go 4 Life Walking Club! Grab a friend and go for a stroll (REC)</p> <p>10:30 Drumfit video (LL)</p> <p>2:30 Afternoon Trip to Belleville Shorelines Casino! (OUT)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>6:30 Movie night: Canadian Made - Time Shifting (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) 18</p> <p>10:00 Meditation (2K)</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>2:30 Resident Town Hall Meeting! (LL)</p> <p>6:30 Movie night: Bomb Girls Season 1 Episode 3 (MT)</p>	<p>National Popcorn day! 19</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Meet me at the MOMA - Artist Presentation Canadian Jean-Paul Riopelle (LL)</p> <p>11:00 Breath and Stretch before Lunch (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - Popcorn Tasting Social (LL)</p> <p>6:30 Armchair Travel: Morocco (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) 20</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>2:00 Resident Run Board games (2K) 21</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) 22</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Highway to Heaven (MT)</p> <p>6:30 Movie night: Anne with an E (Anne of Green Gables) (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) 23</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Afternoon Baking (BB)</p> <p>3:00 Afternoon Tea and taste (BB)</p> <p>6:30 Movie Night: Unauthorized Biographies - Madonna (MT)</p>	<p>9:30 Making Blankets for the Humane Society! (3K) 24</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>11:30 Out for Lunch Swiss Chalet (OUT)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>2:30 How to Navigate Pensions Canada (LL)</p> <p>6:30 Movie night: Canadian Made Clothing Revolution (MT)</p>	<p>Robbie Burns Day! Wear Plaid Today 25</p> <p>9:30 Sit and Get Fit Exercise (2K)</p> <p>10:00 Meditation (2K)</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:30 Anglican Service (MT)</p> <p>10:30 Artful Enrichment: Scottish Thistle Craft (LL)</p> <p>2:30 Sing Along with Eileen Leblanc (LL)</p> <p>6:30 Movie night: Bomb Girls Season 1 Episode 4 (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 26</p> <p>10:30 Meet me at the MOMA - Artist recreation Jean-Paul Riopelle (LL)</p> <p>11:00 Breath and Stretch before Lunch (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - Big Wig Social. Biggest and best Wig wins a prize (LL)</p> <p>6:30 Armchair Travel: Iceland (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) 27</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 Pittsburgh (BB)</p>
<p>2:00 Resident Run Board games (2K) 28</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) 29</p> <p>10:30 Artful Enrichment: Tapped Snowflake Painting (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Highway to Heaven (MT)</p> <p>6:30 Movie night: Anne with an E (Anne of Green Gables) (MT)</p>	<p>9:30 Sit and Get Fit Exercise (2K) 30</p> <p>10:00 Meditation (2K)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 Breath and Stretch before Lunch (BB)</p> <p>11:30 out for Lunch to Bourbon St Pizza (OUT)</p> <p>6:30 Movie Night: The last Trian Across Canada (MT)</p>	<p>National Hot Chocolate day! (AF) 31</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 Hot Chocolate and Trivia! (BB)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>6:30 Movie night: Canadian Made - Space Exploration (MT)</p>	 <p>THURSDAY JAN 25 Robbie Burns Day</p>		



WEDNESDAY
JAN 31
National Hot Chocolate Day

Be your best self

Locations Legend

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

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program