





INSPIRED SENIOR LIVING

February 2024

The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>		 <p>Valentine's Day</p>		<p>9:30 Sit and Get Fit Exercise (LL) 1</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:00 Meditation (LL)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>2:00 Name that Tune Game! (BB)</p> <p>6:30 Movie night: Mythbusters (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 2</p> <p>10:30 Meet me at the MOMA - Artist Presentation! (LL)</p> <p>11:00 Breath and Stretch before Lunch (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 National Cream Puff Day Happy Hour (BB)</p> <p>6:30 Armchair Travel: Austria (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) 3</p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>2:00 Food Advisory Meeting! Share your thoughts* (BB)</p> <p>3:00 Hockey Night in Canada: All Star Game (BB)</p> <p>6:30 Movie night (MT)</p>
<p>9:30 Making Blankets for the Humane Society! (3K) 4</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - The Real McCoy's (MT)</p> <p>6:30 Movies for the Soul: Miracles From Heaven (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 5</p> <p>10:30 Artful Enrichment: Heart Shaped Sun Catcher (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 (LL) 6</p> <p>10:00 Meditation (LL)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>6:30 Movie Night: Worlds Greatest Palaces (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 7</p> <p>10:30 Drumfit (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>1:30 Animal Visits from the Humane Society! (LL)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>6:30 Movie night: Canadian Made Cultural revolution (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) 8</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:00 Meditation (LL)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>2:00 Outing- Casino! (OUT)</p> <p>6:30 Movie night: Mythbusters (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 9</p> <p>10:30 Meet me at the MOMA - Artist Presentation! (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 - Year of the Dragon (BB)</p> <p>6:30 Armchair Travel: Sri Lanka (MT)</p>	<p>Chinese New Year! Year of the Dragon 10</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>2:00 Players Club Card Group (2K)</p> <p>6:30 Movie night (MT)</p> <p>7:00 Hockey Night in Canada: Toronto at Ottawa (BB)</p>
<p>9:30 Making Blankets for the Humane Society! (3K) 11</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - The Real McCoy's (MT)</p> <p>4:30 Super Bowl Sunday! (BB)</p> <p>6:30 Movies for the Soul: All Together Now (MT)</p>	<p>9:30 Go 4 Life Walking Club! Grab a friend and go for a stroll (REC) 12</p> <p>10:30 Artful Enrichment: Rose Acrylic Painting (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>2:00 Memory Lane Matinee - Highway to Heaven (MT)</p> <p>3:30 Nifty Nail Painting: Please sign up at the Front Desk (LL)</p> <p>6:30 Movie night: Anne with an E (Anne of Green Gables) (MT)</p>	<p>Mardi Gras! & Pancake Tuesday! 13</p> <p>9:30 Sit and Get Fit Exercise (LL)</p> <p>10:00 CareRX - Falls Prevention Information Session (LL)</p> <p>11:15 Decorate your walkers for Mardi Gras Parade (BB)</p> <p>11:30 Mardi Gras Parade (DR)</p> <p>12:45 Mardi Gras Parade (DR)</p> <p>2:30 Canada's New Seniors Dental Plan Information Session (LL)</p> <p>6:30 Movie Night: New Orleans Mardi Gras (MT)</p>	<p>Valentines Day Wear Red and Pink 14</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Drumfit (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>2:00 Valentines Day Tea Social and Entertainment by Rich Tasson (LL)</p> <p>6:30 Movie night: Canadian Made Sweet Treats (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) 15</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:00 Meditation (LL)</p> <p>10:30 Java Music Club (LL)</p> <p>2:00 Resident Town Hall Meeting! (LL)</p> <p>6:30 Movie night: Mythbusters (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 16</p> <p>10:30 Meet me at the MOMA - Artist Presentation! (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 and Trivia Quiz! (LL)</p> <p>6:30 Armchair Travel: New Orleans (MT)</p>	<p>9:00 Come and Pick up your Fit Minds Package! (REC) 17</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>2:00 Players Club Card Group (2K)</p> <p>6:30 Movie night (MT)</p> <p>7:00 Hockey Night in Canada: Anaheim at Toronto (BB)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Making Blankets for the Humane Society! (3K) 18</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - The Real McCoy's (MT)</p> <p>6:30 Movies for the Soul: The Hill (MT)</p>	<p>Family Day! 19</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</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 (LL) 20</p> <p>10:00 Meditation (LL)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Chapel Service all welcome (MT)</p> <p>2:00 Shopping Trip to Walmart (OUT)</p> <p>6:30 Movie Night: Worlds Greatest Palaces (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 21</p> <p>10:30 Drumfit (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>2:00 Shhhhh.....Cruise Week Sneak Peak!!!! (BB)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>6:30 Movie night: Canadian Made Game Gear (MT)</p>	<p>National Margarita Day. Dress in your beach Wear 22</p> <p>9:30 Sit and Get Fit Exercise (LL)</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:00 Meditation (LL)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>10:30 Church Service. All Welcome! (MT)</p> <p>3:00 National Margarita Day Social Entertainment By Eileen (LL)</p> <p>6:30 Movie night: Mythbusters (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 23</p> <p>10:30 Meet me at the MOMA - Artist Presentation! (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 - Paper plane folding Demo and Flight Competition (BB)</p> <p>6:30 Armchair Travel: Indonesia (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) 24</p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>2:00 Players Club Card Group (2K)</p> <p>6:30 Movie night (MT)</p> <p>7:00 Hockey Night in Canada: (BB)</p>
<p>9:30 Making Blankets for the Humane Society! (3K) 25</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - The Real McCoy's (MT)</p> <p>6:30 Movies for the Soul: 17 Miracles (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 26</p> <p>10:30 Artful Enrichment: kindness Rocks (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 (LL) 27</p> <p>10:00 Meditation (LL)</p> <p>10:15 Fit Minds! (BB)</p> <p>11:00 out for Lunch to Bourbon St Pizza (OUT)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>6:30 Movie Night: Worlds Greatest Palaces (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 28</p> <p>10:30 Drumfit (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>2:00 Afternoon Baking (BB)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>3:00 Afternoon Tea and taste (BB)</p> <p>6:30 Movie night: Canadian Made Medical Breakthrough (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) 29</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:00 Meditation (LL)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>2:30 IT's a Leap Year!! Scocial (BB)</p> <p>6:30 Movie night: Mythbusters (MT)</p>	<p>MONDAY FEB 19 Family Day</p>	

THURSDAY
FEB 22
National Margarita Day

Be your best self

Locations Legend

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

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program