



INSPIRED SENIOR LIVING

# March 2024

## The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:30 Making Blankets for the Humane Society! (3K) 3</b></p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Hawaii 50 (MT)</p> <p>6:30 Movies for the Soul: The Girl Who Believes in Miracles (MT)</p>	<p><b>9:30 Go 4 Life Walking Club! with Erica (REC) 4</b></p> <p>10:30 Artful Enrichment: Hot air Balloon Paper Mache (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>6:30 Movie night: Our Planet One Planet (MT)</p>	<p><b>9:30 Sit and Get Fit Exercise (LL) 5</b></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 Afternoon Outing - Mapledale Cheese Factory! (OUT)</p> <p>6:30 Movie Night: Secrets of great British Castles Dover Castle (MT)</p>	<p><b>9:30 Go 4 Life Walking Club! with Erica (REC) 6</b></p> <p>10:30 Drumfit (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>2:00 Entertainment by Free Spirit (LL)</p> <p>6:30 Movie night: Grace and Frankie S1E1 (MT)</p>	<p><b>9:30 Sit and Get Fit Exercise (LL) 7</b></p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:00 Meditation (LL)</p> <p>10:30 Tic Tac Toss Game (BB)</p> <p>2:30 Java Music Club with Margaret (3K)</p> <p>6:30 Movie night: The Grand Tour S1E1 The holy Trinity (MT)</p>	<p><b>9:30 Go 4 Life Walking Club! with Erica (REC) 8</b></p> <p>10:30 Meet me at the MOMA - Artist Recreation Andy Whorl (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 - International Women's Day (BB)</p> <p>6:30 Armchair Travel: Thailand (MT)</p>	<p><b>10:00 Pick up your activity booklets at reception (REC) 9</b></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><b>9:30 Making Blankets for the Humane Society! (3K) 10</b></p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Hawaii 50 (MT)</p> <p>6:30 Movies for the Soul: Amish Grace (MT)</p>	<p><b>9:30 Go 4 Life Walking Club! with Erica (REC) 11</b></p> <p>10:30 Artful Enrichment: Clay Beads (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Nifty Nail Painting: Please sign up at the Front Desk (LL)</p> <p>6:30 Movie night: Our Planet Frozen Worlds (MT)</p>	<p><b>9:30 Sit and Get Fit Exercise (LL) 12</b></p> <p>10:00 Come and do Crafts with the kids from First Adventure Day Care (LL)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Outing- Giant Tiger/Dollarama (OUT)</p> <p>6:30 Movie Night: Secrets of great British Castles The Tower of London (MT)</p>	<p><b>9:30 Go 4 Life Walking Club! with Erica (REC) 13</b></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: Grace and Frankie S1E2 (MT)</p>	<p><b>9:30 Sit and Get Fit Exercise (LL) 14</b></p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:00 Meditation (LL)</p> <p>10:30 Hole in 1 Putting (BB)</p> <p>2:00 Resident Town Hall Meeting! (LL)</p> <p>6:30 Movie night: The Grand Tour S1E2 Operation Desert Stumble (MT)</p>	<p><b>9:30 Go 4 Life Walking Club! with Erica (REC) 15</b></p> <p>10:00 Come play board games with the kids from First Adventure! (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 St Patrick's Day Pub Afternoon (BB)</p> <p>6:30 Armchair Travel: Ireland (MT)</p>	<p><b>10:00 Pick up your activity booklets at reception (REC) 16</b></p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>10:15 Fit Minds! (BB)</p> <p>10:30 Meet me at the MOMA - Artist Presentation Charles Jervas (LL)</p> <p>2:00 Players Club Card Group (2K)</p> <p>6:30 Movie night (MT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Saint Patrick's Day!</b> 17</p> <p>9:30 Making Blankets for the Humane Society! (3K)</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Birthday Party (LL)</p> <p>2:00 Afternoon Matinee - Hawaii 50 (MT)</p> <p>4:30 Saint Patrick's Day Dinner (DR)</p> <p>6:30 Movies for the Soul: A Gift Horse (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 18</p> <p>10:30 Artful Enrichment: Paperflowers (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>6:30 Movie night: Our Planet Jungles (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) 19</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- Talize (Thrift Store) SIGN UP (OUT)</p> <p>6:30 Movie Night: Secrets of great British Castles Warwick Castle (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) 20</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: Grace and Frankie S1E3 (MT)</p>	<p><i>Cruise Week: Explore the Mediterranean!!</i> 21</p> <p><i>Today we are stopping in Spain</i></p> <p>9:00 Pick up your Travel Info Sheet and daily activity itinerary at Reception (REC)</p> <p>9:30 Sit and Get Fit Exercise (LL)</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:15 CRUISE WEEK: Welcome Aboard Silly Safety Drill (BB)</p> <p>2:30 Spanish Flamenco Dance Performance By Lesley Daly (LL)</p> <p>3:00 Cruise Week: Red Sangria Cocktail Hour (LL)</p> <p>6:30 Armchair Travel: Spain (MT)</p>	<p><i>Cruise Week: Explore the Mediterranean!!</i> 22</p> <p><i>Today we are stopping in Italy</i></p> <p>9:00 Pick up your Travel Info Sheet and daily activity itinerary at Reception (REC)</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Pack a suitcase competition Residents and Staff (BB)</p> <p>11:00 Name that pasta Shape (BB)</p> <p>2:00 Bingo! (25¢ each card) in Italy (LL)</p> <p>3:30 Leaning tower games while enjoying Prosecco and peach juice (BB)</p> <p>6:30 Armchair Travel: Italy (MT)</p>	<p><i>Cruise Week: Explore the Mediterranean!!</i> 23</p> <p><i>Cruising the Mediterranean Open House Stopping in Morocco</i></p> <p>9:00 Pick up your Travel Info Sheet and daily activity itinerary at Reception (REC)</p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>10:00 Mint tea and Moroccan pancakes (BB)</p> <p>1:00 Make your own Moroccan Glass (2K)</p> <p>1:00 City Walk: Marrakesh Market (MT)</p> <p>2:00 Performance by the Firelight Belly Dancers (DR)</p> <p>2:00 Mojito Bar (DR)</p> <p>6:30 Armchair Travel: Morocco (MT)</p>
<p><i>Cruise Week: Explore the Mediterranean!!</i> 24</p> <p><i>Today we are stopping in Turkiye</i></p> <p>9:00 Pick up your Travel Info Sheet and daily activity itinerary at Reception (REC)</p> <p>10:00 Turkish Coffee bar and Strukil (BB)</p> <p>10:00 A "Wishing Tree" or "Nahil", is an old Turkish tradition associated with the ritual of making wishes. These "trees" were believed to bring joy and prosperity (REC)</p> <p>1:00 Creations by Kathleen: Jewelry and Clothing (BB)</p> <p>1:00 Evil eye craft kit (REC)</p> <p>3:00 City walk: Hot air Balloons (MT)</p> <p>7:00 Armchair Travel: Turkiye (MT)</p>	<p><i>Cruise Week: Explore the Mediterranean!!</i> 25</p> <p><i>Today we are stopping in Greece</i></p> <p>9:00 Pick up your Travel Info Sheet and daily activity itinerary at Reception (REC)</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:00 Ancient Greece Olympic games (LL)</p> <p>2:00 Bingo! (25¢ each card) in Greece (LL)</p> <p>3:30 Greek mythology trivia social (BB)</p> <p>3:30 Mulled wine tasting (BB)</p> <p>6:30 Movie Night: My big Fat Greek Wedding (MT)</p>	<p><i>Cruise Week: Explore the Mediterranean!!</i> 26</p> <p><i>Today we are stopping in Croatia</i></p> <p>9:00 Pick up your Travel Info Sheet and daily activity itinerary at Reception (REC)</p> <p>9:30 Sit and Get Fit Exercise (LL)</p> <p>10:00 Meditation (LL)</p> <p>10:30 Artful Enrichment: Painting and Stringing clay Beads (LL)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:30 Indoor Beach Party! Pretend we are on the Beautiful beaches of Croatia (LL)</p> <p>3:00 Cruise Week: Staff vs Residents Beach Balloon Volleyball (LL)</p> <p>6:30 Armchair Travel: Croatia (MT)</p>	<p><i>Cruise Week: Explore the Mediterranean!!</i> 27</p> <p><i>Last day of travel. Today we visit France</i></p> <p>9:00 Pick up your Travel Info Sheet and daily activity itinerary at Reception (REC)</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Chef Demo Crepes Suzette (BB)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>1:30 Get Your Caricature Drawn (BB)</p> <p>2:00 Tour of the Eiffel Tower and South of France (MT)</p> <p>2:30 Come and sit at a French bistro. Enjoy a glass of wine and finger sandwiches (BB)</p> <p>6:30 Armchair Travel: France (MT)</p>	<p>9:30 Sit and Get Fit Video (2K) 28</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>10:00 Meditation video (LL)</p> <p>10:30 Church Service. All Welcome! (MT)</p> <p>10:30 Drumfit video (LL)</p> <p>2:30 Come see our adventure from Cruise Week video "Do not forget to hand in your Cruise Week Passports to win a prize" (LL)</p> <p>7:00 movie night: The Grand Tour (MT)</p>	<p><b>Good Friday</b> 29</p> <p>9:30 Go 4 Life Walking Club! Grab a friend and go for a stroll (REC)</p> <p>10:30 Meet me at the MOMA - Artist Presentation! (MT)</p> <p>11:00 Breath and Stretch before Lunch (BB)</p> <p>6:30 Armchair Travel: Iceland (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) 30</p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>10:15 Independent Fit Minds! (Activity Sheets Available at Front Desk!) (REC)</p> <p>2:00 Easter Egg Hunt! Collect as may eggs from around the building as you can! (AF)</p> <p>6:30 Movie night (MT)</p>
<p><b>Easter Sunday</b> 31</p> <p>9:30 Making Blankets for the Humane Society! (3K)</p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Hawaii 50 (MT)</p> <p>6:30 Movies for the Soul: The Greatest Story Ever Told (MT)</p>	<p><b>Be your best self</b></p>			<p><b>Locations Legend</b></p> <p>Lower Level (LL) Theatre/Chapel (MT) Bistro (BB) Reception (REC) All Floors (AF)</p> <p>2nd Floor Kitchenette (2K) 3rd Floor Kitchenette (3K) Outing (OUT) Dining Room (DR)</p>		<p><b>Calendar Legend</b></p> <p>All Day Outing Special Program Cruise Week Living, Loving, Local Signature Program</p>