



INSPIRED  
SENIOR LIVING

# April 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) <b>1</b></p> <p>10:30 Artful Enrichment: Spring Rabbits Acrylic painting (LL)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>6:30 Movie night: Our Planet One Planet (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) <b>2</b></p> <p>10:00 Meditation (LL)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Drumfit (LL)</p> <p>7:00 Our Greatest national Parks: A World of Water (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) <b>3</b></p> <p>10:30 Let's Get Growing-Gardening group (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>2:00 Outing: Walmart Shopping Trip (OUT)</p> <p>3:00 Java Music Club with Margaret (3K)</p> <p>7:00 Movie: Western Wednesdays - Support your local Sheriff (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) <b>4</b></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 Sweet Sweet Maple Syrup. Come and learn about this very Canadian Treat (LL)</p> <p>7:00 Movie night: Sugar Rush Baking Competition (MT)</p>	<p>9:30 Go 4 Life Walking Club - Grab a friend and go for a walk (REC) <b>5</b></p> <p>10:30 Meet me at the MOMA - Artist Presentation! (MT)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 Happy Hour - Name that Tune (BB)</p> <p>7:00 Armchair Travel: Paradise on Earth 3 Vacation Travel Video Guide (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>6</b></p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>10:00 Independent Fit Minds! (REC)</p> <p>2:00 Come and Play Euchre! (2K)</p> <p>7:00 Musical Movies: Elvis (MT)</p> <p>7:00 Hockey Night in Canada: Toronto at Montreal (BB)</p>
<p>9:30 Making Blankets for the Humane Society! (3K) <b>7</b></p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Hawaii 50 (MT)</p> <p>7:00 Movies for the Soul: The Secret dare to dream (MT)</p>	<p>Solar Eclipse Today <b>8</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Artful Enrichment: Eclipse Painting (LL)</p> <p>11:00 Chat with Susanne (BB)</p> <p>2:30 Come and Celebrate the Solar Eclipse (BB)</p> <p>7:00 Movie night: Our Planet One Planet (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) <b>9</b></p> <p>10:00 Meditation (LL)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>1:30 Outing: the Birdhouse in Brighton (OUT)</p> <p>2:00 Drumfit (LL)</p> <p>7:00 Our Greatest national Parks: Chilean Patagonia (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) <b>10</b></p> <p>10:30 Let's Get Growing-gardening group (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>1:30 Animal Visits from the Humane Society! (LL)</p> <p>3:00 Java Music Club with Margaret (3K)</p> <p>7:00 Movie: Western Wednesdays - The Big Country (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) <b>11</b></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>7:00 Movie night: Sugar Rush Baking Competition (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) <b>12</b></p> <p>10:30 Meet me at the MOMA - Artist Presentation! (MT)</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 - Trivia and Treats (BB)</p> <p>7:00 Armchair Travel: Monumental Treasures of the World 3 Vacation Travel Video Guide (MT)</p>	<p>10:00 Pick up your activity booklets at reception (REC) <b>13</b></p> <p>10:00 Therapy Dog visit with Cindy and Sully (AF)</p> <p>2:00 Come and Play Euchre! (2K)</p> <p>2:00 Beer and Tattoos Afternoon Social (BB)</p> <p>7:00 Musical Movies: LaBamba (MT)</p> <p>7:00 Hockey Night in Canada: Detroit at Toronto (BB)</p>
<p>9:30 Making Blankets for the Humane Society! (3K) <b>14</b></p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Hawaii 50 (MT)</p> <p>7:00 Movies for the Soul: The Blind Side (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) <b>15</b></p> <p>10:30 Artful Enrichment: Watercolour Tulips (LL)</p> <p>11:00 Chat with Susanne (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>7:00 Movie night: Our Planet One Planet (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) <b>16</b></p> <p>10:00 Meditation (LL)</p> <p>10:00 Therapy Dog visit with Pepper and Lynda (AF)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Chapel Service all welcome (MT)</p> <p>2:00 Drumfit (LL)</p> <p>7:00 Our Greatest national Parks: Tsavo Kenya (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) <b>17</b></p> <p>10:30 Let's Get Growing-Gardening group (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>2:00 Birthday Party Entertainment with Rick Tasson (LL)</p> <p>3:00 Java Music Club with Margaret (3K)</p> <p>7:00 Movie: Western Wednesdays - McLintock! (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) <b>18</b></p> <p>10:00 Meditation (LL)</p> <p>10:30 Living Loving Local - Trivia and Treats (BB)</p> <p>2:00 Resident Town Hall Meeting! (LL)</p> <p>7:00 Movie night: Sugar Rush Baking Competition (MT)</p>	<p>9:30 Go 4 Life Walking Club! with Erica (REC) <b>19</b></p> <p>10:30 Meet me at the MOMA - Artist Presentation! (MT)</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 Amaretto Day (BB)</p> <p>7:00 Armchair Travel: Antarctic Vacation Travel Video Guide (MT)</p>	<p>10:00 Therapy Dog visit with Cindy and Sully (AF) <b>20</b></p> <p>10:15 Independent Fit Minds! (Activity Sheets Available at Front Desk!) (REC)</p> <p>1:30 Food Advisory Meeting! Share your thoughts* (BB)</p> <p>2:00 Come and Play Euchre! (2K)</p> <p>7:00 Musical Movies: Dolly Parton Musical Tribute (MT)</p> <p>7:00 Hockey Night in Canada: NHL Playoffs - TBD (BB)</p>





INSPIRED SENIOR LIVING

# April 2024

## The Richmond Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Enjoy a lovely Brunch Buffet this morning. (DR) <b>21</b></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>7:00 Movies for the Soul: Awakening (MT)</p>	<p>Earth Day <b>22</b></p> <p>Artful Enrichment Week</p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Artful Enrichment: Pale blue dot Planet Painting (LL)</p> <p>11:00 Chat with Susanne (BB)</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>7:00 Movie night: Our Planet One Planet (MT)</p>	<p>Artful Enrichment Week <b>23</b></p> <p>9:30 Sit and Get Fit Exercise (LL)</p> <p>10:00 Meditation (LL)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Outing: Art Gallery (OUT)</p> <p>2:00 Drumfit (LL)</p> <p>2:30 Artful Enrichment Week: Female Baroque Artists presentation (MT)</p> <p>7:00 Our Greatest national Parks: Monterey Bay Marine Preserve (MT)</p>	<p>Artful Enrichment Week <b>24</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Let's Get Growing- Gardening group (LL)</p> <p>1:00 Tuck Cart Open (BB)</p> <p>2:30 Paint Pour with Kathleen (LL)</p> <p>3:00 Java Music Club with Margaret (3K)</p> <p>7:00 Movie: Western Wednesdays - The Magnificent Seven (MT)</p>	<p>Artful Enrichment Week <b>25</b></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 Church Service. All Welcome! (MT)</p> <p>10:30 Learn to play the Ukelele (BB)</p> <p>2:30 Entertainment by Eileen LeBlanc. (LL)</p> <p>7:00 Movie night: Sugar Rush Baking Competition (MT)</p>	<p>Artful Enrichment Week <b>26</b></p> <p>9:30 Learn To Zumba!! (AF)</p> <p>10:30 Meet me at the MOMA - Artist Presentation! (MT)</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 - Pop Art trivia and social (BB)</p> <p>7:00 Armchair Travel: Winter on the Bernina Train Ride (MT)</p>	<p>10:00 Therapy Dog visit with Cindy and Sully (AF) <b>27</b></p> <p>10:15 Independent Fit Minds! (Activity Sheets Available at Front Desk!) (REC)</p> <p>2:00 Come and Play Euchre! (2K)</p> <p>7:00 Musical Movies: Barbara the Magic (MT)</p> <p>7:00 Hockey Night in Canada: NHL Playoffs - TBD (BB)</p>
<p>9:30 Making Blankets for the Humane Society! (3K) <b>28</b></p> <p>2:00 Resident Run Board games (2K)</p> <p>2:00 Afternoon Matinee - Hawaii 50 (MT)</p> <p>7:00 Movies for the Soul: Heaven is for real (MT)</p>	<p>National Dance Day! <b>29</b></p> <p>9:30 Go 4 Life Walking Club! with Erica (REC)</p> <p>10:30 Artful Enrichment: Acrylic Tree Canopy Painting (LL)</p> <p>11:00 Chat with Susanne (BB)</p> <p>2:00 Bingo! (25¢ each card) (LL)</p> <p>3:30 National Dance Day Social (LL)</p> <p>7:00 Movie night: Our Planet One Planet (MT)</p>	<p>9:30 Sit and Get Fit Exercise (LL) <b>30</b></p> <p>10:00 Meditation (LL)</p> <p>11:15 Breath and Stretch before Lunch (BB)</p> <p>2:00 Drumfit (LL)</p> <p>7:00 Our Greatest national Parks: Gunug Leaser Indonesia (MT)</p>				

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**

Artful Enrichment Week
Outing
Special Program
Living, Loving, Local Signature Program