




INSPIRED SENIOR LIVING

August 2023

The Roxborough Retirement Residence

THE ROXBOROUGH
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY AUG 6 National Friendship Day</p>						
<p>6 New Puzzles at Reception! (ML) National Friendship Day (BW) 9:00 St. Elizabeth Seton Roman Catholic Parish Live Stream Church Service (T) 10:00 Receive the Eucharist (T) 2:00 Bridge (C) 2:00 Inspired by Real Life Movie Matinee: 50 to 1 (T) 3:00 Snooker (B) 6:30 Cards & Games (C) 7:00 National Friendship Day Movie: My Girl (T)</p>	<p>7 Tuck Shop Open: 12:30-1:30pm (TS) 9:30 Morning Meditation (MP) 10:00 Chair Yoga with Lori (MP) 10:30 Wii Bowling (T) 11:00 Go4Life Walking Club (DL) 12:30 Davis Drive Construction Viewing (DL) 1:30 Bridge (C) 1:30 Knotty Knitters Group (DL) 2:00 Live Artfull Workshop: Leaf Frame Water Colour Painting (MP) 3:00 Fit Minds Program (RB) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Classic Movie Night - GiGi (T)</p>	<p>1 9:45 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 2:00 Reminiscing/Story Telling (L) 2:00 Meet me at the MOMA Lecture - Norval Morrisseau (T) 3:00 Toonie Bingo (MP) 3:00 Roxy Hour - Darts (RB) 6:30 Cribbage Night (C) 7:00 Comedy Movie Night - Space Jam (T)</p>	<p>2 Tuck Shop Open: 12:30-1:30pm (TS) Beautiful You Hair & Esthetics (HS) International Beer Day (BW) Sonita's Accessories Sale (11:00am-3:00pm) (DL) 10:30 Patio Game: Mini Putt (P) 10:45 Fitness Class with Zorina (MP) 1:30 Go4Life Walking Club (DL) 1:30 Bid Euchre (C) 2:00 Key Chain Craft (MRC) 2:00 Live Artful Workshop: Matisse's flowers (MP) 3:00 Roxy Hour- Beer Tasting and Trivia (RB) 7:00 Bridge Night (C) 7:00 Drama Movie Night: The Lake House (T) 7:00 Sing Along Songs with Lori (P)</p>	<p>3 9:30 Morning Meditation for Mental Health (MP) 10:00 Chair Yoga with Lori (MP) 10:30 Wii Bowling (T) 1:30 Go4Life Walking Club (DL) 1:30 Outing: Davis Family Sunflower Farm Festival (ML) 2:00 Creative Colouring With Lori (MP) 3:00 Fresh Popcorn and Movie Trivia (RB) 6:45 Poker Night- Free (MP) 7:00 Musical Movie Night - Cirque du Soleil 60 Minute Special - KURIOS, "O", LUZIA (T)</p>	<p>4 Living Loving Local Dinner Featuring- Peaches (D) 10:00 Arm Chair Travel Experience: Fiji (T) 1:30 Bridge (C) 1:30 Toonie Bingo (MP) 3:00 Roxy Hour- 2 v 2 Shuffleboard (RB) 6:30 Bid Euchre Night (C) 7:00 Popcorn & A Western Movie - Cry Macho (T)</p>	<p>5 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Movie Matinee - Documentary "Unknown: The Lost Pyramid" (T) 6:30 Rummikub (C) 7:00 New Release Movie Night - Happiness for Beginners (T)</p>
<p>6 New Puzzles at Reception! (ML) National Friendship Day (BW) 9:00 St. Elizabeth Seton Roman Catholic Parish Live Stream Church Service (T) 10:00 Receive the Eucharist (T) 2:00 Bridge (C) 2:00 Inspired by Real Life Movie Matinee: 50 to 1 (T) 3:00 Snooker (B) 6:30 Cards & Games (C) 7:00 National Friendship Day Movie: My Girl (T)</p>	<p>7 Tuck Shop Open: 12:30-1:30pm (TS) 9:30 Morning Meditation (MP) 10:00 Chair Yoga with Lori (MP) 10:30 Wii Bowling (T) 11:00 Go4Life Walking Club (DL) 12:30 Davis Drive Construction Viewing (DL) 1:30 Bridge (C) 1:30 Knotty Knitters Group (DL) 2:00 Live Artfull Workshop: Leaf Frame Water Colour Painting (MP) 3:00 Fit Minds Program (RB) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Classic Movie Night - GiGi (T)</p>	<p>8 National Cat Day - Cat Treat Pick Up at Life Enrichment Office (BW) 9:15 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 1:30 Outing: 404 Plaza (ML) 2:00 Bible Study & Bible Character Drama Film with Robin May (T) 6:30 Cribbage Night (C) 7:00 International Cat Day Movie- Catwoman (T)</p>	<p>9 Tuck Shop Open: 12:30-1:30pm (TS) Beautiful You Hair & Esthetics (HS) World Indigenous Day (BW) Island Party Dress Up Day (BW) 10:30 Patio Game- Bocce (P) 10:45 Fitness Class with Zorina (MP) 1:30 Go4Life Walking Club (DL) 1:30 Bid Euchre (C) 2:00 Meet me at the MoMA Painting - Norval Morrisseau (MP) 3:00 Island Party with Jay Vazquez and Lovesound (Vocals and Steel Pans) (P) 7:00 Bridge Night (C) 7:00 Drama Movie Night: Miracles From Heaven (T)</p>	<p>10 9:30 Morning Meditation for Mental Health (MP) 10:00 Chair Yoga with Lori (MP) 10:30 Wii Bowling (T) 1:30 Go4Life Walking Club (DL) 2:00 Creative Colouring With Lori (MP) 3:00 Toonie Bingo (MP) 6:45 Poker Night- Free (MP) 7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>11 10:00 Drum Fit Exercise (MP) 10:30 Ted Talk "How to weave a cultural legacy through storytelling" (T) 1:30 Bridge (C) 1:30 Toonie Bingo (MP) 3:00 Roxy Hour- 2 v 2 Shuffleboard (RB) 6:30 Bid Euchre Night (C) 7:00 Popcorn & A Western Movie - Silverado (T)</p>	<p>12 Family and Friends BBQ Lunch Day (DR) 9:30 Seated Tai Chi (MP) 10:00 My Legacy, My Story Workshop (MP) 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Chicken Soup For the Soul Stories (T) 3:00 Ice Cream Sundae- Choose Your Toppings (P) 6:30 Rummikub (C) 7:00 New Release Movie Night - The Lost City (T)</p>
<p>13 New Puzzles at Reception! (ML) 11:00 Yorkminster Park Baptist Church Service- Live Stream (T) 2:00 Bridge (C) 2:00 Inspired by Real Life Movie Matinee: Adrift (T) 3:00 Snooker (B) 6:30 Cards & Games (C) 7:00 Dog Featured Movies: A Dog's Purpose (T)</p>	<p>14 Tuck Shop Open: 12:30-1:30pm (TS) 10:00 Fitness Class - Strength Training (MP) 10:30 Wii Bowling (T) 11:00 Go4Life Walking Club (DL) 12:30 Davis Drive Construction Viewing (DL) 1:30 Bridge (C) 1:30 Knotty Knitters Group (DL) 2:00 Fit Minds Program (RB) 3:00 Heather Eugene Teaches Line Dancing (MP) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Classic Movie Night - Casablanca (T)</p>	<p>15 9:15 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 2:00 Roxy Hour - Bean Bag Toss (RB) 2:00 Live Artful Workshop: Orange Tree Painting (MP) 3:00 Living Loving Local Interactive Cooking Demonstration: Peaches (RB) 3:15 Toonie Bingo (MP) 6:30 Cribbage Night (C) 7:00 Knights in the Classroom Perform: Battle Ready (T) 7:00 Comedy Movie Night "The Wedding Planner" (T)</p>	<p>16 Tuck Shop Open: 12:30-1:30pm (TS) Beautiful You Hair & Esthetics (HS) 10:30 Patio Game- Bocce (P) 10:45 Fitness Class with Zorina (MP) 1:30 Go4Life Walking Club (DL) 1:30 Bid Euchre (C) 2:00 Meet me at the MoMA Lecture - Grant Wood (T) 3:00 Roxy Hour Entertainment by Ben Stiavnicky (Guitar and Vocals) (P) 7:00 Bridge Night (C) 7:00 Drama Movie Night: True Spirit (T)</p>	<p>17 9:30 Morning Meditation for Mental Health (MP) 10:00 Chair Yoga with Lori (MP) 10:30 Wii Bowling (T) 1:30 Go4Life Walking Club (DL) 2:00 Creative Colouring With Lori (MP) 2:00 Reminiscing/Story Telling (L) 3:00 Roxy Hour - "5 in 15" Game (RB) 4:30 Outing: Dinner at Fishbone by the Lake (DL) 6:45 Poker Night- Free (MP) 7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>18 10:00 Fitness Class- Cardio (MP) 10:30 Ted Talk "5 values for repairing the harms of colonialism" (T) 1:30 Bridge (C) 1:30 Toonie Bingo (MP) 3:00 Roxy Hour- 2 v 2 Shuffleboard (RB) 6:30 Bid Euchre Night (C) 7:00 Popcorn & A Western Movie - Old Henry (T)</p>	<p>19 10:00 Fitness Class - Strength Training (MP) 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Movie Matinee - Documentary "Kangaroo Valley" (T) 6:30 Rummikub (C) 7:00 New Release Movie Night - The Matrix: Resurrections (T)</p>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>New Puzzles at Reception! (ML)</p> <p>9:00 St. Elizabeth Seton Roman Catholic Parish Live Stream Church Service (T)</p> <p>10:00 Receive the Eucharist (T)</p> <p>2:00 Bridge (C)</p> <p>2:00 Inspired by Real Life Movie Matinee: Soul Surfer (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Dog Featured Movies: Benji (T)</p>	<p>21</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>9:30 Morning Meditation (MP)</p> <p>10:00 Chair Yoga with Lori (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Go4Life Walking Club And Collect Flowers For Your Collage (DL)</p> <p>12:30 Davis Drive Construction Viewing (DL)</p> <p>1:30 Bridge (C)</p> <p>1:30 Knotty Knitters Group (DL)</p> <p>2:00 Fit Minds Program (RB)</p> <p>2:00 Bible Study & Bible Character Drama Film with Robin May (T)</p> <p>4:00 St. John Therapy Dog Visit with Laura and Aerial (DL)</p> <p>6:30 Bid Euchre Night (C)</p> <p>7:00 Classic Movie Night - Top Hat (T)</p>	<p>22</p> <p>9:15 Drum Fit Exercise (MP)</p> <p>10:00 Java Music (RB)</p> <p>10:45 Outing: Lunch at the Great Blue Heron Casino (ML)</p> <p>11:00 Computer Help (ISA)</p> <p>2:00 Live Artful Workshop: Real Flower Collage, Step by Step Video (MP)</p> <p>3:15 Toonie Bingo (MP)</p> <p>6:30 Cribbage Night (C)</p> <p>7:00 Comedy Movie Night - Man Vs Bee (T)</p>	<p>23</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Walker/Wheelchair Tune-ups 1:00pm-2:00pm (MRC)</p> <p>8:30 Ladies Breakfast- Sign up at Reception (D)</p> <p>10:30 Patio Game- Bocce (P)</p> <p>10:45 Fitness Class with Zorina (MP)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>1:30 Bid Euchre (C)</p> <p>2:00 Meet me at the MoMA Painting - Grant Wood (MP)</p> <p>3:00 August Birthday Party with Entertainment by Ed Smith (Vocals) (RB)</p> <p>7:00 Bridge Night (C)</p> <p>7:00 Drama Movie Night: Gifted Hands The Ben Carson Story (T)</p> <p>7:00 Glass Bead Suncatcher Craft (MP)</p>	<p>24</p> <p>8:30 Men's Breakfast - Sign up at Reception (D)</p> <p>9:30 Morning Meditation for Mental Health (MP)</p> <p>10:00 Chair Yoga with Lori (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>10:30 Patio Game: Mini Putt (P)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>1:30 Salvation Army In-person Church Service (T)</p> <p>2:00 Reminiscing - Family Photo Show and Share (L)</p> <p>2:00 Creative Colouring With Lori (MP)</p> <p>3:00 Fresh Cotton Candy and Waterballoon Toss (P)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night - Rocketman (T)</p>	<p>25</p> <p>National Banana Split Day (BW)</p> <p>10:00 Arm Chair Travel Experience: England (T)</p> <p>1:30 Bridge (C)</p> <p>2:00 Banana Splits- Choose Your Toppings (P)</p> <p>3:00 Roxy Hour- 2 v 2 Shuffleboard (RB)</p> <p>6:30 Bid Euchre Night (C)</p> <p>7:00 Popcorn & A Western Movie - News of the World (T)</p>	<p>26</p> <p>National Dog Day - DogTreat Pick Up at Life Enrichment Office (BW)</p> <p>9:30 Seated Tai Chi (MP)</p> <p>10:00 My Legacy, My Story Workshop (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Cards & Games (C)</p> <p>1:30 Toonie Bingo (MP)</p> <p>3:00 Cactus Painted Rocks Craft (MP)</p> <p>6:30 Rummikub (C)</p> <p>7:00 National Dog Day Movie - Dog Gone (T)</p>
<p>27</p> <p>New Puzzles at Reception! (ML)</p> <p>11:00 Yorkminster Park Baptist Church Service- Live Stream (T)</p> <p>2:00 Bridge (C)</p> <p>2:00 Inspired by Real Life Movie Matinee: Wonder (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Dog Featured Movies: Vicky and Her Mystery (T)</p>	<p>28</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>National Red Wine Day - Red and Rose Wine With Dinner (BW)</p> <p>10:00 Fitness Class - Strength Training (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Go4Life Walking Club (DL)</p> <p>12:30 Davis Drive Construction Viewing (DL)</p> <p>1:30 Bridge (C)</p> <p>1:30 Knotty Knitters Group (DL)</p> <p>2:00 Daniel Aonso Presents: The Beatles (T)</p> <p>3:00 Canada's Best Managed Company Celebration with Patricia Duffy Quartet (P)</p> <p>4:00 St. John Therapy Dog Visit with Laura and Aerial (DL)</p> <p>6:30 Bid Euchre Night (C)</p> <p>7:00 Classic Movie Night - Tea with Mussolini Starring Cher (T)</p>	<p>29</p> <p>9:45 Drum Fit Exercise (MP)</p> <p>10:00 Java Music (RB)</p> <p>11:00 Computer Help (ISA)</p> <p>2:00 Fit Minds Program (RB)</p> <p>2:00 Live Artful Workshop: Virtual Presentation, The Most Expensive Artworks (MP)</p> <p>3:00 Book Club Meeting "Shutter Island" (L)</p> <p>3:00 Ice Cream Cone Patio Party (P)</p> <p>3:15 Toonie Bingo (MP)</p> <p>6:30 Cribbage Night (C)</p> <p>7:00 Comedy Movie Night (T)</p>	<p>30</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Wear Green, White and Red to Celebrate Mexico (BW)</p> <p>10:45 Fitness Class with Zorina (MP)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>1:30 Bid Euchre (C)</p> <p>1:30 Peach Jam Workshop (MP)</p> <p>3:00 Roxy Hour - Axe Throwing (P)</p> <p>7:00 Bridge Night (C)</p> <p>7:00 Fiesta Party with Mexico de Noche Mariachi Band (P)</p>	<p>31</p> <p>9:30 Morning Meditation for Mental Health (MP)</p> <p>10:00 Chair Yoga with Lori (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Creative Colouring With Lori (MP)</p> <p>2:00 Garden Club Meeting (P)</p> <p>3:00 Roxy Hour - Fresh Popcorn and "5 in 15" Game (RB)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night - Diana: The Musical (T)</p>	 <p>WEDNESDAY AUG 25</p> <p>National Banana Split Day</p>	



WEDNESDAY
AUG 28

National Red Wine Day

Be Social

Locations Legend

Roxy Theatre (T)	Main Lobby (ML)
Multi Purpose Room (MP)	In Suite Activity (ISA)
Cards & Games Room (C)	Hair Salon (HS)
Dietrich Lounge (DL)	Niven Library (L)
Roxy Bar (RB)	Billiards Room (B)
Patio (P)	Dining Room (D)
Tuck Shop (TS)	Meeting Room/Chapel (MRC)
Building Wide (BW)	Dining Room (DR)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program