





September 2023

The Roxborough Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>World Alzheimer's Month</p>	 <p>Grandparent's Day</p>				<p>Living Loving Local Dinner Featuring- 1 Corn (D) 50's Dress Up Day (BW) Resident Council Elections Begin (ML) 10:00 Seated Tai Chi (MP) 10:45 Ted Talk "Never, Ever Give Up" (T) 1:30 Toonie Bingo (MP) 1:30 Bridge (C) 3:00 50's Party with Tony Puglisi (Vocals) (RB) 6:30 Bid Euchre Night (C) 7:00 Popcorn & A Western Movie "Hell or High Water" (T)</p>	<p>International Bacon Day (BW) 2 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Movie Matinee - Documentary "Birders" (T) 6:30 Rummikub (C) 7:00 New Release Movie Night - Heart of Stone (T)</p>
<p>3 New Puzzles at Reception! (ML) 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: The Secret (T) 3:00 Snooker (B) 6:30 Cards & Games (C) 7:00 Feel Good Movie Night: "Good Sam" (T)</p>	<p>4 Tuck Shop Open: 12:30-1:30pm (TS) Labour Day (BW) 10:30 Wii Bowling (T) 1:00 Knotty Knitters Group (DL) 1:30 Bridge (C) 2:00 Afternoon Movie Matinee: Andre & his Olive Tree (T) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Classic Movie Night : Shirley Temple In Now And Forever. (T)</p>	<p>5 Resident Council Elections Begin (ML) 9:15 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 1:30 Go4Life Walking Club (DL) 2:00 Live Artfull Workshop: Blue Heron Drawing (MP) 3:00 Eve Smeltzer Presents: Counting Sheep (T) 6:30 Cribbage Night (C) 7:00 Comedy Movie Night - Without A Paddle (T)</p>	<p>6 Beautiful You Hair & Esthetics (HS) Tuck Shop Open: 12:30-1:30pm (TS) National Read A Book Day 10:30 Resident Book Sharing and Recommendations (L) 10:45 Fitness Class with Zorina (MP) 12:30 National Read a Book Day Special Delivery (BW) 1:30 Bid Euchre (C) 1:30 Go4Life Walking Club (DL) 2:00 St. Pauls Anglican Church Service In-Person (T) 2:00 Fit Minds Program (RB) 3:00 Patio Entertainment by Greg Noguera (Guitar and Vocals) (P) 7:00 Bridge Night (C) 7:00 Fantasy Movie Night "Jumanji: The Next Level" (T)</p>	<p>7 9:00 Morning Meditation (MP) 9:30 Gentle Chair Exercise With Lori (MP) 10:00 Meet me at the MOMA Lecture - Frida Kahlo (MP) 10:30 Wii Bowling (T) 1:30 Outing - 404 Plaza (ML) 4:00 Go4Life Walking Club (DL) 6:45 Poker Night- Free (MP) 7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>8 10:00 Seated Tai Chi (MP) 10:45 Ted Talk "Life's Third Act" by Jane Fonda (T) 1:30 Toonie Bingo (MP) 1:30 Bridge (C) 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>9 World First Aid Day- Wear Red 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Movie Matinee - Documentary "Night on Earth: Moonlit Plains" (T) 6:30 Rummikub (C) 7:00 New Release Movie Night "F9: The Fast Saga" (T)</p>
<p>10 New Puzzles at Reception! (ML) Grandparents Day (BW) 10:00 Grandparents Day Baking: Homemade Chocolate Chip Cookies (MP) 11:00 Yorkminster Park Baptist Church Service- Live Stream (T) 1:30 Grandparents Day Craft: Tie Dye Pencil Cases (MP) 2:00 Bridge (C) 2:00 Grandparents Day Movie & Popcorn: "Slumberland" (T) 3:00 Snooker (B) 3:00 Grandparents Day Ice Cream Sundae Social and Games (P) 6:30 Cards & Games (C) 7:00 Grandparents Day Movie: The War with Grandpa (T)</p>	<p>11 Tuck Shop Open: 12:30-1:30pm (TS) Arthritis Awareness Month (BW) 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) 1:00 Knotty Knitters Group (DL) 1:30 Bridge (C) 2:00 Virtual Presentation by the Arthritis Society "Tips, Tricks and Tools" (T) 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 : Bob Hope In "My Favorite Brunette" (T)</p>	<p>12 9:45 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 1:30 Outing: Upper Canada Mall (ML) 1:30 Toonie Bingo (MP) 2:00 Bible Study & Bible Character Drama Film with Robin May (T) 3:00 Living Loving Local Cooking Demonstration: Corn (RB) 6:30 Cribbage Night (C) 7:00 Comedy Movie Night - Two Weeks Notice (T)</p>	<p>13 Beautiful You Hair & Esthetics (HS) Tuck Shop Open: 12:30-1:30pm (TS) 10:30 Numbered Bean Bag Toss (RB) 10:45 Fitness Class with Zorina (MP) 1:30 Bid Euchre (C) 1:30 Go4Life Walking Club (DL) 2:00 Meet me at the MoMA Painting - Frida Kahlo (MP) 3:00 Patio Entertainment by Zack Wojtala (Acoustic Guitar and Vocals) (P) 7:00 Bridge Night (C) 7:00 Fantasy Movie Night: "Water Horse: Legend of the Deep" (T) 7:00 Happy Hour & Jeopardy (RB)</p>	<p>14 9:30 Morning Meditation (MP) 10:00 Gentle Chair Exercise With Lori (MP) 10:30 Wii Bowling (T) 1:30 Go4Life Walking Club (DL) 2:00 Garden Club Meeting (P) 2:00 Live Artfull Presentation: Autumn Art (MP) 3:00 Roxy Hour- 2 v 2 Shuffleboard (RB) 6:45 Poker Night- Free (MP) 7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>15 9:30 Fitness Class- Cardio (MP) 10:00 Arm Chair Travel Experience: Iceland (T) 1:30 Toonie Bingo (MP) 1:30 Bridge (C) 3:00 September Birthday Party with Entertainment by Ryan Ainsworth (Guitar and Vocals) (RB) 6:30 Bid Euchre Night (C) 7:00 Popcorn & A Western Movie "News of the World" (T)</p>	<p>16 Roxborough Open House - International Fare (1:00pm-4:00pm) (BW) 10:00 Fitness Class - Strength Training (MP) 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 1:30 Artfull Craft: Fall Wreath-Running Until 3:00pm (MP) 2:00 Cocktails and Appetizers with Piano and Violin (RB) 3:00 Patio Entertainment with Brian Larter (Keyboard and Vocals) (P) 6:30 Rummikub (C) 7:00 New Release Movie Night "Love at First Sight" (T)</p>



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INSPIRED SENIOR LIVING WITH Verve

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<p>17</p> <p>New Puzzles at Reception! (ML) 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: "2 Hearts" (T) 3:00 Snooker (B) 6:30 Cards & Games (C) 7:00 Feel Good Movie Night: "Instant Family" (T)</p>	<p>18</p> <p>Tuck Shop Open: 12:30-1:30pm (TS) 9:30 Morning Meditation (MP) 10:00 Gentle Chair Exercise With Lori (MP) 10:30 Wii Bowling (T) 11:00 Go4Life Walking Club (DL) 1:00 Knotty Knitters Group (DL) 1:30 Bridge (C) 2:00 Fit Minds Program (RB) 3:00 Lianne Harris Presents: MesoAmerica (T) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Classic Movie Night : Jimmy Durante In "The Great Rupert" (T)</p>	<p>19</p> <p>Resident Council Elections Conclude (ML) 9:45 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 1:30 Go4Life Walking Club (DL) 2:00 Live Artfull Workshop: Fall Birch Painting (MP) 2:00 Specialty Hot & Iced Chocolate Drinks (P) 3:00 Resident Activity Meeting (T) 6:30 Cribbage Night (C) 7:00 Comedy Movie Night - The Interview (T)</p>	<p>20</p> <p>Beautiful You Hair & Esthetics (HS) Tuck Shop Open: 12:30-1:30pm (TS) Last Day to Sign up for Famous People Players Outing (BW) Country Western Day - Wear Plaid and Denim (BW) 8:30 Ladies Breakfast - Sign up at Reception (D) 10:30 Indoor Mini Putt (DL) 10:45 Fitness Class with Zorina (MP) 1:30 Bid Euchre (C) 1:30 Go4Life Walking Club (DL) 2:30 Fall Fair and Country Music by Anthony Clayton Duo (P) 7:00 Bridge Night (C) 7:00 Pub Game Night, Board And Card Games (RB) 7:00 Fantasy Movie Night "Jack the Giant Slayer" (T)</p>	<p>21</p> <p>8:30 Men's Breakfast - Sign up at Reception (D) 9:30 Morning Meditation (MP) 10:00 Gentle Chair Exercise With Lori (MP) 10:30 Wii Bowling (T) 1:00 Outing: Little Canada (ML) 2:00 Beginners Art Class with Marilyn (MP) 3:00 Happy Hour Minute to Win It (RB) 6:45 Poker Night- Free (MP) 7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>22</p> <p>9:30 Fitness Class- Cardio (MP) 10:00 Arm Chair Travel Experience: Peru (T) 1:30 Toonie Bingo (MP) 1:30 Bridge (C) 2:00 Meet me at the MoMA Lecture - Gustav Klimt (T) 3:00 Roxy Hour- 2 v 2 Shuffleboard (RB) 6:30 Bid Euchre Night (C) 7:00 Popcorn & A Western Movie "The Professionals" (T)</p>	<p>23</p> <p>10:00 Fitness Class - Strength Training (MP) 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 BYO (Bring Your Own) Painting to Work on (MP) 2:00 Movie Matinee - Documentary "Dancing with the Birds" (T) 6:30 Rummikub (C) 7:00 New Release Movie Night "Happiness for Beginners" (T)</p>
<p>24</p> <p>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: "The Other Boleyn Girl" (T) 3:00 Snooker (B) 6:30 Cards & Games (C) 7:00 Feel Good Movie Night: "Something's Gotta Give" (T)</p>	<p>25</p> <p>Tuck Shop Open: 12:30-1:30pm (TS) 10:00 Fitness Class - Strength Training (MP) 10:30 Wii Bowling (T) 12:30 Davis Drive Construction Viewing (DL) 1:00 Knotty Knitters Group (DL) 1:30 Bridge (C) 2:00 Fit Minds Program (RB) 2:00 Go4Life Walking Club (DL) 3:00 Design Your Own Tote Bag (Heat Transfer Designs) (MP) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Classic Movie Night : Dean Martin And Jerry Lewis In " At War With The Army" (T)</p>	<p>26</p> <p>9:45 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 1:30 Outing: Wine Tasting at Willow Spring Winery (ML) 1:30 Live Artfull Workshop: Mountains (MP) 2:00 Bible Study & Bible Character Drama Film with Robin May (T) 3:00 New Resident Welcome Wine and Cheese with Entertainment by Patricia Duffy (RB) 6:30 Cribbage Night (C) 7:00 Comedy Movie Night - Here Comes The Boom (T)</p>	<p>27</p> <p>Walker/Wheelchair Tune-ups 1:00pm-2:00pm (MRC) Beautiful You Hair & Esthetics (HS) Tuck Shop Open: 12:30-1:30pm (TS) 10:00 Blood Pressure & Weight Clinic (MP) 10:00 Healthy Yogurt Parfaits (RB) 10:45 Fitness Class with Zorina (MP) 1:30 Bid Euchre (C) 1:30 Go4Life Walking Club (DL) 2:00 Meet me at the MoMA Painting - Gustav Klimt (MP) 3:00 Roxy Hour Entertainment by Manvir Rai (Acoustic Guitar and Vocals) (RB) 7:00 Bridge Night (C) 7:00 Fantasy Movie Night "Mowgli: Legend of the Jungle" (T)</p>	<p>28</p> <p>National Strawberry Cream Pie Day (BW) World Alzheimer's Month (BW) 10:00 Fitness Class - Strength Training (MP) 10:30 Wii Bowling (T) 1:30 Go4Life Walking Club (DL) 1:30 Salvation Army In-person Church Service (T) 2:00 Creative Colouring With Lori (MP) 2:00 Book Club Meeting "The Night Stages" (L) 3:00 Alzheimer's Society Presents: Alzheimer's and Brain Health (T) 6:45 Poker Night- Free (MP) 7:30 Smile Theatre Presents "Harvest Harmonies" (T)</p>	<p>29</p> <p>9:45 Seated Tai Chi (MP) 10:30 Ted Talk "Why We Get Mad and Why It's Healthy" (T) 1:30 Toonie Bingo (MP) 1:30 Bridge (C) 3:00 Roxy Hour- 2 v 2 Shuffleboard (RB) 6:30 Bid Euchre Night (C) 7:00 Popcorn & A Western Movie "The Ridiculous 6" (T)</p>	<p>30</p> <p>National Day for Truth & Reconciliation (Orange Shirt Day) (BW) 10:00 Gentle Chair Exercise With Lori (MP) 10:00 Orange Shirt Day Educational Videos and Discussion (T) 1:30 Cards & Games (C) 2:00 Beginners Art Class with Marilyn (MP) 2:00 Movie Matinee - Documentary "Night on Earth: Frozen Nights" (T) 3:00 Happy Hour Wheel of Fortune (RB) 6:30 Rummikub (C) 7:00 New Release Movie Night "Maybe I Do" (T)</p>



Be Social

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

- Calendar Legend**
- Outing
 - Special Program
 - Living, Loving, Local
 - Signature Program