



October 2023

The Roxborough Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</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: Brian Banks (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night - Stewart Little (T)</p>	<p>2</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>Active Aging Week (BW)</p> <p>9:30 Gentle Chair Exercise With Lori (MP)</p> <p>10:15 Healthy No Bake Energy Balls (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>1:00 Knotty Knitters Group (DL)</p> <p>2:00 Cards and Games (C)</p> <p>2:00 Numbered Bean Bag Toss (RB)</p> <p>2:00 Meet and Greet with New General Manager Greg (T)</p> <p>3:00 Lianne Harris Presents: Pirates and Plunder (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 - The Flying Deuces, Starring Stan Laurel & Oliver Hardy (T)</p>	<p>3</p> <p>Active Aging Week (BW)</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:30 Drum Fit Exercise (MP)</p> <p>10:00 Java Music (RB)</p> <p>10:00 Guided Meditation to Nourish Your Spirit With Lior Cohen (T)</p> <p>11:00 Computer Help (ISA)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Fit Minds Program (RB)</p> <p>2:00 Artfull Workshop: Cheesecloth Ghost Craft (MP)</p> <p>3:00 Heather Eugene Teaches Line Dancing (RB)</p> <p>3:15 Toonie Bingo (MP)</p> <p>6:30 Cribbage Night (C)</p> <p>6:30 Learn to Play Euchre (C)</p> <p>7:00 Alfred Hitchcock Movie Night - The Lady Vanishes (T)</p>	<p>4</p> <p>Active Aging Week (BW)</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>Oktoberfest - Wear White & Blue (BW)</p> <p>10:00 Arm Chair Travel Experience: Germany (T)</p> <p>10:45 Fitness Class with Zorina (MP)</p> <p>1:30 Bid Euchre (C)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 St. Pauls Anglican Church Service In-Person (T)</p> <p>2:00 Meet me at the MOMA Lecture - Henry Ossawa Tanner (MP)</p> <p>3:00 Oktoberfest Party with Jay Franco (Vocals and Keyboard) (RB)</p> <p>7:00 Pub Night - Trivia Game 5 in 15 (RB)</p> <p>7:00 Halloween Movie - The Curse of Bridge Hollow (T)</p> <p>7:00 Learn to Play Bridge Night (C)</p>	<p>5</p> <p>Active Aging Week (BW)</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:30 Morning Meditation (MP)</p> <p>10:00 Gentle Chair Exercise With Lori (MP)</p> <p>10:15 Outing: Famous People Players Lunch Show (ML)</p> <p>10:30 Wii Bowling (T)</p> <p>10:45 Ted Talk "How To Live To Be 100+" (T)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Roxy Hour - Axe Throwing (P)</p> <p>3:00 Fall Clothes Relay Race (P)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night - Hair (T)</p>	<p>6</p> <p>Active Aging Week (BW)</p> <p>10:00 Dance and Movement Therapy Workshop (MP)</p> <p>10:30 Arm Chair Travel Experience: Romania (T)</p> <p>1:30 Toonie Bingo (MP)</p> <p>2:00 Cards and Games (C)</p> <p>3:00 Roxy Hour- 2 v 2 Shuffleboard (RB)</p> <p>6:30 Euchre & Bid Euchre Night (C)</p> <p>7:00 Popcorn & A Movie - Thelma And Louise (T)</p>	<p>7</p> <p>Active Aging Week (BW)</p> <p>9:30 Healthy Yogurt Parfaits (RB)</p> <p>10:30 Wii Bowling (T)</p> <p>10:30 Fitness Class - Strength Training (MP)</p> <p>1:30 Cards & Games (C)</p> <p>1:30 TED Talk "Meet E-Patient, Dave" (T)</p> <p>2:00 Movie Matinee - Documentary "Night on Earth: Jungle Nights" (T)</p> <p>2:00 Reminiscing/Story Telling (L)</p> <p>3:00 Roxy Hour - Darts (RB)</p> <p>6:30 Rummikub (C)</p> <p>7:00 New Release Movie Night - The Wonderful Story of Henry Sugar (T)</p>
<p>8</p> <p>New Puzzles at Reception! (ML)</p> <p>Turkey Thanksgiving Dinner (DR)</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: American Made (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night - A beautiful Day In The Neighborhood (Mr. Dressup) (T)</p>	<p>9</p> <p>Thanksgiving Day (BW)</p> <p>Ham Thanksgiving Dinner (DR)</p> <p>10:30 Wii Bowling (T)</p> <p>1:00 Knotty Knitters Group (DL)</p> <p>2:00 Cards and Games (C)</p> <p>2:00 Movie Matinee "Thanks for Everything" (T)</p> <p>6:30 Bid Euchre Night (C)</p> <p>7:00 Classic Movie Night - The Inspector General, Starring Danny Kaye (T)</p>	<p>10</p> <p>World Mental Health Day (BW)</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Halloween Door Decorating Contest Begins (BW)</p> <p>9:45 Drum Fit Exercise (MP)</p> <p>10:00 Java Music (RB)</p> <p>11:00 Computer Help (ISA)</p> <p>1:30 Outing: Upper Canada Mall (ML)</p> <p>2:00 Roxborough's Christmas Choir Meeting - Attend to Sign up (RB)</p> <p>3:00 Positive Affirmation Jar Craft (RB)</p> <p>6:30 Cribbage Night (C)</p> <p>6:30 Learn to Play Euchre (C)</p> <p>7:00 Alfred Hitchcock Movie Night - The Farmer's Wife (T)</p>	<p>11</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>5th Avenue Vendor Sale from 11:00am - 3:00pm (DL)</p> <p>10:45 Fitness Class with Zorina (MP)</p> <p>1:30 Bid Euchre (C)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Meet me at the MoMA Painting & Creative Coloring (MP)</p> <p>2:00 Fit Minds Program (CK)</p> <p>3:00 Roxy Hour Entertainment with J. Paul (Vocals & Keyboard) (RB)</p> <p>7:00 Pub Night -Games & The Toronto Maple Leafs Home Opener VS Montreal (RB)</p> <p>7:00 Halloween Movie - Night Books (T)</p> <p>7:00 Learn to Play Bridge Night (C)</p>	<p>12</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:30 Morning Meditation (MP)</p> <p>10:00 Gentle Chair Exercise With Lori (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>2:00 Live Artfull Workshop: Spooky Night (MP)</p> <p>2:00 Go4Life Walking Club (DL)</p> <p>3:00 Resident Forum Meeting (T)</p> <p>4:00 Optimal Health Meet & Greet (Nurse Practitioner Services) (T)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>13</p> <p>Living Loving Local Dinner - Apples (D)</p> <p>9:30 Seated Strength Training with Lori (MP)</p> <p>10:15 Bake Sale Baking - Toffee Turtle Squares (MP)</p> <p>1:30 Toonie Bingo (MP)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Cards and Games (C)</p> <p>3:00 Roxy Hour- 2 v 2 Shuffleboard (RB)</p> <p>6:30 Euchre & Bid Euchre Night (C)</p> <p>7:00 Popcorn & A Movie -The Man In The Moon (T)</p>	<p>14</p> <p>National Dessert Day (BW)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Cards & Games (C)</p> <p>2:00 Movie Matinee - Documentary "Night on Earth: Dark Seas" (T)</p> <p>6:30 Rummikub (C)</p> <p>7:00 New Release Movie Night - Love is in the Air (T)</p>
<p>15</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: The Queen (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night - Instant Family (T)</p>	<p>16</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</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>1:00 Knotty Knitters Group (DL)</p> <p>2:00 Fit Minds Program (RB)</p> <p>2:00 Cards and Games (C)</p> <p>3:00 Roxborough's Christmas Choir Practice (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 - The Smallest Show On Earth, Starring Peter Sellers (T)</p>	<p>17</p> <p>Wear Pink for Breast Cancer Awareness Month (BW)</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:45 Drum Fit Exercise (MP)</p> <p>10:00 Java Music (RB)</p> <p>11:00 Computer Help (ISA)</p> <p>1:30 Toonie Bingo (MP)</p> <p>2:00 Meet me at the MoMA Lecture - Edvard Munch (T)</p> <p>2:30 Cooking Demonstration With Tammy Plater And Chef Curtis (MP)</p> <p>6:30 Cribbage Night (C)</p> <p>6:30 Learn to Play Euchre (C)</p> <p>7:00 Alfred Hitchcock Movie Night - The Manxman (T)</p>	<p>18</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>10:45 Fitness Class with Zorina (MP)</p> <p>1:30 Bid Euchre (C)</p> <p>2:00 Live Artfull Workshop: Spooky Cat (MP)</p> <p>2:00 Go4Life Walking Club (DL)</p> <p>3:00 Wine and Cheese with Piano Ambiance by Patricia Duffy (RB)</p> <p>7:00 Halloween Craft with Lori - DIY Sock Pumpkin (MP)</p> <p>7:00 Learn to Play Bridge Night (C)</p> <p>7:00 Halloween Movie Night - A Babysitter's Guide to Monster Hunting (T)</p>	<p>19</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:30 Morning Meditation (MP)</p> <p>10:00 Gentle Chair Exercise With Lori (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Outing: 404 Plaza (ML)</p> <p>2:00 Go4Life Walking Club (DL)</p> <p>3:00 Roxy Hour Entertainment With Jay Vazquez And Filipa Sousa (RB)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night - The Sound Of Music (T)</p>	<p>20</p> <p>9:30 Fitness Class- Cardio (MP)</p> <p>10:15 Bake Sale Baking - Shortbread Cookies (MP)</p> <p>1:30 Toonie Bingo (MP)</p> <p>2:00 Cards and Games (C)</p> <p>3:00 Roxy Hour- 2 v 2 Shuffleboard (RB)</p> <p>6:30 Euchre & Bid Euchre Night (C)</p> <p>7:00 Popcorn & A Movie - The River Wild (T)</p>	<p>21</p> <p>9:30 Seated Tai Chi (MP)</p> <p>10:00 Knitting For Beginners (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Cards & Games (C)</p> <p>2:00 Movie Matinee - Documentary "Night on Earth: Sleepless Cities" (T)</p> <p>2:00 Reminiscing/Story Telling (L)</p> <p>3:00 Toonie Bingo (MP)</p> <p>6:30 Rummikub (C)</p> <p>7:00 New Release Movie Night - Reptile (T)</p>



October 2023

The Roxborough Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 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 Walk (T) 3:00 Snooker (B) 6:30 Cards & Games (C) 7:00 Feel Good Movie Night - The Swimmers (T)	23 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) 1:00 Knotty Knitters Group (DL) 2:00 Fit Minds Program (RB) 2:00 Cards and Games (C) 3:00 Roxborough's Christmas Choir Practice (T) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Classic Movie Night - Eternally Yours, Starring Loretta Young (T)	24 Beautiful You Hair & Esthetics (HS) 9:45 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 1:30 Outing: Giant Tiger Plaza (ML) 2:00 New Game - Toss & Talk About It (MP) 3:15 Toonie Bingo (MP) 6:30 Cribbage Night (C) 6:30 Learn to Play Euchre (C) 7:00 Alfred Hitchcock Movie Night - The Chaney Vase (T)	25 Beautiful You Hair & Esthetics (HS) Tuck Shop Open: 12:30-1:30pm (TS) Walker/Wheelchair Tune-ups 2:30-3:30pm (MRC) 8:30 Ladies Breakfast - Sign up at Reception (D) 10:00 Blood Pressure & Weight Clinic (MP) 10:45 Fitness Class with Zorina (MP) 1:30 Bid Euchre (C) 2:00 Meet me at the MoMA Painting - Edvard Munch And Creative Coloring (MP) 2:00 Go4Life Walking Club (DL) 3:00 October Birthday Party with The Westenders Band (RB) 7:00 Halloween Movie Night - The Bride of Frankenstein (T) 7:00 Learn to Play Bridge Night (C) 7:00 Live Artfull Workshop: Harvest Moon (MP)	26 Beautiful You Hair & Esthetics (HS) 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) 2:00 Halloween Pumpkin Decorating (C) 2:00 Men's Club Poker Tournament (Non-Cash Entry, Non-Cash Prizes) (MP) 3:00 Garden Club Meeting (P) 6:45 Poker Night- Free (MP) 7:00 Halloween Movie Night - We Have a Ghost (T)	27 9:30 Fitness Class- Cardio (MP) 10:00 Bake Sale Baking - White Chocolate Golden Graham Clusters (MP) 10:30 Go4Life Walking Club (DL) 1:30 Toonie Bingo (MP) 2:00 Cards and Games (C) 2:00 Book Club Meeting "An American Marriage" (L) 3:00 Roxy Hour- 2 v 2 Shuffleboard (RB) 6:30 Euchre & Bid Euchre Night (C) 7:00 Halloween Movie Night - Ghostbusters (T)	28 9:30 Seated Tai Chi (MP) 10:00 Knitting For Beginners (MP) 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Movie Matinee - Documentary "Night on Earth: Dusk Till Dawn" (T) 3:00 Roxy Hour - Wheel of Fortune (RB) 6:30 Rummikub (C) 7:00 Halloween Movie Night - Edward Scissorhands (T)
29 New Puzzles at Reception! (ML) 2:00 Bridge (C) 2:00 Inspired by Real Life Movie Matinee: Breaking (T) 3:00 Snooker (B) 6:30 Cards & Games (C) 7:00 Halloween Movie Night - Frankenstein (T)	30 Tuck Shop Open: 12:30-1:30pm (TS) 10:00 Fitness Class - Strength Training (MP) 10:30 Wii Bowling Tournament (T) 11:00 Go4Life Walking Club (DL) 12:30 Davis Drive Construction Viewing (DL) 1:00 Knotty Knitters Group (DL) 2:00 Fit Minds Program (RB) 2:00 Live Artfull Workshop - Jack-O-Lantern (MP) 2:00 Cards and Games (C) 3:00 James Kekanovich Presents: Halloween (T) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Halloween Movie Night - Dracula (T)	31 Beautiful You Hair & Esthetics (HS) Door Decorating Contest Vote at 3:00pm (RB) 9:45 Drum Fit Exercise (MP) 10:00 Java Music (RB) 11:00 Computer Help (ISA) 1:30 Halloween Prize Bingo (4 Card Maximum) (MP) 2:00 Special Halloween Haunted Tours (Videos) (T) 3:00 Halloween Costume Contest & Party with the Sparklettes (Vocals) (RB) 6:30 Cribbage Night (C) 6:30 Learn to Play Euchre (C) 7:00 Halloween Movie Night - Beetlejuice (T)				



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

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