




November 2023

The Roxborough Retirement Residence



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>5</p> <p>New Puzzles at Reception! (ML) Set Your Clocks Back One Hour for Daylight Savings (BW)</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 Matinee TV Show "Live to 100: Secrets of the Blue Zones" Episode 1 (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night: "5 Flights Up" With Morgan Freeman (T)</p>	<p>6</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>9:30 Breakfast Club With Fresh Waffles (RB)</p> <p>10:00 Dance and Movement Therapy (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 Knotty Knitters Group (DL)</p> <p>2:00 Fit Minds Program (RB)</p> <p>2:00 Cards and Games (C)</p> <p>2:00 Chicken Soup For the Soul Stories (L)</p> <p>3:00 Lianne Harris Presents: Canada's Growing Pains (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 - Africa Screams, Starring Bud Abbott & Lou Costello (T)</p>	<p>7</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:00 Fitness Class with Tarang (MP)</p> <p>10:00 Java Music (RB)</p> <p>10:30 Drum Fit Exercise (MP)</p> <p>11:00 Computer Help (ISA)</p> <p>1:30 Outing: Upper Canada Mall (ML)</p> <p>2:00 Diabetes Deep Dives Video "Carb Counting: Tips and Tricks" (T)</p> <p>3:00 Bible Study & Bible Character Drama Film with Robin May (T)</p> <p>3:15 Toonie Bingo (MP)</p> <p>6:30 Cribbage Night (C)</p> <p>6:30 Learn to Play Euchre (CK)</p> <p>7:00 Military and War Movie Night: Age of Reason (T)</p>	<p>8</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>National Cappuccino Day (BW)</p> <p>Piano Ambiance at Dinner by David Toms (D)</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 - Vincent van Gogh And Creative Coloring (MP)</p> <p>3:00 Specialty Coffee Bar Social (RB)</p> <p>6:30 Night Cap Cocktail: White Russian and Jeopardy (RB)</p> <p>7:00 Drama Movie Night: "The Secret: Dare to Dream" (T)</p> <p>7:00 Learn to Play Bridge Night (CK)</p>	<p>9</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:00 Fitness Class with Tarang (MP)</p> <p>10:00 Morning Meditation (T)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Live Artfull Presentation: War of Art (T)</p> <p>2:00 Roxy Hour - Axe Throwing (P)</p> <p>3:00 Chocolate Santa Sleigh Craft for Bake Sale (MP)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>10</p> <p>Living Loving Local Dinner Featuring- Honey (D)</p> <p>9:00 Fitness Class- Cardio (MP)</p> <p>10:00 Bake Sale Baking - Shortbread (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 "Moby Dick" (T)</p>	<p>11</p> <p>Wear a Poppy for Remembrance Day (BW)</p> <p>9:30 Fitness Class with Sourav (MP)</p> <p>10:30 Live Stream Remembrance Day Ottawa Service and Moment of Silence (T)</p> <p>1:30 Cards & Games (C)</p> <p>2:00 Reminiscing Toss 'n Talk with Lori (MP)</p> <p>3:00 Songs of the 40's Performed by Gilad (Vocals) (RB)</p> <p>6:30 Rummikub (C)</p> <p>7:00 New Release Movie Night "Champions" With Woody Harrelson (T)</p>
<p>12</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 Matinee TV Show "Live to 100: Secrets of the Blue Zones" Episode 2 (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night: "A Street Cat Named Bob" (T)</p>	<p>13</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>World Kindness Day (BW)</p> <p>9:30 Fitness Class - Strength Training (MP)</p> <p>10:00 Volunteers needed: Bake Sale Packaging (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 Knotty Knitters Group (DL)</p> <p>2:00 Fit Minds Program (RB)</p> <p>2:00 Cards and Games (C)</p> <p>3:00 James Kekanovich Presents: WWII (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 Three Musketeers (1974) (T)</p>	<p>14</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>National Diabetes Month (BW)</p> <p>9:00 Fitness Class with Tarang (MP)</p> <p>10:00 Java Music (RB)</p> <p>10:30 Drum Fit Exercise (MP)</p> <p>11:00 Computer Help (ISA)</p> <p>2:00 Live Artfull Workshop: Fallen Leaf (MP)</p> <p>2:00 Diabetes Deep Dives Video "Menopause and Diabetes" (T)</p> <p>3:00 Honey Tasting and Cooking Demonstration (RB)</p> <p>6:30 Cribbage Night (C)</p> <p>6:30 Learn to Play Euchre (CK)</p> <p>7:00 Military and War Movie Night: "Suite Francaise" (T)</p>	<p>15</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>I Love to Write Day (BW)</p> <p>8:30 Ladies Breakfast - Sign up at Reception (D)</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 Lecture - Emily Carr (T)</p> <p>2:00 Journaling Workshop (MP)</p> <p>3:00 Bible Study & Bible Character Drama Film with Robin May (T)</p> <p>3:00 Roxy Hour- Chicken Wing Tasting (RB)</p> <p>7:00 Drama Movie Night "Under the Autumn Moon" (T)</p> <p>7:00 Learn to Play Bridge Night (CK)</p>	<p>16</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>8:30 Men's Breakfast - Sign up at Reception (D)</p> <p>9:00 Fitness Class with Tarang (MP)</p> <p>9:30 Outing: Georgian Downs/ Gateway Casino Innisfil (ML)</p> <p>10:00 Morning Meditation (T)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Volunteers Needed: Bake Sale Packaging (MP)</p> <p>3:00 Men's Club Shuffleboard Tourney (RB)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night: "La La Land" (T)</p>	<p>17</p> <p>Happy Birthday Mickey Mouse Wear Red and Black (BW)</p> <p>9:30 Fitness Class- Cardio (MP)</p> <p>10:00 Arm Chair Travel Experience: Disneyland Orlando, Florida (T)</p> <p>1:30 Toonie Bingo (MP)</p> <p>2:00 Cards and Games (C)</p> <p>3:00 Roxy Hour Entertainment by Ryan Ainsworth (Guitar and Vocals) (RB)</p> <p>6:30 Euchre & Bid Euchre Night (C)</p> <p>7:00 Popcorn & A Movie "The Gift" (T)</p>	<p>18</p> <p>9:30 Fitness Class with Sourav (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Cards & Games (C)</p> <p>2:00 Movie Matinee - Documentary "The Secret Life of the Cruise" (T)</p> <p>6:30 Rummikub (C)</p> <p>7:00 New Release Movie Night "The Burial" With Tommy Lee Jones (T)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>New Puzzles at Reception! (ML) Last Day to Sign up for Brunch 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 Matinee TV Show "Live to 100: Secrets of the Blue Zones" Episode 3 (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night: "Midnight in Paris" (T)</p>	<p>20</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>9:30 Breakfast Club With Yogurt Parfaits (RB)</p> <p>10:00 Dance and Movement Therapy (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 Knotty Knitters Group (DL)</p> <p>2:00 Fit Minds Program (RB)</p> <p>2:00 Cards and Games (C)</p> <p>3:15 Diabetes Deep Dives Video "Exercise, Sport and Diabetes" (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 "Aunt Mary" (1979) (T)</p>	<p>21</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:00 Fitness Class with Tarang (MP)</p> <p>10:00 Java Music (RB)</p> <p>10:30 Drum Fit Exercise (MP)</p> <p>11:00 Computer Help (ISA)</p> <p>1:30 Outing: Michaels Craft Store and Plaza (ML)</p> <p>2:00 Live Artfull Workshop: Fall River (MP)</p> <p>3:00 Bible Study & Bible Character Drama Film with Robin May (T)</p> <p>3:15 Toonie Bingo (MP)</p> <p>6:30 Cribbage Night (C)</p> <p>6:30 Learn to Play Euchre (CK)</p> <p>7:00 Military and War Movie Night: "Testament of Youth" (T)</p>	<p>22</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>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Meet me at the MoMA Painting - Emily Carr And Creative Coloring (MP)</p> <p>3:00 New Resident Welcome Wine and Cheese Social (RB)</p> <p>6:30 Painted Wine Glass Craft (MP)</p> <p>6:30 Learn to Play Shuffleboard (RB)</p> <p>7:00 Drama Movie Night: "The Big Wedding" (T)</p> <p>7:00 Learn to Play Bridge Night (CK)</p>	<p>23</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:00 Fitness Class with Tarang (MP)</p> <p>10:00 Morning Meditation (T)</p> <p>10:00 Christmas Market Preparation (MP)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Roxy Theatre Sing-A-Long (T)</p> <p>3:00 Roxy Hour Entertainment by J. Paul Adams (RB)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>24</p> <p>9:00 Fitness Class- Cardio (MP)</p> <p>10:00 Christmas Market Preparations (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 "Greenland" With Gerard Butler (T)</p>	<p>25</p> <p>Christmas Market on the Ground Floor from 9:00am - 1:00pm (BW)</p> <p>9:30 Fitness Class with Sourav (MP)</p> <p>6:30 Rummikub (C)</p> <p>7:00 New Release Movie Night "Shotgun Wedding" With Jennifer Lopez and Josh Duhamel (T)</p>
<p>26</p> <p>New Puzzles at Reception! (ML) Sunday Brunch - Regular Seating Times (D)</p> <p>11:00 Yorkminster Park Baptist Church Service- Live Stream (T)</p> <p>2:00 Bridge (C)</p> <p>2:00 Matinee TV Show "Live to 100: Secrets of the Blue Zones" Episode 4 (T)</p> <p>3:00 Snooker (B)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night: "Being Flynn" (T)</p>	<p>27</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>12:30 Davis Drive Construction Viewing (DL)</p> <p>1:30 Knotty Knitters Group (DL)</p> <p>2:00 Fit Minds Program (RB)</p> <p>2:00 Cards and Games (C)</p> <p>3:00 Happy Hour and Board Games (RB)</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 (T)</p>	<p>28</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Mobile Senior Shop Clothing Vendor Sale 11:00am-3:00pm (C)</p> <p>9:00 Fitness Class with Tarang (MP)</p> <p>10:00 Java Music (RB)</p> <p>10:30 Drum Fit Exercise (MP)</p> <p>11:00 Computer Help (ISA)</p> <p>2:00 Live Artfull Workshop: Van Gogh's Starry Night (MP)</p> <p>2:00 New Roxborough Bus Tour (ML)</p> <p>3:00 Diabetes Deep Dives Video "Unpacking Caregiving" (T)</p> <p>3:15 Toonie Bingo (MP)</p> <p>6:30 Cribbage Night (C)</p> <p>6:30 Learn to Play Euchre (CK)</p> <p>7:00 Military and War Movie Night: "The Zookeeper" (T)</p>	<p>29</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>Tuck Shop Open: 12:30-1:30pm (TS)</p> <p>10:00 Blood Pressure & Weight Clinic (MRC)</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 Bible Study & Bible Character Drama Film with Robin May (T)</p> <p>2:00 Meet me at the MOMA Painting - Finish your paintings (T)</p> <p>3:00 November Birthday Party with Entertainment by Tony Puglisi (Vocals) (RB)</p> <p>6:30 Night Cap Cocktail: Latte Martini with Table Games (RB)</p> <p>7:00 Drama Movie Night: "A Million Miles Away" (T)</p> <p>7:00 Learn to Play Bridge Night (CK)</p>	<p>30</p> <p>Beautiful You Hair & Esthetics (HS)</p> <p>9:00 Fitness Class with Tarang (MP)</p> <p>10:00 Morning Meditation (T)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Book Club Meeting "River of the Gods" (L)</p> <p>3:00 Roxy Hour - Numbered Bean Bag Toss (RB)</p> <p>6:45 Poker Night- Free (MP)</p> <p>7:00 Musical Movie Night - "Alan Jackson: Small Town Southern Man" (T)</p>		

Locations Legend

- Roxy Theatre (T)
- Multi Purpose Room (MP)
- Cards & Games Room (C)
- Roxy Bar (RB)
- Dietrich Lounge (DL)
- Hair Salon (HS)
- Main Lobby (ML)
- Tuck Shop (TS)

Calendar Legend

- Building Wide (BW)
- Country Kitchen (CK)
- Dining Room (D)
- Billiards Room (B)
- In Suite Activity (ISA)
- Niven Library (L)
- Patio (P)
- Meeting Room/Chapel (MRC)

Outing

Special Program

Living, Loving, Local

Signature Program