



INSPIRED SENIOR LIVING

March 2025

The Roxborough Retirement Residence

THE ROXBOROUGH
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>TUESDAY MAR 04 Mardi Gras</p>	 <p>SATURDAY MAR 08 International Women's Day</p>	 <p>MONDAY MAR 17 St. Patrick's Day</p>	<p>9:30 Fall Prevention Fitness Class with Nicholas (MP) 1 10:15 Coffee & Chat with Duty Manager (RB) 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Colouring At Your Leisure (MP) 6:30 Rummikub (C) 7:00 New Release Movie Night - You're Cordially Invited (PV) (T)</p>			
<p>9:00 St. Elizabeth Seton Roman Catholic Parish Live Stream Church Service (T) 2 10:00 Receive the Eucharist (T) 2:00 Colouring At Your Leisure (MP) 2:00 Afternoon movie - Residents Choice (T) 6:30 Cards & Games (C) 7:00 Feel Good Movie Night: On Golden Pond (1982) PV (T)</p>	<p>10:30 Wii Bowling (T) 3 10:30 Drum Fit Exercise (MP) 12:30 Tuck Shop Open (TS) 2:00 Knotty Knitters Group (DL) 2:00 Fall Prevention Fitness Class with Richa (MP) 2:00 Tea Time (RB) 3:00 Music and Travel in Musicals with James Keanovich (T) 3:15 Toonie Bingo (MP) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Drama Movie Night - Sweet Pecan Summer (PV) (T)</p>	<p>Wear Purple Green and Gold for Mardi Gras! (BW) 4 8:30 Ladies Breakfast - Sign up at Reception (D) 9:00 Fitness Class with Richa (MP) 1:30 Go4Life Walking Club (DL) 2:00 Live Artfull Workshop: Presentation "Through Her Eyes" (MP) 3:00 Mardi Gras Party with Triva and Snacks (RB) 3:00 Learn Poker with Greg (MP) 7:00 Movie Night - Ernest Cole (PV) (T)</p>	<p>Irina's Hair Services (HS) 5 8:30 Men's Breakfast - Sign up at Reception (D) 9:00 Fitness Class with Sara-May (MP) 10:00 Mindfulness Breathing and Yoga Practice with Firozeh Kabiri (MP) 10:00 Fit Minds Program (RB) 12:00 Outing to Swiss Chalet\$ (ML) (MP) 12:30 Tuck Shop Open (TS) 1:30 Bid Euchre (C) 1:30 Go4Life Walking Club (DL) 1:30 Bingo With Jorge (MP) 2:00 Tea Time (RB) 2:45 Meet me at the MOMA Lecture - Angela Grossmann (T) 3:00 Sing along with Corey (RB) 7:00 Musical Movie Night - Andre Rieu (T)</p>	<p>9:00 Morning Stretches with Lesley (MP) 6 11:00 Current Events with Lesley (RB) 1:30 Go4Life Walking Club (DL) 2:00 Learn War with Lesley (MP) 2:00 Java Music Coffee Group - All Are Welcome (RB) 3:00 Fitness Class with Sara-May (MP) 3:00 Resident Forum Meeting (T) 7:00 Movie Night (T)</p>	<p>Living Loving Local Dinner Featuring - Maple (D) 7 9:00 Fitness Class - Seated Tai Chi (MP) 10:00 Morning Meditation (MP) 10:30 Coffee & Chat (RB) 1:30 Toonie Bingo (MP) 2:00 Tea Time (RB) 3:00 1/2 Priced Happy Hour: Shuffleboard (RB) 3:30 Fitness Class with Richa (MP) 6:30 Euchre & Bid Euchre Night (C) 7:00 Popcorn & A Movie - Grumpy Old Men (DVD) (T)</p>	<p>International Women's Day (BW) 8 9:30 Fall Prevention Fitness Class with Nicholas (MP) 10:15 Coffee & Chat with Duty Manager (RB) 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Colouring At Your Leisure (MP) 2:00 International Womens Day - Oprah Winfrey interviewing Maya Angelou (youtube) (T) 3:00 International Womens Day Social (RB) 6:30 Rummikub (C) 7:00 New Release Movie Night - Taking the Reins (PV) (T)</p>
<p>9:00 St. Elizabeth Seton Roman Catholic Parish Live Stream Church Service (T) 9 10:00 Receive the Eucharist (T) 2:00 Colouring At Your Leisure (MP) 2:00 Afternoon movie - Residents Choice (T) 6:30 Cards & Games (C) 7:00 Feel Good Movie Night - Royally Ever After (PV) (T)</p>	<p>10:30 Wii Bowling (T) 10 10:30 Drum Fit Exercise (MP) 12:30 Tuck Shop Open (TS) 2:00 Knotty Knitters Group (DL) 2:00 Fall Prevention Fitness Class with Richa (MP) 2:00 Tea Time (RB) 3:15 Toonie Bingo (MP) 4:00 St. John Therapy Dog Visit with Laura and Aerial (DL) 6:30 Bid Euchre Night (C) 7:00 Drama Movie Night - The Story Of Adele H (PV) (T)</p>	<p>9:00 Fitness Class with Richa (MP) 11 10:00 Outing to Walmart (ML) 10:00 Java Music Coffee Group - All Are Welcome (RB) 10:00 Mix & Match Vendor Sale with Nad (DL) 11:00 Computer Help (ISA) 1:30 Go4Life Walking Club (DL) 2:00 Live Artfull Workshop: Clover Clay Flower Frog (MP) 3:00 Listen Up! Roxy's Audio Book Club (T) 3:00 Learn Blackjack with Greg (MP) 3:00 Deanna's Baby Shower (RB) 7:00 Movie Night - Mystic Pizza (PV) (T)</p>	<p>Irina's Hair Services (HS) 12 Living Loving Local Dinner Featuring - Maple (D) 9:00 Fitness Class with Sara-May (MP) 10:00 Fit Minds Program (RB) 10:00 Outing: Mystery (ML) 12:30 Tuck Shop Open (TS) 1:30 Bid Euchre (C) 1:30 Go4Life Walking Club (DL) 1:30 Bingo With Jorge (MP) 3:00 Birthday Bash with Rick Groves (Vocals & Guitar) (RB) 7:00 Musical Movie Night - Andre Rieu "Live In Dublin" (DVD) (T)</p>	<p>9:00 Morning Stretches with Lesley (MP) 13 11:00 Current Events with Lesley (RB) 1:30 Go4Life Walking Club (DL) 2:00 Activity Planning Meeting: Discuss Cruise Week (T) 2:00 Learn Roulette with Lori (MP) 3:00 St. Pauls Anglican Church Service with Barbara Hammond (T) 3:00 Fitness Class with Sara-May (MP) 3:00 Boardgames with Lori & Lesley (RB) 7:00 Pub Night - Scattergories and Wine with Lori (RB)</p>	<p>9:00 Fitness Class with Lori - Silver Sneakers Squad (MP) 14 10:00 Meet me at the MoMa Painting - Angela Grossmann (MP) 10:30 Coffee & Chat (RB) 1:30 Toonie Bingo (MP) 3:00 Horse Racing (RB) 3:30 Fitness Class with Richa (MP) 6:30 Euchre & Bid Euchre Night (C) 7:00 Popcorn & A Movie - Grumpy Old Men (DVD) (T)</p>	<p>9:30 Fall Prevention Fitness Class with Nicholas (MP) 15 10:15 Coffee & Chat with Duty Manager (RB) 10:30 Wii Bowling (T) 1:30 Cards & Games (C) 2:00 Colouring At Your Leisure (MP) 6:30 Rummikub (C) 7:00 Movie Honeymoon In Vegas (DVD) (T)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 St. Elizabeth Seton Roman Catholic Parish Live Stream Church Service (T) 16</p> <p>10:00 Receive the Eucharist (T)</p> <p>2:00 Colouring At Your Leisure (MP)</p> <p>2:00 Afternoon movie - Residents Choice (T)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night: The Legend Of Bagger Vance (DVD) (T)</p>	<p>Wear Green for St. Patrick's Celebration Day! (BW) 17</p> <p>10:30 Wii Bowling (T)</p> <p>10:30 Drum Fit Exercise (MP)</p> <p>12:30 Tuck Shop Open (TS)</p> <p>2:00 Knotty Knitters Group (DL)</p> <p>2:00 Fall Prevention Fitness Class with Richa (MP)</p> <p>3:00 St. Patrick's Day Celebration with Green Beer and Live Music from Jay Franco (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 Drama Movie Night - The O'Briens (PV) (T)</p>	<p>9:00 Fitness Class with Richa (MP) 18</p> <p>10:00 Java Music Coffee Group - All Are Welcome (RB)</p> <p>11:00 Computer Help (ISA)</p> <p>1:30 Go4Life Walking Club (DL)</p> <p>2:00 Live Artfull Workshop: Live Painting "Rural Winter" (MP)</p> <p>3:00 Listen Up! Roxy's Audio Book Club (T)</p> <p>7:00 Movie - Sundowners (DVD) (T)</p>	<p>Irina's Hair Services (HS) 19</p> <p>9:00 Fitness Class with Sara-May (MP)</p> <p>10:00 Fit Minds Program (RB)</p> <p>12:30 Tuck Shop Open (TS)</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 - Louise Bourgeois (T)</p> <p>3:00 New Resident Welcome Wine and Cheese Social (RB)</p>	<p>First Day of Spring (BW) 20</p> <p>Cruise Week Port: Monaco, Dress-up Evening</p> <p>9:00 Early Morning Cruise Riser Exercise with Lesley (MP)</p> <p>10:00 Monaco's Earl Grey Tea Social (RB)</p> <p>10:30 Walker & Wheelchair Tune-ups and Cleaning (MRC)</p> <p>10:30 Monaco Trivia (RB)</p> <p>11:00 Monaco Travelogue (T)</p> <p>11:30 All Aboard Lunch and Welcome Drink (regular seating times apply) (D)</p> <p>1:30 Go4Life Walking Club: Walk The Deck (DL)</p> <p>2:00 Grand Prix Discussion (RB)</p> <p>2:30 Staff Grand Prix Mini Car Race (RB)</p> <p>3:00 Mediterranean Fitness Class with Sara-May (MP)</p> <p>3:00 Monaco Campari Social (RB)</p> <p>6:30 Monaco Casino Night (MP)</p>	<p>Cruise Week Port: Morocco, Dress Like a Tacky Tourist 21</p> <p>9:00 Early Morning Cruise Riser Exercise with Lori (MP)</p> <p>10:00 Morocco Fresh Squeezed Orange Juice Social (RB)</p> <p>10:30 Morocco Trivia (RB)</p> <p>11:00 Morocco Travelogue (T)</p> <p>2:00 Morocco: Arabic Belly Dancing (T)</p> <p>2:30 Staff Tacky Tourist Fashion Show (RB)</p> <p>3:00 Morocco Mint Tea Social (RB)</p> <p>3:30 Mediterranean Fitness Class with Richa (MP)</p> <p>6:30 Euchre & Bid Euchre Night (C)</p> <p>7:00 Cruise Week Movie: Casa Blanco (T)</p>	<p>Cruise Week Port: France, Wear Stripes 22</p> <p>9:30 Mediterranean Fitness Class with Nicholas (MP)</p> <p>10:00 Outing to Pairs Baguette\$ (ML)</p> <p>10:15 Coffee & Chat with Duty Manager (RB)</p> <p>10:30 Wii Bowling (T)</p> <p>10:30 France Trivia (T)</p> <p>11:00 France Travelogue (T)</p> <p>1:30 Cards & Games (C)</p> <p>2:00 French Champagne Toasts (RB)</p> <p>3:00 France Wine Glass Painting (MP)</p> <p>6:30 Rummikub (C)</p> <p>7:00 Cruise Week Movie: Moulin Rouge (T)</p>
<p>Cruise Week Port: Egypt, Wear Your Sunhat 23</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>10:00 Egypt Tea Tasting (RB)</p> <p>10:30 Egypt Trivia (RB)</p> <p>11:00 Egypt Travelogue (T)</p> <p>2:00 Egyptian Dancer (RB)</p> <p>3:00 Egyptian Milk Pudding Social (RB)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Nile River Travelogue (T)</p>	<p>Cruise Week Port: Greece, Wear All White 24</p> <p>10:00 Greece Frappe Social (RB)</p> <p>10:30 Greece Trivia (RB)</p> <p>10:30 Mediterranean Drum Fit Exercise (MP)</p> <p>11:00 Greece Travelogue (T)</p> <p>11:30 Captin's Lunch (regular seating times apply) (D)</p> <p>12:30 Tuck Shop Open (TS)</p> <p>1:30 Outing: Crock A Doodie\$ (ML)</p> <p>2:00 Knotty Knitters Group (DL)</p> <p>2:00 Olive Bar Tasting (RB)</p> <p>2:00 Mediterranean Fitness Class with Richa (MP)</p> <p>2:30 Staff Toilet Paper Toga Contest (RB)</p> <p>3:00 Greek Themed Entertainment & All White Party (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 Cruise Week Movie: My Big Fat Greek Wedding (T)</p>	<p>Cruise Week Port: Slovenia, Wear Your Vacation Shirt 25</p> <p>9:00 Mediterranean Fitness Class with Richa (MP)</p> <p>10:00 Slovenia Themed Smoothies: Blueberries and Honey (RB)</p> <p>10:30 Slovenia Trivia (RB)</p> <p>11:00 Slovenia Travelogue (T)</p> <p>1:30 Go4Life Walking Club: Walk The Deck (DL)</p> <p>2:00 Live Artfull Workshop: Cruise Week, Painting Palm Beach (MP)</p> <p>2:30 Staff Olive Race (RB)</p> <p>3:00 Cruise Week: Chefs Demo (RB)</p> <p>7:00 Slovenian Caves Travelogue (T)</p>	<p>Irina's Hair Services (HS) 26</p> <p>Cruise Week Port: Italy, Wear Your Colourful Shirt</p> <p>9:00 Mediterranean Fitness Class with Sara-May (MP)</p> <p>10:00 Espresso and Cannoli Social (RB)</p> <p>10:30 Italian Trivia (RB)</p> <p>11:00 Italy Travelogue (T)</p> <p>12:30 Tuck Shop Open (TS)</p> <p>1:30 Bid Euchre (C)</p> <p>1:30 Cruise Week: Jackpot Bingo With Jorge (MP)</p> <p>1:30 Go4Life Walking Club: Walk The Deck (DL)</p> <p>2:30 Staff Name That Pasta Contest (RB)</p> <p>3:00 Aperol Sprits Tasting (RB)</p> <p>7:00 Cruise Week: Night in Rome with John Lettier Italian Accordion Player (RB)</p>	<p>Cruise Week Port: Back to Canada, 27</p> <p>Wear Your Sports Jersey</p> <p>9:00 Early Morning Cruise Riser Exercise with Lesley (MP)</p> <p>10:00 Outing: Country Drive (ML)</p> <p>10:00 Fit Minds Program (RB)</p> <p>10:30 Blood Pressure Clinic with Venus (T)</p> <p>1:30 Go4Life Walking Club: Walk The Deck (DL)</p> <p>2:30 Cruise Week: Docking Party & Award Ceremony (RB)</p> <p>3:00 Mediterranean Fitness Class with Sara-May (MP)</p> <p>7:00 Canadian Travelogue (T)</p>	<p>9:00 Fitness Class - Seated Tai Chi (MP) 28</p> <p>10:00 Java Music Coffee Group - All Are Welcome (RB)</p> <p>1:30 Toonie Bingo (MP)</p> <p>2:30 Meet me at the MoMA Painting - Louise Bourgeois (C)</p> <p>3:30 Fitness Class with Richa (MP)</p> <p>6:30 Euchre & Bid Euchre Night (C)</p> <p>7:00 Popcorn & A Movie - Butch Cassidy and the Sundance Kid, Starring Paul Newman & Robert Redford (DVD) (T)</p>	<p>9:30 Fall Prevention Fitness Class with Nicholas (MP) 29</p> <p>10:15 Coffee & Chat with Duty Manager (RB)</p> <p>10:30 Wii Bowling (T)</p> <p>1:30 Cards & Games (C)</p> <p>2:00 Colouring At Your Leisure (MP)</p> <p>6:30 Rummikub (C)</p> <p>7:00 Movie - Four Weddings and a Funeral (DVD) (T)</p>
<p>9:00 St. Elizabeth Seton Roman Catholic Parish Live Stream Church Service (T) 30</p> <p>10:00 Receive the Eucharist (T)</p> <p>2:00 Colouring At Your Leisure (MP)</p> <p>2:00 Afternoon movie - Residents Choice (T)</p> <p>6:30 Cards & Games (C)</p> <p>7:00 Feel Good Movie Night - The Little Princess, Starring Shirley Temple (DVD) (T)</p>	<p>10:30 Wii Bowling (T) 31</p> <p>10:30 Drum Fit Exercise (MP)</p> <p>12:30 Tuck Shop Open (TS)</p> <p>2:00 Knotty Knitters Group (DL)</p> <p>2:00 Fall Prevention Fitness Class with Richa (MP)</p> <p>2:00 Tea Time (RB)</p> <p>3:15 Toonie Bingo (MP)</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 Drama Movie Night - Titanic (DVD) (T)</p>	 <p>SATURDAY MAR 22</p> <p>Cruise Week Open House</p>		<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Cruise Week</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	<p>Locations Legend</p> <p>Multi Purpose Room (MP)</p> <p>Roxy Theatre (T)</p> <p>Roxy Bar (RB)</p> <p>Cards & Games Room (C)</p> <p>Dietrich Lounge (DL)</p> <p>Tuck Shop (TS)</p> <p>Dining Room (D)</p> <p>Main Lobby (ML)</p> <p>Building Wide (BW)</p> <p>Hair Salon (HS)</p> <p>In Suite Activity (ISA)</p> <p>Meeting Room/Chapel (MRC)</p>	