



INSPIRED
SENIOR LIVING

August 2026

The Roxborough Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Civic Holiday Wear Black & White for National Ice-cream Sandwich Day 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:00 Tea Time with Faith (P) 10:15 Receive the Eucharist 1:45 Listen Up! Roxy's Audio Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt (T) 3:15 The Great Escape: Armchair Adventures - Wonders of Colombia - Most Amazing Places in Colombia (Y) (T) 3:30 Ice-cream Sandwich Social with Faith (P) 6:00 Rummikub (CK) 7:00 Movie - Mother Theresa (P) (T) 2	Civic Holiday (BW) Wear Pink for National Watermelon Day 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Wii Bowling (T) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Toonie Bingo with Lori (MP) 3:00 Watermelon Social with Lori (CY) 6:00 Rummikub (CK) 7:00 Movie - Robin Hood (P) (T) 3	DM Collective Jewelry & Accessories with Debby & Mariana *New Vendor: 10:00am - 3:00pm (DL) 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Java Friendship Club with Faith (P) 11:00 Computer Help with Faith (ISA) 2:00 Live Art Workshop: Sea Turtle Painting with Faith (MP) 2:00 Play Euchre with Lesley (P) 3:00 Tea Time with Lesley (P) 3:15 Friendly Visits with Faith (ISA) 6:00 Rummikub (CK) 7:00 Movie - Our Fault (P) (T) 7:00 Play Mahjong with Kaitlyn (P) 4	Irina's Hair Services (HS) 9:00 Morning Stretches (video) (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Tea & Word Puzzles with Faith (P) 2:00 Toonie Bingo with Evan (MP) 2:00 Fitness Class with Zahra (E) 3:00 *New Live Entertainment: Classical Music with Yoseph and Sarah Holland (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Movie - The Girl Who Believes In Miracles (P) (T) 7:00 Jeopardy with Evan (MP) 5	9:00 Balance & Muscle Fitness Class with Lesley 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Fit Minds Program with Faith (P) 2:00 Men's Gathering with Evan: Guys Talk (P) 2:00 Outing: 404 Plaza & Bank Shuttle (ML) 2:00 Fitness Class with Zahra (E) 3:00 Tea Time with Evan (P) 4:00 Friendly Visits with Evan (ISA) 6:00 Rummikub (CK) 7:00 Bonfire with Evan (CY) 7:00 Musical Movie Night - Hairspray 1962 (P) (T) 6	Sight Care on Site Vendor Table (10:00am - 3:00pm) (DL) Living Loving Local Dinner Featuring - Peaches & Corn (D) 9:00 Fitness Class with Sabrina (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Meet me at the MOMA Lecture: Roland Lee with Evan (T) 10:00 Word Puzzles with Sabrina (P) 1:30 Bridge Club (CK) 2:00 Toonie Bingo with Evan (MP) 3:00 Tea Time with Lesley (P) 3:00 Friendly Visits with Evan (ISA) 3:00 Fall Prevention Fitness Class with Maryam (E) 6:00 Rummikub (CK) 7:00 Movie - Hail Mary (P) (T) 7	National Bacon Day 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Knotty Knitters Group (DL) 10:00 Outdoor Games with Lori (CY) 10:15 Coffee & Chat with Duty Manager (P) 11:00 Friendly Visits with Lori (ISA) 1:45 Popcorn Social (T) 2:00 1/2 Priced Happy Hour with Lori (P) 3:00 Live Entertainment: Andy De Campos (vocals) (T) 6:00 Rummikub (CK) 7:00 Movie - ET (P) (T) 8
9:30 Resident Run: Go4Life Indoor Walking Club (DL) 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:00 Tea Time with Lori (P) 10:15 Receive the Eucharist (T) 1:45 Listen Up! Roxy's Audio Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt (T) 3:15 The Great Escape: Armchair Adventures - Ecuador: The Most Impossible Country on Earth (Y) (T) 3:30 1/2 Priced Happy Hour with Lori (P) 6:00 Rummikub (CK) 7:00 Movie - Legally Blonde (P) (T) 9	9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Wii Bowling (T) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Toonie Bingo with Evan (MP) 2:00 Fall Prevention Fitness Class with Claudia (E) 3:00 Special Guest Speaker: James Kekanovich Presents "Music in the Movies" (T) 3:15 Tea Time with Evan (P) 6:00 Rummikub (CK) 7:00 Movie - Legally Blonde 2 (P) (T) 10	9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Java Friendship Club with Lori (P) 11:00 Computer Help with Lori (ISA) 2:00 Live Art Workshop: Whale's Tail with Lori (MP) 2:00 Play Bid Euchre with Lesley (P) 3:00 Horseracing (MP) 6:00 Rummikub (CK) 6:00 Outing: Highway 11 Cruisers Car Club's Classic Car Show (Free) (ML) 7:00 Movie - Flamin Hot (P) (T) 7:00 Piano Music with Kaitlyn (P) 11	Irina's Hair Services (HS) Treasure Stand Jewelry with Annie Vendor Sale 10:00am - 5:00pm (DL) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Puzzles with Lori (P) 2:00 Bingo With Jorge (MP) 2:00 Tea Time with Lori (P) 2:00 Fitness Class with Zahra (E) 3:00 Live Entertainment: Corey Marshall (vocals & guitar) (CY) 4:00 Friendly Visits with Faith (ISA) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Scattagories with Faith (P) 7:00 Movie - First Man (P) (T) 12	9:00 Balance & Muscle Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Holland Landing Child Care Centre Intergen Program (CY) 2:00 Meet me at the MoMA Painting: Roland Lee with Lori (MP) 2:00 Men's Gathering with Lesley: 1/2 Priced Drinks (P) 2:00 Fitness Class with Zahra (E) 3:00 Tea Time with Lori (P) 4:00 Friendly Visits with Evan (ISA) 6:00 Rummikub (CK) 7:00 * New DJ Dance Party with Keil (50s, 60s & 70s) (P) 13	Dress in Your Bright Colours for The Roxborough's Caribbean Festival 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Fit Minds Program with Lori (P) 11:30 Caribbean Themed Lunch (regular seating times apply) (D) 1:30 Bridge Club (CK) 2:00 Caribbean Themed Happy Hour: Complementary Rum Punch (Resident & Staff Event) (CY) 3:00 Live Entertainment: The Roxborough's Caribbean Festival (vocals & steel drum) (Resident & Staff Event) (CY) 3:00 Fall Prevention Fitness Class with Maryam (E) 6:00 Rummikub (CK) 7:00 Movie - Fackham Hall (P) (T) 14	9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Knotty Knitters Group (DL) 10:00 Outdoor Games with Evan (CY) 10:15 Coffee & Chat with Duty Manager (P) 11:00 Friendly Visits with Evan (ISA) 1:45 Popcorn Social (T) 2:00 Toonie Bingo with Evan (MP) 2:00 Saturday Afternoon Concert (Video) - Bee Gees: O. N. O. Sydney 1999 (Y) (T) 3:00 Tea Time with Evan (P) 6:00 Rummikub (CK) 7:00 Movie - Invitation To A Murder (P) (T) 15



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9:30 Resident Run: Go4Life Indoor Walking Club (DL) 16 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:00 Tea Time with Faith (P) 10:15 Receive the Eucharist (T) 1:45 Listen Up! Roxy's Audio Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt (T) 3:15 The Great Escape: Armchair Adventures - Guyana: The Poorest Country That Became the Richest in 10 Years (Y) (T) 3:30 Sunday Social Hour & Headbands with Faith (P) 6:00 Rummikub (CK) 7:00 Movie - Innocent (P) (T)	Wear Yellow for National Pineapple Juice Day 17 Free Hearing Assessment Clinic with Ear Solutions (10:00am - 3:00pm) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Wii Bowling (T) 10:00 Word Games with Lori (P) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Toonie Bingo with Lori (MP) 2:00 Fall Prevention Fitness Class with Claudia (E) 3:00 Happy Hour: Drinks with Pineapple Juice (P) 6:00 Rummikub (CK) 7:00 Movie - The Mirror Crack'd (P) (T)	Ladies' Breakfast - Sign up at Reception (D) 18 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Java Friendship Club with Lori (P) 11:00 Computer Help with Lori (ISA) 2:00 Live Art Workshop: Jellyfish Painting with Lori (MP) 2:00 Play Euchre with Lesley (P) 3:00 Living Loving Local Tasting Social: Peaches & Corn with Lesley (P) 3:15 Friendly Visits with Lori (ISA) 6:00 Rummikub (CK) 7:00 Play Mahjong with Kaitlyn (P) 7:00 Movie - Princess Catherin: Queen In Waiting (P) (T)	Irina's Hair Services (HS) 19 Dress as a Superhero Men's Breakfast - Sign up at Reception (D) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Outing: Giant Tiger (ML) 2:00 Bingo With Jorge (MP) 2:00 1/2 Priced Happy Hour: Superhero Themed Drinks (P) 2:00 Fitness Class with Zahra (E) 2:00 Special Guest Speaker: Kelly Gill, Nurse Practitioner, with Optimal Retirement Care "Care Offering Information Session & Falls Prevention" (T) 3:00 Live Entertainment: Marcus Schwan (vocals and guitar) (CY) 4:00 Friendly Visits with Lori (ISA) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Movie - Green and Gold (P) (T) 7:00 1/2 Priced Pub Night with Lori (P)	Walker/Wheelchair Tune-ups 10:30 - 11:30am (Q) 20 9:00 Balance & Muscle Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Fit Minds Program with Lori (P) 2:00 Meet me at the MoMA Lecture: Cynthia McLean with Lori (T) 2:00 Men's Gathering with Lesley: Darts (P) 2:00 Fitness Class with Zahra (E) 3:00 Resident Forum Meeting 4:00 Friendly Visits with Evan (ISA) 6:00 Rummikub (CK) 7:00 Bonfire with Evan (CY) 7:00 Musical Movie Night - Oklahoma (P) (T)	9:00 Fitness Class with Sabrina 21 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Outdoor Games: Lawn Darts with Evan (CY) 10:00 Word Puzzles with Sabrina (P) 1:30 Bridge Club (CK) 2:00 Toonie Bingo with Evan (MP) 3:00 Tea Time with Evan (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 6:00 Rummikub (CK) 7:00 Movie - Silent Witness (P) (P)	9:00 Fitness Class with Maryam (E) 22 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Knotty Knitters Group (DL) 10:00 Outdoor Games with Lori (CY) 10:15 Coffee & Chat with Duty Manager (P) 11:00 Friendly Visits with Lori (ISA) 1:45 Popcorn Social (T) 2:00 The Price is Right Game with Lori (P) 2:00 Saturday Afternoon Concert (Video) - Tony Bennett - Full Concert - Live at North Sea Jazz Festival 2000 (Y) (T) 3:00 Happy Hour with Lori (P) 6:00 Rummikub (CK) 7:00 Movie - Love Wine & Salt: A Tuscan Romance (P) (P)
9:30 Resident Run: Go4Life Indoor Walking Club (DL) 23 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:00 Tea Time with Lori (P) 10:15 Receive the Eucharist (T) 1:45 Listen Up! Roxy's Audio Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt (T) 3:15 The Great Escape: Armchair Adventures - Paraguay: The Land Beyond the Headlines You Never Knew (Y) (T) 3:30 Goodbyes & Well Wishes Social with Faith (P) 6:00 Rummikub (CK) 7:00 Movie - The Kings Daughter (P) (T)	9:30 Resident Run: Go4Life Indoor Walking Club (DL) 24 10:00 Wii Bowling (T) 10:00 Word Puzzles with Evan (P) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Toonie Bingo with Evan (MP) 2:00 Fall Prevention Fitness Class with Claudia (E) 3:00 Piano & Tea (P) 6:00 Rummikub (CK) 7:00 Movie - Princess for a Day (P) (T)	EZ Fit Shoes with Naveed *New Vendor Sale (10:00am - 3:00pm) (DL) 25 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Java Friendship Club with Lori (P) 11:00 Computer Help with Lori (ISA) 2:00 Live Art Workshop: Koi Fish Painting with Lori (MP) 2:00 Play Bid Euchre with Lesley (P) 3:00 New Resident Welcome Wine and Cheese Social (P) 6:00 Rummikub (CK) 7:00 Play Mahjong with Kaitlyn (P) 7:00 Movie - Looking Through Water (P) (T)	Irina's Hair Services (HS) 26 National Dog Day 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Outing: Upper Canada Mall (ML) 10:00 Word Puzzles with Evan (P) 10:30 Blood Pressure Clinic with Venus (MP) 2:00 Bingo With Jorge (MP) 2:00 Tea Time with Lori (P) 2:00 Fitness Class with Zahra (E) 3:00 Birthday Bash with Alisa Kanda (vocals) (CY) 3:00 Friendly Pet Visits with Lori (ISA) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Blockbuster Movie with Lori - Wuthering Heights (1939) (T)	9:00 Balance & Muscle Fitness Class with Lesley (E) 27 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Fit Minds Program with Lori (P) 2:00 Meet me at the MoMA Painting: Cynthia McLean with Lori (MP) 2:00 Men's Gathering with Lesley: Complementary Whisky (P) 2:00 Fitness Class with Zahra (E) 3:00 Tea Time with Lori (P) 4:00 Friendly Visits with Evan (ISA) 6:00 Rummikub (CK) 7:00 Bonfire with Evan (CY) 7:00 Musical Movie Night - Chorus Line (P) (T)	Denim Day - Wear Your Blue Jeans 28 9:00 Morning Stretches (video) (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Outdoor Games: Ring Toss with Evan (CY) 1:00 Outing: Cirque du Soleil and Dinner at Hanson's (PAID) (ML) 1:30 Bridge Club (CK) 2:00 Toonie Bingo with Evan (MP) 3:00 Tea Time with Evan (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 6:00 Rummikub (CK) 7:00 Movie - Wish I Was Here (P) (T)	9:00 Fitness Class with Maryam (E) 29 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Knotty Knitters Group (DL) 10:00 Outdoor Games with Evan (CY) 10:15 Coffee & Chat with Duty Manager (P) 11:00 Friendly Visits with Evan (ISA) 1:45 Popcorn Social (T) 2:00 Wheel of Fortune with Evan (P) 2:00 Saturday Afternoon Concert (Video) - Olivia Newton-John - Full Show - Only Olivia, September, 23rd 1977 (Y) (T) 3:00 Tea Time with Evan (P) 6:00 Rummikub (CK) 7:00 Movie - Keeping Mum (P) (T)
National Friendship Day (BW) 30 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:00 Tea Time with Evan (P) 10:15 Receive the Eucharist (T) 1:54 Listen Up! Roxy's Audio Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt (T) 3:15 The Great Escape: Armchair Adventures - Wonders of Peru The Most Amazing Places in Peru (Y) (T) 3:30 Friendship & Tea Time with Evan (P) 6:00 Rummikub (CK) 7:00 Movie - Three Weeks Three Kids (P) (T)	9:30 Resident Run: Go4Life Indoor Walking Club (DL) 31 10:00 Wii Bowling (T) 10:00 Word Games with Lori (P) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Toonie Bingo with Lori (MP) 2:00 Fall Prevention Fitness Class with Claudia (E) 3:00 High Tea (P) 6:00 Rummikub (CK) 7:00 Movie - Fast and Furious Presents: Hobbs and Shaw (P) (T)	 Friendship Day		Locations Legend Pub (P) Theater (T) Dietrich Lounge (DL) Exercise Room (E) Country Kitchen (CK) Multi Purpose Room (MP)	In Suite Activity (ISA) Courtyard (CY) Main Lobby (ML) Salon (HS) Dining Room (D) Building Wide (BW) Quite Room (Q)	Calendar Legend Outing Special Program Living, Loving, Local Signature Program Highlight