



INSPIRED
SENIOR LIVING

October 2026

The Roxborough Retirement Residence

Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breast Cancer Awareness Month		 Thanksgiving				
National Cinnamon Bun Day - Dress in Yellows & Browns4 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:15 Receive the Eucharist (T) 2:00 Tea & Cinnamon Bun Social (P) 2:00 Listen Up! Roxy's Audio Book Club: Watch Party "Remarkably Bright Creatures" Movie (T) 3:00 Boardgames with Life Enrichment (P) 6:00 Rummikub (CK) 7:00 Movie - Magic in the Moonlight (Prime) (T)	Active Aging Week (BW) Wear Your Sports Jersey5 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Puzzles with Sarita (P) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 Tea Time (P) 2:00 Noodle Hockey (D3) 3:00 Lianne Harris Presents - Enchanted Food (T) 3:15 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - Here (Prime) (T)	Active Aging Week (BW) Sarah Ann's Foot Care Services - Appointment Required Information Table with Lisa Baker from My Care Well a Physiotherapy Clinic (10:00am - 3:00pm) (DL) Wear Your Sweatshirt6 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Computer Help (ISA) 10:00 Outing: 404 Plaza & Bank Shuttle (ML) 11:15 Java Music Coffee Group (MP3) 2:00 Balloon Toss (D3) 2:00 Living Loving Local Tasting Social: Pear, Squash & Pumpkin (P) 3:00 Art Workshop with Sarita: Decoupage Pumpkin Craft (video) (MP3) 3:15 Men's Club: Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Play Mahjong with Kaitlyn (P) 7:00 Movie - The Runner (Prime) (T)	Active Aging Week (BW) Irina's Hair Services (HS) Wear Your Baseball Hat7 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Technology Class with Sarita (T) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 2:00 Toonie Bingo with Lesley (MP1) 3:00 Bean Bag Toss (MP3) 3:00 Live Entertainment: David Tom (vocals & piano) (P) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Guess Who Game with Lori (P) 7:00 Movie - Dirty Rotten Scoundrels (Prime) (T)	Active Aging Week (BW) Irina's Hair Services (HS) Wear Your Running Shoes8 9:00 Balance & Muscle Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Fit Minds Program (P) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 2:00 Keep Up! (D3) 3:00 Dance & Movement Therapy with Ayana Spivak (MP1) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Domenic (MP1) 7:00 Movie - The Thirty-Nine Steps (1959) (Prime) (T)	Active Aging Week (BW) Wear Your 80's Workout Outfit9 9:00 Making Soup with Lori (D3) 9:00 Morning Stretches (video) (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 1:30 Bridge Club (CK) 2:00 Tea Time (P) 2:00 Youtube Oldies Dance Party (D3) 2:00 Special Guest Speaker: Dehanna Bessada "I Am More Than My Behaviour" (T) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Popcorn & A Movie - The Bishop's Wife (1947) (Prime) (T)	Active Aging Week (BW) Wear Your 80's Workout Outfit10 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:15 Coffee & Chat with Duty Manager (P) 2:00 Tea Time (P) 2:00 Saturday Afternoon Concert (Video) - Anne Murray: From Small Town Singer to Snowbird Superstar (Y) (T) 3:00 Meet me at the MoMa Painting: Winslow Homer (MP1) 6:00 Rummikub (CK) 7:00 Movie - Ernest in the Army (Prime) (T)
Thanksgiving Turkey Dinner - Sign up at Reception11 Dress as a Turkey Day 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:15 Receive the Eucharist (T) 2:00 Tea Time & Thanksgiving Traditions Discussion (P) 2:00 The Great Escape: Armchair Adventures - Moldova - Chisinau, Moldova - Europe's most unexplored capital (Y) (T) 3:00 Jeopardy with Evan & Domenic (MP1) 6:00 Rummikub (CK) 7:00 Movie - The Jackie Robinson Story (Prime) (T)	Thanksgiving Ham Dinner - Sign up at Reception12 Dress in Fall Colours: Orange, Red & Yellow 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Puzzles with Sarita (P) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 Thanksgiving Inspired Happy Hour with Lori (Complementary Drink) (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - All Things Bright and Beautiful (Prime) (T)	Sarah Ann's Foot Care Services - Appointment Required13 Senior's Mobile Shop Vendor Sale (11:00am - 3:00pm) (MP1) 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Puzzles with Sabrina (P) 10:00 Computer Help (ISA) 11:15 Java Music Coffee Group (MP3) 2:00 Bible Study with Lori (MP3) 2:00 Tea Time with Sarita (P) 3:00 Art Workshop with Sarita: Ghost in a Garden (video) (MP3) 3:15 Men's Club with Lori: 1/2 Priced Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Play Mahjong with Kaitlyn (P) 7:00 Movie - My Foolish Heart (1949) (Prime) (T)	Irina's Hair Services (HS) Seated Fitness Class with Lesley (E)14 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Technology Class with Sarita (T) 10:00 Outing: Fall Colours Tour & Complementary Coffee (Free) (ML) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 2:00 Toonie Bingo with Lesley (MP1) 3:00 Live Entertainment: Ed Smith (vocals) (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Halloween Door Hanger with Lori (sign up with Life Enrichment) (P) 7:00 Movie - Elizabeth Taylor in Last Time I Saw Paris - The Unedited Original (Prime) (T)	Walker/Wheelchair Tune-ups 10:30 - 11:30am (Q) Irina's Hair Services (HS)15 9:00 Balance & Muscle Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Fit Minds Program (P) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 2:00 Meet me at the MoMA Lecture: Edward Gorey (MP3) 2:30 Meeting with Residents & Verve's V.P. of Operations Christina (MP1) 3:00 Christian Communion Service with Canon Barb Hammond (T) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Domenic (MP1) 7:00 Movie - 1918 (Prime) (T)	Living Loving Local Dinner Featuring - Pear, Squash & Pumpkin (D)16 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 11:15 Baking Cookies (D3) 1:30 Bridge Club (CK) 2:00 Guest Speaker: Meet Mohsen Alavi Running for Regional Councillor (T) 2:15 Pizza Party on the Pub Patio (PP) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Popcorn & A Movie - Overboard - Staring Goldie Hawn & Kurt Russell (Prime) (T)	9:00 Fitness Class with Maryam (E)17 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:15 Coffee & Chat with Duty Manager (P) 2:00 Tea Time (P) 2:00 Saturday Afternoon Concert (Video) - Elvis Presley - Aloha from Hawaii 1973 (T) 3:00 Happy Hour with Lori (P) 6:00 Rummikub (CK) 7:00 Movie - Mr. Church (Prime) (T)



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9:30 Resident Run: Go4Life Indoor Walking Club (DL) 18 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:15 Receive the Eucharist (T) 2:00 Tea Time (P) 2:00 The Great Escape: Armchair Adventures - Wonders of Argentina - Most Amazing Places in Argentina (Y) (T) 3:00 Craft with Lori: Clay Ghost (sign up with Life Enrichment) (MP1) 6:00 Rummikub (CK) 7:00 Movie - Runt (Prime) (T)	Dress in Your Fall Best 19 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Puzzles with Sarita (P) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 Tea Time & October Photo Shoot with Neil Piechatzek (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - A Very Southern Church (Prime) (T)	Sarah Ann's Foot Care Services - Appointment Required 20 Ladies' Breakfast - Sign up at Reception (D) Information Table with Caitlinn from Vitalys Physio and Wellness (10:00am - 2:00pm) (DL) 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Computer Help (ISA) 11:15 Java Music Coffee Group (MP3) 11:30 Men's Club Outing: Cousins Steak House\$ (ML) 2:00 Bible Study with Lori (MP3) 2:00 Tea Time (P) 3:00 Art Workshop with Sarita: A Spider's Web (video) (MP3) 6:00 Rummikub (CK) 7:00 Play Mahjong with Kaitlyn (P) 7:00 Movie - About My Father (Prime) (T)	Irina's Hair Services (HS) 21 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 Technology Class with Sarita (T) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 2:00 Toonie Bingo with Lesley (MP1) 3:00 Live Entertainment: Jessica Rios (vocals) (P) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Ladies Night (Complementary Drink for Ladies) with Lori (P) 7:00 Movie - Lake Effects (Prime) (T)	Irina's Hair Services (HS) 22 Dress in Pink for Breast Cancer Awareness One Stop Shop with Sonita Vendor Sale (10:00am- 3:00pm) (DL) 9:00 Balance & Muscle Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Scramble Challenge (pick up, completed and return to Life Enrichment for a chance to win a prize) (DL) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time & Breast Cancer Awareness Discussion (P) 3:00 Resident Forum Meeting (T) 3:00 Meet me at the MoMA Painting: Edward Gorey (MP1) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Domenic (MP1) 7:00 Movie - No Clue (Prime) (T)	9:00 Seated Fitness Class with Lesley (E) 23 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Outing: Upper Canada Mall (ML) 11:15 Baking for Holiday Market (D3) 1:30 Bridge Club (CK) 2:00 New Resident Welcome Wine and Cheese Social (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Popcorn & A Movie - You're Cordially Invited (Prime) (T)	9:00 Fitness Class with Maryam (E) 24 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:15 Coffee & Chat with Duty Manager (P) 2:00 Tea Time & Fit Minds Programs (P) 3:00 NEW* Live Entertainment: Jack Earle (Flute) (T) 6:00 Rummikub (CK) 7:00 Movie - Serendipity (Prime) (T)
Sunday Brunch (11:00AM-1:30pm) - Sign up at Reception (D) 25 Halloween Spirit Week: Dress as a Black Cat 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:15 Receive the Eucharist (T) 2:00 Tea Time (P) 2:00 The Great Escape: Armchair Adventures The Cyprus Roadtrip - a Cyprus Travel Documentary (Y) (T) 3:00 Wheel of Fortune with Domenic (P) 6:00 Rummikub (CK) 7:00 Movie - Leap Year (Prime) (T)	Halloween Spirit Week: Dress as a Ghost 26 Town of Newmarket's 2026 Municipal Election 4:00pm - 6:00pm (MP1) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Puzzles with Sarita (P) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 Tea Time & Ghost Stories (P) 6:00 Rummikub (CK) 7:00 Movie - Because I Said So (Prime) (T)	Sarah Ann's Foot Care Services - Appointment Required 27 Newmarket Public Library - Free Visiting Library Service (9:00am - 12:00pm) (DL) Halloween Spirit Week: Wear Your Witches Hat 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Puzzles with Sabrina (P) 10:00 Computer Help (ISA) 11:15 Java Music Coffee Group (MP3) 2:00 Bible Study with Lori (MP3) 2:00 Tea Time (P) 3:00 Art Workshop with Sarita: Fall Path Painting (video) (MP3) 3:15 Men's Club with Lori: Complementary Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Play Mahjong with Kaitlyn (P) 7:00 Movie - Yesterday (Prime) (T)	Irina's Hair Services (HS) 28 Halloween Spirit Week: Dress as a Pumpkin 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 Technology Class with Sarita (T) 10:30 Blood Pressure Clinic with Venus (MP1) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 2:00 Jackpot Bingo With Jorge (MP1) 3:30 Birthday Bash with West Enders Band (vocals & piano) (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Blockbuster Movie with Lori: Hocus Pocus (T)	Irina's Hair Services (HS) 29 Halloween Spirit Week: Dress as a Spider 9:00 Balance & Muscle Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Fit Minds Program (P) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 3:00 Meet me at the MoMA: Finish Your Painting (MP1) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Domenic (MP1) 7:00 Movie - The Silence of the Lambs (Prime) (T)	Halloween Spirit Week: Wear Orange & Black 30 Flu Shot and COVID-19 Vaccination Clinic (10:00am - 2:00pm) (T) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:45 Halloween Costume Parade with Holland Landing Child Care Centre (DL) 1:30 Bridge Club (CK) 2:00 Tea Time (P) 2:00 Baking: Halloween Cookies (D3) 2:00 Outing: Giant Tiger (ML) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Toonie Bingo with Domenic (MP1) 6:00 Rummikub (CK) 7:00 Popcorn & A Movie - Dr. Jekyll & Sister Hyde (Prime) (T)	Halloween: Dress in a Halloween Costume for a chance to win a prize 31 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:15 Coffee & Chat with Duty Manager (P) 11:00 Colouring & Costume Show 'n Tell with Charitee, Lucas & Liam (D3) 2:00 Tea Time (P) 2:00 Saturday Afternoon Concert (Video) - Stompin' Tom Connors - In Live Concert - As Aired on CTV in 2009 (T) 3:00 Happy Hour with Lori (P) 6:00 Rummikub (CK) 7:00 Halloween Costume & DJ Dance Party with Keil & Lori (P) 7:00 Movie - The Comedy Of Terrors (Prime) (T)



Halloween

Be Celebrated

Locations Legend

Pub (P)
Theater (T)
Exercise Room (E)
Dietrich Lounge (DL)
Country Kitchen (CK)
Ground Floor Multi Purpose Room (MP1)
Assisted Living Multi Purpose Room (MP3)

Assisted Living Dining Room (D3)
Salon (HS)
Main Lobby (ML)
Building Wide (BW)
In Suite Activity (ISA)
Dining Room (D)
Quite Room (Q)
Pub Patio (PP)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program
Highlight
Active Week