



INSPIRED
SENIOR LIVING

September 2026

The Roxborough Retirement Residence

Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY LABOUR DAY Labour Day		9:00 Fitness Class with Maryam (E) 1 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: Watercolour Bookmarks (MP1) 3:15 Men's Club: Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Movie - Summer Camp, (netflix) (T) 7:00 Play Mahjong with Kaitlyn (P)	Irina's Hair Services (HS) 2 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 9 Letter Word 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 Bingo With Jorge (MP1) 2:00 Tea Time (P) 3:00 Live Entertainment: Vivianna (vocals) (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Sip & Paint (MP1) 7:00 Movie - Four Weddings and a Funeral (netflix) (T)	Irina's Hair Services (HS) 3 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 Outing: 404 Plaza & Bank Shuttle (ML) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 3:00 Meet me at the MOMA Lecture: Norval Morrisseau (T) 6:00 Rummikub (CK) 7:00 Movie - It's Complicated (netflix) (T)	Living Loving Local Dinner Featuring - Blueberry & Apple (D) 4 Dress Up In Your Best 50's Outfit 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 11:15 Baking (D3) 1:30 Bridge Club (CK) 2:00 Milkshake 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 - Forever My Girl (netflix) (T) 7:00 Bonfire with Evan (CY)	9:00 Fitness Class with Maryam (E) 5 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:15 Coffee & Chat with Duty Manager (P) 2:00 Movie Matinee - Mother Theresa (Prime) (T) 2:00 Tea Time (P) 3:00 Happy Hour with Lori (P) 6:00 Rummikub (CK) 7:00 Movie - Voicemails For Isabelle (netflix) (T)
		One Stop Shop with Sonita Vendor Sale (10:00am-3:00pm) (DL) 8 Sarah Ann's Foot Care Services - Appointment Required 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) 2:00 Bible Study with Lori (MP3) 2:00 Tea Time (P) 3:00 Art Workshop: Van Gogh Series - Sunflowers (video) (MP1) 3:15 Men's Club: 1/2 Priced Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Movie - Midway (netflix) (T) 7:00 Piano Music with Kaitlyn (P)	Irina's Hair Services (HS) 9 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Picture Bingo Scavenger Hunt (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 Bingo With Jorge (MP1) 2:00 Tea Time (P) 3:00 Live Entertainment: Rick Groves (vocals & guitar) (D) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Scattegories & 1/2 Priced Happy Hour with Lori (P) 7:00 Movie - Green Book (netflix) (T)	Irina's Hair Services (HS) 10 9:00 Balance & Muscle Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Fit Minds Program (P) 11:30 Outing: Lunch at Scaddabush\$ (ML) 1:30 Fitness Class with Zahra (E) 2:00 Tea Time (P) 3:00 Meet me at the MoMA Painting: Norval Morrisseau (MP1) 6:00 Rummikub (CK) 7:00 Movie - Going inStyle (netflix) (T)	Sight Care on Site: Optometrist Visit (book appointment by calling them at 905-235-6200) (T) 11 Dress as a Cowboy for Country Western Day 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Horseracing (MP1) 11:15 Baking (D3) 1:30 Bridge Club (CK) 2:00 Mini Horse Visits & Drinks in the Courtyard (CY) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Live Country Themed Entertainment with Linda and Dennis Conn (CY) 6:00 Rummikub (CK) 7:00 Popcorn & A Movie - 17 Again (netflix) (T) 7:00 Bonfire with Evan (CY)	Dress in Red & White for Verve's Canadian Themed National Open House (1:00pm-3:00pm) 12 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 Saturday Afternoon Concert (Video) - Simon & Garfunkel - Full Concert - Live at Shoreline Amphitheatre (1993) (youtube) (T) 2:00 Tea Time (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - People We Meet On Vacation (netflix) (T)
9:30 Resident Run: Go4Life Indoor Walking Club (DL) 6 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:15 Receive the Eucharist (T) 2:00 The Great Escape: Armchair Adventures : Newfoundland - On the Shores of Canada's Most Spectacular Coast (youtube) (T) 2:00 Tea Time (P) 3:00 Listen Up! Roxy's Audio Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt (T) 6:00 Rummikub (CK) 7:00 Movie - Forrest Gump (netflix) (T)	Dress as a Construction Man for Labour Day 7 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 Construction Jokes & Tea Time (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - Max (netflix) (T)	Cavery Women's Clothing with Atik Saigal Vendor Sale (10:00am-3:00pm) (DL) 15 Sarah Ann's Foot Care Services - Appointment Required 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: Van Gogh Series - Wheatfield (video) (MP1) 3:15 Men's Club: Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Movie - A Beautiful Mind (netflix) (T)	Irina's Hair Services (HS) 16 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Scramble Scavenger Hunt (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 Bingo With Jorge (MP1) 2:00 Tea Time (P) 3:00 Live Entertainment: Benjamin Shavinicky (vocals & acoustic guitar) (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Youtube Oldies Dance Party (P) 7:00 Movie - It Takes Two (netflix) (T)	Walker/Wheelchair Tune-ups 10:30 - 11:30am (Q) 17 Irina's Hair Services (HS) 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 Meet me at the MoMA Lecture: Nicholas J. Bott (T) 2:00 Tea Time (P) 3:00 Christian Communion Service with Canon Barb Hammond (T) 6:00 Rummikub (CK) 7:00 Movie - Sisterhood of the Traveling Pants (netflix) (T)	9:00 Morning Stretches (video) (E) 18 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 11:15 Baking (D3) 1:30 Bridge Club (CK) 2:00 Tea Time (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Special Guest Speaker: Teresa Soncin from Taylor Funeral Home "Executor Workshop" (T) 3:15 Toonie Bingo (MP1) 6:00 Rummikub (CK) 6:30 Outing: Aurora Theatre "Yesterday Once More" (PAID) (ML) 7:00 Popcorn & A Movie - Sisterhood of The Travling Pants 2 (netflix) (T) 7:00 Bonfire with Evan (CY)	9:00 Fitness Class with Maryam (E) 19 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:15 Coffee & Chat with Duty Manager (P) 2:00 Saturday Afternoon Concert (Video) - The Beach Boys Live in Concert 50th Anniversary (youtube) (T) 2:00 Tea Time (P) 3:00 1/2 Priced Happy Hour with Lori (P) 6:00 Rummikub (CK) 7:00 Movie - Rumor Has It (netflix) (T)



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9:30 Resident Run: Go4Life Indoor Walking Club (DL) 20 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:15 Receive the Eucharist (T) 2:00 The Great Escape: Armchair Adventures: Wonders of Nova Scotia - The Hidden Places No One Talks About! (youtube) (T) 2:00 Tea Time (P) 3:00 Listen Up! Roxy's Audio Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt (T) 6:00 Rummikub (CK) 7:00 Movie - The Hustle (netflix) (T)	Wear Blue & Red for Living Loving Local: Blueberry & Apple Day 21 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 Fall Prevention Fitness Class with Claudia (E) 2:00 Living Loving Local Tasting Social: Blueberry & Apple (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - Let Him Go (netflix) (T)	Ladies' Breakfast - Sign up at Reception (D) 22 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Outing: Casino at Great Canadian Toronto (Woodbine)\$ (ML) 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: Van Gogh Series - Starry Night part 1 of 2 (video) (MP1) 3:15 Men's Club: Complementary Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Movie - The Guns Of Navarone - 1961 (netflix) (T) 7:00 Play Mahjong with Kaitlyn (P)	Men's Breakfast - Sign up at Reception (D) 23 Irina's Hair Services (HS) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Wacky Wordies (pick up, completed and return to Life Enrichment for a chance to win a prize) (DL) 10:30 Blood Pressure Clinic with Venus (MP1) 1:30 Fitness Class with Zahra (E) 2:00 Bingo With Jorge (MP1) 2:00 Tea Time (P) 3:00 Live Entertainment: Amber Hardy (vocals) (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Ladies Night (Complementary Drink for Ladies) with Lori (P) 7:00 Movie - Annie -1982 (netflix) (T)	Irina's Hair Services (HS) 24 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 New Resident Welcome Wine and Cheese Social (P) 3:00 Resident Forum Meeting (T) 3:00 Meet me at the MoMA Painting: Nicholas J. Bott (MP1) 6:00 Rummikub (CK) 7:00 Movie - Sully (netflix) (T)	Newmarket Public Library - Free Visiting 25 Library Service (9:00am - 12:00pm) (DL) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 11:15 Baking (D3) 1:30 Bridge Club (CK) 2:00 Tea Time (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Special Guest: Meet Councillor for Ward 2 Glenn Marais (T) 3:15 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Popcorn & A Movie - Hello, My Name Is Doris (netflix) (T) 7:00 Bonfire with Evan (CY)	9:00 Fitness Class with Maryam (E) 26 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:15 Coffee & Chat with Duty Manager (P) 2:00 Saturday Afternoon Concert (Video) - David Bowie & Friends: A Very Special Birthday Celebration Concert NYC 1997 (youtube) (T) 2:00 Tea Time (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - Nonna's (netflix) (T)
9:30 Resident Run: Go4Life Indoor Walking Club (DL) 27 9:45 St. Michael's Cathedral Basilica Church Broadcast (T) 10:15 Receive the Eucharist (T) 2:00 The Great Escape: Armchair Adventures: New Brunswick Travel Documentary - Bay of Fundy, Coastal Towns & Acadian Culture (youtube) (T) 2:00 Tea Time (P) 3:00 Listen Up! Roxy's Audio Book Club: "Remarkably Bright Creatures" by Shelby Van Pelt (T) 6:00 Rummikub (CK) 7:00 Movie - Little Women (netflix) (T)	9:30 Resident Run: Go4Life Indoor Walking Club (DL) 28 10:00 Wii Bowling (T) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Knotty Knitters Group (DL) 2:00 Piano & Tea (P) 2:00 Fall Prevention Fitness Class with Claudia (E) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - Our Souls At Night (netflix) (T)	MaryKay with Deb Caussie Vendor Sale (10:00am - 3:00pm) 29 Sarah Ann's Foot Care Services - Appointment Required 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 Outing: Upper Canada Mall (ML) 2:00 Bible Study with Lori (MP3) 2:00 Tea Time (P) 3:00 Art Workshop: Van Gogh Series - Starry Night part 2 of 2 (video) (MP1) 3:15 Men's Club: Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Movie - My Best Friend's Wedding (netflix) (T) 7:00 Play Mahjong with Kaitlyn (P)	Orange Shirt Day for National Day for Truth and Reconciliation 30 Irina's Hair Services (HS) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Ladder (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 Bingo With Jorge (MP1) 2:00 National Day for Truth and Reconciliation Discussion & Tea Time (P) 3:00 Birthday Bash with Anthony Clayton (vocals & guitar) (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 6:45 Blockbuster Movie with Lori - Guys And Dolls (1950) (T)	 Eat An Apple Day		

Day for Truth and
Reconciliation

Be Supported

Locations Legend

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

Salon (HS)
Courtyard (CY)
In Suite Activity (ISA)
Main Lobby (ML)
Dining Room (D)
Assisted Living Dining Room (D3)
Quite Room (Q)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program
Highlight