November 2026

The Roxborough Retirement Residence

Independent Living

Verve | INSPIRED SENIOR LIVING

THE ROXBOROUGH RETIREMENT RESIDENCE
INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends 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 Jeopardy with Evan (MP1) 2:30 Tea Time with Dining (P) 3:00 Toonie Bingo with Evan (MP1) 6:00 Rummikub (CK) 7:00 Movie - 40 Days and 40 Nights (Netflix) (T)	**2** 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 Toonie Bingo with Lesley (P) 2:30 Tea Time with Dining (P) 3:00 Lianne Harris Presents - The Secret Life of Roman's 6:00 Rummikub (CK) 7:00 Movie - Crazy Rich Asians (Netflix) (T)	**3** Sarah Ann's Foot Care Services - Appointment Required Information Table with Mike Isguder: Wellwise Home Health & Wellness (10:00am - 3:00pm) (DL) 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 9 Letter Word Challege (pick up, completed and return to Life Enrichment for a chance to win a prize) (P) 1:30 Special Guest: CRA's Outreach Services with Prasanthi Selvakumar Presents "Benefits and Credits for Adults 65 Years of Age and Older" (T) 2:00 Live Artfull Workshop Presentation - Dreamscapes (MP1) 2:30 Tea Time with Dining (P) 3:00 Bible Study with Lori (MP1) 3:15 Men's Club: Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Abba Themed Ladies Night (Complementary Drink for Ladies) with Lori & Mel (P)	**4** Irina's Hair Services (HS) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 11:15 Java Music Coffee Group (MP3) 1:30 Fitness Class with Zahra (E) 2:00 Toonie Bingo with Lesley (P) 3:00 Live Entertainment: Take Note (choir & piano) (P) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Movie - He's Just Not That Into You (Netflix) (T)	**5** Irina's Hair Services (HS) National Candy Day 9:00 Morning Stretches (video) (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 1:30 Fitness Class with Zahra (E) 2:00 Candy Day Social with Domenic (P) 2:00 Outing: Mulock House & Chickadee Cafe$ (ML) 3:00 Meet me at the MOMA Lecture - Richard Jack (T) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Domenic (MP1)	**6** Living Loving Local Dinner Featuring - Beets (D) Dress in Red for Living Loving Local's Beets Themed Dinner 9:00 Morning Stretches (video) (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Computer Help with Domenic (ISA) 11:15 Baking (D3) 1:30 Bridge Club (CK) 2:00 1/2 Priced Happy Hour with Lori & Domenic (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Toonie Bingo (P) 6:00 Rummikub (CK) 6:30 Outing: Tulua at Davide De Simone Performance Hall (PAID) (ML) 7:00 Friday Night Movie & Popcorn - Faraway (Netflix) (T)	**7** 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 Fit Minds Program with Domenic (P) 2:30 Tea Time with Dining (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - The Sixth Sense (Netflix) (T)
8 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 Remembrance Day Themed Art with Domenic (MP1) 2:30 Tea Time with Dining (P) 3:00 Remembrance Day Themed Word Puzzles (MP1) 6:00 Rummikub (CK) 7:00 Movie - It Takes Two (netflix) (T)	**9** 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:30 Drum Fit Exercise (E) 10:45 Holiday Market Volunteer Planning Meeting (MP1) 1:30 Bridge Club (CK) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 New Resident Welcome Wine and Cheese Social (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - Two Weeks Notice (Netflix) (T)	**10** Sarah Ann's Foot Care Services - Appointment Required Information Table with Odelia Chan: Reflexology (10:00am - 3:00pm) (DL) 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Word Puzzles with Sabrina (P) 11:00 Outing: Senior's Mix & Mingle $5 Lunch at Newmarket Legion$ (ML) 2:00 Meet me at the MoMA Painting - Richard Jack (MP1) 2:30 Tea Time with Dining (P) 3:00 Bible Study with Lori (MP1) 3:15 Men's Club: Drink & Snacks (P) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Lori (MP1)	**11** Irina's Hair Services (HS) Remembrance Day 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 9:30 Remembrance Day Service Live From Ottawa (T) 11:15 Java Music Coffee Group (MP3) 1:30 Fitness Class with Zahra (E) 2:00 Toonie Bingo with Lesley (MP1) 2:30 Tea Time with Dining (P) 3:00 Artfull Workshop Painting - Floppy Poppies (MP1) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Movie - It's Complicated (netflix) (T)	**12** Irina's Hair Services (HS) Dress in Green, Red & White For Our Italian Themed Dinner (Regular Seating Times) (D) 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 Computer Help with Domenic (ISA) 2:00 Outing: Upper Canada Mall (ML) 2:30 Tea Time with Dining (P) 3:00 Live Entertainment: Marcus Schwan (vocals and guitar) (T) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Domenic (MP1)	**13** Dress As Your Pet 9:00 Morning Stretches (video) (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Morning Tea & Pet Stories with Domenic (P) 11:15 Baking (D3) 1:30 Bridge Club (CK) 2:00 Living Loving Local Tasting Social: Beets with Domenic (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 6:30 Outing: Aurora Theatre "Over the River & Through the Woods" (PAID) (ML) 7:00 Popcorn & A Movie - Steel Magnolias (Netflix) (T)	**14** 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 Happy Hour with Lori (P) 3:00 Category Challenge (P) 6:00 Rummikub (CK) 7:00 Movie - Radio (netflix) (T)
15 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 Boardgames with Evan (P) 2:30 Tea Time with Dining (P) 3:00 Cranium Cruches with Evan (P) 6:00 Rummikub (CK) 7:00 Movie - La Bamba (Netflix) (T)	**16** Fifth Avenue Jewelry with Ann Marie Vendor Sale (10:00am - 3:00pm) (DL) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 The Great Escape: Armchair Adventures - Canada Autumn: Golden Forests, Majestic Mountains & Breathtaking Fall Landscapes (T) 2:30 Tea Time with Dining (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - PS I Love You (netflix) (T)	**17** Ladies' Breakfast - Sign up at Reception (D2) 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 2:00 Live Artfull Workshop Painting - Safari Sunset (MP1) 2:30 Tea Time with Dining (P) 3:00 Bible Study with Lori (MP1) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Lori (MP1)	**18** Irina's Hair Services (HS) Men's Breakfast - Sign up at Reception (D2) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 11:15 Java Music Coffee Group (MP3) 1:30 Fitness Class with Zahra (E) 2:00 Toonie Bingo with Lesley (MP1) 2:30 Tea Time with Dining (P) 3:00 Live Entertainment: Corey Marshell (vocals & guitar) (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Movie - Ella Enchanted (Netflix) (T)	**19** Walker/Wheelchair Tune-ups 10:30 - 11:30am (Q) Irina's Hair Services (HS) 9:00 Morning Stretches (video) (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 - George Campell (T) 2:00 Computer Help with Domenic (ISA) 2:30 Tea Time with Dining (P) 3:00 Christian Communion Service with Canon Barb Hammond (T) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Domenic (MP1)	**20** 9:00 Morning Stretches (video) (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Computer Help with Evan (ISA) 10:30 Seated Fitness Class with Lori (MP3) 11:15 Baking (D3) 1:30 Bridge Club (CK) 2:00 Music Pictionary (P) 2:30 Tea Time with Dining (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Toonie Bingo with Lori (P) 6:00 Rummikub (CK) 7:00 Popcorn & A Movie - Something Borrowed (Netflix) (T)	**21** Wear Your Mustache in Honour of Movember (P) 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 Movember Mustache Party & Happy Hour with Domenic (P) 3:00 Manly Themed Word Puzzles with Domenic (P) 6:00 Rummikub (CK) 7:00 Movie - It Ends With Us (Netflix) (T)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 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 Wheel of Fortune with Domenic (P) 2:30 Tea Time with Dining (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - Letters to Juliet (Netflix) (T)	**23** 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 Decorate Deitrick Lounge Christmas Tree (DL) 2:30 Tea Time with Dining (P) 3:00 Toonie Bingo (MP1) 6:00 Rummikub (CK) 7:00 Movie - Jerry & Marge (Netflix) (T)	**24** 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Special Guest: Ethan Beech "Sips & Stories" (P) 10:00 Word Puzzles with Sabrina (CK) 2:00 Decorate Pub Christmas Tree and have Hot Chocolate (P) 2:30 Tea Time with Dining (P) 3:00 Resident Forum Meeting (T) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Lori (MP1)	**25** Irina's Hair Services (HS) Wear Your Christmas Sweater 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Decorate Dining Room Christmas Tree (D) 10:30 Blood Pressure Clinic with Venus (MP1) 11:15 Java Music Coffee Group (MP3) 1:30 Fitness Class with Zahra (E) 2:00 Decorate Main Lobby Christmas Tree (ML) 2:30 Tea Time with Dining (P) 3:00 Birthday Bash with Ana Garzaro (vocals) (T) 6:00 Rummikub (CK) 6:30 Bid Euchre Night (P) 7:00 Movie - The Starling (Netflix) (T)	**26** Irina's Hair Services (HS) **National Cake Day** 9:00 Morning Stretches (video) (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 Cake Day Social with Domenic (P) 3:00 Meet me at the MoMA Painting - George Campell (MP1) 6:00 Rummikub (CK) 7:00 Toonie Bingo with Domenic (MP1)	**27** Dress in Black for Black Friday Bring Down Your Donation Items For The Holiday Market (BW) 9:00 Seated Fitness Class with Lesley (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:30 Intergen Program with Pickering College: Storytelling (D3) 1:30 Bridge Club (CK) 2:00 The Hollywood Collection: Mae West's Wild Rise to Hollywood Fame (T) 2:30 Tea Time with Dining (P) 3:00 Fall Prevention Fitness Class with Maryam (E) 3:00 Prepare for Holiday Market (MP1) 6:00 Rummikub (CK) 7:00 Popcorn & A Movie - The Gift (Netflix) (T)	**28** 9:00 Fitness Class with Maryam (E) 9:30 Resident Run: Go4Life Indoor Walking Club (DL) **10:00 Holiday Market (BW)** 10:15 Coffee & Chat with Duty Manager (P) 2:30 Tea Time with Dining (P) 3:00 Happy Hour with Lori (P) 6:00 Rummikub (CK) 7:00 Movie - Ben-Hur (Netflix) (T)
29 Sunday Brunch (11:00AM-1:30pm) - Sign up at Reception (D2) 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 Who, What, Where with Evan (P) 2:30 Tea Time with Dining (P) 3:00 Toonie Bingo with Evan (MP1) 6:00 Rummikub (CK) 7:00 Movie - Tammy (Netflix) (T)	**30** 9:30 Resident Run: Go4Life Indoor Walking Club (DL) 10:00 Outing: 404 Plaza & Bank Shuttle (ML) 10:30 Drum Fit Exercise (E) 1:30 Bridge Club (CK) 2:00 Fall Prevention Fitness Class with Claudia (E) 2:00 The Great Escape: Armchair Adventures - Winter in Canada: Snowy Peaks, Frosted Forests, Relaxing Music for Peaceful Escapes (T) 2:30 Tea Time with Dining (P) 3:00 Toonie Bingo (MP1) 3:30 Celebrate Willy's 101st Birthday (D3) 6:00 Rummikub (CK) 7:00 Movie - No Hard Feelings (Netflix) (T)	 Remembrance Day		 National Social Hour Day		
 Movember	Be Celebrated					

Locations Legend

- Pub (P)
- Theater (T)
- Exercise Room (E)
- Country Kitchen (CK)
- Dietrich Lounge (DL)
- Ground Floor Multi Purpose Room (MP1)
- Salon (HS)
- Main Lobby (ML)
- Assisted Living Multi Purpose Room (MP3)
- Assisted Living Dining Room (D3)
- In Suite Activity (ISA)
- Dining Room (D)
- Second Floor Dining Room (D2)
- Building Wide (BW)
- Quite Room (Q)

Calendar Legend

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