

DOCTOR DAY: Dr. Taylor is here Monday afternoons.

HAIR SALON & SPA: Tuesday-Friday from 9:00am-3:00pm

STORE TO DOOR ORDERS: Due Monday's & Tuesdays.
In need of a few grocery items? Try Riverstone's Store to Door!
Submit your order form to the Front Desk by 2:30pm
Orders will be delivered to your door Wednesdays & Thursdays.

MATT FROM VITALIS:
Here Friday afternoons in the Physio Room across from Wellness.
Speak to Matt for Physiotherapy, Massage, Foot Care and Mobility Services

MOBILITY 1ST: MONDAY MARCH 3RD FROM 1:00-3:00PM
Stop by Connections for Walker and Wheelchair tune ups.

IN HOME HEARING: WEDNESDAY MARCH 26TH:
Sign up at Reception for hearing tests and , hearing checks and cleanings with In Home Hearing.

UPCOMING:

INTERNATIONAL WOMEN'S DAY

Calling all women! Join us as we celebrate International Women's Day with a Community Drum Circle, with Tess from Rise and Shine Rhythm and Wellness, followed by mimosas and snacks at the Rocks Bar.
Saturday March 8th, at 1:30pm at On the Rocks Pub.
Sign up for this event is required.

ST. PATRICK'S DAY

Join us for a festive and fun-filled St. Patrick's Day Celebration! Come dressed in your best green attire and get ready for an afternoon of plenty of fun! We will have green beer, Irish trivia, and entertainment provided by Jim Chapman.
This is an event you don't want to miss!
Monday March 17th from 2:00-3:30pm at On the Rocks Bar

SING YOUR HEART OUT- KARAOKE NIGHT

Join us for an evening of musical fun and good company with our new Karaoke Program! Friday March 14th at 7:00pm at On the Rocks Bar
Whether you love classic hits, traditional songs, or just enjoy having a good time, there is a song for everyone to sing. This is a great opportunity to relieve some of your favourite tunes and share the joy of music with friends.



CREATIVE WRITING WITH WESTERN UNIVERSITY

Join us for a new fun and engaging program that looks at connecting memory and social wellbeing. This program gives residents an opportunity to reflect on personal memory through writing or voice recording, and engage in a group storytelling activity. The goal of this activity is to reminisce about your past, as well as experience feeling more connected with fellow residents. This program will consist of two sessions, the first session on Wednesday March 5th at 2:00pm, and the second session on Saturday March 15th at 10:30am. Please let Courtney know if you are interested in joining this program.



Movie Nights
Thursdays at 7:00pm & Saturdays at 2:00pm in Century Hall
Check the Mail Room Posters to see what's playing this month.

Sunday March 2nd at 7:00pm
Academy Awards Watch Party

Tuesday March 4th at 2:00pm
Travel to New Orleans for Mardi Gras: Virtual Travelogue

Saturday March 8th at 1:30pm
International Women's Day Drum Circle & Social

Monday February 10th from 10:00am-12:00pm
Alterations with Misao

Wednesday March 12th at 3:00pm
Happy Hour & Entertainment with Paul Byers

Thursday March 13th at 2:00pm
London Fire Department Presentation: Fire Safety

Monday March 17th from 2:00-3:30pm
St. Patrick's Day Party & Entertainment with Jim Chapman

Tuesday March 18th at 2:00pm
Townhall Meeting

Friday March 21st at 1:30pm
Giddy Up Line Dancing

 Like us on facebook!
facebook.com/LiveAtRiverstone

RETIREMENT SOCIAL & RECREATIONAL ACTIVITIES - MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10:30 Glimmer & Glam Manicures 1:30 Bridge CN 2:00 Movie Matinee CH 3:00 Board Games NK
1:30 Knit & Stich NK 1:30 L.I.F.E Group CH 3:00 Happy Hour OTR 7:00 Academy Awards Watch Party CN	10:00 Yes2Next Fitness FR 10:30 Brain Games BL 1:00-3:00 Mobility 1st CN 2:30 BINGO CR	10:00 Gentle Stretch FR 10:30 Tech Corner CA 1:30 Shuffleboard NK 2:00 Travel to New Orleans for Mardi Gras! (Virtual Travelogue) CH 3:00 Mardi Gras Party OTR 7:00 Evening Euchre CN	10:30 Coffee Social CA 1:00 Billiards NK 1:30 Art with Bill CR 2:00 Creative Writing with Western University Students CN 3:00 Happy Hour OTR	10:00 Exercise FR 11:00 Western Fair Casino L 12:45 Relaxation & Meditation CH 1:00 Ageless Grace FR 2:00 Bridge SL 2:00 Bowling OTR 7:00 Movie Night CH	10:00 HasFit Exercise FR 10:30 Dominos NK 1:30 Euchre SL 2:00 Corn Hole Tournament OTR 3:00 Riverbend Family Church Service CH	International Women's Day 10:30 Glimmer & Glam Manicures 1:30 Community Drum Circle OTR 2:30 Women's Day Social OTR 1:30 Bridge NK 2:00 Movie Matinee CH
1:30 Knit & Stich CN 1:30 L.I.F.E Group CH 2:00 Trivia SL 3:00 Happy Hour OTR	10:00 Yes2Next Fitness FR 10:00-12:00 Alterations with Misao BL 10:30 Music Appreciation: Elvis Presley CN 1:30 Qi Gong Exercises FR 2:00 Ping Pong Club P 2:30 BINGO CR	10:00 Gentle Stretch FR 10:30 Creative Crafts: St. Patrick's Day CR 1:30 Shuffleboard NK 2:00 Roman Catholic Rosary Service CN 7:00 Evening Euchre CN	10:30 Coffee Social CA 1:00 Billiards NK 1:30 Art with Bill CR 3:00 Happy Hour & Entertainment with Paul Byers OTR	10:00 Exercise FR 12:45 Relaxation & Meditation CH 2:00 Bridge SL 2:00 London Fire Department: Fire Safety SR 7:00 Movie Night CH	10:00 HasFit Exercise FR 10:30 Dominos NK 1:30 Euchre SL 3:00 Riverbend Family Church Service CH 7:00 Karaoke Night OTR	10:30 Glimmer & Glam Manicures 10:30 Creative Writing with Western University Students CN 1:30 Bridge CN 2:00 Movie Matinee CH 3:00 Board Games NK
11:00 Blackjack NK 1:30 Knit & Stich CN 3:00 Happy Hour OTR	St. Patrick's Day 10:00 Yes2Next Fitness FR 10:30 Luck of the Irish Games CN 2:00-3:30 St. Patrick's Day Party & Entertainment with Jim Chapman OTR 6:30 BINGO CR	10:00 Gentle Stretch FR 10:30 Name that 60's Tune! CN 1:30 Shuffleboard NK 2:00 Town Hall Meeting CH 7:00 Evening Euchre CN	10:30 Coffee Social CA 1:00 Billiards NK 1:30 Art with Bill CR 2:00 Paul's Presentation CH 3:00 Happy Hour OTR	First Day of Spring 10:00 Exercise FR 10:30 Mystery Tour Drive L 12:45 Relaxation & Meditation CH 1:00 Ageless Grace FR 2:00 Bridge SL 7:00 Movie Night CH	10:00 HasFit Exercise FR 10:30 Dominos NK 1:30 Euchre SL 1:30 Giddy Up Line Dancing SR 3:00 Riverbend Family Church Service CH	10:30 Glimmer & Glam Manicures 10:30 Coffee & Music with Devon OTR 1:30 Bridge CN 2:00 Movie Matinee CH 3:00 Board Games NK
1:30 Knit & Stich CN 1:30 L.I.F.E Group CH 2:00 Trivia SL 3:00 Happy Hour OTR	10:00 Yes2Next Fitness FR 10:30 Music Appreciation: Johnny Cash CN 1:30 Qi Gong Exercises FR 2:00 Ping Pong Club P 2:30 BINGO CR	10:00 Gentle Stretch FR 10:30 Trivia Tuesday CA 1:30 Shuffleboard NK 2:00 Creative Crafts: Spring Time CR 7:00 Evening Euchre CN	10:30 Coffee Social CA 12:30 In Home Hearing BL 1:00 Billiards NK 1:30 Art with Bill CR 3:00 Happy Hour OTR	10:00 Exercise FR 12:45 Relaxation & Meditation CH 2:00 Bridge SL 3:00 Men's Club OTR 7:00 Once a Quartet: New Horizon Swing and Classic Jazz Band KVR 7:00 Movie Night CH	10:00 HasFit Exercise FR 10:30 Dominos NK 1:30 Euchre SL 2:00 Ladder Ball FR 3:00 Riverbend Family Church Service CH	10:30 Glimmer & Glam Manicures 1:30 Bridge CN 2:00 Movie Matinee CH 3:00 Board Games NK
11:00 Blackjack NK 1:30 Knit & Stich CN 3:00 Happy Hour OTR	10:00 Yes2NextFitness FR 11:00 Lunch at The Little Beaver L 2:00 Ping Pong Club P 2:30 BINGO CR					

Locations in Retirement:
 CN– Connections (2nd Floor)
 CA– Cafe (Main Floor)
 FR– Fitness Room (Main Floor)
 BL– Blooms (Main Floor)
 P– Physio/Annex (Main Floor)

Locations in Apartments:
 NK– Nook (3rd Floor)
 CH– Century Hall (4th Floor)
 CR– Creations (5th Floor)
 KVR– Kains View Restaurant (8th Floor)
 FR– Fitness Room (Main Floor)
 SL– Social Lounge (Main Floor)
 OTR– On the Rock Pub (8th Floor)
 SR– Skylight Restaurant (8th Floor)

Events in **Purple**: Sign Up Required
 Sign up Sheets are available at
 Concierge on the 1st of every month

riverstone

