

**MONDAYS:** Dr. Taylor is here Monday afternoons  
 Mobility 1st March 2nd (1-3pm)  
 Store to Door Orders Due (Reception)

**TUESDAYS:** Hair Salon & Spa (9am-3pm)

**WEDNESDAYS:** Hair Salon & Spa (9am-3pm)  
 In Home Hearing March 4th

**THURSDAYS:** Hair Salon & Spa (9am-3pm)  
 Store to Door Orders Delivered

**FRIDAYS:** Hair Salon & Spa (9am-3pm)  
 Matt from Vitalis is here Friday afternoons (Speak to Matt for  
 Physiotherapy, Massage, Foot Care, and Mobility Services)

**UPCOMING:**

**International Women’s Day**

Her Story in a Teacup: This afternoon is about more than tea - it’s about connection. Join us as we honour the journeys, strengths, and stories that shape who you are. Bring your story of courage, growth, friendship, family, leadership, or life lessons. Every story matters. Every voice belongs. Come share, listen, laugh, and be inspired in a warm, welcoming space created to celebrate you. Sunday, March 8th at 2:00pm in the Skylight Restaurant. Please sign up in the events binder.

**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 a day packed with fun, laughter, and Irish cheer. Take part in an all-day gold coin scavenger hunt, test your knowledge with Irish trivia, and cap off the festivities with green beer and live music from Deb & Fred at 7:00pm! This is a day you don’t want to miss.

**Bloom & Grow Gardening Club**

As the spring season and warm temperatures begin, we’re looking for residents who would like to join our gardening club! Whether you have a green thumb or simply enjoy being outdoors, come help us plant, nurture, and watch our garden bloom. All are welcome! Monday, March 23rd at 2:00pm in the Bloom Room.



**Test your Knowledge!**

Join us each Thursday for a mix of trivia, riddles, brain teasers, and mind– stretching games. Challenge yourself, learn something new and enjoy a friendly competition along the way!

**Library Books**

We’re looking to fill our library! If you have any book donations please let Recreation know.

**Friday, March 6th**  
 McLachlan’s Maple Syrup and  
 Pancake House

**Sunday, March 8th**  
 International Women’s Day

**Monday, March 9th**  
 Bijou Boutique

**Wednesday, March 11th**  
 Blood Pressure & Weight Clinic

**Thursday, March 12th**  
 Archaeology Museum Tour

**Tuesday, March 17th**  
 St. Patrick’s Day Social

**Friday, March 13th**  
 Cornhole and Shamrock Shakes

**Tuesday, March 24th**  
 Townhall Meeting

**Thursday, March 26th**  
 An Afternoon of Purple Social

Like us on facebook!  
 facebook.com/LiveAtRiverstone

# RETIREMENT SOCIAL & RECREATIONAL ACTIVITIES - MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00</b> March Sign Up Sheets Released <b>CA</b> <b>10:30</b> Dominos <b>NK</b> <b>1:30</b> Knit & Stitch <b>NK</b> <b>2:30</b> Shuffleboard <b>KVR</b> <b>7:00 TV Series:</b> The Queen's Gambit Season 1 Episode 5 <b>CH</b>	<b>10:00</b> Tiered Exercise <b>FR</b> <b>1:00-3:00</b> Mobility 1st <b>CN</b> <b>1:30</b> Qi Gong Exercises <b>FR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> BINGO <b>CR</b> <b>6:30</b> Colouring & Conversation <b>CN</b>	<b>10:00</b> Gentle Stretch <b>FR</b> <b>10:00</b> Byron Village Shopping Centre <b>L</b> <b>11:00-3:00</b> Ruth's Fashions <b>CR</b> <b>11:00</b> Skip Bo <b>CN</b> <b>2:00</b> Roman Catholic Rosary Service <b>CN</b> <b>6:30</b> Pet Therapy Visit with Cali <b>7:00</b> Euchre <b>CN</b>	<b>10:00</b> Chair Boxing <b>FR</b> <b>10:30</b> Coffee Social <b>CA</b> <b>12:30</b> In Home Hearing <b>BL</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>3:00</b> Happy Hour <b>OTR</b>	<b>10:00</b> Balance & Strength <b>FR</b> <b>11:00</b> Test your Knowledge: Music Trivia <b>CN</b> <b>2:00</b> Bridge <b>SL</b> <b>3:30</b> Chair Yoga, Breathwork, & Meditation <b>CR</b> <b>6:30</b> AI- Anon Meeting <b>CN</b> <b>7:00</b> Movie Night <b>CH</b>	<b>National Oreo Cookie Day</b> <b>10:00</b> HasFit Exercise <b>FR</b> <b>10:30</b> Ping Pong Club <b>P</b> <b>11:30</b> McLachlan's Maple Syrup & Pancake House <b>L</b> <b>11:00</b> Blackjack <b>NK</b> <b>1:30</b> Euchre <b>SL</b> <b>2:00</b> The Great Oreo Taste Test <b>OTR</b> <b>3:00</b> Riverbend Family Bible Church Service <b>CH</b>	<b>10:00</b> Exercise Video <b>FR</b> <b>1:30</b> Bridge <b>CN</b> <b>2:00</b> Movie Matinee <b>CH</b> <b>3:00</b> Board Game Mania <b>NK</b>
<b>International Women's Day</b> <b>10:30</b> Dominos <b>NK</b> <b>1:30</b> Knit & Stitch <b>NK</b> <b>2:00</b> Her Story in a Teacup: Celebrating Women <b>SR</b> <b>2:30</b> Shuffleboard <b>KVR</b> <b>7:00 TV Series:</b> The Queen's Gambit Season 1 Episode 6 <b>CH</b>	<b>10:00</b> Tiered Exercise <b>FR</b> <b>10:00-12:00</b> Alterations with Misao <b>BL</b> <b>1:00-5:00</b> Bijou Boutique <b>CN</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> BINGO <b>CR</b> <b>6:30</b> Colouring & Conversation <b>CN</b>	<b>10:00</b> Gentle Stretch <b>FR</b> <b>10:00</b> Walmart <b>L</b> <b>11:00</b> Chess <b>CN</b> <b>2:00</b> Let's Bake! Mint Chip Luck of the Irish Brownies <b>CN</b> <b>6:30</b> Pet Therapy Visit with Cali <b>7:00</b> Euchre <b>CN</b>	<b>10:00</b> Chair Boxing <b>FR</b> <b>10:30</b> Coffee Social <b>CA</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> Wellness Series: Blood Pressure & Weight Clinic <b>CN</b> <b>3:00</b> Happy Hour with John Moorhouse <b>OTR</b>	<b>10:00</b> Balance & Strength <b>FR</b> <b>11:00</b> Test your Knowledge Name that Tune <b>CN</b> <b>1:00</b> Ageless Grace <b>FR</b> <b>1:30</b> Archaeology Museum Tour <b>L</b> <b>2:00</b> Bridge <b>SL</b> <b>3:30</b> Chair Yoga, Breathwork, & Meditation <b>CR</b> <b>6:30</b> AI- Anon Meeting <b>CN</b> <b>7:00</b> Movie Night <b>CH</b>	<b>10:00</b> New Energy Exercises with Elaine <b>FR</b> <b>10:30</b> Ping Pong Club <b>P</b> <b>11:00</b> Blackjack <b>NK</b> <b>1:30</b> Euchre <b>SL</b> <b>2:00</b> Cornhole & Shamrock Shakes <b>OTR</b> <b>3:00</b> Riverbend Family Bible Church Service <b>CH</b>	<b>10:00</b> Exercise Video <b>FR</b> <b>1:30</b> Bridge <b>CN</b> <b>1:30</b> Paddy-Rama at the Byron Legion <b>L</b> <b>2:00</b> Movie Matinee <b>CH</b>
<b>10:30</b> Dominos <b>NK</b> <b>1:30</b> Knit & Stitch <b>NK</b> <b>2:00</b> Trivia <b>SL</b> <b>2:30</b> Shuffleboard <b>KVR</b> <b>6:30</b> Academy Awards Pajama Watch Party <b>CN</b> <b>7:00 TV Series:</b> The Queen's Gambit Season 1 Episode 7 <b>CH</b>	<b>10:00</b> Tiered Exercise <b>FR</b> <b>10:00</b> Cherryhill Mall <b>L</b> <b>1:30</b> Qi Gong Exercises <b>FR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> Irish BINGO <b>CR</b> <b>6:30</b> Colouring & Conversation <b>CN</b>	<b>Happy St. Patrick's Day! Wear Green</b> <b>All Day:</b> Gold Coin Scavenger Hunt <b>10:00</b> Gentle Stretch <b>FR</b> <b>11:00</b> Checkers <b>CN</b> <b>2:00</b> Blarney & Brains (Irish Trivia) <b>CN</b> <b>6:30</b> Pet Therapy Visit with Cali <b>7:00</b> Shamrock Social & Entertainment with Deb and Fred <b>OTR</b> <b>7:00</b> Euchre <b>CN</b>	<b>10:00</b> Chair Boxing <b>FR</b> <b>10:30</b> Coffee Social <b>CA</b> <b>10:30</b> Bereavement Support Group <b>CH</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:00</b> Paul's Presentation <b>CH</b> <b>3:00</b> Happy Hour <b>OTR</b>	<b>10:00</b> Balance & Strength <b>FR</b> <b>11:00</b> Test your Knowledge: Category Countdown <b>CN</b> <b>2:00</b> Bridge <b>SL</b> <b>3:30</b> Chair Yoga, Breathwork, & Meditation <b>CR</b> <b>6:30</b> AI- Anon Meeting <b>NK</b> <b>7:00</b> Movie Night <b>CH</b>	<b>First Day of Spring</b> <b>10:00</b> HasFit Exercise <b>FR</b> <b>10:30</b> Ping Pong Club <b>P</b> <b>11:00</b> Blackjack <b>NK</b> <b>1:30</b> Euchre <b>SL</b> <b>2:00</b> Creative Craft: Spring Umbrella Door Hangers <b>CR</b> <b>3:00</b> Riverbend Family Bible Church Service <b>CH</b>	<b>10:00</b> Exercise Video <b>FR</b> <b>1:30</b> Bridge <b>CN</b> <b>2:00</b> Movie Matinee <b>CH</b> <b>2:30</b> Satsang at South London Community Centre <b>L</b> <b>3:00</b> Board Game Mania <b>NK</b>
<b>10:30</b> Dominos <b>NK</b> <b>1:30</b> Knit & Stitch <b>NK</b> <b>2:30</b> Shuffleboard <b>KVR</b> <b>3:00</b> March Birthday Party with the Martin Tot Jazz Ensemble <b>OTR</b>	<b>10:00</b> Tiered Exercise <b>FR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:00</b> Bloom & Grow: Gardening Club Meeting <b>BL</b> <b>2:30</b> BINGO <b>CR</b> <b>6:30</b> Colouring & Conversation <b>CN</b>	<b>10:00</b> Gentle Stretch <b>FR</b> <b>10:00</b> Remark & Superstore <b>L</b> <b>11:00</b> Scrabble <b>CN</b> <b>2:00</b> Townhall Meeting <b>CH</b> <b>6:30</b> Pet Therapy Visit with Cali <b>7:00</b> Euchre <b>CN</b>	<b>10:00</b> Chair Boxing <b>FR</b> <b>10:30</b> Coffee Social <b>CA</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>3:00</b> Happy Hour with Songs from the Heart Duo <b>OTR</b>	<b>National Purple Day Wear Purple!</b> <b>10:00</b> Balance & Strength <b>FR</b> <b>11:00</b> Test your Knowledge: Riddles <b>CN</b> <b>1:00</b> Ageless Grace <b>FR</b> <b>2:00</b> Bridge <b>SL</b> <b>2:30</b> An Afternoon of Purple <b>OTR</b> <b>3:30</b> Chair Yoga, Breathwork & Meditation <b>CR</b> <b>6:30</b> AI- Anon Meeting <b>CN</b> <b>7:00</b> Movie Night <b>CH</b>	<b>Wear your Hawaiian Shirt!</b> <b>10:00</b> New Energy Exercises with Elaine <b>FR</b> <b>10:30</b> Ping Pong Club <b>P</b> <b>11:00</b> Blackjack <b>NK</b> <b>1:30</b> Euchre <b>SL</b> <b>3:00</b> Riverbend Family Bible Church Service <b>CH</b> <b>4:00</b> April Calendar Released <b>7:00</b> Hawaiian Dancers <b>KVR</b>	<b>10:00</b> Exercise Video <b>FR</b> <b>1:30</b> Bridge <b>CN</b> <b>2:00</b> Movie Matinee <b>CH</b> <b>3:00</b> Board Game Mania <b>NK</b>
<b>10:30</b> Dominos <b>NK</b> <b>1:30</b> Knit & Stitch <b>NK</b> <b>1:30</b> Guided Meditation Circle <b>CH</b> <b>2:00</b> Trivia <b>SL</b> <b>2:30</b> Shuffleboard <b>KVR</b>	<b>10:00</b> Tiered Exercise <b>FR</b> <b>1:00</b> Heeman's Garden Centre <b>L</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> BINGO <b>CR</b> <b>6:30</b> Colouring & Conversation <b>CN</b>	<b>10:00</b> Gentle Stretch <b>FR</b> <b>10:00</b> Giant Tiger, Dollar Tree, & No Frills <b>L</b> <b>11:00</b> Uno <b>CN</b> <b>2:00</b> Author Visit: Nichola Zacher <b>CN</b> <b>6:30</b> Pet Therapy Visit with Cali <b>7:00</b> Euchre <b>CN</b>				

FR- Fitness Room (Main Floor)  
 BL- Bloom (Main Floor)  
 CA- Cafe (Main Floor)  
 P- Physio Room (Main Floor)

CN- Connections (2nd)  
 NK- The Nook (3rd)  
 CH- Century Hall (4th)  
 CR- Creations (5th)

OTR- On the Rocks Pub (8th)  
 KVR- Kains View Restaurant (8th)  
 SR- Skylight Restaurant (8th)  
 L- Lobby

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

