

# PERKS & PLUSES THIS MONTH

**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 APRIL 7TH FROM 1:00-3:00PM**  
Stop by Connections for Walker and Wheelchair tune ups.

**IN HOME HEARING: WEDNESDAY APRIL 23RD**  
Sign up at Reception for hearing tests and , hearing checks and cleanings with In Home Hearing.

## UPCOMING:

### PARKINSON'S AWARENESS

April is Parkinson's Awareness Month, an opportunity to shed light on this neurological disorder, that affects millions of people worldwide. It is a time to raise awareness, offer support, and highlight the ongoing need for research and education.

We are excited to kick off Parkinson's Awareness Month with a guest speaker from the Parkinson's Awareness Society on Tuesday April 1<sup>st</sup> at 11:00am.

On Saturday April 12th we will continue to recognize and raise money for Parkinson's with a *Putting for Parkinson's* fundraiser at 2:00pm in the Sky-light Restaurant.

Show your support by wearing green, the official colour of Parkinson's Awareness!

### GROW WITH US OPEN HOUSE

Join us on Sunday April 27<sup>th</sup> from 1:00-3:00pm for our "Grow with Us" Spring Open House. Stop by the 8th floor, and enjoy community, conversation, and celebration. Mingle with our Mayor, Josh Morgan, as he shares insights into London's future.



# EVENTS CALENDAR | April



## UPCOMING:

### SPRING CLOTHING DRIVE

It's time for Spring Cleaning! As the weather warms up and spring begins to bloom, we are excited to announce our Spring Clothing Drive here at Riverstone. This is a wonderful opportunity to clean out your closet and get rid of any unwanted clothing. Please leave donations in the bin in the Blooms Room. All items will be donated to Diabetes Canada. Please see Courtney if you have any questions

### REIKI & SOUND HEALING

Our Wellness afternoon will begin with a meditation, followed by a Reiki Presentation from one of our very own residents, Sylvia and her daughter, Gail. Sylvia has been offering complementary Reiki at Riverstone since its opening and has helped many residents with a variety of challenges

We then will end with Sound Bowl Healing. Sound Bowl Healing uses the vibrations and tones of singing bowls to promote relaxation, reduce stress, and potentially aid and physical and emotional healing.  
Wednesday April 16th at 1:30 in the Connections Room.

# HIGHLIGHTS

## 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.

## Tuesday April 1st at 11:00am

Parkinson's Awareness Information Session

## Friday April 4th at 2:00pm

Cornhole Tournament

## Saturday April 5th at 2:00pm

Jane on the Piano

## Thursday April 10th at 2:00pm

Huff & Puff Group: The Merry Makers & Jazzy Tappers

## Saturday April 12th at 2:00pm

Putting for Parkinson's Fundraiser \$5

## Monday April 14th from 10:00am-12:00pm

Alterations with Misao

## Tuesday April 15th at 2:00pm

Townhall Meeting

## Wednesday April 16th from 1:30-3:30pm

Wellness Afternoon

## Wednesday April 23rd at 3:00pm

Happy Hour & Entertainment with Tara Dunphy

## Wednesday April 30 at 3:00pm

Happy Hour & Entertainment with the KOM Trio

 Like us on facebook!  
facebook.com/LiveAtRiverstone

# RETIREMENT SOCIAL & RECREATIONAL ACTIVITIES - APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>10:00 Gentle Stretch FR</b> 1 <b>11:00 Parkinson's Society of Southwestern Ontario Presentation CN</b> <b>1:00 Shuffleboard KVR</b> <b>2:00 Roman Catholic Rosary Service CN</b> <b>7:00 Evening Euchre CN</b>	<b>10:30 Coffee Social CA</b> 2 <b>1:00 Billiards NK</b> <b>1:30 Art with Bill CR</b> <b>3:00 Happy Hour OTR</b>	<b>10:00 Morning Walk L</b> 3 <b>11:00 Western Fair Casino L</b> <b>2:00 Bridge SL</b> <b>2:00 Bowling OTR</b> <b>7:00 Movie Night CH</b>	<b>10:00 HasFit Exercise FR</b> 4 <b>10:30 Dominos NK</b> <b>1:30 Euchre SL</b> <b>2:00 Corn Hole Tournament OTR</b> <b>3:00 Riverbend Family Church Service CH</b>	<b>10:30 Glimmer &amp; Glam Manicures</b> 5 <b>1:30 Bridge CN</b> <b>2:00 Jane on the Piano OTR</b> <b>2:00 Movie Matinee CH</b> <b>3:00 Board Games NK</b>
<b>1:30 Knit &amp; Stich NK</b> 6 <b>2:00 Trivia SL</b> <b>3:00 Happy Hour OTR</b> <b>7:00 TV Series: A Man on the Inside— Episode 1 &amp; 2 CH</b>	<b>10:00 Exercise FR</b> 7 <b>10:30 Music Appreciation CN</b> <b>1:00-3:00 Mobility 1st CN</b> <b>1:30 Qi Gong Exercises FR</b> <b>1:30 Ping Pong Club P</b> <b>2:30 BINGO CR</b>	<b>10:00 Gentle Stretch FR</b> 8 <b>1:00 Shuffleboard KVR</b> <b>2:00 Creative Craft with Nancy: Easter Edition CR</b> <b>7:00 Evening Euchre CN</b>	<b>10:30 Coffee Social CA</b> 9 <b>1:00 Billiards NK</b> <b>1:30 Art with Bill CR</b> <b>3:00 Happy Hour OTR</b>	<b>10:00 Morning Walk L</b> 10 <b>1:00 Ageless Grace FR</b> <b>2:00 Bridge SL</b> <b>2:00 Huff &amp; Puff Entertainment: The Merry Makers &amp; The Jazzy Tappers OTR</b> <b>7:00 Movie Night CH</b>	<b>10:00 HasFit Exercise FR</b> 11 <b>10:30 Dominos NK</b> <b>11:00 TaiChi Class FR</b> <b>1:30 Euchre SL</b> <b>3:00 Riverbend Family Church Service CH</b>	<b>10:30 Glimmer &amp; Glam Manicures</b> 12 <b>1:30 Bridge CN</b> <b>2:00 Putting for Parkinson's Fundraiser SR</b> <b>2:00 Movie Matinee CH</b> <b>3:00 Board Games NK</b>
<b>11:00 Blackjack NK</b> 13 <b>1:30 Knit &amp; Stich CN</b> <b>1:30 L.I.F.E Group CH</b> <b>3:00 Happy Hour OTR</b> <b>7:00 TV Series: A Man on the Inside— Episode 3 &amp; 4 CH</b>	<b>10:00 Exercise</b> 14 <b>10:00-12:00 Alterations with Misao BL</b> <b>10:30 Lunch at Anna Mae's Bakery &amp; Restaurant L</b> <b>1:30 Ping Pong Club P</b> <b>2:30 BINGO CR</b>	<b>10:00 Gentle Stretch FR</b> 15 <b>11:00 Easter Egg Hunt L</b> <b>1:00 Shuffleboard KVR</b> <b>2:00 Townhall Meeting CH</b> <b>7:00 Evening Euchre CN</b>	<b>10:30 Coffee Social CA</b> 16 <b>1:00 Billiards NK</b> <b>1:30 Art with Bill CR</b> <b>1:30 Riverstone Wellness Afternoon CN</b> <b>2:00 Reiki Presentation with Sylvia and Gail CN</b> <b>3:00 Sound Healing with Melissa CN</b>	<b>10:00 Morning Walk L</b> 17 <b>2:00 Bridge SL</b> <b>2:00 Happy Hour &amp; Entertainment with Tunes &amp; Tales OTR</b> <b>7:00 Movie Night CH</b>	<b>Good Friday</b> 18 <b>10:00 HasFit Exercise FR</b> <b>10:30 Dominos NK</b> <b>1:30 Euchre SL</b> <b>3:00 Riverbend Family Church Service CH</b>	<b>10:30 Glimmer &amp; Glam Manicures</b> 19 <b>1:30 Bridge CN</b> <b>1:00-3:-00 Spring into the Square at Legacy Park (West 5)</b> <b>2:00 Movie Matinee CH</b> <b>3:00 Board Games NK</b>
<b>Happy Easter</b> 20 <b>1:30 Knit &amp; Stich NK</b> <b>2:00 Trivia SL</b> <b>3:00 Happy Hour OTR</b> <b>7:00 TV Series: A Man on the Inside— Episode 5 &amp; 6 CH</b>	<b>10:00 Exercise FR</b> 21 <b>11:00 Traditional Easter Egg Decorating CR</b> <b>1:30 Ping Pong Club P</b> <b>2:30 Easter BINGO CR</b>	<b>10:00 Gentle Stretch FR</b> 22 <b>10:30 Earth Day Clean Up L</b> <b>1:00 Shuffleboard KVR</b> <b>2:00 West 5 Optometry Presentation: Macular Degeneration &amp; Eye Diseases CN</b> <b>7:00 Evening Euchre CN</b>	<b>10:30 Coffee Social CA</b> 23 <b>12:30 In Home Hearing BL</b> <b>1:00 Billiards NK</b> <b>1:30 Art with Bill CR</b> <b>3:00 Happy Hour &amp; Entertainment with Tara Dunphy OTR</b>	<b>10:00 Morning Walk L</b> 24 <b>2:00 Bridge SL</b> <b>3:00 Men's Club OTR</b> <b>7:00 Guest Speaker: Kamini Vasudev and recognizing Earth Day CN</b> <b>7:00 Movie Night CH</b>	<b>10:00 HasFit Exercise FR</b> 25 <b>10:30 Dominos NK</b> <b>1:30 Euchre SL</b> <b>3:00 Riverbend Family Church Service CH</b> <b>7:00 Sip and Shake Mixology with Ryan OTR</b>	<b>10:30 Glimmer &amp; Glam Manicures</b> 26 <b>1:30 Bridge CN</b> <b>2:00 Movie Matinee CH</b> <b>3:00 Board Games NK</b>
<b>1:30 Knit &amp; Stich NK</b> 27 <b>1:30 L.I.F.E Group CH</b> <b>1:00-3:00 Grow with Us Open House</b> <b>3:00 Happy Hour OTR</b> <b>7:00 TV Series: A Man on the Inside— Episode 7 &amp; 8 CH</b>	<b>8:00- 8:00 Mobile Polling CR</b> 28 <b>10:00 Exercise FR</b> <b>10:30 Music Appreciation CN</b> <b>1:30 Qi Gong Exercises FR</b> <b>1:30 Ping Pong Club P</b> <b>2:30 BINGO CR</b>	<b>10:00 Gentle Stretch FR</b> 29 <b>10:30 Trivia Tuesday CA</b> <b>1:00 Shuffleboard KVR</b> <b>2:00 You Be the Judge Discussion Group CN</b> <b>7:00 Evening Euchre CN</b>	<b>10:30 Coffee Social CA</b> 30 <b>1:00 Billiards NK</b> <b>1:30 Art with Bill CR</b> <b>3:00 Happy Hour &amp; Entertainment with the KOM Trio OTR</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 month

riverstone

By Sifton