

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 2:30.
Orders will be delivered to your door Wednesdays & Thursdays.

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

WEDNESDAY NOVEMBER 6TH In Home Hearing
Sign up for hearing tests, hearing checks and cleanings with In Home Hearing.

WEDNESDAY NOVEMBER 4TH Mobility 1st
Stop by Connections for Walker and Wheelchair tune ups.

ACRONS & OAK TREES PROGRAM- WINTER WONDERLAND SCIENCE

FRIDAY NOVEMBER 15TH FROM 10AM-2PM

Featuring Residents, Great Grand Children and our Staffs Children. If you would to bring any great grandchildren for this event, please let Recreation Manager Courtney know.

10:00 Lets Make Snow! (Science Experimenting)

11:30 Lunch Break: Chicken Fingers & Fries

12:30 Exercise & Stretch

1:00 Christmas Craft: Ornament Decorating

RIVERSTONE BUSY FINGERS CHRISTMAS BAZAAR

SATURDAY NOVEMBER 23RD FROM 11-2:30

Our annual Riverstone Busy Fingers Christmas Bazaar is back! Get your holiday shopping done early! Shop for various items such as books, cards, cozy knitting, costume jewelry, and much more!

Enjoy chili & a bun for \$5. Proceeds will be donated to charity.



Above: Virginia & Ann enjoying a walk along the board walk in St. Mary's

NEW PROGRAMS THIS MONTH:

Tuesday November 5th:

Library Cart Service

The London Public Library will deliver books monthly to Riverstone. These books will be available through our mobile library in the Lobby, every Tuesday and Thursday from 1:00-2:00pm.

Please ensure to sign out the books by using the sign out binder, and they are returned the following month.

Saturday November 9th at 10:30am

Genealogy Discussion Group

Join us for our new Genealogy discussion program. Genealogy is the study of families, family history, and the tracing of one's ancestries. Beginning in November, we will come together once a month and discuss the various aspects of genealogy, with resources, how to find your family tree, and share new information learned about your family with others.

Tuesday November 19th at 2:00pm

Scrapbooking for Beginners

Join us for our new Scrapbooking for Beginners program. Scrapbooking is a great activity to reflect on memorabilia, journaling, and art. It is a great way to preserve memories for future generations, while displaying, and putting memories together. Please sign up for this program at Concierge.

FALL BACK
On November 3rd
Daylight Savings Ends.
Be sure to turn your
clocks back 1 hour.



Movie Nights

Thursdays at 7:00pm in Century Hall
Check the Elevator and Mail Room Posters to see what's playing this month.

Saturday November 2nd at 2:00pm

Jane on the Piano

Tuesday November 5th at 2:00pm

Craft: Christmas Paper Gift Boxes

Tuesday November 5th at 7:00pm

Election Watch Pajama Party

Wednesday November 6th at 2:00pm

Happy Hour & Entertainment with Susie Q

Monday November 11th at 10:30am

Remembrance Day Service

Thursday November 14th at 2:00pm

Christmas Card Making for the Bazaar

Friday November 15th at 10:00am-2:00pm

Acorns & Oak Tree PD Day: Winter Wonderland

Monday November 18th at 2:00pm

Christmas Decorating Begins!

Tuesday November 19th at 7:00pm

Family Meeting

Thursday November 21st at 2:00pm

Now & Then Entertainment with Caroline and Joe

Saturday November 23rd at 11:00am-2:30pm

Riverstone Busy Fingers Bazaar

Thursday November 28th at 10:30am

Lunch at Actors Petrolia & Starbright Play

Friday November 29th at 2:00pm

Meet and Greet Social

Like us on facebook!
facebook.com/LiveAtRiverstone

RETIREMENT SOCIAL & RECREATIONAL ACTIVITIES - NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:30 Morning Walk L 2:00 Euchre SL 7:00 Riverbend Family Church Service CH	10:30 Glimmer & Glam Manicures 1:30 Bridge CN 2:00 Jane on the Piano OTR
Daylight Saving Time Ends³ – Clocks Go Back 1:30 Knit & Stitch CN 2:00 Trivia with Tony SL 3:00 Happy Hour OTR	10:00 Yes2Next Fitness FR 1:00-3:00 Mobility 1st CN 1:30 Qi Gong Exercises FR 2:30 BINGO CR	10:00 Gentle Stretch FR 1:00-2:00 Library Cart Service L 2:00 Craft: Christmas Gift Boxes CR 2:00 Roman Catholic Rosary Service CN 7:00 Evening Euchre CA 7:00 Election Watch Pajama Party	10:30 Coffee Social CA 12:30 In Home Hearing BL 1:30 Art with Bill CR 2:00 Billiards NK 2:00 Sing Along with Susie Q OTR	10:00 Exercise with Ryan 12:45 Relaxation & Meditation CH 1:00 Ageless Grace CR 1:00-2:00 Library Cart Service L 2:00 Bridge SL 7:00 Movie Night CH	10:00 Bean Bag Toss with a Twist FR 2:00 Euchre SL 7:00 Riverbend Family Church Service CH	10:30 Glimmer & Glam Manicures 10:30 Genealogy Discussion Group: Finding your Family Tree CN 1:30 Bridge CN
1:30 Knit & Stitch CN 1:30 L.I.F.E Group CH 3:00 Happy Hour OTR	Remembrance Day 10:00 Yes2Next Fitness FR 10:30 Remembrance Day Service SR 2:30 BINGO CR	10:00 Gentle Stretch FR 1:00-2:00 Library Cart Service L 2:00 Board Games NK 7:00 Evening Euchre CA	10:30 Coffee Social CA 1:30 Art with Bill CR 2:00 Billiards NK 3:00 Happy Hour OTR	10:00 Trip to Cherryhill Mall L 10:00 Exercise with Ryan 12:45 Relaxation & Meditation CH 1:00-2:00 Library Cart Service L 2:00 Card Making for Bazaar CR 2:00 Bridge SL 7:00 Movie Night CH	Acorns & Oak Trees PD Day– Winter Wonderland 10:00 Let's Make Snow! (Science Experimenting) CN 11:15 Break for Lunch OTR 12:15 Fitness Break Stretch & Exercise F 1:00 Christmas Craft: Ornament Decorating 2:00 Euchre SL 7:00 Riverbend Family Church Service CH	10:30 Glimmer & Glam Manicures 1:30 Bridge CN
1:30 Knit & Stitch CN 1:30 L.I.F.E Group CH 2:00 Trivia with Tony SL 3:00 Happy Hour OTR	Visiting Library Book Drop Off 10:00 Yes2Next Fitness FR 1:30 Qi Gong Exercises FR 2:00 Christmas Decorating Begins 2:30 BINGO CR	10:00 Gentle Stretch FR 1:00-2:00 Library Cart Service L 2:00 Scrapbooking for Beginners CR 7:00 Family Meeting CH 7:00 Evening Euchre CA	10:30 Coffee Social CA 1:30 Art with Bill CR 2:00 Paul's Presentation CH 2:00 Billiards NK 3:00 Happy Hour OTR	10:00 Exercise with Ryan 12:45 Relaxation & Meditation CH 1:00 Ageless Grace CR 1:00-2:00 Library Cart Service L 2:00 Now & Then Entertainment with Caroline & Joe OTR 2:00 Bridge SL 7:00 Movie Night CH	10:00 HasFit Exercise FR 2:00 Euchre SL 2:00 Gingerbread Cookie Making CN 7:00 Riverbend Family Church Service CH	11:00-2:30 Riverstone Busy Fingers Bazaar SR 10:30 Glimmer & Glam Manicures SR 1:30 Bridge CN
1:30 Knit & Stitch CN 1:30 L.I.F.E Group CH 3:00 Happy Hour OTR	10:00 Yes2Next Fitness FR 2:00 Table Tennis Lessons with Peter P 2:30 BINGO CR	10:00 Gentle Stretch FR 1:00-2:00 Library Cart Service L 2:00 Board Games NK 7:00 Evening Euchre CA	10:30 Coffee Social CA 1:30 Art with Bill CR 2:00 Billiards NK 3:00 Happy Hour OTR	10:00 Exercise with Ryan 10:30 Lunch and Starbright Play-Petrolia Playhouse L 12:45 Relaxation & Meditation CH 1:00-2:00 Library Cart Service L 2:00 Bridge SL 7:00 Movie Night CH	10:00 HasFit Exercise FR 2:00 Euchre SL 2:00 Meet & Greet Social CN 7:00 Riverbend Family Church Service CH	10:30 Glimmer & Glam Manicures 1:30 Bridge CN

Locations in Retirement:
 CA– Cafe (Main Floor)
 CN– Connections (2nd Floor)
 NK– Nook (3rd Floor)
 CH– Century Hall (4th Floor)

CR– Creations (5th Floor)
 FR– Fitness Room (Main Floor)
 KVR– Kains View Restaurant (8th Floor)
 BL– Blooms (Main Floor)
 P– Physio/Annex (Main Floor)

Locations in Apartments:
 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

