

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 OCTOBER 2ND In Home Hearing
Sign up for hearing tests, hearing checks and cleanings with In Home Hearing.

WEDNESDAY OCTOBER 9TH Mobility 1st
Stop by the Connections Room for Walker and Wheelchair tune ups.

FALL OPEN HOUSE: SWEATER WEATHER IS BETTER TOGETHER
SUNDAY OCTOBER 20TH FROM 1:00-3:00PM

Autumn with Friends Open House, here at Riverstone, where we will be showcasing our Retirement Residence.
Join us for a fun filled afternoon! Enjoy delicious soup samples, including Roasted Tomato, Butternut Squash, and Loaded Potato, along with sweet butter tarts and warm apple cider. Enjoy live entertainment by Johnny Borton!

ACORN AND OAK TREES PROGRAM
FRIDAY OCTOBER 11TH

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—11:00 Baking Demonstration with our pastry chef, Nicole

Enjoy a fall baking demonstration from our pastry chef, Nicole before baking our own creation!

11:30 Break for Lunch, and enjoy Turkey Nuggets & Fries

12:30-12:45 Exercise & Stretching Break

Meet in the Fitness Room for a little movement and stretch

1:00-2:00 Twine Pumpkin Craft

Meet in the Creations Room to make a twine pumpkin craft together



Doug & Frank enjoying our last summer outing with a stop at Thomas Brothers Market and Shaw's Ice Cream!

PROGRAMS THAT REQUIRE SIGN UP THIS MONTH:

Tuesday October 8th
Mystery Tour Drive

We all enjoy a great mystery! A sense of adventure. Enjoy a fun filled day with scenic routes, multiple stops, and lunch!

Tuesday October 15th
Heeman's Garden Centre

Explore Heeman's Garden Centre with many different plants, and berries. Even stop by the café for a hot coffee or delicious strawberry sundae, made with Heeman's very own strawberry sauce!

Monday October 7th & 21st
Qi Gong Exercises

Pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.

Thursday October 17th
The Birdie's Nest

Shop at this unique store, with personally sourced items directly from craftsmen from around the world. From rosewood furniture from India, to impressive sterling silver from Bali and Mexico, we offer you cultural delights sure to fit your style and your budget.

DOUBLE THE REWARDS:

Refer a friend or family member to Riverstone this autumn and you'll receive double the rewards - **up to \$1000!** See Suzy Olivia for more details.

Movie Nights

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

Tuesday October 8th at 9:30am
Mystery Tour Drive

Tuesday October 15th at 10:30am
Trip to Heeman's Garden Centre

Thursday October 17th at 1:00pm
Trip to The Birdie's Nest

Thursday October 17th at 2:00pm
Tunes & Tales Entertainment

Friday October 18th at 2:00pm
Autumn Apple Bash Social

Saturday, October 19th at 10:30am
Music and Coffee with Devon

Saturday, October 26th 1:00pm-4:00pm
Daya Euchre Tournament Fundraiser:
Cost-\$20.00

Wednesday, October 30th at 3:00pm
Uke N' Do It Ukulele Entertainment

Thursday October 31st at 2:00pm
Let the Ghoul Times Roll Halloween Social

 **Like us on facebook!**
facebook.com/LiveAtRiverstone

RETIREMENT SOCIAL & RECREATIONAL ACTIVITIES - OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 Gentle Stretch FR 1 2:00 Uno BL 7:00 Evening Euchre CA	10:30 Coffee Social CA 2 1:30 Art with Bill CR 12:30 In Home Hearing BL 2:00 Billiards NK 3:00 Happy Hour OTR	10:00 Exercise with Ryan 3 12:45 Relaxation & Meditation CH 7:00 Movie Night CH	9:30 Morning Walk L 4 2:00 Euchre SL 2:00 Craft: Fall Wreaths CR 7:00 Riverbend Family Church Service CH	10:30 Glimmer & Glam Manicures 5 1:30 Bridge NK
1:30 Knit & Stitch CN 6 2:00 Trivia with Tony SL 3:00 Happy Hour OTR	10:00 Yes2Next Fitness FR 7 10:30 Bazaar Meeting CA 1:30 Qi Gong Exercises FR 2:30 BINGO CR	10:00 Gentle Stretch FR 8 9:30 Mystery Tour Drive 2:00 Roman Catholic Rosary Service CN 7:00 Evening Euchre CA	10:30 Coffee Social CA 9 1:30 Art with Bill CR 2:00 Mobility 1st BL 2:00 Billiards NK 3:00 Happy Hour OTR	10:00 Exercise with Ryan 10 12:45 Relaxation & Meditation CH 2:00 Recreation Planning Meeting CA 7:00 Movie Night CH	PD DAY: Fall Fever 11 10:00 Baking Demonstration with Nicole CN 11:30 Lunch with your Great Grand Kids KVR 12:30 Exercise and Stretch FR 1:00 Craft: Twine Pumpkin CR	10:30 Glimmer & Glam Manicures 12 1:30 Bridge NK
1:30 Knit & Stitch CN 13 1:30 L.I.F.E Group CH 3:00 Happy Hour OTR	Happy Thanksgiving 14 9:30 Thanksgiving Trivia & Fun Facts Pickup MR 10:00 Yes2Next Fitness FR 2:30 BINGO CR	10:00 Gentle Stretch FR 15 10:30 Heeman's Garden Centre 2:00 Scrabble BL 7:00 Evening Euchre CA	10:30 Coffee Social CA 16 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 17 1:00 Trip to The Birdie's Nest 12:45 Relaxation & Meditation CH 2:00 Tunes & Tales Entertainment SR 7:00 Movie Night CH	9:30 Morning Walk L 18 2:00 Euchre SL 2:00 Meet & Greet New Residents Social CA 7:00 Riverbend Family Church Service CH	10:30 Music & Coffee with Devon OTR 19 10:30 Glimmer & Glam Manicures 1:30 Bridge NK
1:00-3:00 Autumn with Friends Fall Open House 20 1:30 Knit & Stitch CN 1:30 L.I.F.E Group CH 2:00 Trivia with Tony SL 3:00 Happy Hour OTR	10:00 Yes2Next Fitness FR 21 1:30 Qi Gong Exercises FR 2:00 Table Tennis Lessons with Peter P 2:30 BINGO CR	10:00 Gentle Stretch FR 22 2:00 Town Hall CH 7:00 Evening Euchre CA	10:30 Coffee Social CA 23 1:30 Art with Bill CR 2:00 Billiards NK 3:00 Happy Hour OTR	10:00 Exercise with Ryan 24 12:45 Relaxation & Meditation CH 7:00 Movie Night CH	9:30 Morning Walk L 25 2:00 Euchre SL 2:00 Music Appreciation CA 7:00 Riverbend Family	10:30 Glimmer & Glam Manicures 26 1:00-4:00 Daya Fundraiser Euchre Tournament SR 1:30 Bridge NK
1:30 Knit & Stitch CN 27 1:30 L.I.F.E Group CH 3:00 Happy Hour OTR	10:00 Yes2Next Fitness FR 28 2:00 Colour Me Happy: Mindfulness Colouring CR 2:30 BINGO CR	10:00 Gentle Stretch FR 29 2:00 Craft: Pumpkin Painting CR 7:00 Evening Euchre CA	10:30 Coffee Social CA 30 1:30 Art with Bill CR 2:00 Billiards NK 3:00 Happy Hour OTR 3:00 Uke N' Do It (Ukulele Group Entertainment) OTR	Happy Halloween 31 10:00 Exercise with Ryan 12:45 Relaxation & Meditation CH 2:00 Let the Ghoul Times Roll Halloween Social OTR 7:00 Movie Night CH		

FR- Fitness Room (Main Floor)
 BL- Blooms (Main Floor)
 CA- Cafe (Main Floor)
 LO- Lobby

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)
 LP- Legacy Park

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

