



RICHVIEW DIRECTORY

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Culinary Service
Manager
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Notable Quotable

"It is better to fail in originality than to succeed in imitation" –

Herman Melville

Follow us on:



HOROSCOPES

If you were born between the 22nd of November and the 21st of December, you were born under the sign of the Sagittarius. This month helps you decide what the best course of action is for you in life right now. Take your time to look at all the facts before making a decision. You may find renewed passion by helping others solve their problems or face their challenges through sharing your perspective and helping them keep a positive attitude through your example. This month shall provide the resources and direction for your personal transformation over the coming year.

RICHVIEW RESIDENT BIRTHDAYS

Agnes Foster	Dec 12
Maria Mancinelli	Dec 15
Loretta Mittone	Dec 18
Maria Silvaggio	Dec 21
Filomena Di Gaetano	Dec 26
Werner Daltrop	Dec 29

AQUAFIT WITH ALI

We are pleased to let the residents at Richview Manor know that we have a new certified personal trainer and experienced aquafit instructor, Ali Nasseri, who will provide a fitness class in the pool every Monday at 3:30PM for one hour at no charge. Ali comes to us from Seneca College as a Recreation Therapy student who will be doing his practicum placement at Richview Manor beginning in January. If you are interested in signing up for his class, please speak with Anna in the Life Enrichment Department.

HAPPY HOLIDAYS... FROM OUR HOME, TO YOURS!

All month long, Richview Manor will be celebrating the holiday season with many musical performances including Country Day School, Villanova College, Studio David Bertram, The Mastronardi/Racco Family and more! We hope everyone can join us for these fantastic concerts.

Richview Manor also wants to take this opportunity to wish our residents, friends, families, volunteers and community partners a wonderful holiday season!

NEW RESTORATIVE PROGRAM WITH ROGER & MINA

In the two months Mina has been volunteering at Richview Manor, he has been assisting Roger, the Physiotherapist Assistant, with the restorative program. They have done a variety of different exercises with residents that encompass a full range of motion both for the upper and lower body. They work at the pace of the residents and try to focus on muscle groups that residents would like to see improvement, in terms of flexibility and mobility. This is accomplished through repetitive exercise in order to strengthen the muscles. We work on a one-on-one basis with residents giving them individualized attention, and are attuned to the individual needs of the residents, accommodating to them as best as they can. Mina has learned a great deal thus far, in particular how to accurately evaluate the needs of the residents in terms of their mobility and how to make the appropriate interventions. We are excited about the future of the restorative program at Richview Manor, and look forward to seeing how this program develops in the future.



Booking a Tour is Easy!

Simply contact Mahnaz Khosravi at (905)585-5000 ext. 116 and/or mkhosravi@richviewmanor.com



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10500 Dufferin Street
Maple, Ontario
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December is....

Universal Human Rights Month

National Fruit Cake Month

Chanukah
December 16-24

Winter Solstice
December 21

Christmas
December 25

Boxing Day
December 26

New Year's Eve
December 31

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RICHVIEW MANOR
ENRICHED RETIREMENT LIVING

EDITION #28

December 2014 Newsletter

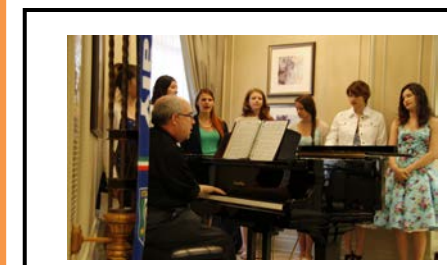
This Month at Richview Manor:

Villanova College Students Return

For the second year now, Richview Manor welcomes the high school students of Villanova College! Every Friday afternoon at 3:15, students will be on hand providing different programs for residents. They have a variety of activities planned for everyone and we envision this intergenerational project will develop strong relationships between students and residents. Richview Manor is proud to be partnering with this prestigious school once again.



Studio David Bertram





By popular demand, Studio David Bertram is back! David and his talented students make their highly anticipated return to Richview on Saturday December 13th at 2:30PM in the Grandview Dining Room. Refreshments will be served and all are welcome!

Guinness World Records

We're sure you've all heard of the Guinness World Records. Well, we are up for a challenge because we want to BREAK a world record! We don't know exactly which one yet, so we would love your input to help steer us towards a breakable record- either one that's already established, or one we create ourselves. Get your children, grandchildren, neighbours, friends, pets together and think of something we could do to achieve this huge initiative and let us know what you come up with. This is the first step, and we will reach out to you when we move onto step two...how we will break it!





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Volunteer Driven Programs</p> <p>Maria Fabrizio Visits – every Monday, Wednesday and Friday</p>	<p>1 9:45 Coffee Social (C) 11:15 Words in a Word (3) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:00 Word Games (6) 2:30 Christmas Tree Lighting & Hot Chocolate (AL) 3:30 Aquafit (P) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 25¢ Bingo (6)</p>	<p>2 9:45 Sit & Be Fit Exercises (AL) 10:15 Mixing & Matching (AL) 11:15 Woodbine Casino 11:30 New You Fitness (F) 1:45 Creative Expressions (AL) 2:00 Checkers with Ariel (3) 3:30 Scrabble (6) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>3 9:45 Sit & Be Fit Exercises (AL) 10:30 Catholic Mass with Father Ralph (3) 11:00 Yoga with Jane (F) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:45 Musical Entertainment (G) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)</p>	<p>4 9:45 Sit & Be Fit Exercises (AL) 10:15 Creative Expressions (CH) 10:15 Mixing & Matching (AL) 11:30 New You Fitness (F) 1:45 Scopa (AL) 2:00 Fortino's 3:30 Bowling (AL) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>5 9:45 Sit & Be Fit Exercises (AL) 11:00 Country Day School Performs Christmas Classics (D) 2:00 Pastoral Visits (AL) 2:00 Knitting & Beading with Maria (G) 3:15 Villanova College (CH) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:30 Movie Night: "The Best Exotic Marigold Hotel" (D)</p>	<p>6 11:00 Quilty Pleasures (G) 11:15 Sit & Be Fit Exercises (AL) 1:00 Manicures & Hand Therapy (AL) 1:30 Movie Matinee (AL) 2:00 Trivia Challenge (3) 2:00 Bridge Club (C) 3:30 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>
<p>7 10:45 Second Sunday of Advent Mass with Monsignor Larry (D) 11:30 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: "Philomena" (D) 2:00 Baking Club (AL) 2:00 Chess Club (6) 6:15 Social Bingo Night (AL)</p>	<p>8 9:45 Coffee Social (C) 11:15 Hangman (3) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:00 Word Games (6) 2:30 Knitting with Maria (AL) 2:45 Hot Topics (G) 3:30 Aquafit (P) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 25¢ Bingo (6)</p>	<p>9 9:45 Sit & Be Fit Exercises (AL) 10:15 Mixing & Matching (AL) 10:30 Morning Prayer with Pastor Dennis (3) 11:30 New You Fitness (F) 12:00 Lunch Outing @ Vinnie Zucchini 1:45 Hangman (CH) 2:00 Scrabble (6) 2:00 Chess with Ariel (3) 3:30 Black Jack (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>10 9:45 Bowling (AL) 11:15 Sudoku (3) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:30 Knitting with Maria (AL) 2:45 Head's Up (C) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)</p>	<p>11 9:45 Sit & Be Fit Exercises (AL) 10:15 Creative Expressions (CH) 10:15 Mixing & Matching (AL) 11:30 New You Fitness (F) 1:30 Promenade Mall 1:45 Word Puzzle (AL) 3:30 Trivia Challenge (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>12 9:45 Sit & Be Fit Exercises (AL) 10:30 Mass with Father Peter (3) 1:15 Afternoon BINGO (AL) 3:30 Villanova College Christmas Concert (D) 4:20 Rosary (AL) 6:30 Movie Night: "War Horse" (D)</p>	<p>13 11:15 Sit & Be Fit Exercises (AL) 1:00 Manicures & Hand Therapy (AL) 2:30 Studio David Bertram Christmas Concert (G) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>
<p>14 10:45 Third Sunday of Advent Mass with Monsignor Larry (D) 11:30 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: "Home Alone" (D) 2:00 Chess Club (6) 2:30 Anna & Students Perform Christmas Concert (G) 6:15 Social Bingo Night (AL)</p>	<p>15 9:45 Coffee Social (C) 11:00 Quilty Pleasures (G) 11:15 Trivia Challenge (3) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:00 Word Games (6) 2:30 Christmas Craft (AL) 3:30 Aquafit (P) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 25¢ Bingo (6)</p>	<p>16 1st Night of Chanukah 9:45 Sit & Be Fit Exercises (AL) 11:30 New You Fitness (F) 1:45 Coffee Social (C) 2:00 Yummy Market 2:00 Card Making with Diane (G) 2:00 Poker with Ariel (3) 2:00 Scrabble (6) 3:15 Movie Matinee (AL) 3:30 Words in a Word (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>17 9:45 Ring Toss (AL) 10:30 Catholic Mass with Father Ralph (3) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:30 Knitting with Maria (AL) 2:45 Words in a Word (3) 4:20 Rosary (AL) 6:30 Happy Hour with Tony Vacca & Il Cavaleri (D)</p>	<p>18 9:45 Sit & Be Fit Exercises (AL) 10:15 Mixing & Matching (AL) 10:45 Seniors Safety Seminar (D) 11:30 New You Fitness (F) 1:45 Bowling (AL) 2:00 Hillcrest Mall 3:30 Manicures & Hand Therapy (AL) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>19 9:45 Special Morning BINGO (AL) 10:30 Prayer Service with Linda (C) 2:00 Pastoral Visits (AL) 2:00 Bridge Club (3) 2:30 Christmas Open House (G) 4:20 Rosary (AL) 6:30 Movie Night: "A Christmas Carol" (D)</p>	<p>20 11:00 Quilty Pleasures (G) 11:15 Sit & Be Fit Exercises (AL) 1:15 "The Nutcracker" at the Richmond Hill Centre for the Performing Arts 2:00 Bridge Club (C) 2:30 Comedy Corner (C) 3:30 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>
<p>21 10:45 Fourth Sunday of Advent Mass with Monsignor Larry (D) 11:30 Sit & Be Fit Exercises (AL) 2:00 Chess Club (6) 2:30 Luba & Students Perform Christmas Concert (G) 6:15 Social Bingo Night (AL)</p>	<p>22 9:45 Sit & Be Fit Exercises (AL) 10:00 Resident Council IL (D) 11:00 Resident Council AL (AL) 1:30 Physiotherapy for ILs (3) 2:00 Word Games (6) 2:00 Physiotherapy for ALs (AL) 2:45 Musaic School of Music Christmas Extravaganza (G) 3:30 Aquafit (P) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 25¢ Bingo (6)</p>	<p>23 9:30 Sit & Be Fit Exercises (AL) 10:00 Chanukah Celebration with Rabbi Marshall (3) 10:15 Checkers with Ariel (6) 11:30 New You Fitness (F) 2:30 The Mastronardi/Racco Christmas Music Concert 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>24 9:45 Bowling (AL) 11:00 Christmas Words in a Word (3) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:45 Coffee Social (C) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)</p> <p style="text-align: center;">Christmas Eve</p>	<p>25 Christmas Day 11:15 Sit & Be Fit Exercises (AL) 1:15 Movie Morning: "Miracle on 34th Street" (D) 1:45 Making A Holiday Gingerbread House (AL) 3:30 Comedy Corner (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p> 	<p>26 9:45 Sit & Be Fit Exercise (AL) 11:00 The Day After Christmas Concert with Carolynne 2:00 Pastoral Visits (AL) 2:00 Knitting & Beading with Maria (G) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:30 Movie Night: "The Lake House" (D)</p>	<p>27 11:15 Sit & Be Fit Exercises (AL) 1:00 Manicures & Hand Therapy (AL) 1:30 Movie Matinee (AL) 2:00 Words in a Word (3) 2:00 Bridge Club (C) 3:30 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>
<p>28 11:15 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee "Funny Girl" (D) 2:00 Chess Club (6) 2:00 Baking Club (AL) 6:15 Social Bingo Night (AL)</p> <p style="text-align: center;">*NO MASS TODAY*</p>	<p>29 9:45 Coffee Social (C) 11:00 Quilty Pleasures (G) 11:15 Sudoku (3) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:30 Knitting with Maria (AL) 2:45 Hot Topics (G) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 25¢ Bingo (6)</p>	<p>30 9:45 Sit & Be Fit Exercises (AL) 10:15 Manicures & Hand Therapy (AL) 11:30 New You Fitness (F) 1:45 Knitting Club (AL) 2:00 Walmart & The Library 2:00 Scrabble (6) 2:00 Poker with Ariel (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>31 9:45 Mixing & Matching (AL) 11:00 Head's Up (C) 1:30 Physiotherapy for ILs (3) 2:00 Physiotherapy for ALs (AL) 2:30 Knitting with Maria (AL) 2:45 Creative Expressions (AL) 4:20 Rosary (AL) 6:30 New Year's Eve Celebration <i>New Year's Eve</i></p> 	<p>Location Legend</p> <p>Lobby Lounge Café – C Grandview Dining Room - G Club House – CH Assisted Living (2nd Floor) – AL Pool – P Fitness Room - F Dufferin Room - D</p>	<p>Location Legend (continued)</p> <p>Richview Garden - RG Eagle Ridge Lounge (3rd Floor) – 3 Cue Lounge (4th Floor) – 4 Ace of Diamonds Lounge (6th Floor) - 6</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Please note that our daily Rosary service at 4:20 is in Italian. All are welcome.</p> </div>	<p>Doctor Visits: Every Friday morning</p> <p>Hygienist Visits: None in December</p> <p>Please speak with a nurse to book your appointment.</p>