



**RICHVIEW
DIRECTORY**

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**Notable
Quotable**

“Write it on your heart that every day is the best day in the year.”
- Ralph Waldo Emerson

Follow us on:



HOROSCOPES

If you were born between December 22nd and January 20th, you were born under the sign of Capricorn. Re-visit your goals and ambitions for your life and see how effective your intentions and actions have been in helping you achieve them. If you have been getting results and they've been what you wanted, great! Chances are that your choices and actions and your heart and soul have been aligned with your goals and intentions. Your wishes will be very intense and will demand immediate fulfillment, but in spite of this haste, you won't lose your head. You'll manage to be moderate, to control your emotions and actions, at least regarding important decisions.

RESIDENT BIRTHDAYS

Henry Oag: Jan 1 st	Mary Murphy: Jan 22 nd
Jeannette Archer: Jan 1 st	Olga Coletto: Jan 22 nd
Enzo Terminesi: Jan 2 nd	Violet Bertram: Jan 24 th
Romeo DiCristoforo: Jan 7 th	Raffaele Addesi: Jan 24 th
Davide Panigas: Jan 14 th	Larry Bordonaro: Jan 25 th
Giuseppa Bianchi: Jan 20 th	Giovanna Panigas: Jan 27 th
Herta Meder: Jan 21 st	Nick Aversa: Jan 30 th

NATIONAL HOT TEA MONTH

Please join us on Jan. 14th at 3:00pm in the Lobby café to celebrate January being the National Hot Tea Month. You can dress up fancy and wear your best outfit for a High Tea Social. We will also be serving some snacks.

YOGA & MEDITATION RELAXATION PROGRAM

Start your 2016 year off by relieving stress, feeling refreshed, and sharpening your mind. Join Life Enrichment Team Member Liana during her “Yoga Meditation Relaxation” program every Tuesday at 1:45PM in the 3rd floor lounge. This type of holistic yoga practice incorporates hand positions and deep breathing, connecting your mind, body and soul.

“A new study suggests that taking time of your busy schedule to meditate can actually help preserve your mind and slow dementia and Alzheimer’s. Meditation can also help seniors feel less lonely and isolated”
-Alzheimers.net



REMINISCING WITH PHOTOGRAPHS

Come share a little about yourself with others at Richview Manor, so we can get to know each other a little better in 2016! Bring one, or a few special photographs to present to other residents. You can tell a story about the picture, or a story of some nice memories you have of those in the photographs. This program helps with recollection and memory, while allowing the participants to get to know each other. It also creates a sense of trust and inclusion, and gives every participant the opportunity to discuss people and places that are important to them. Join us on Saturday Jan. 9th & 23rd at 1:00 PM for this program on the 3rd floor lounge.

Please help us welcome back our returning students Vibisha and Alissa, while also welcoming our three new students Chris, Madelene and Danielle to Richview. You will be seeing a lot of them until Spring 2016.

Booking a Tour is Easy!

Simply contact Carmelina Cicuto at (905)585-5000 ext. 116 and/or ccicuto@richviewmanor.com



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RICHVIEW MANOR
ENRICHED RETIREMENT LIVING

January 2016 Newsletter
This Month at Richview Manor:

January is....

**Alzheimer’s
Awareness Month**

**Thyroid
Awareness Month**

**National Hot Tea
Month**

**Weight Loss
Awareness Month**

**New Year’s Day
January 1**

**Orthodox
Christmas
January 7**

**Robbie Burns Day
January 25**

Follow us on:



Broadway Blowout

Musical theater is a thrilling experience live! But the music it produces is a ubiquitous part of our lives beyond the marquee lights. There are so many outstanding soundtracks from those shows; music that we listen to in our daily life because they are as popular and important to us as any other music produced. Join Richview Manor as we celebrate music from the Great White Way on January 13th. Viviana makes a highly anticipated return! Come by for what is sure to be a great afternoon matinee!



Robert Burns Day



To honour this great poet and lyricist, we will be holding a very special lunch on Monday January 25th at 2:30PM. Cooked by our own Chef Mark who was born in Scotland, he will be bringing 30 years of culinary experience into a Scottish meal. He will use modern techniques and skills to bring you a traditional fair. Our chefs are so excited to prepare this annual dish with our residents. As they say in Gaelic, "ith gu leòir" (eat plenty)!

Pajama Day Party

Everyone’s dreams are coming true! One of our most unforgettable events is making its return! Not in the mood to get dressed after being so cozy in your pajamas? Then don’t! Everyone is invited on Wed January 20 in the afternoon at 2:30PM for a redux of the most relaxing and snuggly event we have ever had! Paolo will be here, and as you already know, he will be doing everything but putting you to sleep!



ACTIVITIES

January 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Location Legend Lobby Lounge Café – C Grandview Dining Room - G Club House – CH Assisted Living (2nd Floor) – AL Pool – P Fitness Room - F Dufferin Room – D Front Lobby - L</p>	<p>Location Legend (continued) Richview Garden - RG Eagle Ridge Lounge (3rd Floor) – 3 Cue Lounge (4th Floor) – 4 Ace of Diamonds Lounge (6th Floor) – 6</p> <p>Please note that our daily Rosary service at 4:20 is in Italian. All are welcome.</p>	<p>Volunteer Driven Programs Maria Fabrizio Visits – every Monday & Wednesday Brenda Pays Friendly Visits Mondays & Thursdays 1:30PM-4:00PM</p>	<p>To Make You Smile ~I'd tell you a chemistry joke but I know I wouldn't get a reaction~ ~I got fired from the calendar factory, all I did was take a day off~ ~Atheism is a non-prophet belief~ ~For Sale: Parachute. Only used once, never opened~</p>	<p>Please be advised that for the entire month of January, there will be no Sunday Mass with Monsignor Larry. His service will return in February.</p>	<p>1 NEW YEARS DAY *NO PHYSIOTHERAPY TODAY* 9:45 Sit & Be Fit Exercise (AL) 11:15 Manicures & Hand Therapy (AL) 2:00 Pastoral Visits (AL) 2:00 Scrabble (6) 2:15 It's All In The Detail – Art (3) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:30 Movie Night: "The Maze Runner" (D)</p>	<p>2 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 11:00 Oswald Chen Performs Piano (C) 11:15 Balloon Volleyball (AL) 2:00 Bridge Club (3) 2:15 Paint of View (CH) 3:45 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>
<p>3 11:15 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: "The Last King of Scotland" (D) 1:45 Words in a Word (3) 3:30 Manicures & Hand Therapy (AL) 4:00 Richvoice Choir Practice (D) 6:15 Social Bingo Night (AL)</p>	<p>4 9:30 Bowling (AL) 10:00 Richvoice Choir Practice Assisted Living (AL) 2:00 Word Games (6) 2:30 Craft with Maria (AL) 2:30 Hot Topics (3) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 10¢ Bingo (6)</p>	<p>5 10:00 Falls Prevention (AL) 10:45 Falls Prevention (3) 1:45 Yoga & Meditation with Liana (3) 2:00 Fortino's 3:00 Aquafit (P) 4:15 Taboo (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>6 9:30 Sit & Be Fit Exercises (AL) 10:30 Mass with Father Peter (3) 11:00 Richvoice Choir Practice (D) 1:00 Richvoice Choir Practice Assisted Living (AL) 2:30 Crafts with Maria (AL) 4:20 Rosary (AL) 6:30 I Cavalieri Group Happy Hour (D)</p>	<p>7 10:00 Falls Prevention ALs (AL) 10:45 Falls Prevention ILs (3) 11:15 Sandwich Game (3) 2:00 Michael's (Craft Store) 2:30 Last Letter Game (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>8 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 2:00 Scrabble (6) 2:15 It's All In The Detail – Art (3) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:30 Movie Night: "American Sniper" (D)</p>	<p>9 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 11:00 Oswald Chen Performs Piano (C) 1:00 Reminiscing with Photos (3) 2:00 Bridge Club (3) 2:15 Paint of View (CH) 3:45 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>
<p>10 11:15 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: "Paris When It Sizzles" (D) 1:45 Assisted Living Craft with Laura (AL) 3:30 Independent Living Craft with Laura (CH) 4:00 Richvoice Choir Practice (D) 6:15 Social Bingo Night (AL)</p>	<p>11 9:30 Sit & Be Fit Exercises (AL) 10:00 Richvoice Choir Practice Assisted Living (AL) 11:15 Trivia Challenge (3) 2:30 Crafts with Maria (AL) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 10¢ Bingo (6)</p>	<p>12 10:00 Falls Prevention (AL) 10:30 Pastor Dennis Service (3rd Floor Prayer Room) 10:45 Falls Prevention (3) 11:30 Words in a Word (3) 11:45 Milestone's Lunch Outing 1:45 Yoga & Meditation with Liana (3) 3:00 Aqua Fit (P) 3:00 Sequence (CH) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>13 9:30 Sit & Be Fit Exercises (AL) 10:30 Mass with Father Ralph (3) 11:00 Richvoice Choir Practice (D) 1:00 Richvoice Choir Practice Assisted Living (AL) 2:30 Crafts with Maria (AL) 2:30 Broadway Blowout (G) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)</p>	<p>14 10:00 Falls Prevention ALs (AL) 10:45 Falls Prevention ILs (3) 10:45 Manicures & Hand Therapy (AL) 1:45 Winners & Home Sense 1:45 Craft with Vibisha (AL) 3:00 Afternoon Tea Party (L) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>15 9:45 Coffee Social (C) 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 10:30 Prayer Service with Linda (D) 2:00 Scrabble (6) 2:00 Pastoral Visits (AL) 2:15 It's All In The Detail - Art (3) 3:15 Afternoon BINGO (AL) 3:30 Villanova College (CH) 4:20 Rosary (AL) 6:30 Movie Night: "Larry Crowne" (D)</p>	<p>16 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy (AL) 2:00 Bridge Club (3) 2:15 Paint of View (CH) 3:45 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>
<p>17 11:15 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: "Odd Couple" (D) 2:30 Piano Concert with Luba & Students (G) 4:00 Richvoice Choir Practice (D) 6:15 Social Bingo Night (AL)</p>	<p>18 9:30 Sit & Be Fit Exercises (AL) 10:00 Richvoice Choir Practice Assisted Living (AL) 11:15 Taboo (3) 2:30 Crafts with Maria (AL) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 10¢ Bingo (6)</p>	<p>19 10:00 Falls Prevention (AL) 10:45 Falls Prevention (3) 10:45 Bowling (AL) 1:30 Promenade Mall 1:45 Yoga & Meditation with Liana (3) 3:00 Aquafit (P) 3:00 Brain Teasers with Alissa (CH) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>20 9:30 Sit & Be Fit Exercises (AL) 10:00 Richvoice Choir Practice Assisted Living (AL) 11:00 Richvoice Choir Practice (D) Assisted Living (AL) 2:30 Pajama Day with Paolo (G) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)</p>	<p>21 10:00 Falls Prevention ALs (AL) 10:45 Falls Prevention ILs (3) 10:45 Ball Toss (AL) 11:30 Head's Up (3) 2:00 Yummy Market & Dollarama 2:30 Hot Topics (CH) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>22 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 10:00 Cooking Club (CH) 2:00 Scrabble (6) 2:00 Pastoral Visits (AL) 2:15 It's All In The Detail - Art (3) 3:15 Afternoon BINGO (AL) 3:30 Villanova College (CH) 4:20 Rosary (AL) 6:30 Movie Night: "The Break Up" (D)</p>	<p>23 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 1:00 Reminiscing with Photos (3) 2:00 Bridge Club (3) 2:15 Paint of View (CH) 3:45 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>
<p>24 11:15 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: "National Treasure" (D) 2:00 Manicures & Hand Therapy (AL) 4:00 Richvoice Choir Practice (D) 6:15 Social Bingo Night (AL)</p> <p>31 11:15 Sit & Be Fit Exercises (AL) 1:15 Richvoices Choir Performs at Villa Colombo 6:15 Social Bingo Night (AL)</p>	<p>25 9:30 Sit & Be Fit Exercises (AL) 10:00 Richvoice Choir Practice Assisted Living (AL) 11:15 Words in a Word (3) 2:00 Resident Council IL (D) 3:30 Resident Council AL (AL) 2:30 Crafts with Maria (AL) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL)</p>	<p>26 10:00 Falls Prevention (AL) 10:45 Falls Prevention (3) 10:45 Sock it To Me (AL) 1:45 Yoga & Mediation with Liana (3) 2:00 Walmart & Library 3:00 Aquafit (P) 3:00 Sequence (CH) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>27 9:30 Sit & Be Fit Exercises (AL) 10:30 Mass with Father Ralph (3) 11:00 Richvoice Choir Practice (D) 1:00 Richvoice Choir Practice Assisted Living (AL) 2:30 Birthday & Welcome Party with Gord Lindsay (G) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)</p>	<p>28 10:00 Falls Prevention (AL) 10:45 Falls Prevention (3) 10:45 Bowling (AL) 1:00 Woodbine Casino 2:45 Last Letter Game (3) 4:00 Manicures & Hand Therapy for Independent Residents (CH) 4:20 Rosary (AL) 6:15 Social Bingo (AL)</p>	<p>29 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 10:30 Bowling (AL) 2:00 Scrabble (6) 2:00 Pastoral Visits (AL) 2:15 It's All In The Detail - Art (3) 3:15 Afternoon BINGO (AL) 3:30 Villanova College (CH) 4:20 Rosary (AL) 6:30 Movie Night: "My Cousin Vinny" (D)</p>	<p>30 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 1:00 Balloon Volleyball (AL) 2:00 Bridge Club (3) 2:15 Paint of View (CH) 3:45 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)</p>