



**RICHVIEW
DIRECTORY**

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**Notable
Quotable**

“Sometimes the
wrong choices
bring us to the
right places”
-Unknown

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HOROSCOPES

If you were born between January 21st and February 19th, you were born under the sign of Aquarius. February 2016 is a month of feathers in your cap and the feeling of motoring after having stalled. After the changes of mind and confusion of last month, you have a clear road ahead of you and can plan and move forward on your aims and goals. After a few refinements and adjustments last month that were irritating, you are actually better placed than before. You are well organized this month and will be able to plan even complex matters effectively. It's a very good time to take your finances, paperwork systems into hand. Often life is so busy that we forget how important storing info and important documents is.

RESIDENT BIRTHDAYS

Maria Merante	Feb 01	Biagia Sparaco	Feb 15
Domenico Furlano	Feb 05	Rosa Saladino	Feb 18
Mui Ta	Feb 08	Olivia Fiorino	Feb 26
Dina De Luca	Feb 11	Colomba Lippa	Feb 26
William Halahan	Feb 12	Mathew Arpas	Feb 27
Elsie Manella	Feb 13		

NURSING UPDATES

We now have a new procedure in place for those who wish to see Dr. Spensieri on Friday. If you would like to see the doctor, you will need to speak with the 2nd floor nurse to book an appointment. Assisted Living Residents can book between 9:30AM-11:00AM, while Independent Living Residents can make one between 11:00AM-12:30PM. Please be on 2nd floor 10 minutes before your scheduled time.

We also want to remind residents that any medications ordered through TrustCare Pharmacy need to be picked up by the resident at the Nurses' Station on 2nd floor. It will not be delivered to your suite. Medications get delivered between 7:00PM-9:00PM, Mon-Fri. The pharmacy does not deliver over the weekend.

Finally, we would like to welcome Dr. Juneja and his geriatric team who have been conducting assessment with select residents (by referral only). They are reviewing different factors like mobility, frequency of falls and mood and looking at the best ways to help residents. You need a referral to take advantage of this service. Speak with Nesa for more information or if you have any questions.

CHINESE NEW YEAR

Gung hay fat choy! Chinese New Year this year falls on February 8th. Chinese New Year's Day is the first day of the Chinese lunar calendar and China's most important traditional holiday. We are entering the year of the Monkey. The main two reasons for the festival are to celebrate a year of hard work, have a good rest, and relax with family, as well as to wish for a lucky and prosperous coming year. Keep your eyes peeled for some surprises that day!
新年快乐 - Happy New Year!

SHUTTLE SERVICE

Starting this month, we are going to be offering residents the ability to go out more to do things they may not be able to get done on a regular outing. On Friday February 5th, we will offer for the first time a drop off/pick up service to the Longo's Plaza where residents can go off and do shopping, banking and any errands they please. This new service will be offered in the mornings. We ask that residents be on time for both departing times. **Life Enrichment staff will not accompany residents out, they will just transport.** Please enjoy this new amenity!

Booking a Tour is Easy!

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



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10500 Dufferin Street
Maple, Ontario
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(905) 585-5000

February is....

**Relationship
Wellness Month**

**Library Lover's
Month**

**February 2
Groundhog Day**

**February 7
Superbowl Sunday**

**February 8
Chinese New Year**

**February 9
Mardi Gras**

**February 10
Ash Wednesday**

**February 14
Valentine's Day**

**February 15
Family Day**

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RICHVIEW MANOR
ENRICHED RETIREMENT LIVING

February 2016 Newsletter

This Month at Richview Manor:

Valentine's Day

Love me tender, love me true! Richview Manor will have you swooning this Valentine's Day when Elvis Presley comes to our home! You won't be able to help yourselves from falling in love when the King arrives on Friday February 12 at 2:30PM. We hope everyone will join us for the most romantic event of the year!



Island Adventure

Winter blues getting you down? We have the perfect cure! We're bringing the island flavour to you. Sit back and imagine the warm sea breeze drifting off the coast line on a sandy beach while Keith Dindayal plays music from the islands on his steel drums. The "vacation effect" (a real phenomenon brought about by the broad chimes of the instrument) will take effect on February 17th at 2:30PM in our Grandview Dining Room.



Annual Oscar Night

Richview Manor is delighted to be once again hosting our 5th Annual Oscar Night. Celebrating music from our favourite movies, the talented Richvoices Choir and Musaic School of Music students will be performing on February 28th at 6:45PM in the Grandview Dining Room. Don't miss out on the real highlight of that evening! Every year, this show is one of our biggest events and it's bound to be another evening for the books. Appetizers will be served following the big show.



ACTIVITIES

February 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Bowling (AL) 10:00 Richvoice Choir Practice Assisted Living (AL) 11:00 Manicures & Hand Therapy – Independent Residents (3) 2:00 Word Games (6) 2:30 Hot Topics (3) 2:30 Friendly Visits with Danielle 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 10¢ Bingo (6)	2 10:00 Falls Prevention (AL) 10:45 Falls Prevention (3) 10:45 Craft with Alissa (AL) 1:45 Yoga & Meditation (3) 2:00 Maple Library & Tim Horton's 3:00 Knitting with Liana (AL) 4:15 "5 in 10" (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)	3 9:30 Sit & Be Fit Exercises (AL) 10:30 Preparation for the Lenten Season Mass with Father Ralph (3) 11:00 Richvoice Choir Practice (D) 1:00 Richvoice Choir Practice Assisted Living (AL) 2:30 Sequence (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)	4 10:00 Falls Prevention ALs (AL) 10:45 Falls Prevention ILs (3) 11:30 Sandwich Game (3) 2:00 Coppa's 2:30 Taboo (3) 4:00 UNO Card Game (CH) 4:20 Rosary (AL) 6:15 Social Bingo (AL)	5 9:30-11:00 Longo's & Shopper's Drug Mart Plaza 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 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 Guilt Trip" (D)	6 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 11:15 Looming with Liana (3) 2:00 Bridge Club (3) 3:45 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Monster B-I-N-G-O (AL)
7 10:45 5 th Sunday of Ordinary Time Mass with Monsignor Larry (D) 11:30 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: "Changeling" (D) 1:45 Words in a Word (3) 3:30 Manicures & Hand Therapy (AL) 6:30 It's All In the Detail – Art (3) 4:00 Richvoice Choir Practice (D) 6:15 Social Bingo Night (AL) 7:00 Superbowl 50 (C)	8 CHINESE NEW YEAR 9:30 Bowling (AL) 10:00 Richvoice Choir Practice Assisted Living (AL) 11:00 Manicures & Hand Therapy (AL) 2:00 Word Games (6) 2:30 Craft with Maria (AL) 2:30 Craft with Madeline (CH) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 10¢ Bingo (6)	9 10:00 Falls Prevention (AL) 10:30 Pastor Dennis Service (3rd Floor Prayer Room) 10:45 Falls Prevention (3) 13:00 Brain Teasers with Alissa (3) 11:30 Yorkdale Shopping & Milestone's Lunch 1:45 Yoga & Meditation (3) 3:00 Hangman (3) 3:00 Aquafit (P) 4:20 Rosary (AL) 6:15 Social Bingo (AL)	10 9:30 Sit & Be Fit Exercises (AL) 10:00 Richvoice Choir Practice Assisted Living (AL) 11:00 Richvoice Choir Practice (D) 2:30 Valentine's Day Concert with Stephanie's Students (G) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)	11 10:00 Falls Prevention ALs (AL) 10:45 Falls Prevention ILs (3) 10:45 Ball Toss (AL) 2:00 Yummy Market & Dollarama 2:30 Last Letter Game (3) 4:00 Go Fish (CH) 4:20 Rosary (AL) 6:15 Social Bingo (AL)	12 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (F**) Please note change in location 10:30 Mass with Father Peter (3) 2:00 Scrabble (6) 2:30 Valentine's Day with Elvis Presley (G) 4:20 Rosary (AL) 6:30 Movie Night: "Love Is All You Need" (D)	13 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 11:15 Balloon Volleyball (AL) 1:00 Reminiscing with Photos (5) 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)
14 VALENTINE'S DAY 10:45 1 st Sunday of Lent Mass with Monsignor Larry (D) 11:30 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: "J. Edgar" (D) 1:45 Assisted Living Craft with Laura (AL) 3:30 It's All In the Detail – Art (3) 4:00 Richvoice Choir Practice (D) 6:15 Social Bingo Night (AL)	15 FAMILY DAY 11:15 Sit & Be Fit Exercises (AL) 1:30 Manicures and Hand Therapy (AL) 2:00 Word Games (6) 2:30 Afternoon BINGO (AL) 3:30 10¢ Bingo (6) 4:20 Rosary (AL) 6:15 Family Day Piano Concert with Naomi, Eden, Jude and Leah (C)	16 10:00 Falls Prevention (AL) 10:45 Falls Prevention (3) 11:30 Sandwich Game (3) 11:30 Woodbine Casino 1:45 Yoga & Meditation (3) 3:00 Knitting with Liana (AL) 3:00 Sequence (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)	17 9:30 Sit & Be Fit Exercises (AL) 10:30 Our Lent Mass with Father Ralph (Italian) (3) 11:00 Richvoice Choir Practice (D) 1:00 Richvoice Choir Practice Assisted Living (AL) 2:30 Island Adventure (G) 4:20 Rosary (AL) 6:15 Social Bingo (AL) 7:15 10¢ Bingo (6)	18 10:00 Falls Prevention ALs (AL) 10:45 Falls Prevention ILs (3) 10:45 Manicures & Hand Therapy (AL) 11:30 "5 in 10" (3) 1:30 Hillcrest Mall 1:45 Craft with Vibisha (AL) 2:30 Afternoon Tea Party (C) 4:20 Rosary (AL) 6:15 Social Bingo (AL)	19 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 10:30 Prayer Service with Linda (D) 11:00 Comedy Corner (3) 2:00 Scrabble (6) 2:00 Pastoral Visits (AL) 2:15 It's All In The Detail - Art (3) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:30 Movie Night: "The Rosa Parks Story" (D)	20 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 11:15 Looming with Liana (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)
21 10:45 2 nd Sunday of Lent Mass with Monsignor Larry (D) 11:30 Sit & Be Fit Exercises (AL) 2:00 Baking Club (AL) 3:30 It's All In the Detail – Art (3) 4:00 Richvoice Choir Practice (D) 6:15 Social Bingo Night (AL)	22 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) 2:00 Friendly Visits with Danielle 2:30 Crafts with Maria (AL) 2:30 Manicures & Hand Therapy (CH) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 10¢ Bingo (6)	23 10:00 Falls Prevention (AL) 10:45 Falls Prevention (3) 10:45 Bowling (AL) 1:45 Yoga & Meditation (3) 2:00 Walmart 3:00 Aquafit (P) 3:00 Over-The-Hill-Opoly (3) 4:20 Rosary (AL) 6:15 Social Bingo (AL)	24 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 Monthly Birthday Party with Carolynne & Steve (G) 4:20 Rosary (AL) 6:30 I Cavalieri Group (D)	25 10:00 Falls Prevention ALs (AL) 10:45 Falls Prevention ILs (3) 10:45 Ball Toss (AL) 11:30 Head's Up (3) 2:30 Paolo Busato Performs (G) 4:20 Rosary (AL) 6:15 Social Bingo (AL)	26 10:00 Physiotherapy for ALs (AL) 10:30 Physiotherapy for ILs (3) 11:15 Hot Topics (3) 2:00 Scrabble (6) 2:00 Pastoral Visits (AL) 2:00 Facials with Anna (3) 2:15 It's All In The Detail - Art (3) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:30 Movie Night: "The Conspirator" (D)	27 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)
28 11:15 Sit & Be Fit Exercises (AL) 1:15 Movie Matinee: " Keeping the Faith" (D) 2:00 Manicures & Hand Therapy (AL) 3:30 It's All In the Detail – Art (3) 6:45 Annual Oscar Night (G) *NO MASS TODAY*	29 9:30 Sit & Be Fit Exercises (AL) 10:00 Cooking Club (CH) 2:30 Crafts with Maria (AL) 3:00 Manicures & Hand Therapy for Independent Residents (3) 4:20 Rosary (AL) 6:15 Social Bingo Night (AL) 7:15 10¢ Bingo (6) Leap Day!	Volunteer Driven Programs Maria Fabrizio Visits – every Monday & Wednesday Brenda Pays Friendly Visits Mondays & Thursdays 1:30PM-4:00PM	Location Legend Lobby Lounge Café – C Grandview Dining Room – G Club House – CH Assisted Living (2 nd Floor) – AL Pool – P Fitness Room – F Dufferin Room – D Front Lobby – L	Location Legend (continued) Richview Garden - RG Eagle Ridge Lounge (3 rd Floor) – 3 Cue Lounge (4 th Floor) – 4 Ace of Diamonds Lounge (6 th Floor) – 6 Please note that our daily Rosary service at 4:20 is in Italian. All are welcome.	To Make You Smile.... He had a photographic memory which was never developed The guy who fell onto an upholstery machine is now fully recovered. The guy who fell onto an upholstery machine is now fully recovered.	COOL FACTOIDS People take an average of 17,000 breaths per day It's estimated that 50,000 thoughts pass through a brain each day You blink about 28,800 times per day, with each lasting 1/10 of a second We shed 1 million skin cells every day