



RICHVIEW DIRECTORY

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“You are braver than you believe, smarter than you seem, and stronger than you think.”

Follow us on:



HOROSCOPE

If you were born between September 23rd and October 22nd, you were born under the sign of the Libra. Libra is known for being the sign of balance, equality, justice, fairness, respect, peace, harmony, and beauty. Libra will sometimes take an extreme position in order to balance out another extreme position (something like jumping on the opposite end of a teeter-totter or a set of scales) if they perceive a situation or circumstance to be unfair or unjust. This may sometimes be perceived as hypocrisy, yet to Libra, it may be perfectly justifiable to take a firm stand to the opposite position in a matter just to bring balance to a situation.

RESIDENT BIRTHDAYS

Dorothy B.	Oct 28
Angelo C.	Oct 11
Armando D.	Oct 29
Irma L.	Oct 22
Antonietta M.	Oct 31
Alice M.	Oct 17
Gina P.	Oct 27
Audrey P.	Oct 05

RICHVIEW ROCKSTARS



Melita
Nursing
“I would like to nominate her for being helpful to all CCAC staff especially for residents with 2 person transfer”

Klevisha
“Hard working, kind, always smiling and pleasant. Thank you!”



Flu Season is Coming!

CATCH IT



Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT



Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL IT



Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

UniversalCare Foundation Presents Workshop on “Improving our health by looking at physical, mental, emotional and spiritual wellbeing” Presenter: Kristine Moore

Kristine Moore is a personal trainer and holistic nutritionist. She will be coming to Richview Manor on October 18th, from 2:30-3:30 in the Dufferin Room. The presentation will focus on how our lifestyle choices can impact our everyday lives. In order to truly achieve a sense of peace and health, we must work on our physical, mental, emotional and spiritual wellbeing. We will look at how our lifestyle choices (activity level, brain exercises, ability to deal with stress, sleep) affect our health. We will look at ways of improving these areas and strategies that we can use. Since our health is also dependent on our external world we will discuss community, relationships, and our environment.

Booking a Tour is Easy!

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

Professionally Managed by
 UNIVERSALcare



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October is...

Blood Cancer Awareness Month

National Dental Hygiene Month

Positive Attitude Month

**October 2-4
Jewish New Year**

**October 9
Thanksgiving Day**

**October 10
World Mental Health Day**

**October 31
Halloween**

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RICHVIEW MANOR

ENRICHED RETIREMENT LIVING

October 2017 Newsletter

Thanksgiving



Thanksgiving is a special time of year at Richview Manor. This year, we are opening up our turkey pen and holding an open house to friends, families and loved ones on Thursday October 5th at 2:30PM in the Grandview Dining Room, where special Thanksgiving hors d'oeuvres will be served. Also, watch out for a couple of turkeys on the loose! The staff member and resident will each have a turkey they need to catch, and the first ones to do so will get a prize!

Oktoberfest

Richview Manor will be bringing back Oktoberfest! Oktoberfest made its first appearance in 1887 which showcased breweries and bands. It is the world's largest beer festival and travelling funfair consisting of a 16-18 day festival that runs from Mid-September to early October. To celebrate the occasion we will have musical entertainment on October 11 in the Grandview Dining Room at 2:30 and refreshments for residents to enjoy!



Halloween



One of the best events to take part in at Richview Manor is upon us once again! For a frighteningly good time this all hallows eve, come by in costume on Tuesday October 31 at 2:30 in the Grandview Dining Room, all day if you wish or just in time for our event at 2:30PM. We are encouraging everybody, staff, residents and volunteers to be dressed up.

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 2nd Floor Terrace - T Fitness Room - F Dufferin Room – D</p>	<p>Location Legend (continued) Richview Garden - RG Eagle Ridge Lounge (3rd Floor) – 3 Cue Lounge (4th Floor) – 4 (5th Floor) - 5 Ace of Diamonds Lounge (6th Floor) – Front Lobby – L</p>	<p>Volunteer Driven Programs</p> <p>Every Monday & Wednesday: Maria Fabrizio Visits</p> <p>Tuesdays: Brenda Pays Friendly Visits</p>	<p>We are now offering outings on Saturday afternoons! Please sign up at the concierge desk to book your spot!</p>			
<p>1 10:00 Physiotherapy for ALs (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicure & Hand Therapy AL (2) 2:30 Mosaic School of Music Concert (G) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2)</p>	<p>2 9:30 Sit and Be Fit AL (2) 10:00 Work out with Daniel ALs (3) 10:30 Bowling AL (2) 1:30 Manicures & Hand Therapy (3) 2:00 Crafts with Maria AL (2) 3:00 Hot Topics (5) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 10¢ Bingo (6) 7:00 Resident card games (C)</p>	<p>3 9:30 Yummy Market and Dollar Store 10:00 Falls Prevention ALs (2) 10:30 Falls Prevention ILs (3) 11:00 BINGO AL (2) 1:15 Therapeutic Colouring AL (2) 3:30 Heads Up (6) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 Resident card games (C)</p>	<p>4 9:35 Sit & Be Fit Exercises ALs (2) 11:15 Richvoices Choir Practice (CH) 1:30 Manicures & Hand Therapy AL (2) 2:00 Crafts with Maria AL (2) 3:00 Hot Topics (5) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6) 7:00 Resident card games (C)</p>	<p>5 10:00 Falls Prevention ALs (2) 10:30 Falls Prevention ILs (3) 10:45 Pet Therapy Visits 10:30 Art at Heart (CH) 2:30 Thanksgiving Open House (6) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 Resident card games (C)</p>	<p>6 9:35 Sit & Be Fit Exercises AL (2) 11:00 Dancing with the Seniors (D) 2:00 Pastoral Visits AL (2) 2:00 Art Therapy (3) 3:15 Afternoon BINGO AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:10 TV Special: Downtown Abbey (D) 7:00 Resident card games (C)</p>	<p>7 10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Therapeutic Coloring AL (2) 1:30 Fortino's 2:00 Coffee & Chats (L) 3:45 10¢ Bingo (6) 4:20 Rosary AL (2) 6:10 Monster B-I-N-G-O AL (2)</p>
<p>8 10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Movie Matinée: The Big Short (D) 2:00 Bowling AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2)</p>	<p>9 THANKSGIVING 11:15 Sit & Be Fit AL (2) 1:30 Manicures & Hand Therapy (3) 2:30 Make Art to Music (3) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 6:30 Jude and Leah Performance (L)</p>	<p>10 9:30 Longos 10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 11:00 BINGO AL (2) 3:00 Therapeutic Art AL (2) 3:30 Heads Up (6) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 Resident card games (C)</p>	<p>11 9:35 Sit & Be Fit Exercises AL (2) 10:30 BINGO AL (2) 11:15 Richvoices Choir Practice (CH) 2:30 Oktoberfest (6) 6:30 I Cavalier Group Happy Hour (L)</p>	<p>12 10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:45 Pet Therapy Visits 10:30 Art at Heart (CH) 1:30 Italian Movie (D) 3:00 Wheel of Fortune (D) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 Resident card games (C)</p>	<p>13 10:00 Mass with Father Peter (D) 11:00 Dancing with the Seniors (D) 2:00 Art Therapy (3) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:10 Social Bingo (AL) 7:10 TV Special: Downtown Abbey (D) 7:00 Resident card games (C)</p>	<p>14 10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Walmart 2:00 Coffee & Chats (L) 3:45 10¢ Bingo (6) 4:20 Rosary AL (2) 6:10 Monster B-I-N-G-O AL (2)</p>
<p>15 10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Movie Matinée: Grease (D) 3:00 Make Art to Music (3) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2)</p>	<p>16 9:30 Sit and Be Fit AL (2) 10:00 Work out with Daniel ALs (3) 10:30 Bowling AL (2) 1:30 Manicures & Hand Therapy (3) 2:00 Crafts with Maria (AL) 3:00 Hot Topics (5) 4:20 Rosary (AL) 6:10 Social Bingo Night (AL) 7:00 10¢ Bingo (6)</p>	<p>17 9:30 Casino 10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 11:00 BINGO AL (2) 3:00 Therapeutic Art (2) 3:30 Heads Up (6) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 Resident card games (C)</p>	<p>18 9:35 Sit & Be Fit Exercises AL (2) 10:30 BINGO AL (2) 11:15 Richvoices Choir Practice (CH) 2:00 Crafts with Maria AL (2) 2:30 Workshop with Kristine Moore 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6) 7:00 Resident card games (C)</p>	<p>19 10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:30 Art at Heart (CH) 2:00 Resident Council (D) 3:30 Therapeutic Coloring AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 Resident card games (C)</p>	<p>20 9:35 Sit & Be Fit Exercises ALs(AL) 10:00 Rev. Robert Royal (3rd Floor Chapel) 11:00 Dancing with the Seniors (D) 2:00 Art Therapy (3) 2:00 Pastoral Visits (AL) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:10 Social Bingo (AL) 7:10 TV Special: Downtown Abbey (D)</p>	<p>21 10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Therapeutic Coloring AL (2) 1:30 Coppas 2:00 Coffee & Chats (L) 3:45 10¢ Bingo (6) 4:20 Rosary AL (2) 6:10 Monster B-I-N-G-O AL (2)</p>
<p>22 10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Movie Matinée: Meet the Parents (D) 2:00 Therapeutic Coloring AL (2) 3:30 Make Art to Music (3) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2)</p>	<p>23 9:30 Sit and Be Fit AL (2) 10:00 Work out with Daniel ALs (3) 10:30 Cooking Club (CH) 1:30 Manicures & Hand Therapy AL (2) 2:00 Crafts with Maria AL (2) 3:00 Hot Topics (5) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6)</p>	<p>24 9:30 Hillcrest Mall 10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 11:00 BINGO AL (2) 3:30 Heads Up (6) 3:00 Therapeutic Art AL (2) 6:10 Social Bingo Night AL (2) 7:00 Cards with Vince & Armando (C)</p>	<p>25 9:35 Sit & Be Fit Exercises AL (2) 10:30 BINGO AL (2) 11:15 Richvoices Choir Practice (CH) 2:30 Birthday Celebration – Dallas 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6) 7:00 Cards with Vince & Armando (C)</p>	<p>26 10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:30 Art at Heart (CH) 1:30 Italian Movie (D) 2:00 Therapeutic Coloring & Music AL (2) 3:00 Wheel of Fortune (D) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 Cards with Vince & Armando (C)</p>	<p>27 9:35 Sit & Be Fit Exercises ALs(AL) 11:00 Dancing with the Seniors (D) 2:00 Art Therapy (3) 2:00 Pastoral Visits (AL) 3:15 Afternoon BINGO (AL) 4:20 Rosary (AL) 6:10 Social Bingo (AL) 7:10 TV Special: Downtown Abbey (D) 7:00 Cards with Vince & Armando (C)</p>	<p>28 10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Walmart 2:00 Coffee & Chats (L) 3:45 10¢ Bingo (6) 4:20 Rosary AL (2) 6:10 Monster B-I-N-G-O AL (2)</p>
<p>29 10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Movie Matinée: Grown Ups (D) 2:00 Therapeutic Coloring AL (2) 3:30 Make Art to Music (3) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2)</p>	<p>30 9:30 Sit and Be Fit AL (2) 10:00 Work out with Daniel ALs (3) 10:30 Bowling AL (2) 1:30 Manicures & Hand Therapy AL (2) 2:00 Crafts with Maria AL (2) 3:00 Hot Topics (5) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6)</p>	<p>31 9:30 Highland Farms & Shoppers 10:00 Falls Prevention AL (2) 10:30 Falls Prevention (3) 11:00 BINGO AL (2) 2:30 HALLOWEEN (6) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2) 7:00 Resident card games (C)</p>				

