



RICHVIEW DIRECTORY

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Manager
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Office Coordinator
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“People often say that motivation doesn’t last. Well, neither does bathing – that’s why we recommend it daily.”
- Zig Ziglar

Follow us on:



HOROSCOPE

If you were born between October 23rd and November 21st, you were born under the sign of the Scorpio. November 2017 is an excellent timing in both business and romantic relationships. You are in the right place at the right time to make contacts and meet people who can be fortuitous for you both financially and socially. Good karma these next few months is a result of past friendship and generosity of spirit. Honesty and being who you are and saying what you mean really matters to you – falseness and empty smiles will have no sway with you. Scorpions are not beating about the bush; you are getting things done and letting nothing get in your way.

RESIDENT BIRTHDAYS

Michelino M.	November 1
Sarah K.	November 4
Eligio M.	November 6
Eleanor P.	November 13
Rilla M.	November 17
Vittorio F.	November 18
Domenico F.	November 20
Antoinetta A.	November 23
Caterina C.	November 25
Ricardo D.	November 26
Ortenzi D.	November 28

Health & Wellness In Service!

GETTING THE MOST OUT OF YOUR DIET

A PRACTICAL GUIDE TO SENIORS NUTRITION



Everyone is welcome to come to this educational workshop being put on by Dr. Mary Nagai and a registered dietician. They will be speaking about nutritional choices. They will be speaking on Monday November 20th. In the Dufferin Room from 2:00pm to 3:00pm.

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

Professionally Managed by
 UNIVERSALcare

RICHVIEW ROCKSTAR

Patrizia

“Patrizia is always attentive and caring-very alert and spontaneous”-Armando DiPoce



“Patrizia is always respectful and always willing to help and she makes excellent coffee” Lidia DiPoce

SHUMAKER MOBILE

Richview Manor is set for all your shopping needs! Trendy Canadian footwear brand Shumaker, has several retail stores across Ontario and they will be making their return to Richview Manor on Monday November 27th in our lobby between 10:00AM and 4:00PM. There will be lots of shoe options both for men and women as well as accessories for all your outfit needs or to spice up your look for the upcoming holidays!

Everyone is welcome to take advantage of this great on-site shopping opportunity!



ADDRESS:
10500 Dufferin Street
Maple, Ontario
Canada, L6A 4R1
(905) 585-5000

November is...

Men’s Health Month

National Healthy Skin Month

Vegan Month

November 1
All Saints Day

November 5
Daylight Saving Time Ends

November 11
Remembrance Day

Follow us on:



RICHVIEW MANOR

ENRICHED RETIREMENT LIVING

November 2017 Newsletter

Remembrance Day



Richview Manor will be honouring those who served and those we lost with a traditional Remembrance Day Ceremony on Wednesday November 8th at 10:30am. The Richvoices Choir will be performing 3 pieces, including *In Flander’s Field*, while Reverend Robert Royal will lead us in prayer and provide the spiritual support we all need for that day.

November Celebration




Richview Manor will be celebrating November this year! November is an annual event involving the growing of moustaches during the month of November to raise awareness for men's health issues, such as prostate cancer, testicular cancer and men's mental health. The goal of November is to change the face of men's health, literally! To celebrate the occasion, we will have entertainment on Wednesday November 22nd in the Grandview Dining Room at 2:30pm and refreshments for everyone to enjoy!



Pajama Day

As the weather changes and the temperature drops Richview Manor will be once again staying cozy and warm by celebrating Pajama Day! Join us in your comfiest, warmest or most fashionable sleepwear all day or at 2:30pm in the Grandview Dining Room on November 15th.



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) – 6 Front Lobby – L</p>	<p>Volunteer Driven Programs</p> <p>Every Monday & Wednesday: Maria Fabrizio Visits</p>	<p>1</p> <p>9:35 Sit & Be Fit Exercises ALs (2) 10:30 BINGO AL (2) 10:30 Morning Exercises IL (3) 11:15 Richvoices Choir Practice (CH) 1:30 Manicures & Hand Therapy AL (2) 2:00 Crafts with Maria AL (2) 3:00 Balloon Volleyball (6) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6)</p>	<p>2</p> <p>10:00 Falls Prevention ALs (2) 10:30 Falls Prevention ILs (3) 10:30 Art at Heart (CH) 11:00 Balloon Volleyball AL (2) 1:15 Hoops Toss AL (2) 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)</p>	<p>3</p> <p>9:35 Sit & Be Fit Exercises AL (2) 11:00 Dancing with the Seniors (D) 1:30 Art Therapy (3) 2:00 Pastoral Visits AL (2) 3:00 You Be the Judge (6) 3:15 Afternoon BINGO AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:10 TV Special: Downton Abbey (D)</p>	<p>4</p> <p>10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Walmart 1:30 Make Art to Music (3) 3:30 Mass with Father Larry (D) 4:20 Rosary AL (2) 6:10 Monster B-I-N-G-O AL (2)</p>
<p>5 Daylight Saving Time Ends -Fall Back 1 Hour -</p> <p>10:00 Physiotherapy for ALs (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicure & Hand Therapy AL (2) 1:30 Movie Matinée: I Love Lucy! (D) 1:45 Bowling AL (2) 3:45 10¢ Bingo (6) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2)</p> 	<p>6</p> <p>9:30 Sit and Be Fit AL (2) 10:00 Bowling AL (2) 10:30 Morning Exercises IL (3) 1:30 Manicures & Hand Therapy IL (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)</p>	<p>7</p> <p>9:30 Yummy Market and Dollar Store</p> <p>10:00 Falls Prevention ALs (2) 10:30 Falls Prevention ILs (3) 10:45 BINGO AL (2) 11:00 Brain Games (6) 2:00 Dancing with Seniors (D) 3:00 Therapeutic Art AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2)</p>	<p>8</p> <p>9:35 Sit & Be Fit Exercises ALs (2) 10:30 Remembrance Day Ceremony with Rev. Royal (D) 1:30 Manicures & Hand Therapy AL (2) 2:00 Crafts with Maria AL (2) 3:00 Balloon Volleyball (6) 4:20 Rosary AL (2) 6:30 I Cavalier Group Happy Hour (L)</p>	<p>9</p> <p>10:00 Falls Prevention ALs (2) 10:30 Falls Prevention ILs (3) 10:45 Pet Therapy Visits 10:30 Art at Heart (CH) 11:00 Balloon Volleyball AL (2) 1:15 Hoops Toss AL (2) 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)</p>	<p>10</p> <p>10:00 Mass with Father Peter (D) 11:00 Dancing with the Seniors (D) 1:30 Art Therapy ILs (3) 2:00 Pastoral Visits AL (2) 3:00 You Be the Judge (6) 3:15 Afternoon BINGO AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:10 TV Special: Downton Abbey (D)</p>	<p>11 Remembrance Day </p> <p>10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Therapeutic Coloring AL (2) 1:30 Coppa's 1:30 Make Art to Music ILs (3) 3:30 Mass with Father Larry (D) 4:20 Rosary AL (2) 6:10 Monster B-I-N-G-O AL (2)</p>
<p>12</p> <p>10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Movie Matinée: I Love Lucy! (D) 1:45 Bowling AL (2) 3:45 10¢ Bingo (6) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2)</p>	<p>13</p> <p>9:30 Sit & Be Fit AL (2) 10:00 Bowling AL (2) 10:30 Morning Exercises IL (3) 1:30 Manicures & Hand Therapy ILs (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)</p>	<p>14</p> <p>9:30 Longos</p> <p>10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:30 Cooking Club (CH) 11:00 Brain Games (6) 2:00 Dancing with Seniors (D) 3:00 Therapeutic Art AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2)</p>	<p>15</p> <p>9:35 Sit & Be Fit Exercises AL (2) 10:30 BINGO AL (2) 10:30 Morning Exercises IL (3) 11:15 Richvoices Choir Practice (CH) 2:30 Pajama Party (G) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6)</p>	<p>16</p> <p>10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:30 Art at Heart (CH) 11:00 Balloon Volleyball AL (2) 11:00 Osteoporosis Workshop (D) 1:15 Hoops Toss AL (2) 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)</p>	<p>17</p> <p>9:35 Sit & Be Fit Exercises AL (2) 10:00 Rev. Robert Royal (3rd Floor Chapel) 11:00 Dancing with the Seniors (D) 1:30 Art Therapy ILs (3) 3:00 You Be the Judge (6) 3:15 Afternoon BINGO AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:10 TV Special: Downton Abbey (D)</p>	<p>18</p> <p>10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Therapeutic Coloring AL (2) 1:30 Walmart 1:30 Make Art to Music ILs (3) 3:00 Manicures & Hand Therapy ILs (3) 4:20 Rosary AL (2) 6:10 Monster B-I-N-G-O AL (2)</p>
<p>19</p> <p>10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 1:30 Movie Matinée: I Love Lucy! (D) 1:45 Manicures & Hand Therapy AL (2) 3:00 Therapeutic Colouring AL (2) 3:45 10¢ Bingo (6) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2)</p>	<p>20</p> <p>9:30 Sit and Be Fit AL (2) 10:00 Bowling AL (2) 10:30 Morning Exercises IL (3) 1:30 Manicures & Hand Therapy (3) 2:00 Crafts with Maria AL (2) 2:00 Health & Wellness in Service (D) 3:30 Hot Topics (5) 4:20 Rosary (AL) 6:10 Social Bingo Night (AL) 7:00 10¢ Bingo (6)</p>	<p>21</p> <p>9:30 Nygard</p> <p>10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:45 BINGO AL (2) 11:00 Brain Games (6) 2:00 Dancing with Seniors (D) 3:00 Therapeutic Art AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2)</p>	<p>22</p> <p>9:35 Sit & Be Fit Exercises AL (2) 10:30 BINGO AL (2) 10:30 Morning Exercises IL (3) 11:15 Richvoices Choir Practice (CH) 2:30 Movember Celebration (G) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6)</p> 	<p>23</p> <p>10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:30 Art at Heart (CH) 10:45 Pet Therapy Visits 11:00 Balloon Volleyball AL (2) 2:00 Resident Council (D) 3:30 Therapeutic Coloring AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2)</p>	<p>24</p> <p>9:35 Sit & Be Fit Exercises ALs (2) 11:00 Dancing with the Seniors (D) 1:30 Art Therapy ILs (3) 2:00 Pastoral Visits AL (2) 3:00 You Be the Judge (6) 3:15 Afternoon BINGO AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:10 TV Special: Downton Abbey (D)</p>	<p>25</p> <p>10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Therapeutic Coloring AL (2) 11:30 Casino 1:30 Make Art to Music ILs (3) 3:30 Mass with Father Larry (D) 4:20 Rosary AL (2) 6:10 Monster B-I-N-G-O AL (2)</p>
<p>26</p> <p>10:00 Physiotherapy for AL (2) 10:30 Physiotherapy for ILs (3) 11:15 Manicures & Hand Therapy AL (2) 1:30 Movie Matinée: I Love Lucy! (D) 1:45 Therapeutic Coloring AL (2) 3:45 10¢ Bingo (6) 4:20 Rosary AL (2) 6:15 Musaic School of Music Concert (G)</p>	<p>27 SHUMAKER MOBILE 10-4 (L)</p> <p>9:30 Sit and Be Fit AL (2) 10:00 Bowling AL (2) 10:30 Morning Exercises IL (3) 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>28</p> <p>9:30 Hillcrest Mall</p> <p>10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:45 BINGO AL (2) 11:00 Brain Games (6) 2:00 Dancing with Seniors (D) 3:00 Therapeutic Art AL (2) 4:20 Rosary AL (2) 6:10 Social Bingo Night AL (2)</p>	<p>29</p> <p>9:35 Sit & Be Fit Exercises AL (2) 10:30 BINGO AL (2) 10:30 Morning Exercises IL (3) 11:15 Richvoices Choir Practice (CH) 2:30 Birthday Celebration – James (G) 4:20 Rosary AL (2) 6:10 Social Bingo AL (2) 7:00 10¢ Bingo (6)</p>	<p>30</p> <p>10:00 Falls Prevention AL (2) 10:30 Falls Prevention ILs (3) 10:30 Art at Heart (CH) 10:45 Pet Therapy Visits 11:00 Balloon Volleyball AL (2) 1:15 Hoops Toss AL (2) 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)</p>	<p>This month our Sunday matinées will be spent enjoying the fun classic... I Love Lucy! All are welcome to come down for a laugh!!</p>	<p>Monday to Friday at 7:00, resident card games in the lobby lounge. All residents are welcome to come.</p>

