



## RICHVIEW DIRECTORY

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**Wine and cheese  
are ageless  
companions, like  
aspirin and aches,  
or June and moon,  
or good people  
and noble  
ventures**  
-M. F. K Fisher

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### HOROSCOPE

If you were born between May 21<sup>st</sup> and June 20<sup>th</sup>, you were born under the sign of the Gemini. June 2018 is not a good month to make decisions about your life and overall life direction; you are just not thinking clearly enough, and there are too many confusing factors which could lead to a skewed perspective. Worry and anxiety can plague you at this time so avoid alcohol, stimulants or anything that can exacerbate these issues. A lot of the things troubling you seem worse than they are. Get enough sleep, exercise and fresh food and top up your vitamins and proteins with a healthy shake.

### RESIDENT BIRTHDAYS

Adolfo P.	June 2 <sup>nd</sup>
Stephen T.	June 7 <sup>th</sup>
Rolando D.	June 8 <sup>th</sup>
Michael A.	June 11 <sup>th</sup>
Luigi D.	June 12 <sup>th</sup>
Lucia G.	June 12 <sup>th</sup>
Maria F.	June 12 <sup>th</sup>
Mary K.	June 15 <sup>th</sup>
Jim F.	June 22 <sup>th</sup>
Antonia C.	June 30 <sup>th</sup>
Nasiruddin J.	June 23 <sup>rd</sup>
Nancy H.	June 23 <sup>rd</sup>
Giovannina I.	June 24 <sup>th</sup>

### Tim Horton's Camp Day

Tim Horton's Camp Day will be held on Wednesday June 6<sup>th</sup>. Their Summer Camp Program offers an opportunity for economically disadvantaged children aged 9-12 to attend summer camp. Tim Horton's Restaurant Owners work with local youth agencies and schools to find qualified children for each session. Last year, Richview Manor was proud to have partnered with the Tim Horton's at 995 Major Mackenzie Drive by buying coffee for ALL our staff and residents. Our seniors will be serving and greeting patrons at this location from 10:00AM until 1:00PM, so come on by for a cup of joe and the best service possible!



### EZ Fit Shoes Sale!

Richview Manor is excited to welcome EZ Fit Shoes, a mobile shoe company specializing in custom footwear for men and women. EZFIT shoes specialize in custom orthotics, speciality shoes, casual and contemporary shoes, athletic, dress and seasonal footwear. EZFIT will be selling shoes on June 20<sup>th</sup> in the Lobby Lounge. We hope to see you there!



### REFLEXOLOGIST IN SERVICE

To celebrate Seniors' Month, Richview Manor is hosting Mara Rossi, a certified reflexologist, to come in to provide an in-service about restoring the natural balance of the body on Monday, June 11<sup>th</sup> at 2:00pm in the Dufferin Room. Her methods help to relieve stress, relax and restore your natural balance and flow. Please join us for an educational afternoon with Mara!



Booking a Tour is Easy!

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

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ADDRESS:  
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June is....

Seniors Month

Italian Heritage  
Month

National Family  
Month

June 17

Father's Day

June 21

Summer Solstice

June 25

Discovery Day

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RICHVIEW MANOR  
ENRICHED RETIREMENT LIVING

## June 2018 Newsletter

### Italian Heritage Month



Richview Manor will be honouring Italian Heritage Month in June. On June 6<sup>th</sup> at 2:30pm in the Grandview Dining Room, we will be celebrating Italians with a performance by Remo. Whether you are Italian by birth or just like having lots of fun, there will be something for everybody! *Benvenuti a tutti!*

### Fathers' Day Open House

Richview Manor is grateful to every Father, and to show our deep appreciation for all that they do, we will be holding a fabulous Father's Day Open House on Thursday June 14<sup>th</sup> at 2:30 PM in the Grandview Dining Room! Please join us for an afternoon of appetizers, entertainment, desserts and refreshments. Everyone is welcome!



### Garden Party



Richview Manor will be holding a Garden Party on June 20<sup>th</sup> from 1-4pm. Join us for an afternoon of music featuring the amazing Giordano, mingling, yard games, summer drinks and sandwiches to honor our bright and wonderful seniors. Dress up in your floral summer outfits and gorgeous hats!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Location Legend</b>                      Lobby Lounge Café – L                      Grandview Dining Room - G                      Club House – CH                      Assisted Living (2<sup>nd</sup> Floor) – AL                      2<sup>nd</sup> Floor Terrace - T                      Fitness Room/Gym - F                      Dufferin Room – D</p>	<p><b>Location Legend (Continued)</b>                      Richview Garden - RG                      Eagle Ridge Lounge (3<sup>rd</sup> Floor) – 3                      Cue Lounge (4<sup>th</sup> Floor) – 4                      (5<sup>th</sup> Floor) - 5                      Ace of Diamonds Lounge                      (6<sup>th</sup> Floor) – 6                      Front Lobby – L</p>		<p><b>JOKESTER</b>                      What did the baby corn                      say to the momma                      corn?                        Where's popcorn</p>		<p><b>1</b>                      9:30 Sit and Be Fit AL (2)                      1:30 Art Therapy IL (3)                      2:00 Pastoral Visits AL (2)  <b>3:30 You be The Judge (CH)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)</p>	<p><b>2</b>                      10:45 Physiotherapy IL (3)                      11:15 Physiotherapy AL (2)  <b>1:30 Make Art to Music IL (3)</b>  <b>1:30 Loblaw's &amp; Dollar Store</b>                      2:00 Bocce (RG)                      3:45 10¢ Bingo (6)                      4:00 Rosary AL (2)                      6:10 Monster B-I-N-G-O AL (2)</p>
<p><b>3</b>                      11:00 Sit &amp; Be Fit Exercises AL (2)                      11:30 Morning Exercises IL (3)                      1:30 Ball Toss and Games AL (2)  <b>3:30 Mass with Father Larry (D)</b>                      6:10 Social Bingo AL (2)</p>	<p><b>4</b>                      9:30 Sit and Be Fit AL (2)                      10:00 Wellness Program with Marin IL (D)  <b>11:00 Hot Topics (5)</b>                      2:00 Crafts with Maria AL (2)  <b>2:00 Fire Prevention Education Training (D)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo Night AL (2)</p>	<p><b>5</b>  <b>9:30 Yummy Market &amp; Dollar Store</b>                      9:30 Falls Prevention AL (2)                      10:15 Falls Prevention IL (3)  <b>2:00 Dancing with Patricia (D)</b>  <b>3:30 Gardening with Amanda &amp; Rachel (RG)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)                      7:00 10¢ Bingo (6)</p>	<p><b>6</b>                      10:00 Physiotherapy AL (2)                      10:00 Wellness Program with Marin IL (F)                      10:30 Physiotherapy IL (3)  <b>10:30 Mass with Father Ralph (D)</b>  <b>2:30 Italian Heritage-- Remo (G)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)  <b>7:10 Movie Night: BREAKFAST AT TIFFANYS (D)</b></p>	<p><b>7</b>                      9:30 Falls Prevention AL (2)                      10:15 Falls Prevention IL (3)                      10:30 Connect Art IL (CH)                      10:45 Pet Therapy Visits  <b>1:30 Balloon Volleyball (D)</b>                      1:30 Connect Art AL (2)  <b>3:00 Wheel of Fortune (D)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)                      7:00 10¢ Bingo (6)</p>	<p><b>8</b>                      9:30 Sit and Be Fit AL (2)  <b>10:00 Mass with Father Peter (D)</b>                      1:30 Art Therapy IL (3)  <b>3:30 You be The Judge (CH)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)</p>	<p><b>9</b>                      10:45 Physiotherapy IL (3)                      11:15 Physiotherapy AL (2)  <b>1:30 Coppa's</b>  <b>1:30 Make Art to Music IL (3)</b>                      2:00 Bocce (RG)                      3:45 10¢ Bingo (6)                      4:00 Rosary AL (2)                      6:10 Monster B-I-N-G-O AL (2)</p>
<p><b>10</b>                      11:00 Sit &amp; Be Fit Exercises AL (2)                      11:30 Morning Exercises IL (3)                      1:30 Ball Toss and Games AL (2)  <b>2:30 Studio David Bertram Concert (G)</b>                      6:10 Social Bingo AL (2)</p>	<p><b>11</b>                      9:30 Sit and Be Fit AL (2)                      10:00 Wellness Program with Marin IL (D)  <b>11:00 Hot Topics (5)</b>                      2:00 Crafts with Maria AL (2)  <b>2:00 Reflexology In Service – Mara Rossi (D)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo Night AL (2)</p>	<p><b>12</b>  <b>9:30 Walmart</b>                      9:30 Falls Prevention AL (2)                      10:15 Falls Prevention IL (3)  <b>2:00 Dancing with Patricia (D)</b>  <b>3:30 Gardening with Amanda &amp; Rachel (RG)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)                      7:00 10¢ Bingo (6)</p>	<p><b>13</b>                      10:00 Physiotherapy AL (2)                      10:00 Wellness Program with Marin IL (F)                      10:30 Physiotherapy (3)                      1:15 Manicures and Hand Therapy AL (2)                      2:00 Crafts with Maria AL (2)                      4:00 Rosary AL (2)  <b>6:30 Il Cavalier Group Happy Hour (L)</b></p>	<p><b>14</b>                      9:30 Falls Prevention AL (2)                      10:15 Falls Prevention IL (3)                      10:30 Connect Art IL(CH)                      1:30 Connect Art AL (2)  <b>2:30 Father's Day Open House- Jay (G)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)                      7:00 10¢ Bingo (6)</p>	<p><b>15</b>                      9:30 Sit and Be Fit AL (2)                      1:30 Art Therapy IL (3)  <b>3:30 You be The Judge (CH)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)</p>	<p><b>16</b>  <b>9:30 Casino</b>                      10:45 Physiotherapy IL (3)                      11:15 Physiotherapy AL (2)  <b>1:30 Make Art to Music IL (3)</b>                      2:00 Bocce (RG)                      3:45 10¢ Bingo (6)                      4:00 Rosary AL (2)                      6:10 Monster B-I-N-G-O AL (2)</p>
<p><b>17 FATHERS DAY</b>                      11:00 Sit &amp; Be Fit Exercises AL (2)                      11:30 Morning Exercises IL (3)                      1:30 Ball Toss and Games AL (2)  <b>3:30 Mass with Father Larry (D)</b>                      6:10 Social Bingo AL (2)</p>	<p><b>18</b>                      9:30 Sit and Be Fit AL (2)                      10:30 Wellness Program with Marin IL (D)  <b>11:00 Hot Topics (5)</b>                      2:00 Crafts with Maria AL (2)                      4:00 Rosary AL (2)                      6:10 Social Bingo Night AL (2)</p>	<p><b>19</b>  <b>9:30 Highland Farms/Shoppers</b>                      9:30 Falls Prevention AL (2)                      10:15 Falls Prevention IL (3)  <b>2:00 Dancing with Patricia (D)</b>  <b>3:30 Gardening with Amanda &amp; Rachel (RG)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)                      7:00 10¢ Bingo (6)</p>	<p><b>20 EZFIT SHOES SALE</b>                      10:00 Physiotherapy AL (2)                      10:00 Wellness Program with Marin IL (F)                      10:30 Physiotherapy IL (3)  <b>10:30 Mass with Father Ralph (D)</b>  <b>1:00 Garden Party – Giordano (RG)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)  <b>7:10 Movie Night: BEAUTY AND THE BEAST (D)</b></p>	<p><b>21</b>                      9:30 Falls Prevention AL (2)                      10:15 Falls Prevention IL (3)                      10:30 Connect Art IL (CH)                      10:45 Pet Therapy Visits  <b>1:15 Resident Council (D)</b>                      1:30 Connect Art AL (2)  <b>3:00 Wheel of Fortune (D)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)                      7:00 10¢ Bingo (6)</p>	<p><b>22</b>                      9:30 Sit and Be Fit AL (2)  <b>10:30 Mass with Rev. Royal</b>                      1:30 Art Therapy IL (3)                      2:00 Pastoral Visits AL (2)  <b>3:30 You be The Judge (CH)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)</p>	<p><b>23</b>                      10:45 Physiotherapy IL (3)                      11:15 Physiotherapy AL (2)  <b>1:30 Longos</b>  <b>1:30 Make Art to Music IL (3)</b>                      2:00 Bocce (RG)                      3:45 10¢ Bingo (6)                      4:00 Rosary AL (2)                      6:10 Monster B-I-N-G-O AL (2)</p>
<p><b>24</b>                      11:00 Sit &amp; Be Fit Exercises AL (2)                      11:30 Morning Exercises IL (3)                      1:30 Ball Toss and Games AL (2)  <b>3:30 Mass with Father Larry (D)</b>                      6:10 Social Bingo AL (2)</p>	<p><b>25</b>                      9:30 Sit and Be Fit AL (2)                      10:00 Wellness Program with Marin IL (D)  <b>11:00 Hot Topics (5)</b>                      2:00 Crafts with Maria AL (2)                      4:00 Rosary AL (2)                      6:10 Social Bingo Night AL (2)</p>	<p><b>26</b>  <b>9:30 Walmart</b>                      9:30 Falls Prevention AL (2)                      10:15 Falls Prevention IL (3)  <b>2:00 Dancing with Patricia (D)</b>  <b>3:30 Gardening with Amanda &amp; Rachel (RG)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)                      7:00 10¢ Bingo (6)</p>	<p><b>27</b>                      10:00 Physiotherapy AL (2)                      10:00 Wellness Program with Marin IL (F)                      10:30 Physiotherapy IL (3)                      1:15 Manicures and Hand Therapy AL (2)  <b>2:30 Birthday Celebration – Syd (G)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)  <b>7:10 Movie Night: 17 AGAIN (D)</b></p>	<p><b>28</b>                      9:30 Falls Prevention AL (2)                      10:15 Falls Prevention IL (3)                      10:30 Connect Art IL (CH)                      10:45 Pet Therapy Visits                      1:30 Connect Art AL (2)  <b>3:00 Wheel of Fortune (D)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)                      7:00 10¢ Bingo (6)</p>	<p><b>29</b>                      9:30 Sit and Be Fit AL (2)                      1:30 Art Therapy IL (3)                      2:00 Pastoral Visits AL (2)  <b>3:30 You be The Judge (CH)</b>                      4:00 Rosary AL (2)                      6:10 Social Bingo AL (2)</p>	<p><b>30</b>                      10:45 Physiotherapy IL (3)                      11:15 Physiotherapy AL (2)  <b>1:30 Upper Canada Mall</b>  <b>1:30 Make Art to Music IL (3)</b>                      2:00 Bocce (RG)                      3:45 10¢ Bingo (6)                      4:00 Rosary AL (2)                      6:10 Monster B-I-N-G-O AL (2)</p>

