



## RICHVIEW DIRECTORY

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## Notable Quotable

“If you want to lift yourself up, lift up someone else”

– Booker T Washington

Follow us on:



## HOROSCOPE

If you were born between June 21<sup>st</sup> and July 22<sup>nd</sup>, you were born under the sign of the Cancer. A strongly perfectionistic tendency means that you are highly focused and driven. You have a heightened sense of responsibility in both financial affairs and within your personal relationships. You have a strong sense of doing the right thing, which will help you to maintain focus despite obstacles. You are committed to being organized, and you want to get the most from yourself and others – you cannot tolerate laziness and apathy in those around you. You are strong-willed and want to see practical accomplishments.

## RESIDENT BIRTHDAYS



Maria Ferrari	July 2
Princess Brewster	July 6
Maria Vallecorsa	July 10
Santina Caringi	July 10
Pasquale Forestieri	July 11
Irene McVeigh	July 12
Elizabeth Johnson	July 14
Rosanne Perreault	July 14
Rose Tomas	July 17
Maria Ciampa	July 25

## Welcome Eden and Rachel!

We are happy to introduce new members to the Life Enrichment team!  
Eden graduated from McMaster University with a BA in Health Studies and Gerontology. She is currently working on a post graduate certificate in Retirement Residence Management.  
Rachel is currently completing her BSc in Psychology. Her area of emphasis is Human services and cognitive psychology. Rachel is passionate about community work and has been an active member in the Me To We charity organization.

## Bus Outing to Niagara on the Lake

On July 26th, residents will have the opportunity to tour the picturesque Niagara on the Lake!  
Niagara on the Lake is home to numerous shops, theatres and amazing restaurants. Residents have been looking forward to visiting the quaint little town for a long time and are having a wonderful lunch at Pillar and the Post!



## Booking a Tour is Easy!

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

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RICHVIEW MANOR  
ENRICHED RETIREMENT LIVING

# July 2018 Newsletter

This Month at Richview Manor:

## Canada Day



O Canada! Our home and native land turns 151 years young! Canada Day is Monday July 2<sup>nd</sup>. Rob will be performing for the residents at Richview to celebrate our beautiful country! Please join us at 2:30PM in the Grandview Dining Room and invite all your friends and family. Have a great long weekend!

## Social Wellness Month

## National Camping Month

## National Hot Dog Month

July 1  
Canada Day

July 4  
American  
Independence Day

July 10  
Pina Colada Day

## Strawberry Social

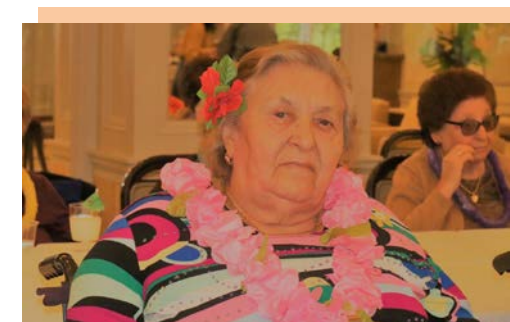


Our annual Strawberry Social event is without a doubt one of the sweetest ones we hold. Delicious, juicy and luscious, strawberries will be served in a variety of forms on July 11 at 2:30PM in the Grandview Dining Room. Josie and Nick will be here to tickle the ivories on the piano. All are welcome to attend, however with space being restricted we kindly ask that guests RSVP with concierge.

## Piña Colada Day

Say no more! When we heard there was an actual Pina Colada Day, there were no questions asked!

Richview Manor will be serving Pina Coladas to all of our residents on July 18th at 2:30PM in the Grandview Dining Room. Entertainment will be provided by James.



Follow us on:





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Location Legend</b>  <b>Lobby Lounge Café – L</b>  <b>Grandview Dining Room - G</b>  <b>Club House – CH</b>  <b>Assisted Living (2<sup>nd</sup> Floor) – AL</b>  <b>2<sup>nd</sup> Floor Terrace - T</b>  <b>Fitness Room/Gym - F</b>  <b>Dufferin Room – D</b></p>	<p><b>Location Legend (Continued)</b>  <b>Richview Garden - RG</b>  <b>Eagle Ridge Lounge (3<sup>rd</sup> Floor) – 3</b>  <b>Cue Lounge (4<sup>th</sup> Floor) – 4</b>  <b>(5<sup>th</sup> Floor) - 5</b>  <b>Ace of Diamonds Lounge</b>  <b>(6<sup>th</sup> Floor) – 6</b>  <b>Front Lobby – L</b></p>					
<p><b>1</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>2 Holiday</b>  11:00 Sit and Be Fit AL (2)  11:30 Morning Exercise IL (3)  1:15 Manicures and Hand Therapy AL (2)  <b>2:30 Canada Day Celebration (G)</b>  4:00 Rosary AL (2)  6:10 Social Bingo Night AL (2)</p>	<p><b>3</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>  3:30 Colouring and Manicures AL (2)  <b>3:30 Word Within A Word (6)</b>  4:00 Rosary AL (2)  6:10 Social Bingo AL (2)  7:00 10¢ Bingo (6)</p>	<p><b>4</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>2:00 Ice Cream Social AL (2)</b>  <b>2:30 Ice Cream Social (RG)</b>  4:00 Rosary AL (2)  6:10 Social Bingo AL (2)  <b>7:10 TV Show: Seinfeld (D)</b></p>	<p><b>5</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>6</b>  9:30 Sit and Be Fit AL (2)  <b>10:00 Mass with Father Peter (D)</b>  10:30 Morning Exercises IL (3)  11:00 Lemonade Social AL (T)  1:30 Art Therapy IL (3)  3:00 Ring Toss 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>7</b>  11:00 Sit &amp; Be Fit Exercises AL (2)  11:30 Morning Exercises IL (3)  <b>1:30 Make Art to Music IL (3)</b>  <b>1:30 Loblaw's &amp; Dollar Store</b>  2:00 Therapeutic Colouring AL (2)  3:45 10¢ Bingo (6)  4:00 Rosary AL (2)  6:10 Monster B-I-N-G-O AL (2)</p>
<p><b>8</b>  11:00 Sit &amp; Be Fit Exercises AL (2)  11:30 Morning Exercises IL (3)  1:30 Ball Toss and Games AL (2)  6:10 Social Bingo AL (2)</p>	<p><b>9</b>  9:30 Sit and Be Fit AL (2)  10:00 Wellness Program with Marin IL (D)  <b>10:30 Morning Walk IL (L)</b>  10:30 Bowling AL (2)  <b>11:00 Hot Topics (5)</b>  2:00 Crafts with Maria AL (2)  <b>2:00 Bocce (RG)</b>  4:00 Rosary AL (2)  6:10 Social Bingo Night AL (2)</p>	<p><b>10</b>  <b>9:30 Walmart</b>  9:30 Falls Prevention AL (2)  10:15 Falls Prevention IL (3)  <b>2:30 Pina Colada Day</b>  4:00 Rosary AL (2)  6:10 Social Bingo AL (2)  7:00 10¢ Bingo (6)</p>	<p><b>11</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)  <b>2:30 Strawberry Social (G)</b>  4:00 Rosary AL (2)  <b>6:30 Il Cavalier Group Happy Hour (L)</b></p>	<p><b>12</b>  9:30 Falls Prevention AL (2)  10:15 Falls Prevention IL (3)  10:30 Connect Art IL(CH)  <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>13</b>  9:30 Sit and Be Fit AL (2)  10:30 Morning Exercises IL (3)  <b>11:00 Lemonade Social (RG)</b>  1:30 Art Therapy IL (3)  2:00 Pastoral Visit AL (2)  3:00 Ring Toss 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>14</b>  11:00 Sit &amp; Be Fit Exercise AL (2)  11:30 Morning Exercises IL (3)  <b>1:30 Make Art to Music IL (3)</b>  <b>1:30 Loblaw's &amp; Dollar Store</b>  2:00 Therapeutic Colouring AL (2)  3:45 10¢ Bingo (6)  4:00 Rosary AL (2)  6:10 Monster B-I-N-G-O AL (2)</p>
<p><b>15</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>16</b>  9:30 Sit and Be Fit AL (2)  10:00 Wellness Program with Marin IL (D)  <b>10:30 Morning Walk IL (L)</b>  10:30 Bowling AL (2)  <b>11:00 Hot Topics (5)</b>  2:00 Crafts with Maria AL (2)  <b>2:00 Bocce (RG)</b>  4:00 Rosary AL (2)  6:10 Social Bingo Night AL (2)</p>	<p><b>17</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>  3:30 Colouring and Manicures AL (2)  <b>3:30 Word Within A Word (6)</b>  4:00 Rosary AL (2)  6:10 Social Bingo AL (2)  7:00 10¢ Bingo (6)</p>	<p><b>18</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 Pina Colada Day (G)</b>  4:00 Rosary AL (2)  6:10 Social Bingo AL (2)  <b>7:10 TV Show: Seinfeld (D)</b></p>	<p><b>19</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 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>20</b>  9:30 Sit and Be Fit AL (2)  <b>10:30 Mass with Rev. Royal</b>  10:30 Morning Exercises IL (3)  <b>11:00 Lemonade Social AL (T)</b>  1:30 Art Therapy IL (3)  2:00 Pastoral Visits AL (2)  3:00 Ring Toss 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>21</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 Therapeutic Colouring AL (2)  3:45 10¢ Bingo (6)  4:00 Rosary AL (2)  6:10 Monster B-I-N-G-O AL (2)</p>
<p><b>22</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>  <b>6:30 Musical Concert (L)-</b></p> <p><b>29</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>23</b>  9:30 Sit and Be Fit AL (2)  10:00 Wellness Program with Marin IL (D)  <b>10:30 Morning Walk IL (L)</b>  10:30 Bowling AL (2)  <b>11:00 Hot Topics (5)</b>  2:00 Crafts with Maria AL (2)  <b>2:00 Bocce (RG)</b>  4:00 Rosary AL (2)  6:10 Social Bingo Night AL (2)</p> <p><b>30</b>  9:30 Sit and Be Fit AL (2)  10:00 Wellness Program with Marin IL (D)  <b>10:30 Morning Walk IL (L)</b>  10:30 Bowling AL (2)  <b>11:00 Hot Topics (5)</b>  2:00 Crafts with Maria AL (2)  <b>2:00 Bocce (RG)</b>  4:00 Rosary AL (2)  6:10 Social Bingo Night AL (2)</p>	<p><b>24</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>  3:30 Colouring and Manicures AL (2)  <b>3:30 Word Within A Word (6)</b>  4:00 Rosary AL (2)  6:10 Social Bingo AL (2)  7:00 10¢ Bingo (6)</p> <p><b>31</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>  3:30 Colouring and Manicures AL (2)  <b>3:30 Word Within A Word (6)</b>  4:00 Rosary AL (2)  6:10 Social Bingo AL (2)  7:00 10¢ Bingo (6)</p>	<p><b>25</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 TV Show: Seinfeld (D)</b></p>	<p><b>26</b>  <b>9:30 Niagara Falls</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>27</b>  9:30 Sit and Be Fit AL (2)  <b>10:30 Mass with Rev. Royal</b>  10:30 Morning Exercises IL (3)  <b>11:00 Lemonade Social (RG)</b>  1:30 Art Therapy IL (3)  2:00 Pastoral Visits AL (2)  3:00 Ring Toss 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>28</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 Therapeutic Colouring AL (2)  3:45 10¢ Bingo (6)  4:00 Rosary AL (2)  6:10 Monster B-I-N-G-O AL (2)</p>

