RICHVIEW
DIRECTORY

Concierge
905-585-5000

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General Manager
905-585-5000 ext.103

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905-585-5000 ext. 201

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Life Enrichment & Marketing Coordinator
905-585-5000 ext. 301

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Culinary Service Manager
905-585-5000 ext. 118

Lourdes Pablico
Office Coordinator
905-585-5000 ext. 117

Notable Quotable

"A friend is what the heart needs all the time."
- Henry Van Dyke

Follow us on:

HOROSCOPE
Aquarius: January 21 – February 19

Aquarius horoscope 2021 predicts that many new opportunities will come your way this year! 2021 is a great year to try to improve yourself and your surroundings. You are likely to feel more impulsive this year, which will bring some changes in your life. You are also more direct this year, which can also help you to get ahead. Be careful when it comes to getting ahead of yourself though.

RESIDENT BIRTHDAYS

Vince D.	Feb 3
Mui T.	Feb 8
Giovanni B.	Feb 13
Joan B.	Feb 13
Antonio G.	Feb 17
Rosa S.	Feb 18
Maria C.	Feb 21
Olivia F.	Feb 26

HAND HYGIENE

Just a reminder to always maintain hand hygiene!

PHYSIOTHERAPY CLASSES

Richview Manor is excited to announce our partnership with Mobility Matters! Falls Prevention and Exercise Classes will be offered by Tina, a certified Physiotherapy Assistant. The classes are designed to help you keep fit and remain 'Fall Proof.' Tina will guide the resident in a one-to-one, 15-minute activity in their room, improving their functional mobility, endurance, and lower extremity strength. The classes will be offered on Tuesdays, Thursdays, and Fridays from 9:30 – 11:30 am.

If you are interested in these services, please contact Anna Walpole.

IPADS FOR SENIORS FROM VAUGHAN PUBLIC LIBRARIES

Richview is excited to announce that we are a member of "Connecting Vaughan Seniors with Information and Loved Ones Through Technology!" We will be supplied with **iPads** and **mobile hotspots** from Vaughan Public Libraries. The iPads will include apps for free library e-resources and apps for connecting with loved ones, such as Zoom. Life Enrichment will help to guide the residents on how to use the apps, connect to loved ones, play games, and read. Thank you to Kristin and Vaughan Public Libraries!

Booking a Tour is Easy!
Simply contact Mahnaz Khosravi at (905) 585-5000 ext. 116 and/or info@richviewmanor.com

Professionally Managed by
UNIVERSALcare

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

February is the month of...

Black History Month

Recreation Therapy Month

February 12
Chinese New Year

February 14
Valentine's Day

February 15
Family Day

February 16
Shrove Tuesday

February 17
Ash Wednesday

Follow us on:

RICHVIEW MANOR
ENRICHED RETIREMENT LIVING

February 2021 Newsletter

This Month at Richview Manor:

National Pizza Day

Ciao! February is the month to celebrate National Pizza Day! Originating in Naples, Italy, pizza is a meal loved by people all across the globe. On Wednesday, February 3rd at 1:30 pm, Life Enrichment will go door-to-door to deliver fresh pizza slices to our residents. Who doesn't love a fresh slice of homemade pizza?

Valentine's Day

Happy Valentine's Day to our Richview family! On Wednesday, February 10th at 1:30 pm, Life Enrichment will visit the residents on each floor to celebrate the season of love. Heart-warming treats will be delivered, such as chocolate covered strawberries. Make sure to wear your brightest pink and red clothes to celebrate! Let's spread some much-deserved love.

Wild West Party

Welcome to the Wild West! It is time to wear your favourite plaid, denim, leather boots, or even cowboy hat. On Wednesday, February 24th at 1:30 pm, Life Enrichment will go door-to-door to visit the residents and play the greatest musical hits from the Wild West. Make sure to hold your horses, it is going to be a wild afternoon!

ACTIVITIES — FEBRURAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location Legend **2 – Second Floor** **3 – Third Floor** **4 – Fourth Floor** **5- Fifth Floor** **6 – Sixth Floor** **D – Dufferin Room** **AL – Assisted Living** **IL – Independent Living**	**1** 9:30 2nd Floor Arts and Crafts (2) 9:45 Colouring and Manicures (6) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (2) 3:00 6th Floor Bingo (D) 4:00 Friendly Visits	**2** Groundhog Day 9:30 Exercise with Tina 9:30 Colouring and Manicures (4) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (3) 3:00 6th Floor Bingo (D) **4:00 Dancing with LE (D)** 	**3** 9:30 4th Floor Arts and Crafts (D) 9:45 Colouring and Manicures (2) 10:30 3rd Floor Arts and Crafts (D) 11:00 3rd Floor Bingo (D) **1:30 National Pizza Day** 	**4** World Cancer Day 9:30 Exercise with Tina 9:30 Colouring and Manicures (4) 10:30 3rd Floor Sit and Be Fit (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (3) 3:00 6th Floor Bingo (D) **4:00 Dancing with LE (D)**	**5** World Nutella Day 9:30 Exercise with Tina 9:45 Colouring and Manicures (5) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D)	**6** 10:00 3rd Floor Sit and Be Fit (D) 10:30 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (2)
7 10:00 2nd Floor Sit and Be Fit (D) 10:30 2nd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (5)	**8** 9:30 2nd Floor Arts and Crafts (2) 9:45 Colouring and Manicures (6) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (2) 3:00 6th Floor Bingo (D) 4:00 Friendly Visits	**9** 9:30 Exercise with Tina 9:30 Colouring and Manicures (4) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (3) 3:00 6th Floor Bingo (D) **4:00 Dancing with LE (D)**	**10** 9:30 4th Floor Arts and Crafts (D) 9:45 Colouring and Manicures (2) 10:30 3rd Floor Arts and Crafts (D) 11:00 3rd Floor Bingo (D) **1:30 Valentine's Day Treat Day**	**11** 9:30 Exercise with Tina 9:30 Colouring and Manicures (4) 10:30 3rd Floor Sit and Be Fit (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (3) 3:00 6th Floor Bingo (D) **4:00 Dancing with LE (D)**	**12** Chinese New Year 9:30 Exercise with Tina 9:45 Colouring and Manicures (5) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D)	**13** 10:00 3rd Floor Sit and Be Fit (D) 10:30 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (2)
14 Valentine's Day 10:00 2nd Floor Sit and Be Fit (D) 10:30 2nd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (5) 	**15** Family Day 10:00 3rd Floor Falls Prevention (D) 10:30 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (2) 	**16** Shrove Tuesday 9:30 Exercise with Tina 9:30 Colouring and Manicures (4) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (3) 3:00 6th Floor Bingo (D) **4:00 Dancing with LE (D)**	**17** Ash Wednesday 9:30 4th Floor Arts and Crafts (D) 9:45 Colouring and Manicures (5) 10:30 3rd Floor Arts and Crafts (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (2) 3:00 6th Floor Bingo (D) 4:00 6th Floor Arts and Crafts (D)	**18** 9:30 Exercise with Tina 9:30 Colouring and Manicures (4) 10:30 3rd Floor Sit and Be Fit (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (3) 3:00 6th Floor Bingo (D) **4:00 Dancing with LE (D)**	**19** 9:30 Exercise with Tina 9:45 Colouring and Manicures (5) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D)	**20** 10:00 3rd Floor Sit and Be Fit (D) 10:30 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (2)
21 10:00 2nd Floor Sit and Be Fit (D) 10:30 2nd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (5)	**22** 9:30 2nd Floor Arts and Crafts (2) 9:45 Colouring and Manicures (6) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (2) 3:00 6th Floor Bingo (D) 4:00 Friendly Visits	**23** 9:30 Exercise with Tina 9:30 Colouring and Manicures (4) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (3) 3:00 6th Floor Bingo (D) **4:00 Dancing with LE (D)**	**24** 9:30 4th Floor Arts and Crafts (D) 9:45 Colouring and Manicures (2) 10:30 3rd Floor Arts and Crafts (D) 11:00 3rd Floor Bingo (D) **1:30 Wild West Treat Day** 	**25** 9:30 Exercise with Tina 9:30 Colouring and Manicures (4) 10:30 3rd Floor Sit and Be Fit (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 1:30 Colouring and Manicures (3) 3:00 6th Floor Bingo (D) **4:00 Dancing with LE (D)**	**26** 9:30 Exercise with Tina 9:45 Colouring and Manicures (5) 10:30 3rd Floor Falls Prevention (D) 11:00 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D)	**27** 10:00 3rd Floor Sit and Be Fit (D) 10:30 3rd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (2)
28 10:00 2nd Floor Sit and Be Fit (D) 10:30 2nd Floor Bingo (D) 1:30 4th Floor Bingo (D) 3:00 6th Floor Bingo (D) 4:00 Colouring and Manicures (5)		**REMINDER:** **Please wear a mask to all activities, and follow social distancing and hand hygiene protocols**				