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HOROSCOPE

Sagittarius: November 22 – December 21



This month predicts you are heading into an energetic period for activity and involvement! If you are a Sagittarius, you are very open to putting yourself out there and being social! You are great at encouraging others to be this way too – your positivity rubs off on people around you. As the weather gets colder, it is important to stay active and stay warm. During the holidays, lend a helping hand, especially in times of distance.

RESIDENT BIRTHDAYS

Dec 2- Antonietta C Dec 16- Vito M.
Dec 6- Concetta S. Dec 18- Loretta
Dec 8- Concetta F. Dec 22- Breda V.
Dec 8- Maria Y. Dec 22- Maria P.
Dec 8- Vince F. Dec 24- Erminia
Dec 11- Domenico T.
Dec 15- Lidia C.
Dec 15- Nicoletta R.
Dec 16- Hellen M.

EXERCISE WITH HANNAH



As a physiotherapy assistant, Hannah's sessions consist of strengthening and balance exercises that help reduce risk of falls, as well as movement dysfunctions and pain management. Exercise has also been proven to have extensive benefits on our mental health. Classes are offered on **Mondays, Wednesdays, and Fridays** for AL & IL Residents. Come join us for these engaging and fun exercise classes!

HAND HYGIENE



Just a reminder to always maintain hand hygiene!

NEW MOVIE PROGRAM



The holiday season is one of the best times for residents to socialize and spend quality time watching warm Christmas films together. Christmas films have been successful in making us feel warm and nostalgic. Christmas films **often give us hope**, something we all need at the end of each year. We can all use some hope in our lives, and that is what makes us come back each year to watch the same movies over again.

Booking a Tour is Easy!

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

Professionally Managed by



ADDRESS:
10500 Dufferin Street
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December is the month of...

National Handwashing Awareness

International Human Rights

December 6
Saint Nicholas Day

December 8
Feast of the Immaculate Conception

December 21
Winter Solstice

December 24
Advent Ends, Christmas Eve

December 25
Christmas Day

December 26
Boxing Day

December 31
New Year's Eve

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RICHVIEW MANOR
ENRICHED RETIREMENT LIVING



December 2022 Newsletter



This Month at Richview Manor:

Winter Wonderland

Oh, the weather outside is frightful, but Richview is so delightful! This year, we will be bringing the Winter Wonderland indoors! On **December 14th**, join us in the Lobby Lounge from **12:00-12:30pm**, and on the second floor from **12:30-1:00pm** for live entertainment by Sebastian. Bring your dancing shoes and holiday spirit! It is sure to be a lovely sight!



Jingle Bell Rock Out

'Tis the season for a party! Join us in the **Dufferin Room** on **December 22nd** at **2:30pm** for a Jingle Bell Rock Out! Come down to enjoy holiday drinks, hors d'oeuvres, dancing, and live entertainment by the amazing Nick and Josie! Residents and staff are encouraged to wear their ugly Christmas sweaters and other festive accessories to show their spirit! It's the most wonderful time of the year - the holidays are here!



New Year's Party

Throughout the week we will be celebrating the new year! Say goodbye to 2022, and hello to 2023! After a long year, we are so excited to celebrate together. On **December 31st**, join us for live entertainment by the lovely Filipa in the Lobby Lounge from **12:00-12:30pm**, and on the second floor from **12:30-1:00pm**. With music, dancing, friends, and a bubbly drink, there is no better way to ring in the new year!



ACTIVITIES

DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Location Legend 3 – Third Floor Lounge D – Dufferin Room C – Clubhouse LL – Lobby Lounge DR – Dining Room EB – Espresso Bar AL – 2nd / 3rd Floors IL – 4th / 5th / 6th Floors</p>			<p>1 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5th Floor Mass (D) 2:00 Dancing with Life Enrichment (D)</p>	<p>2 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 Manicures (D) 3:00 Card Games (D)</p>	<p>3 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Colouring and Manicures (D) 3:00 Card Games (D)</p> 
<p>4 Second Sunday of Advent 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>5 10:00 One-on-One Exercise with Hannah 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D)</p>	<p>6 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4th & 6th Floor Mass (D) 12:00 Lunchtime Piano Concert with David (LL) 2:00 Movie Screening (D)</p> 	<p>7 10:00 AL Exercise with Hannah (3) 10:30 AL Bingo (3) 10:45 IL Exercise with Hannah (D) 12:00 Entertainment with Jay (2) & (LL) 2:00 IL Monster Bingo (D) 3:00 Beading Club (D) 6:45 Il Cavaliere Performance (LL)</p>	<p>8 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5th Floor Mass (D) 12:00 Feast of the Immaculate Conception with John (2) & (LL) 2:00 IL Bingo (D) 3:00 Sip & Paint with Alysa (D)</p>	<p>9 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 1pm-5pm: Christmas Vendor Market (LL) 2:00 IL Monster Bingo (D) 3:00 DIY Mug Painting (D) 3:00 Card Games (D)</p>	<p>10 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Colouring and Manicures (D) 3:00 Card Games (D)</p>
<p>11 Third Sunday of Advent 10:00 AL Exercise with LE 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>12 10:00 One-on-One Exercise with Hannah 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D)</p>	<p>13 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4th & 6th Floor Mass (D) 12:00 Lunchtime Piano Concert with David (LL) 2:00 FIFA Semifinals (D) 3:00 Ornament Craft with Alysa (D)</p>	<p>14 10:00 AL Exercise with Hannah (3) 10:30 AL Bingo (3) 10:45 IL Exercise with Hannah (D) 12:00 Christmas Winter Wonderland with Sebastian (2) & (LL) 2:00 FIFA Semifinals (D) 3:00 Snowman Craft with Alysa (D)</p>	<p>15 10:00 IL & AL Residents Council (D) 10:30 AL Bingo (3) 11:00 5th Floor Mass (D) 2:00 Life Music (D)</p>	<p>16 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 Manicures (D) 3:00 Card Games (D)</p>	<p>17 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 1:30 Christmas Carolers (LL) 3:00 Colouring and Manicures (D) 3:00 Card Games (D)</p>
<p>18 Hanukkah Starts 10:00 AL Exercise with LE 10:00 FIFA Finals (D) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>19 10:00 One-on-One Exercise with Hannah 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D)</p>	<p>20 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4th & 6th Floor Mass (D) 2:00 Christmas Movie Screening (D)</p>	<p>21 Winter Solstice 10:00 AL Exercise with Hannah (3) 10:30 AL Bingo (3) 10:45 IL Exercise with Hannah (D) 12:00 Holiday Dance and Sing-Along with Life Music (LL) & (2) 2:00 Gingerbread House Decorating (D)</p>	<p>22 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5th Floor Mass (D) 2:30 Christmas Party and Open House with Nick & Josie (D)</p>	<p>23 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 Hot Chocolate Social Hour with Chloe & Chris (LL)</p> 	<p>24 Christmas Eve 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Christmas Card Making (D) 3:00 Card Games (D)</p>
<p>25 Christmas Day 10:00 AL Exercise with LE 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>26 Boxing Day 10:00 One-on-One Exercise with Hannah 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D)</p>	<p>27 National Candy Cane Day 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4th & 6th Floor Mass (D) 2:00 IL Bingo (D) 3:00 New Year's Craft Corner (D)</p>	<p>28 10:00 AL Exercise with Hannah (3) 10:30 AL Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 Baking Club (C)</p>	<p>29 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5th Floor Mass (D) 2:00 Dancing with Life Enrichment (D)</p>	<p>30 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 3:00 New Year's Manicures (D) 3:00 Card Games (D)</p>	<p>31 New Year's Eve 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 12:00 New Year's Party with Filipa (2) & (LL) 2:00 IL Bingo (D) 3:00 Manicures (D)</p>