



### RICHVIEW DIRECTORY

- Concierge**  
905-585-5000
- Magdalena Di Maria**  
General Manager  
905-585-5000 ext.103
- Jillian Garcia**  
Clinical Director  
905-585-5000 ext. 201
- Mahnaz Khosravi**  
Marketing Coordinator  
905-585-5000 ext.116
- Anna Walpole**  
Life Enrichment & Marketing Coordinator  
905-585-5000 ext. 301
- Margaret Gonsalves**  
Culinary Service Manager  
905-585-5000 ext. 118
- Lourdes Publico**  
Office Coordinator  
905-585-5000 ext. 117
- Agnes Rafacz**  
Housekeeping Manager  
905-585-5000 ext. 125
- Jason Reeve**  
Maintenance Manager  
905-585-5000 ext. 128

### Follow us on:



### HOROSCOPE

Aquarius: January 20 – February 18



The future of the new year brings numerous promises, but expectations may be off at the moment. Be sure to take the words of others with caution, and always trust your own heart and intuition first. Don't wait for others to take your own first steps in the right direction, but remain open to getting the help that you need and deserve. Allow others to give you the push you need to be more active and try something fun!

### RESIDENT BIRTHDAYS

Fernando P.	Feb 1
Vince D.	Feb 3
Lucia B.	Feb 5
Joan B.	Feb 13
Maria S.	Feb 15
Antoni G.	Feb 17
Rosa T.	Feb 20
Maria C.	Feb 21
Valeria D.	Feb 23
Maria M.	Feb 25



### HAND HYGIENE



Just a reminder to always maintain hand hygiene!

### LIFE MUSIC



Richview Manor is excited to offer "Life Music", a project funded by New Horizons for Seniors. The goal of this program is to use musical elements to maintain and restore mental, physical, emotional, and cognitive health. "Life Music" will provide an active and engaging musical experience to our seniors through rhythm, singing, dancing, and movement. Please join us on **Thursday February 9<sup>th</sup>** and **Thursday February 23<sup>rd</sup>** at **2:00 pm** in the **Dufferin Room**.

### ANTI-BULLYING PINK SHIRT DAY FEBRUARY 22



Bullying is a serious problem in schools, workplaces, homes, and online. Over the month of February, Pink Shirt Day aims to raise awareness and funds to support programs that foster healthy self-esteem. The need to lift each other up and maintain acceptance, respect, and inclusion for everyone so important. Join us to show support by wearing your pink shirt on **February 22!**

### Booking a Tour is Easy!

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



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

*February is the month of...*

**Black History Month**

**National Cancer Prevention Month**

**February 2**  
*Groundhog Day*

**February 5**  
*World Nutella Day*

**February 14**  
*Valentine's Day*

**February 18**  
*Caregiver's Day*

**February 20**  
*Family Day*

**February 21**  
*National Margarita Day*

**February 22**  
*Anti-Bullying Day*

### Follow us on:



**RICHVIEW MANOR**  
ENRICHED RETIREMENT LIVING

## February 2023 Newsletter

**This Month at Richview Manor:**

### World Nutella Day

This month, we celebrate World Nutella Day! Nutella is the Italian name for a giandua cream containing cocoa and hazelnuts, invented in Italy. On **February 8<sup>th</sup>**, live entertainment will be served by John from **12:00-12:30 pm** in the Lobby Lounge, and **12:30-1:00 pm** on the second second floor. Join us in the Lobby Lounge at **3:00pm** for Nutella themed treats and coffee! Let's go nuts for Nutella!



### Valentine's Day

Love is in the air at Richview Manor! On **February 14<sup>th</sup>**, enjoy a heart-warming meal and dessert in the dining room while listening to live entertainment by Heather in the Lobby Lounge from **12:00 – 12:30 pm**, and on the second floor from **12:30 – 1:00 pm**. To celebrate the season of love, wear your brightest red and pink special outfits. Let's spread some well-deserved love. Happy Valentine's Day!



### Margarita Mixer

On **February 21<sup>st</sup>**, we celebrate National Margarita Day! Join us in the Lobby Lounge from **12:00-12:30 pm**, and on the second floor from **12:30-1:00 pm** for live entertainment by the amazing Rosita! As margaritas are widely considered the official drink of having fun, they will be served at our Margarita Mixer Social Hour at **3:00 pm** in the Lobby Lounge. It is sure to be a very happy hour!



# ACTIVITIES

# FEBRUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 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) <b>12:00 Lunchtime Entertainment with Jay (LL) &amp; (2)</b> 2:00 IL Monster Bingo (D) 3:00 Social Hour (LL)	<b>2</b> 10:00 <b>Chair Yoga</b> (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 <b>Dancing with Life Enrichment</b> (D)	<b>3</b> 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 <b>Manicures</b> (C) 3:00 <b>Card Games</b> (D)	<b>4</b> 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 <b>Colouring and Manicures</b> (D) 3:00 <b>Card Games</b> (D)
<b>5 World Nutella Day</b> 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	<b>6</b> 10:00 One-on-One Exercise with Hannah 10:00 2 <sup>nd</sup> & 3 <sup>rd</sup> Floor Mass (D) 11:00 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 <b>Crafts with Maria</b> (D) 6:15 Social Hour (EB)	<b>7</b> 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4 <sup>th</sup> & 6 <sup>th</sup> Floor Mass (D) 2:00 IL Bingo (D) 3:00 <b>Beading Club with Alysa</b> (D)	<b>8</b> 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) <b>12:00 Nuts for Nutella Party with John (LL) &amp; (2)</b> 2:00 IL Monster Bingo (D) 3:00 Nuts for Nutella Social Hour (LL) <b>6:45 Il Cavaliere Performance (LL)</b>	<b>9</b> 10:00 <b>Chair Yoga</b> (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5 <sup>th</sup> Floor Mass 2:00 <b>Life Music</b> (D)	<b>10</b> 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 <b>Manicures</b> (C) 3:00 <b>Card Games</b> (D)	<b>11</b> 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 <b>Colouring and Manicures</b> (D) 3:00 <b>Card Games</b> (D)
<b>12</b> 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	<b>13</b> 10:00 One-on-One Exercise with Hannah 10:00 2 <sup>nd</sup> & 3 <sup>rd</sup> Floor Mass (D) 11:00 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 <b>Crafts with Maria</b> (D) 6:15 Social Hour (EB)	<b>14 Valentine's Day</b> 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4 <sup>th</sup> & 6 <sup>th</sup> Floor Mass (D) <b>12:00 Valentine's Day Soiree with Heather (LL) &amp; (2)</b> 2:00 IL Bingo (D) 3:00 <b>Valentine's Day Craft Corner with Alysa</b> (D)	<b>15</b> 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 <b>Movie Screening: Casablanca</b> (D)	<b>16</b> 10:00 <b>IL Resident's Council</b> (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5 <sup>th</sup> Floor Mass 2:00 <b>Dancing with Life Enrichment</b> (D)	<b>17 Caregiver's Day</b> 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 <b>Manicures</b> (C) 3:00 <b>Card Games</b> (D)	<b>18</b> 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 <b>Colouring and Manicures</b> (D) 3:00 <b>Card Games</b> (D)
<b>19</b> 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 <b>Musical Social Hour with Olga</b> (EB)	<b>20</b> 10:00 One-on-One Exercise with Hannah 10:00 2 <sup>nd</sup> & 3 <sup>rd</sup> Floor Mass (D) 11:00 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 <b>Crafts with Maria</b> (D) 6:15 Social Hour (EB)	<b>21 National Margarita Day</b> 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4 <sup>th</sup> & 6 <sup>th</sup> Floor Mass (D) <b>12:00 Margarita Mixer with Rosita (LL) &amp; (2)</b> 2:00 IL Bingo (D) 3:00 Margarita Mixer Social Hour (LL)	<b>22 Anti-Bullying Day</b> 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 <b>Pink Bracelet Beading Club</b> (D)	<b>23</b> 10:00 <b>Chair Yoga</b> (D) 10:00 <b>AL Resident's Council</b> (3) 10:30 AL Bingo (3) 11:00 5 <sup>th</sup> Floor Mass 2:00 <b>Life Music</b> (D)	<b>24</b> 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 <b>Baking Club</b> (C)	<b>25</b> 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 <b>Colouring and Manicures</b> (D) 3:00 <b>Card Games</b> (D)
<b>26</b> 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 <b>Musical Social Hour with Olga</b> (EB)	<b>27</b> 10:00 One-on-One Exercise with Hannah 10:00 2 <sup>nd</sup> & 3 <sup>rd</sup> Floor Mass (D) 11:00 IL Exercise with Hannah (D) 2:00 IL Monster Bingo (D) 3:00 <b>Crafts with Maria</b> (D) 6:15 Social Hour (EB)	<b>28</b> 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4 <sup>th</sup> & 6 <sup>th</sup> Floor Mass (D) 2:00 IL Bingo (D) 3:00 <b>Sip and Paint with Alysa</b> (D)				<b>Location Legend</b> <b>3 – Third Floor Lounge</b> <b>D – Dufferin Room</b> <b>C – Clubhouse</b> <b>EB – Espresso Bar</b> <b>LL – Lobby Lounge</b> <b>AL – 2<sup>nd</sup> / 3<sup>rd</sup> Floors</b> <b>IL – 4<sup>th</sup> / 5<sup>th</sup> / 6<sup>th</sup> Floors</b>

