



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

Capricorn: December 22 – January 19



Combine the old with the new to be more successful this year. You should be especially focused on your goals now and may be particularly in tune with your ultimate purpose in life. You must be willing to make changes to meet your full potential, but a hardworking Capricorn is never afraid to do whatever it takes to climb to the top. Development and progress in all areas are possible this year if you focus on yourself and what is most important. It is the beginning of a new year, make it a great one!

RESIDENT BIRTHDAYS

Salvatore I.	Jan 4
Angela V.	Jan 9
Davide P.	Jan 14
Matilde S.	Jan 15
Maria G.	Jan 18
Miranda I.	Jan 20
Maria P.	Jan 23
Violet B.	Jan 24
Doreen R.	Jan 25
Msgr. Larry	Jan 25



HAND HYGIENE



Just a reminder to always maintain hand hygiene!

CHAIR YOGA



Offered every Thursday with certified instructor, Manmeet, restorative yoga is a gentle exercise that promotes flexibility. Not only can these low-impact moves loosen your muscles, they can also tone your supporting muscles and help prevent injury. Seniors, who often struggle with pain, joint stress, imbalance, osteoarthritis, and other physical limitations, can benefit from incorporating a yoga practice into their daily routine.

BELL LET'S TALK



Richview Manor has been a proud participant of Bell Let's Talk initiative for many years. We understand the importance of prioritizing mental health and overall well-being, especially during the COVID-19 pandemic. One of the biggest barriers to mental health care is stigma. Bell Let's Talk promotes conversation about mental health which is the first step to breaking down stigma. To find out more about the Bell Let's Talk initiative, please see their website <https://letstalk.bell.ca/en/>

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

January is the month of...

International Creativity Month

Alzheimer's Awareness Month

January 1
New Year's Day

January 6
Epiphany

January 15
National Hat Day

January 17
Martin Luther King Jr. Day

January 23
National Pie Day

January 31
National Hot Chocolate Day

Follow us on:



RICHVIEW MANOR
ENRICHED RETIREMENT LIVING

January 2023 Newsletter

This Month at Richview Manor:

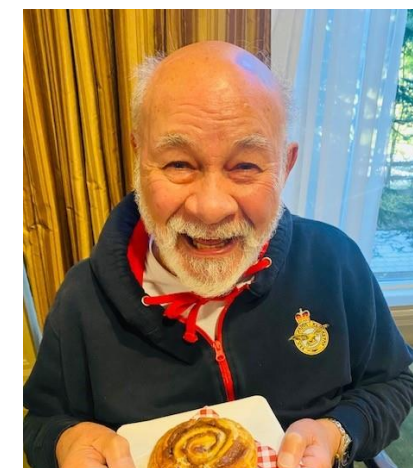
Pajama Day

Any day that you can stay in pajamas all day is a good day! On **January 5th**, we are inviting everyone to stay cozy all day long in your coziest pajamas, robes, and slippers! We will be celebrating with a pajama party in the Dufferin Room at **2:00pm** on January 5th with live entertainment with Life Music. Everything is better in pajamas!



National Pie Day

This month, we celebrate National Pie Day here at Richview Manor! On **January 23rd**, 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 Filipa! We will be serving your favourite pies, accompanied with a fresh coffee, at **3:00pm** in the Lobby Lounge. This afternoon is sure to be a sweet slice. Dessert comes before dinner this week...so be sure to keep your eyes open for pies!



Hot Chocolate Lovers Day





Happiness this season is a warm cup of frothy hot chocolate! Join us in the Lobby Lounge from **12:00-12:30pm**, and on the second floor from **12:30-1:00pm** for live entertainment with Kelly on **January 11th**. The Life Enrichment staff will be setting up a hot chocolate station in the Lobby Lounge at **3:00pm**! Choose your toppings from mini marshmallows, whipped cream, chocolate sauce or cinnamon to have the cocoa of your dreams! This day is going to be choc-ful of fun!



ACTIVITIES

JANUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	2 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D)	3 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour with Chloe and Chris (LL)	4 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 12:00 Entertainment with Antonella (LL) & (2) 2:00 Baking Club (C) 	5 Pajama Day 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 Pajama Party with Life Music (D)	6 Epiphany 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 2:00 IL Monster Bingo (D) 3:00 Manicures (D) 3:00 Card Games (D)	7 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)
8 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	9 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D)	10 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Sip and Paint with Alysa (D)	11 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 12:00 Hot Chocolate Lovers Day with Kelly (LL) & (2) 2:00 IL Monster Bingo (D) 3:00 Hot Chocolate Lovers Social Hour (LL)	12 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 Dancing with Life Enrichment (D)	13 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 2:00 Movie Screening: Singing in the Rain (D)	14 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)
15 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	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 Crafts with Maria (D) 	17 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Beading Club with Alysa (D)	18 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 12:00 Afternoon in Paris with Teresa (LL) & (2) 2:00 Baking Club (C)	19 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 Life Music (D)	20 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)	21 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)
22 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	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 Crafts with Maria (D)	24 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Craft Corner with Alysa (D) 	25 Bell Let's Talk Day 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 12:00 National Pie Day with Filipa (LL) & (2) 2:00 IL Monster Bingo (D) 3:00 Pie Day Social Hour (LL)	26 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 Dancing with Life Enrichment (D)	27 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 Movie Screening: Modern Times (D)	28 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)
29 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	30 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 Crafts with Maria (D)	31 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 DIY Door Decor with Alysa (D)			Location Legend 3 – Third Floor Lounge D – Dufferin Room C – Clubhouse AL – 2 nd / 3 rd Floors IL – 4 th / 5 th / 6 th Floors EB – Espresso Bar LL – Lobby Lounge	