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HOROSCOPE Pisces: February 19 – March 20



Spring has sprung and it is time for you to put yourself out there, Pisces! Since you are a water sign, you have always been in tune with your emotions. This month, prepare to feel like an empath, as the feelings of others may start to rub off on you. You may have a sense of something going on around you that you can't seem to figure out...but be patient, Pisces. Good news of some sort is headed your way!

RESIDENT BIRTHDAYS

Fulvio T.	Mar 03
Rachele L.	Mar 06
Carlo D.	Mar 10
Rosa M.	Mar 13
Fausto B.	Mar 16
Mario M.	Mar 19
Maria F.	Mar 21
Modesta M.	Mar 21
Ron R.	Mar 22
Martha D.	Mar 22
Rose S.	Mar 29



HAND HYGIENE



Just a reminder to always maintain hand hygiene!

BAKE SALE: RELAY FOR LIFE



Canadian Cancer Society's Relay for Life is a fundraising event that celebrates cancer survivors, remembers loved ones, and unites the community affected by cancer. On **March 13th**, students from McMaster University will be holding a Bake Sale from **11:00-3:00pm** in the **Lobby Lounge**. All proceeds will go towards the Canadian Cancer Society, in order to fund groundbreaking research and provide support for all those affected by cancer. Join us for a sweet treat, while supporting an important cause that has touched us all!

INTERNATIONAL WOMEN'S DAY



In honour of International Women's Day this year, Richview Manor residents and staff are demonstrating their support of this year's theme #EmbraceEquity for a more inclusive world. Residents pose embracing themselves to show solidarity. We will stand together to challenge the status quo by actively calling out gender bias, discrimination and stereotyping. As a community at Richview Manor, this is **OUR** commitment.

Booking a Tour is Easy!

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

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March is the month of...

National Social Work Month

Women's History Month

March 8
International Women's Day

March 12
Daylight Saving Begins

March 17
St. Patrick's Day

March 19
St. Joseph's Day

March 20
Spring Equinox

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RICHVIEW MANOR
ENRICHED RETIREMENT LIVING

March 2023 Newsletter

This Month at Richview Manor:

Afternoon High Tea

Life is like a tea cup to be filled to the brim and enjoyed with friends. On **March 1st**, 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 with Jay. Our Afternoon High Tea party will include a variety of teas served with finger sandwiches in the Lobby Lounge at **3:00pm**. Please wear your loveliest dresses and fanciest ties. This party is definitely our cup of tea!



St. Patrick's Day

Throughout the month of March, the luck of the Irish shines! In celebration of St. Patrick's Day, Kelly will provide live entertainment in the Lobby Lounge from **12:00 – 12:30 pm**, and on the second floor from **12:30 – 1:00 pm** on **March 17th**. Raise your glasses to enjoy traditional green beer in the dining room, and be sure to wear green to show your spirit! Wishing you a shiny pot of gold this St. Patrick's Day!



Spring Fling




Winter is over once and *flor-al*, and warmer weather is upon us! To honour the Spring Equinox, Richview Manor celebrates with a Spring Fling! On **March 22nd**, entertainment will be provided by Filipa in the Lobby Lounge from **12:00 – 12:30 pm**, and on the second floor from **12:30 – 1:00 pm**. Enjoy a fresh treat in the Lobby Lounge at **3:00pm** during our Spring Fling Social! Wishing you warm wishes for a lovely spring!



ACTIVITIES

MARCH 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 12:00 Afternoon High Tea Entertainment with Jay (LL) & (2) 2:00 IL Monster Bingo 3:00 Afternoon High Tea Hour (LL)	2 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 Dancing with Life Enrichment (D)	3 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 (C) 3:00 Card Games (D)	4 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)
5 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	6 10:00 One-on-One Exercise with Hannah 10:00 2 nd & 3 rd Floor Mass (D) 11:00 IL Exercise with Hannah (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D) 6:15 Social Hour (EB)	7 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4 th & 6 th Floor Mass (D) 2:00 IL Bingo (D) 3:00 International Women's Day Craft with Alysa (D)	8 International Women's Day 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 12:00 International Women's Day with Carla (LL) & (2) 2:00 IL Monster Bingo (D) 3:00 Social Hour (LL)	9 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5 th Floor Mass 2:00 Dancing with Life Enrichment (D)	10 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 (C) 3:00 Card Games (D)	11 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)
12 Daylight Saving Begins 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	13 10:00 2 nd & 3 rd Floor Mass (D) 11:00 IL Exercise with LE (D) 11:00 – 3:00 Bake Sale for Canadian Cancer Society (LL) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D) 6:45 Il Cavaliere Performance (LL)	14 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4 th & 6 th Floor Mass (D) 2:00 IL Bingo (D) 3:00 St. Patrick's Day Craft with Alysa (D)	15 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with LE (D) 2:00 Movie Screening: Toto, Peppino e la Malafemmina (D)	16 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 Life Music (D)	17 St. Patrick's Day 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with LE (D) 12:00 St. Patrick's Day with Kelly (LL) & (2) 2:00 IL Monster Bingo (D) 3:00 St. Patrick's Day Social Hour (LL) <div style="text-align: center;">  </div>	18 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)
19 St. Joseph's Day 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)	20 Spring Equinox 10:00 2 nd & 3 rd Floor Mass (D) 11:00 IL Exercise with LE (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D) 6:15 Social Hour (EB)	21 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4 th & 6 th Floor Mass (D) 2:00 IL Bingo (D) 3:00 Spring Sip and Paint with Alysa (D)	22 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with LE (D) 2:00 IL Monster Bingo (D) 12:00 Spring Fling Entertainment with Filipa (LL) & (2) 2:00 IL Monster Bingo (D) 3:00 Spring Fling Social Hour (LL)	23 10:00 IL Resident's Council (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5 th Floor Mass 2:00 Dancing with Life Enrichment (D)	24 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with LE (D) 2:00 IL Monster Bingo (D) 3:00 Manicures (C) 3:00 Card Games (D)	25 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)
26 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Musical Social Hour with Olga (EB) <div style="text-align: center;">  </div>	27 10:00 One-on-One Exercise with Hannah 10:00 2 nd & 3 rd Floor Mass (D) 11:00 IL Exercise with Hannah (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D) 6:15 Social Hour (EB)	28 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 4 th & 6 th Floor Mass (D) 2:00 IL Bingo (D) 3:00 Craft Corner with Alysa (D)	29 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 Movie Screening: Un Americano a Roma (D)	30 10:00 Chair Yoga (D) 10:00 AL Resident's Council (3) 10:30 AL Bingo (3) 2:00 Life Music (D)	31 10:00 AL Exercise with Hannah (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Hannah (D) 2:00 Baking Club (C)	<p style="text-align: center;">Location Legend</p> 3 – Third Floor Lounge 2 – Second Floor Dining Room D – Dufferin Room C – Clubhouse LL – Lobby Lounge EB – Espresso Bar AL – 2 nd / 3 rd Floors IL – 4 th / 5 th / 6 th Floors