



RICHVIEW DIRECTORY

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Lourdes Publico
Office Coordinator
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Housekeeping
Manager
905-585-5000 ext. 125

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HOROSCOPE

Libra: September 23 – October 22

This month will be an enriching one, Libra! Great things can be achieved by maintaining and prioritizing friend and family relationships. The stars show signs of you receiving an abundance of love and appreciation this month, so be sure to give it back to those around you! Giving thanks is especially important this month, so make sure you tell a friend or family member just how special they really are!

RESIDENT BIRTHDAYS

Concetta B.	Oct 1	Maria M.	Oct 21
Adua Z.	Oct 7	Elizabeth B.	Oct 22
Pierina M.	Oct 7	Josephine I.	Oct 28
Angelo C.	Oct 11		
Giulio B.	Oct 14		
Vito G.	Oct 16		
Angelo T.	Oct 16		
Nicola D.	Oct 17		
Rose P.	Oct 19		
Anna V.	Oct 19		
Emilia V.	Oct 20		



HAND HYGIENE

How to wash your hands properly



Just a reminder to always maintain hand hygiene!

UNIVERSALCARE STRIDES FOR SENIORS



We are thrilled to announce our community event, UniversalCare Strides for Seniors! This event will be taking place on **Saturday, October 1st** at North Maple Regional Park. We encourage you to join our team, UniversalCare's United We Walk, as we strive to fundraise \$10,000. The funds raised will be donated to charities that directly support seniors. To register, please contact Anna Walpole.

CHAIR YOGA



Offered every Tuesday 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 joint pain, stress imbalance, osteoarthritis, and other physical limitations, can benefit from incorporating a yoga practice into their daily routine.

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

October is the month of...

Breast Cancer Awareness Month

Emotional Wellness Month

National Physical Therapy Month

October 1
National Seniors Day

October 4
National Cinnamon Bun Day

October 13
World Mental Health Day

October 13
Thanksgiving

October 31
Halloween

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RICHVIEW MANOR
ENRICHED RETIREMENT LIVING

October 2022 Newsletter

This Month at Richview Manor:



This month at Richview Manor, we celebrate Oktoberfest! Traditionally a German holiday, Oktoberfest is a folk festival of food & dancing. On **October 5th**, enjoy live music by the wonderful Filipa in the Lobby Lounge from 12:00 - 12:30 pm, and on the second floor from 12:30 - 1:00 pm, along with some tasty snacks and rich refreshments!



Cinnamon Fall Fest

What's not to love about a hot & fresh cinnamon bun with a coffee? October is National Cinnamon Bun month! In celebration, live entertainment, provided by John, will be held in the Lobby Lounge from 12:00 – 12:30 pm, and on the second floor from 12:30 – 1:00 pm on **October 19th**. Wear your coziest fall attire and come down to enjoy a sweet treat!



Halloween

Spooky season is upon us! We love Halloween here at Richview, residents & staff get dressed up, and we even have our own costume contest! On **October 31st**, enjoy live music by Sebastian in the Lobby Lounge from 12:00 - 12:30 pm, and on the second floor from 12:30 - 1:00 pm. Happy Halloween!



ACTIVITIES

OCTOBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Location Legend 3 – Third Floor Lounge 2- Second Floor Dining Room D – Dufferin Room C – Clubhouse L – Lobby Lounge EB- Espresso Bar</p> <p>AL – 2nd / 3rd Floors IL – 4th / 5th / 6th Floors</p>						<p>1 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Card Games (D) 3:00 Adult Colouring and Puzzles (D)</p>
<p>2 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Card Games (D) 3:00 Social Hour (EB)</p>	<p>3 9:30 One-to-One Exercise with Tina 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Tina (D) 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D) 6:45 IL Social Hour (D)</p>	<p>4 10:00 Chair Yoga (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 Card Games (D) 3:00 Crafts with Maria (D)</p>	<p>5 10:00 AL Exercise with Tina (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Tina (D) 12:00 Oktoberfest Entertainment with Filipa (LL) & (2) 2:00 IL Monster Bingo 3:00 Card Games (D) 3:00 Puzzles (D) 6:45 IL Social Hour (D)</p>	<p>6 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 Card Games (D) 3:00 Dancing with Life Enrichment (D)</p>	<p>7 10:00 AL Exercise with Tina (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Tina (D) 2:00 IL Monster Bingo (D) 3:00 Card Games (D) 3:00 Manicures (D)</p>	<p>8 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Manicures and Puzzles (D)</p>
<p>9 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>10 Thanksgiving 9:30 One-to-One Exercise with Tina 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 11:00 IL Exercise with Tina (D) 2:00 IL Monster Bingo 3:00 Crafts with Maria (D) 6:45 IL Social Hour (D)</p>	<p>11 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Card Games (D) 3:00 Crafts with Maria (D)</p>	<p>12 10:00 AL Exercise with Tina (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Tina (D) 12:00 Entertainment with John (LL) & (2) 2:00 IL Monster Bingo 3:00 Craft Corner (D) 6:45 IL Social Hour (D)</p>	<p>13 10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 3:00 Life Music (D)</p>	<p>14 10:00 AL Exercise with Tina (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Tina (D) 2:00 IL Monster Bingo (D) 3:00 Card Games (D) 3:00 Manicures (D)</p>	<p>15 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 1:15 One-to-One Internet Connect 2:00 IL Bingo (D) 3:00 Adult Colouring and Beading (D)</p>
<p>16 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 1:15 One-to-One Internet Connect 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>17 9:30 One-to-One Exercise with Tina 10:00 AL Exercise with LE (3) 10:30 AL Monster Bingo (3) 11:00 IL Exercise with Tina (D) 2:00 IL Monster Bingo 3:00 Crafts with Maria (D) 6:45 IL Social Hour (D)</p>	<p>18 10:00 Chair Yoga (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Card Games (D) 3:00 Crafts with Maria (D)</p>	<p>19 10:00 AL Exercise with Tina (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Tina (D) 12:00 Cinnamon Fall Fest Entertainment with Rosita (LL) & (2) 2:00 IL Monster Bingo 3:00 Card Games (D) 3:00 Baking Club (C) 6:45 IL Social Hour (D)</p>	<p>20 10:00 IL Resident Council (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5th Floor Mass (D) 2:00 IL Bingo (D) 3:00 Dancing with Life Enrichment (D)</p>	<p>21 10:00 AL Exercise with Tina (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Tina (D) 2:00 IL Monster Bingo (D) 3:00 Card Games (D) 3:00 Manicures (D)</p>	<p>22 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Adult Colouring and Puzzles (D)</p>
<p>23 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 1:15 One-to-One Internet Connect 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>24 9:30 One-to-One Exercise with Tina 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Tina (D) 2:00 IL Monster Bingo 3:00 Crafts with Maria (D) 6:45 IL Social Hour (D)</p>	<p>25 10:00 Chair Yoga (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 Card Games (D) 3:00 Crafts with Maria (D)</p>	<p>26 10:00 AL Exercise with Tina (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Tina (D) 2:00 IL Monster Bingo 3:00 Card Games (D) 3:00 Hot Topics (C) 6:45 IL Social Hour (D)</p>	<p>27 10:00 IL Exercise with LE (D) 10:00 AL Resident Council (3) 10:30 AL Bingo (3) 11:00 5th Floor Mass (D) 1:30 IL Bingo (D) 3:00 Life Music (D)</p>	<p>28 10:00 AL Exercise with Tina (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Tina (D) 2:00 IL Monster Bingo (D) 3:00 Card Games (D) 3:00 Manicures (D)</p>	<p>29 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Adult Colouring and Internet Connect (D)</p>
<p>30 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 1:15 One-to-One Internet Connect 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>31 Halloween 9:30 One-to-One Exercise with Tina 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Tina (D) 12:00 Halloween Entertainment with Sebastian (LL) & (2)</p>	<p>2:00 IL Monster Bingo (D) 3:00 Candy Bar Social Hour (D)</p>				