



RICHVIEW DIRECTORY

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HOROSCOPE

Cancer: June 21 – July 22

The Cancer horoscope predicts that a great sense of duty toward your fellow humans is likely to drive your actions. Think of yourself as an important role model for people around you. The example you set is likely to have a trickle-down effect that will end up touching many people. For this reason, take extra time this month to lend a helping hand, do your part to keep safe, and try something new!

RESIDENT BIRTHDAYS

Carmella P. July 09
Vittoria S. July 11
Giuseppina P. July 18
Rosa F. July 19
Donald B. July 21



HAND HYGIENE



Just a reminder to always maintain hand hygiene!

JAVA MUSIC CLUB



Richview Manor is eager to present "Java Music Club", a project funded by New Horizons for Seniors. The Java Music Club program is a musical research-based peer support activity group program designed for older adults. The focus of this program is on residents helping residents - which adds purpose and meaning into their lives. It is based on the altruistic concept that people are happiest when they are helping others. Please join us on **Tuesdays at 2:00pm** in the 5th floor lounge. We can't wait to see you there!

I Cavalieri



Richview Manor would like to sincerely thank our longtime volunteers from I Cavalieri for their incredible entertainment. They have been volunteers at Richview Manor since we opened in 2011. I Cavalieri believe that music is a wonderful way to encourage seniors to come together, as well as rejuvenate an old love for music. Please join us on **Monday July 24th at 6:45pm** in the Lobby Lounge for another wonderful performance!

Booking a Tour is Easy!

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

Professionally managed by



UNIVERSALCARE



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July is the month of...

Social Wellness Month

National Ice Cream Month

July 1
Canada Day

July 4
Independence Day

July 7
World Chocolate Day

July 17
World Day for International Justice

July 24
International Self-Care Day

July 30
International Friendship Day

Follow us on:



RICHVIEW MANOR
ENRICHED RETIREMENT LIVING

July 2023 Newsletter

This Month at Richview Manor:

Canada Day Celebration

Happy Canada Day! Did you know that Canada is the second largest country in the world? Richview Manor will be celebrating the country we call home. Please join us on **Monday, July 3rd at 2:30 pm** in the Courtyard for our highly anticipated celebration. Musical entertainment will be provided by the amazing Jay. Please dress in red and white to show your spirit!



Strawberry Social

Richview Manor is excited to announce the return of our anticipated Strawberry Social! Please join us on **Thursday, July 13th at 2:30 pm** in the **Courtyard** for the sweetest event of the year. Musical entertainment will be provided by the amazing Filipa. Strawberry shortcake and refreshments will be served.



Carnival Party

Step right up to the greatest carnival in town! Please join us on **Thursday, July 20th at 2:30 pm** in the **Courtyard** for Richview Manor's very own carnival. Musical entertainment will be provided by the incredible Heather. Refreshments and snacks will be served. Residents will also have the opportunity to play a variety of carnival games! Come down to enjoy some fun in the sun! You won't want to miss it!



ACTIVITIES

JULY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Location Legend</p> <p>3 – Third Floor Lounge D – Dufferin Room C – Clubhouse CY - Courtyard LL – Lobby Lounge AL – 2nd / 3rd Floors IL – 4th / 5th / 6th Floors</p>						<p>1 Canada Day</p> <p>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>2</p> <p>10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>3</p> <p>10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with LE 2:30 Canada Day Celebration with Jay (CY) 6:15 Social Hour (EB)</p> <div style="text-align: center;"> </div>	<p>4</p> <p>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) 1:00 Internet Connect 2:00 IL Bingo (D) 2:00 Java Music Program (5) 2:30 Beading Club (C) 3:00 Card Games (D)</p>	<p>5</p> <p>10:00 AL Exercise with Vani (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Vani (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Java Music Program (LL)</p>	<p>6</p> <p>10:00 IL Exercise with LE (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 Life Music (D)</p>	<p>7</p> <p>10:00 AL Exercise with Vani (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Vani (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Manicures (D) 3:00 Card Games (D)</p>	<p>8</p> <p>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>9</p> <p>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)</p>	<p>10</p> <p>10:00 One-on-One Exercise with Vani 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Vani (D) 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D) 6:15 Social Hour (EB)</p>	<p>11</p> <p>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) 1:00 Internet Connect 2:00 IL Bingo (D) 2:00 Java Music Program (5) 2:30 Sip and Paint (C) 3:00 Card Games (D)</p>	<p>12</p> <p>10:00 AL Exercise with Vani (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Vani (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Java Music Program (LL)</p>	<p>13</p> <p>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) 2:30 Strawberry Social with Filipa (CY)</p>	<p>14</p> <p>10:00 AL Exercise with Vani (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Vani (D) 2:00 Baking Club (C)</p>	<p>15</p> <p>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>16</p> <p>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)</p>	<p>17</p> <p>10:00 One-on-One Exercise with Vani 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Vani (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D) 6:15 Social Hour (EB)</p>	<p>18</p> <p>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) 1:00 Internet Connect 2:00 IL Bingo (D) 2:00 Java Music Program (5) 2:30 Craft Corner (C) 3:00 Card Games (D)</p>	<p>19</p> <p>10:00 AL Exercise with Vani (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Vani (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Java Music Program (LL)</p>	<p>20</p> <p>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) 2:30 Carnival Party with Life Music (CY)</p>	<p>21</p> <p>10:00 AL Exercise with Vani (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Vani (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Manicures (D) 3:00 Card Games (D)</p>	<p>22</p> <p>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>23</p> <p>10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>24</p> <p>10:00 One-on-One Exercise with Vani 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Vani (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Crafts with Maria (D) 6:45 I Cavalieri (EB)</p>	<p>25</p> <p>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) 1:00 Internet Connect 2:00 IL Bingo (D) 2:00 Java Music Program (5) 2:30 Craft Corner (C) 3:00 Card Games (D)</p>	<p>26</p> <p>10:00 AL Exercise with Vani (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Vani (D) 1:00 Internet Connect 2:00 IL Monster Bingo (D) 3:00 Java Music Program (LL)</p>	<p>27</p> <p>10:00 Resident's Council (D) 10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 11:00 5th Floor Mass (D) 2:30 Richview Rodeo with Heather (CY)</p>	<p>28</p> <p>10:00 AL Exercise with Vani (3) 10:30 AL Monster Bingo (3) 10:45 IL Exercise with Vani (D) 2:00 Movie Screening (D) 3:00 Manicures (C)</p>	<p>29</p> <p>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>30</p> <p>10:00 AL Exercise with LE (3) 10:30 AL Bingo (3) 2:00 IL Bingo (D) 3:00 Social Hour (EB)</p>	<p>31</p> <p>10:00 One-on-One Exercise with Vani 10:00 2nd & 3rd Floor Mass (D) 11:00 IL Exercise with Vani (D) 1:00 Internet Connect</p>	<p>2:00 IL Monster Bingo (D) 3:00 Aquafit Class with Anna (P) 3:00 Crafts with Maria (D) 6:15 Social Hour (EB)</p>				