



***The Richmond Reader
July 2023***



What we were

Up to in



June !



Be *Social*



Let me Introduce Myself.....

Hello Richmond Community. My name is Erica Lynch and I am your new Life Enrichment Manager (LEM for short). I am very excited to start planning your new activities and programs. So let me tell you a bit about my self.

I have been married for 21 years and have 3 beautiful kids, a dog and a rabbit. My kiddos are a 18 year old daughter, 16 year old daughter and a 14 year old son. We have been living in Belleville for 5 years an love the small town feel. I have been working with the more experience generation off and on for the last 25 years. Everything from Rec centres, long term care and everything in between. I can not wait to meet with all of you and hear your stories. If you have any questions, ideas for new programs or just need to chat , my office is on the lower level. The door is always open.



Welcome to the Richmond
 Please help us give a very warm welcome to the following residents.

Dorothy Mumby
 Earl Bowen
 Clyde MacDonald
 Gayle Hayes
 Alfred Timmins
 Shirley MacDonald

Welcome Home

New Programs Contest....

Make sure you look at July's Calendar. You might notice a few new programs. We are trying some new activities and bringing back some favorites. New programs will be highlighted in **Blue**

Every time you attend a new program your name will be entered into a draw at the end of the month for a **\$20 Gift card**. So pay attention to those calendars and come out and try something new!

International chocolate day

G G S W D B A E A S T E R E G G Q
 V A N I L L A Q L R Q V S F E I Y
 L N P Z M N S T R A W B E R R Y Q
 X Q A N T I D E P R E S S A N T A
 R X V C F S Z H K X J D Z X G I L
 U Y S M N L C A C A O T R E E W M
 Y H O T C H O C O L A T E L B T O
 C B M I L K S H A K E S H J A O N
 O X P H H E R S H E Y Q P C W B D
 C K I T K A T R E E S E B O U L S
 O V T K T U N A X M D B A O T E J
 A E T Z P C O O K I E V R V E R B
 B Z W I A I V J B V S D C V G O A
 E B I Y S X B R O W N I E S R N S
 A O X U Z S C H O C O L A T E E U
 N C V A L E N T I N E S D A Y Q L
 S T W E W Q E M U F F I N B I G A

- | | | | |
|------------|---------|-------------|-----------------|
| Twix | KitKat | Toblerone | anti-depressant |
| cacao tree | Almonds | Easter egg | HotChocolate |
| Hershey | Reese | cookie | Valentine's Day |
| muffin | brownie | strawberry | vanilla |
| milkshakes | bar | Cocoa Beans | Chocolate |

Go 4 Life Walking Club

Physical and Social Wellness

Go4Life is a fitness program, including walking, that encourages adults to incorporate exercise and physical activity into their daily lives. The National Institute on Aging (NIA) leads the efforts in conducting and supporting research on aging and the health and well-being of older adults. They created Go4Life to try and make a difference by providing information and motivational tools to assist with physical activity and by working with organizations to provide an environment that support their efforts. A daily walking club was one of the key exercise programs. Go4Life also emphasizes the importance of resistance exercise for the overall goal of achieving overall brain health.



Richmond Family

- Susanne Lachapelle
General Manager

- Kim Flint
Health & Well ness Manger

- Stephanie Reid
Dietary Services Manager

- Scott Stoodley
Environmental Services Manager

- Erica Lynch
Lifestyles Enrichment Manager

- The Richmond Management team has an open door policy! If you need to chat with them at any time please reach out to them directly!

Look for Raspberry Flavored Treats all this month!!!



Canada Day: 5 Fun Facts

1 What is Canada Day?

Canada Day is the national day of Canada. A federal statutory holiday, the occasion celebrates the anniversary of July 1, 1867, the effective date of the Constitution Act.



2  Originally known as "Dominion Day"

On July 1, 1867, the British North America Act created the Canadian federal government. This act stated that Canada would become an "independent dominion" (territory) of England, which is why Canada Day was originally called Dominion Day.

In 1982, Dominion Day changed to Canada Day after a vote in Parliament.

Source: www.readersdigest.ca/travel/canada/amusing-canada-day-facts

3 Designing the Flag

To help them design the country's official flag, Parliament asked Canadians in 1963 to draft suggestions. Of the 3,541 patriots who responded, nearly 400 thought a beaver should be front and centre before finally deciding to use the iconic maple leaf.



4 Kanata

Canada's name was derived from the Huron and Iroquois Native American language. The word, "kanata" translates to "village".



5 Bottoms Up, cheers!

On the weekend of July 1st, across the entire country, Canadians drink 1.2 million litres of alcohol/beer.



July Outings

- July 2 - Meet us at Zwick's Park For a night of country Music By Ambush. 5:00*
- July 4 - Afternoon at Zwicks Park 2:00*
- July 11 - Myers Pier 2:00*
- July 18 - Scenic Drive to Campbellford stopping at the Worlds Finest Chocolate Store. 2:00*
- July 19 - Shopping trip to Talize 2:30*
- July 25 - Shopping trip to Walmart 2:30*
- July 26 - Shopping trip to Giant Tiger/Dollarama 3:00*



Please sign up at the front desk
Please arrive 10 minutes before departure time

Happy Birthday

The Richmond Staff would like to wish the following residents a very happy birthday

July 3 Don M.

July 9 Marjorie M.

July 18 Lloyd G

July 18 Eric M

July 22 Lois M

Did you know that **July** is national **ice cream month**?
What is your favorite Flavour?



Famous July Birthdays

Princess Diana, 1st of July 1961

Olivia De Havilland, Actress, 1st July 1916

Tom Cruise, Actor, 3rd July 1962



Ringo Starr, Musician, 7th July 1940

Tom Hanks, Actor, 9th July 1956

Harrison Ford, Actor, 13th July 1942

Stanley Kubrick, 26th July 1928

Mick Jagger, 26th July 1943

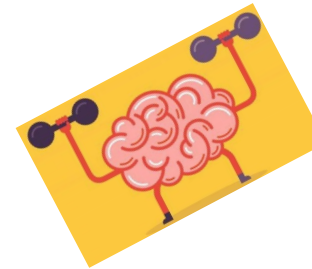


Our Signature Programs

Fit Minds

Intellectual and Social Wellness
Fit Minds programs are evidence-based Cognitive Stimulation

Programs based on Language and Music, Visual/ Spatial Orientation, Working & Long Term Memory, Critical Thinking and Computation skills.



Because of the concept of brain

plasticity, we know the brain can continue to grow as we age. It's important that we continue to challenge our brains every day.

Drumfit

Physical and Emotional Wellness

A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting, participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.



Art Programs

Emotional and Intellectual Wellness

Meet Me at the MoMA

Meet Me at the MoMA is an art program utilizing prints, sketches and photography from the Museum of Modern Art. An art lecture series will accompany all art modules in the Meet Me at the MoMA program. You will enjoy working with art in different mediums and have the opportunity to engage in intellectual conversations about art history, the artists and their works.

Art alone can be fun and experiential but is not limited to just an artistic endeavour, but you will also enjoy the many health benefits associated with art and will be encouraged and supported in their artistic expression and creativity.



Artful Enrichment

High-quality art programs that promote creative expression, social connectivity, and lifelong learning. All of the programs are uniquely designed to empower everyone, and enhance your community's overall creative culture.