



# The Richmond was a busy place in July



Be Social



Hello August



# The Richmond Reader August 2023



Message From Life Enrichment

Hello Richmond Community. I can't believe that summer is already half over. It has been a very hot one with lots of wild weather. We have had stormy days, smoky days and hot days. You just never know what to expect when peaking your nose out the front door. I hope that everyone has had a chance to come out and try something new this month. We have had fun practicing our putting skills, working our bowling arms and trying all sorts of fabulous concoctions at our very lively Happy hours. We have also had our bus all over the place in July. From watching para-jumpers in Trenton to the Chocolate factory in Campbellford and everywhere in between. Don't forget to look at our list and sign up for this months trips. Hop on the bus and come for an adventure!!

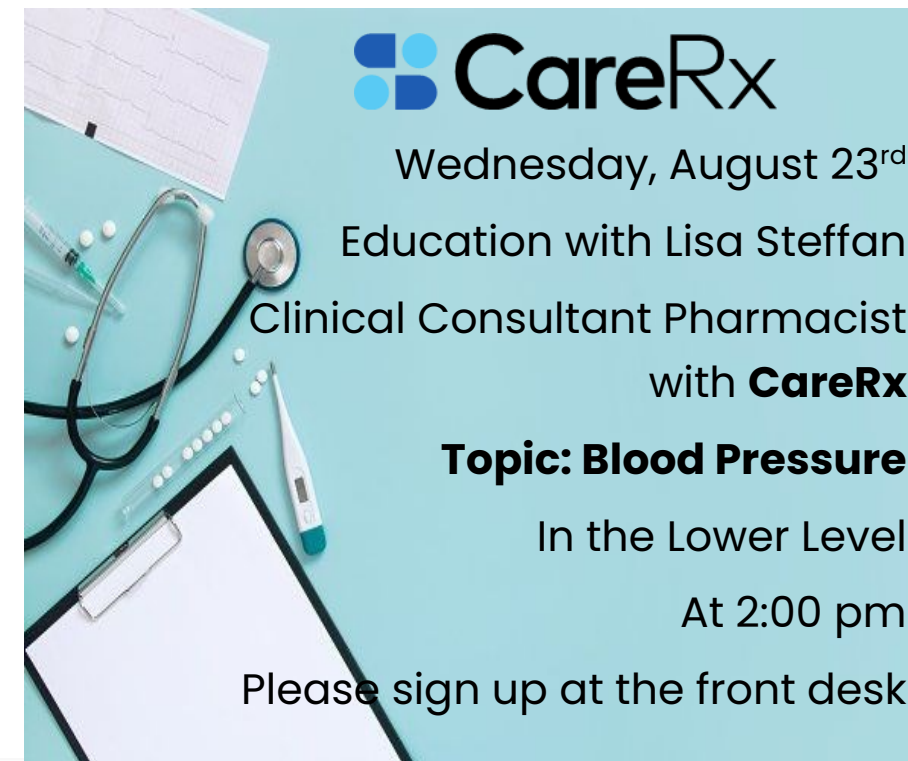
As always if you have any suggestions or just want to chat come and find me in the lower level.



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

Dale M.  
 Shirley M.  
 Mary B.  
 Phyllis G.

*Welcome Home*



**CareRx**  
 Wednesday, August 23<sup>rd</sup>  
 Education with Lisa Steffan  
 Clinical Consultant Pharmacist  
 with **CareRx**  
**Topic: Blood Pressure**  
 In the Lower Level  
 At 2:00 pm  
 Please sign up at the front desk

**Congratulations**  
The Winner of **Try Something new** in the month of July is Pat L!  
She has won a \$20 gift card for coming out and trying some of our new programs.



**DOG BREEDS**  
WORD SEARCH PUZZLE

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

- BASENJI
- BICHON FRISE
- BLOODHOUND
- CAIRN TERRIER
- CHIHUAHUA
- COLLIE
- CORGI
- DACHSHUND
- DALMATIAN
- GREAT DAN
- IRISH SETTER
- MALTESE
- MASTIFF
- NEWFOUNDLAND
- PAPILLON
- PEKINGESE
- ROTTWEILER
- SAMOYED
- SCHNAUZER
- SHIBA INU
- SHIH TZU
- VIZSLA
- WEIMARANER
- WHIPPET

### 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.

**Come meet us in the front lobby every Monday, Wednesday and Friday morning at 9:30**



### Richmond Family

Susanne Lachapelle  
General Manager

Kim Flint  
Health & Wellness Manger

Stephanie Reid  
Dietary Services Manager

Scott Stoodley  
Environmental Services Manager

Marion Young  
Office Manager

Christiane Bouchard-Howden  
Community Relations Manager

Erica Lynch  
Life 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!



Memory

### LEGENDS AND MYTHS TRIVIA

Answer the trivia questions.



Where was King Arthur's court, the Knights of the Roundtable, held?

A: Camelot or London or York

What is the name of the sea monster said to live in the Scottish Highlands?

A: The Kraken or The Leviathan or The Loch Ness Monster (Nessie)

What was the name of the whaling ship captained by Captain Ahab?

A: Pequod or The Black Pearl or The Argo

Who famously brought elephants over the Alps to fight the Romans?

A: Hannibal or Julius Caesar or Alexander the Great

Who was it that flew too close to the sun with their manmade wings, and fell to their death?

A: Odysseus or Icarus or Daedalus

Who formulated the theory of gravity after watching an apple fall to the ground?

A: Albert Einstein or Isaac Newton or Marie Curie.

If you enjoyed this quiz, come and join us on Tuesday Mornings at 10:15 .



### August Outings

August 1: Scenic Drive to Quinte West with a stop at Brambleberry farm store

August 3: Myers Pier Walk along the Bay

August 11: Picnic in the park with Live music

August 15: Scenic Drive to Maple dale Cheese

August 22: Airforce Museum

August: 29: Shopping Trip to Walmart

August 31: Belleville Public Library

**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*

William (Dale) M. - August 8

Georgina M. - August 10

Bernice H. - August 16

Donna D. - August 17

Marie (Dauphine) G. - August 21

Elsie B. - August 26

Doreen A. - August 29



**Friendship day is dedicated to friends with whom you share the precious moments of life.**

Many People will walk in and out of your life, but only true friends will leave footprints in your heart.

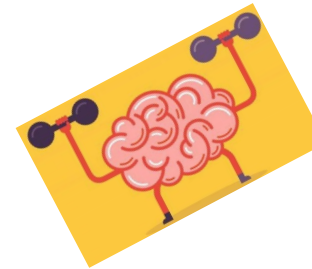
— Eleanor Roosevelt

**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.

**Come join us in the bistro on Tuesday mornings at 10:30**

**Drumfit**

*Physical and Emotional Wellness*

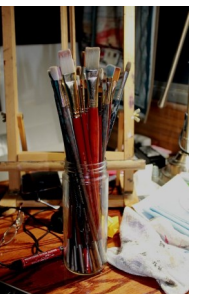
A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting. participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.



**Join us Wednesday mornings at 10:30 in the lower level**

**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.