



The Richmond Reader October 2023



Be Social



Message From Erica in Life Enrichment

Welcome to Fall Richmond Community. Wow that was a whirlwind of a September. Celebrating Verve as one of the best run Companies, open house showcasing our amazing residents, staff and home, new programs like meet me at the MOMA and live entertainment. We also can't forget about all those trips. I hope that you are all enjoying the little bit of silly and fun that happens everyday. Our dance parties during name that tune and line dancing in the Bistro. I am having so much fun with all of you and I hope you are smiling a bit more too.

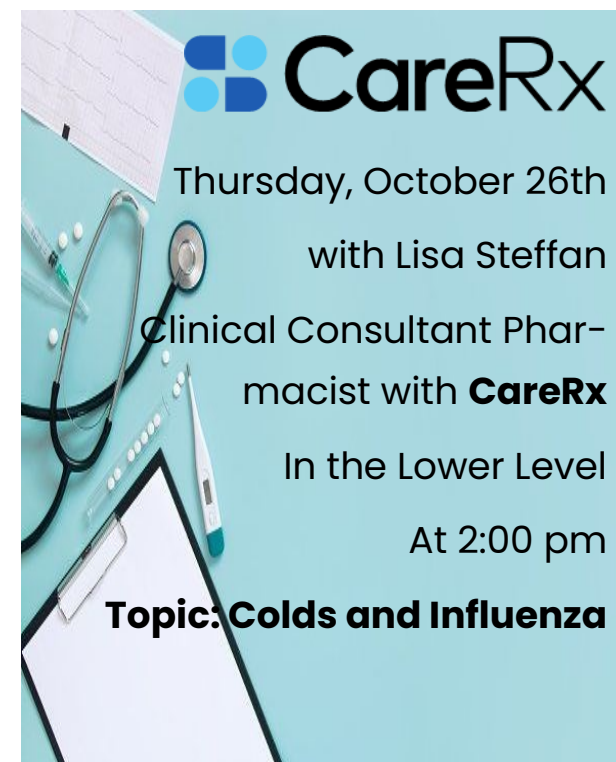
Keep an eye on the calendar because the fun doesn't stop in October. Gentlemen look for a guys only lunch this month, pumpkin carving, Isaac The Magician. As always if you have any questions or ideas come knock on my door.




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

Frank G.
 Gerda A.
 Lois E.

Welcome Home



CareRx
 Thursday, October 26th
 with Lisa Steffan
 Clinical Consultant Pharmacist with **CareRx**
 In the Lower Level
 At 2:00 pm
Topic: Colds and Influenza



The International Council on Active Aging began the first Active Aging Week in 2003. This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving!

Watch for Special Activities happening all week

THANKSGIVING WORD SEARCH

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

- | | | | |
|----------|----------|-----------|-----------------|
| Turkey | Pie | Gather | Mashed Potatoes |
| Thankful | Corn | Gravy | Grateful |
| Yams | Pilgrim | Autumn | Rolls |
| Pumpkin | Stuffing | Cranberry | Thanksgiving |

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
 - 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!



This month look for Apple and Pumpkin inspired treats



Know someone considering a move to a retirement community?

Share your experience at The Richmond Retirement Residence with a friend and when they move in as a permanent resident, you'll receive a special thank you from us.



New this Month

Gentlemen of the Richmond, come and join us in the Lower Level for Lunch Tuesday October 24th at 12:00.

Please sign up at the Front Desk By Monday October 23rd.



October Outings

- October 3: Shopping to Walmart
- October 10: Visit the Pumkin Patch
- October 11: Parrot Gallery Brown Bag Series: Music of the 70's
- October 17: Fall Leaf Scenic Drive
- October 23: Night Drive to see all the spooky houses
- October 25: Giant Tiger Shopping

**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

- Oct 3 Bruce G
- Oct 5 Jim M
- Oct 7 Clyde M
- Oct 27 Shirley M



Be Grateful

National Make a Difference Day

Help make a difference all month long!

For the month of October the Richmond will be collecting donations for the Gleaners Food Bank and the Grace Inn Shelter. You can help make a difference!



Look for the decorated box by the front desk.

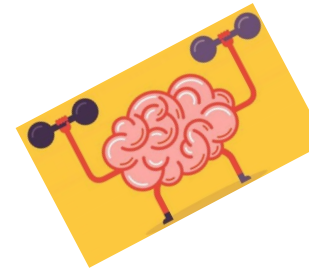
Gleaners food Bank is looking for Peanut Butter, Apple Juice, Canned Tuna, Pasta & Pasta Sauce. Beans, Vegetables, Pudding, Granola Bars, Baby Food & Formula

Grace Inn is looking for warm socks, gloves/mittens, sweaters, scarves.

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

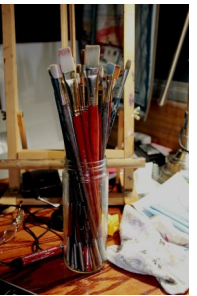
A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting. Participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.



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.