



bye-bye
to
October



INSPIRED
SENIOR LIVING



THE RICHMOND
RETIREMENT RESIDENCE

The Richmond Reader November 2023



Message From Erica in Life Enrichment

November is the month that we take time to remember those who have served our country and sacrificed so much in order to keep us free. We remember that they fought for us and we take a minute to reflect on how we can honour them every day.



We are gearing up for our Holiday season. Shopping trips, vendors markets, Tree festivals and getting our Richmond home ready for the holidays. You will smell delicious baking, make have lots of fun crafts and gifts. Keep an eye on you calendars!

As always, if you have any questions or suggestions please come and see me anytime.



Holiday Vendors Week

From November 20th to November 24th there will be a different vendor in the front Reception area. Come and take a peak and find something delicious, warm and fuzzy or the perfect gift.

A list of vendors will be available in a couple of weeks.




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

Jim B Sheila S
 Ross N Sandra M
 Jim B Marcel G
 Margret S
 Georgina H
 Basil M DorisM

Welcome Home

Remembrance Day

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

- | | | | | |
|-----------|----------|-----------|-----------|----------|
| armistice | battle | ceasefire | conflict | eleventh |
| field | flanders | freedom | medal | memorial |
| peace | poppy | remember | sacrifice | service |
| silence | soldier | sunday | veteran | war |
| wreath | | | | |

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 Manager

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!



We are so thrilled to share this news. We were nominated for a Quinte Business Achievement Award this year and absolutely blown away to have received the award specialized service business of the year. It is humbling to be recognized for the work we do and a testament to our team, residents and families that help make The Richmond one of a kind.

Congratulations to everyone!



November Outings

- November 2: Shopping Walmart
- November 9: Nine Hand Hill Farm Lunch out and Shop
- November 12: Rawdonrim Acres Country Market
- November 15: Farmtown Parks Annual Festival of Trees
\$5.00 entrance cost
- November 19th: Belleville Santa Clause Parade
- November 30th: Shopping trip to Giant Tiger

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

Happy Birthday

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

- November 5 Garry Q
- November 6 Tom B
- November 11 Audrey P
- November 15 Laurie H
- November 25 Benita M



Thank you to all the residents, families and staff that donated to Gleaners food bank and Grace in Shelter. We are so very fortunate to have such a generous Community here at The Richmond. All your donations go directly to people in need in our city. Thank you again.



Be Grateful

Remembrance Day

Saturday, November 11th 10:30 AM

Please join us in the Lower Level to remember and give thanks to all the men and women who have served and continue to serve in the Canadian Armed Forces.

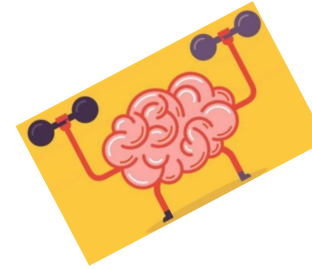
THE RICHMOND
RETIREMENT RESIDENCE

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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

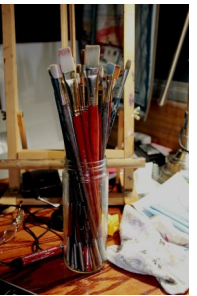
A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting. Participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.



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.