

INSPIRED SENIOR LIVING



THE RICHMOND RETIREMENT RESIDENCE

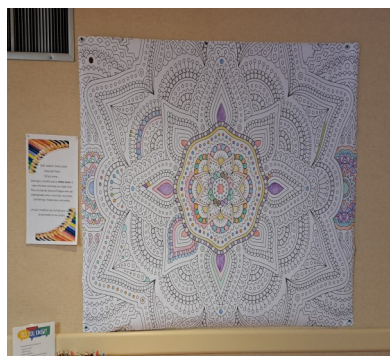
The Richmond Reader February 2024





Message From Erica in Life Enrichment

Happy February ! We made it through January! Soon we will be celebrating spring. But lets concentrate on this month and everything fun that is happening. Look at your calendars for socials, special theme days and entertainment. We have informative talks, visits from animals and new this month a Tuck Cart that will be available on Wednesdays starting the 7th. More details about that to come!. Don't forget to buy your Candy Grams and singing Telegrams for that special friend for Valentine's day.



Did you know that we have a group art project going in the Lower Level? Come and add your unique flair to our work of Art.



HAPPY HOUR

CHANGES COMING TO HAPPY HOUR

DUE TO LIQUOR LICENSING RULES, WE ARE NO LONGER ABLE TO SERVE FREE ALCOHOLIC DRINKS FOR HAPPY HOUR.

THERE WILL NOW BE A \$2.00 CHARGE FOR ANY DRINK THAT CONTAINS LIQUOR. ANY NON ALCOHOLIC VERSION IS STILL FREE OF CHARGE.

CHANGES TAKE EFFECT STARTING FEBRUARY 1ST, 2024



Wednesday February 13th

with Lisa Steffan

Clinical Consultant Pharmacist with CareRx

In the Lower Level

At 10:00 am

Topic: Falls Prevention

super bowl

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

- beach goal jess monrovia punt touchdown
- conversion halfback justin offside quarterback valleyvillage
- drew halftime kick owners red zone
- fair catch henry linesman penny ref
- football interception mac placekicker suzy
- fumble izme mike players tackle

Welcome Home

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

- Wendy
- Delbert
- Susanne



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
 - Don Cruickshank
Environmental Services 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 we are featuring Beets. Watch for special treats on the Menu

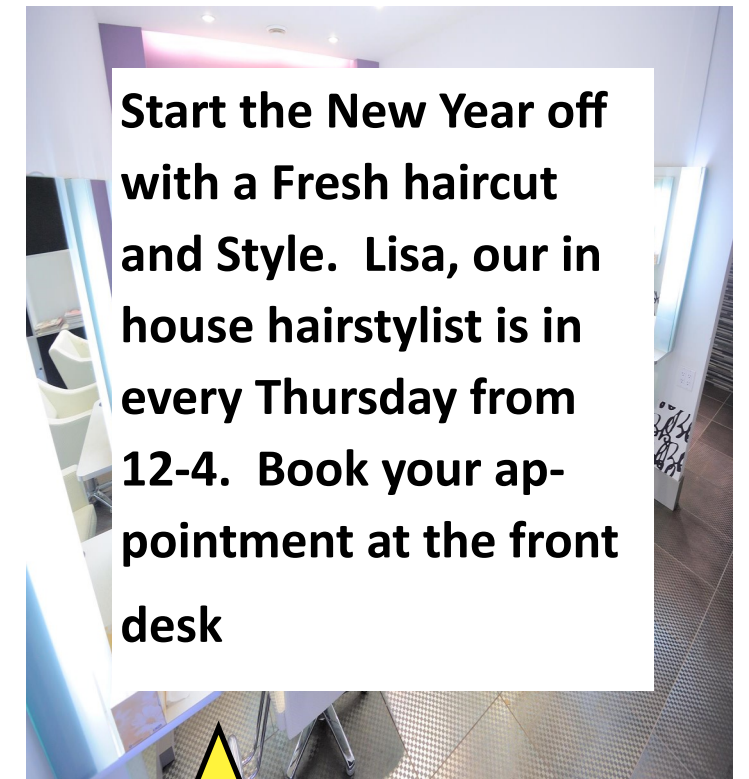
Dental Care Plan Information Session



The Canadian Dental Care Program was launched by the Federal Government in December 2023. Learn more about this new program on February 13th at 2:30 in the Lower Level.



Black History Month



Start the New Year off with a Fresh haircut and Style. Lisa, our in house hairstylist is in every Thursday from 12-4. Book your appointment at the front desk



2:30 Lower Level

THURSDAY
FEB
22

National Margarita Day

February Outings



- February 8: Shorelines Casino 2:00**
- February 20: Shopping at Walmart 2:00**
- February 27: Out for Lunch at Bourbon St. 11:00**

**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

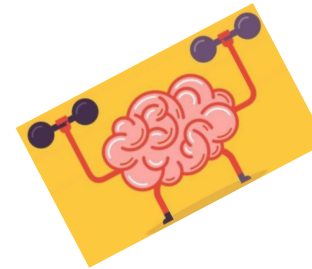
- Agnes February 4th
- Dolores February 12th
- Hans February 12th
- Gerda February 15th
- Barb W. February 23rd



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

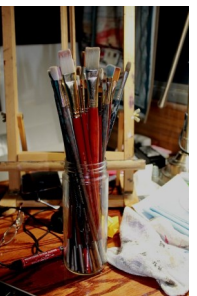
A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting. Participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.

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.

SEND A FRIEND A TREAT....

VALENTINE'S CANDY GRAMS AND SINGING MESSAGES

\$2.00 FOR 1 CANDY GRAM
 \$5.00 FOR 3 CANDY GRAMS

\$5.00 FOR A SINGING MESSAGE

Come to Reception to purchase your Valentine's treats. Orders will be taken from February 1-12. Candy Grams will be delivered February 14th

ALL PROCEEDS GOING TO THE RICHMOND STAFF FUND



REFER YOUR FRIENDS TO THE RICHMOND!*

DO YOU KNOW SOMEONE CONSIDERING RETIREMENT LIVING?

Share your experience with them! If they choose to move-in, you could earn a \$1000!* Contact Christi, the Community Relations Manager, for more details.