

INSPIRED SENIOR LIVING



THE RICHMOND RETIREMENT RESIDENCE

# The Richmond Reader

## March 2024



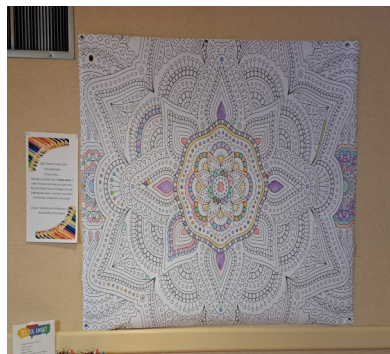
©Peace Flash®



Message From Erica in Life Enrichment

Happy March Richmond Family. Well that was a busy month. Hot chocolate socials, year of the dragon, super bowl and Valentine's Day are just some of the fun we had in February. It was a whirlwind of a month. I hope you had a chance to join us in some of the fun.

Remember that participating in activities is not only fun it is good for so many other things. Your physical health, your mental health, your brain health and your heart health. Studies suggest that staying socially active is an effective way to keep your brain healthy for longer. So try something new and out of your comfort zone. Challenge yourself this month to try 1 new thing. Need some ideas come in see me in the lower Level and I will be happy to help. Your body and mind will thank you.



**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.**



*Welcome Home*

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

Edith	Hilda
Fred	Barbara
Iris	Donna



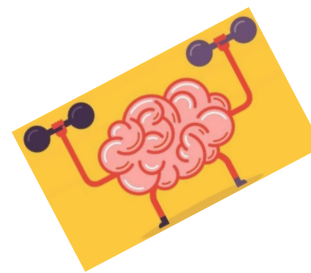
# Our Signature Programs

## 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.





# Set Sail for *Cruise Week*

Join us on a week-long Mediterranean journey through delicious themed meals, show-stopping entertainment, engaging activities, and signature cocktails!

### Thursday, March 21 Docking In Spain

Welcome aboard. Don't forget to attend out "safety" talk after you board. We are in Spain. join us for Flamenco dancers and Sangria

### Sunday, March 24 Docking In Turkey

Hoş geldin (Welcome) to Turkiye. Come make a wish on our Nahil Tree, shop in the front hall, and pick up your evil eye craft kit. join us for

### Friday, March 22 Docking In Italy

Benvenuta a Italy. Today is all about fun and games. So grab a friend and join us in the Bistro for Prosecco and peach Juice and a

### Monday, March 25 Docking In Greece

καλως ΗΡΘΑΤΕ (Welcome) to Greece. Come and compete in ancient Greek Olympic games, mythology trivia all while sipping on

### Saturday, March 23 Docking In Morocco

It's Open house day. We have arrived in Morocco. Marhba (Welcome). Mint tea in the morning Mojitos in the afternoon. Come

### Tuesday, March 26 Docking In Croatia

Dobrodošli (Welcome) to Croatia. Start your morning with a morning stretch, Pain clay beads, Then join us for an indoor beach party.

### Wednesday, March 27 Docking In France

Bienvenue a France. Crepes cooking class, Caricatures wine and enjoying the tastes of Fa good French Wine by the Eiffel Tower

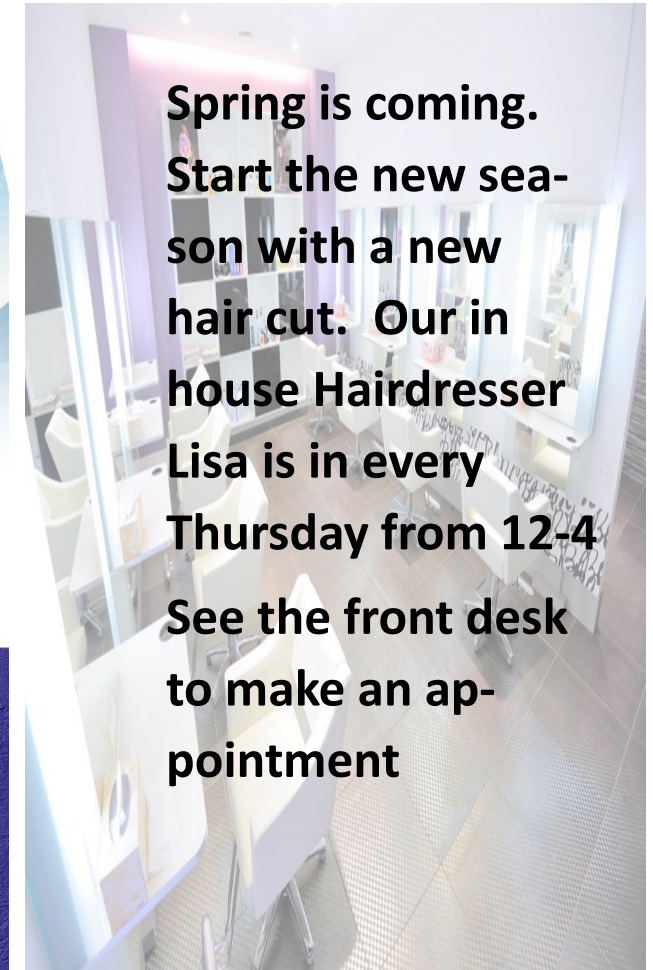
### Thursday, March 28 Back home to Canada

Welcome Home! Dont forget to hand in your Pssports to win a prize. Join us in the afternoon as we watch a slideshow of all our adventures.

Have questions? Ask a staff member for information about events.



**Invite Your Friends and Family!**  
Join us for a Majestic Mediterranean Odyssey  
Mediterranean Life Enrichment, Cuisine,  
Live Entertainment, And so much more!



### March Outings

**March 5th: Mapledale Cheese factory 2:00**

**March 12th" Giant Tiger/Dollarama 2:00**

**March 19th: Talize Thrift Store 2:00**

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



**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!



Watch for Maple Flavoured treats and presentations this month

Wednesday March 20th  
with Lisa Steffan  
Clinical Consultant  
Pharmacist with  
**CareRx**  
In the Lower Level  
At 10:00 am  
**Topic: Dry Skin**

Happy birthday the following Richmond Residents.

- Basil M. March 6
- Helen V. March 19
- Peggy Belch March 19
- Doreen Slater March 20
- Doug T. March 22
- Barbara McIntosh March 27

*“Count not the candles...see the lights they give. Count not the years, but the life you live. Wishing you a wonderful time ahead”*

