



INSPIRED SENIOR LIVING



THE RICHMOND RETIREMENT RESIDENCE

The Richmond Reader

April 2024

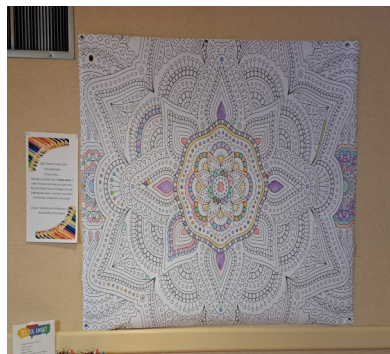


Message From Erica in Life Enrichment

Happy April Richmond Family!

We hope you had a chance to explore the Mediterranean with us on our cruise week. We had so much fun in all the ports of call. Playing silly games, afternoon happy hours and travel movies at night. Thank you to all the residents and staff who participated and we hope you had as good a time as I did.

This month we are celebrating Artful Enrichment week From April 22-26. Artful Enrichment Week provides older adult communities with access to high-quality art programs that promote creative expression, social connectivity, and lifelong learning. Come out and see what this art program is all about. A different activity every 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.



Welcome Home

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

Wolf	Joan
Nancy	Iris
James & Jennifer	

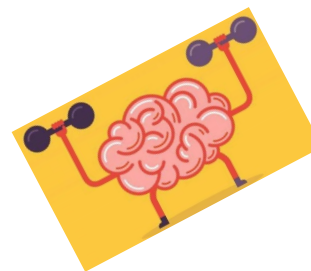
Our Signature Programs

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.

This month we are celebrating

Artful Enrichment week From April 22-26.

Artful Enrichment Week provides older adult communities with access to high-quality art programs that promote creative expression, social connectivity, and lifelong learning.

Monday April 22: Planet Dot Painting

Nifty Nail Painting

April 23: Outing to the Parrot Gallery

Female Baroque Artists

April 24: Paint Pour with Kathleen

April 25: Learn to play the Ukelele

Music Sing Along with Eileen

April 26: Learn to Zumba

Happy hour Popart Trivia

Art Programs for Senior Living.

Join The Creative Aging Movement

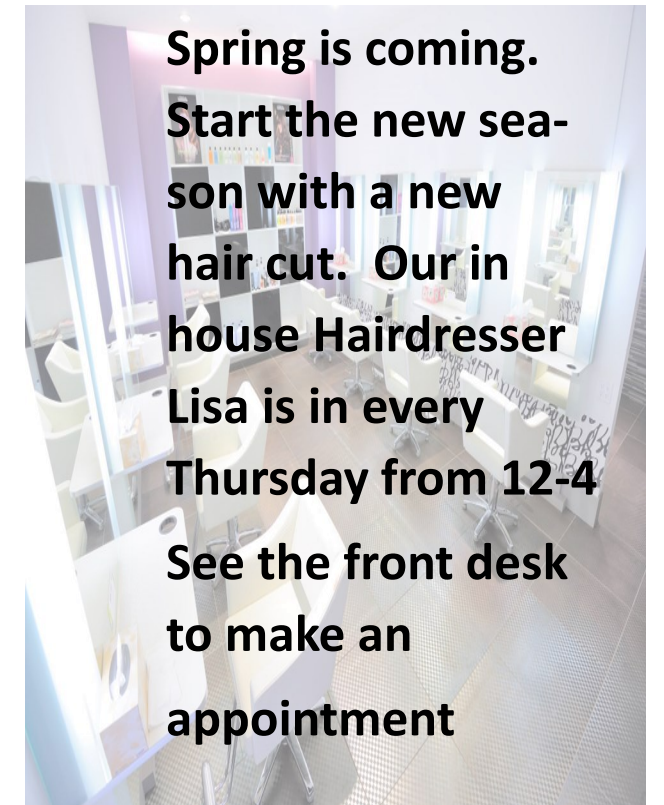


New Programs starting coming this month:

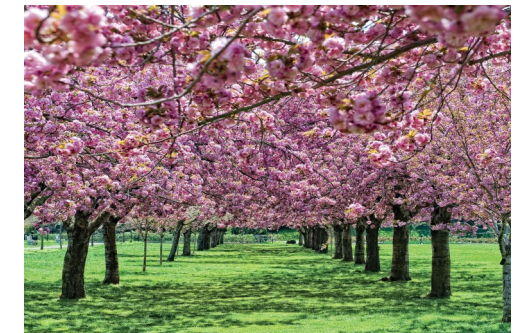
Chat with Susanne: Come and chat with our General Manager Susanne. She will be hanging out in the Bistro every Monday from 11:00-11:30 am.

Movie Nights: We will now be starting at 7:00 pm. Look for theme nights like Western Wednesdays, Musical Movies on Saturdays and Movies for the Soul on Sundays. If you have any suggestions please let Erica know.

Our monthly Birthday Parties are Back!! Come and celebrate April Birthdays with entertainment by Rick Tasson and cupcakes. Wednesday April 17th, 2:00



Spring is coming. Start the new season with a new hair cut. Our in house Hairdresser Lisa is in every Thursday from 12-4 See the front desk to make an appointment



April Outings



- April 3: Shopping to Walmart
- April 9th: The Birdhouse in Brighton
- April 23: Parrott Art Gallery

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!



Let's Get Growing

Come and join out Coop Student Skylar to get our gardens going.

Gardening for seniors is considered a therapeutic activity, as it positively impacts the emotional, mental, and physical health of older adults.

- Enhanced independent lifestyle
- Improved mentally alertness and health
- Reduced blood pressure
- Increased muscle strength, reducing the risk of falling
- Decreased risk of coronary artery disease
- Improved mobility

Program starts Tuesday April 2 at 10:30 am in the LL



Happy birthday the following Richmond Residents.

- Creighton C April 2
- Fred W April 11
- Al T April 15
- Don A April 19
- David F April 24

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

