

Sherbourne Reporter

Sherbourne Place – 345 Sherbourne Street, Toronto, ON



Celebrating November

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November Fun Pack!

A Letter from the Manager of Programs & Volunteer Services

Visits with Loved Ones:

Virtual visits are available for all residents and their loved ones. If you are interested in a virtual visit, please contact Kayla or any member of the Life Enrichment Team

Programs & Outing Update:

During this time, all large group programs, outings, special events and community events are cancelled. 1:1 recreation programs will be provided to all residents. Small programs of 5 people or less will be held on all floors.

Residents Council Update:

Due to thanksgiving, the Residents' Council meeting in October will be held on Wednesday October 14th 2020. Elections for leadership positions are also taking place October 7th. Any residents interested in leadership positions on Residents' Council need to inform Kayla Johnston by October 5th.

The Holidays at Rekai:

Though we are unable to celebrate as we normally do at the Rekai Centres, we want to make sure the holidays are still a special time for all. Exciting announcements to be made soon regarding the Holidays.... Stay Tuned!

Have a great month!

Kayla Johnston
Manager of Programs & Volunteer Services

Hand Hygiene

Hands carry & spread germs. Touching your eyes, nose or mouth without cleaning your hands or sneezing/coughing into your hands may provide an opportunity for germs to get into your body. Keeping your hands clean through good hygiene practice is one of the most important steps to avoid getting sick and spreading germs.

Follow these steps for perfectly clean hands:

1. Wet hands.
2. Apply soap.
3. Lather for 15 seconds, Rub between fingers, back of hands, fingertips, under nails. Don't forget your thumbs!
4. Rinse well under running water.
5. Dry hands well with paper towel.
6. Turn taps off with paper towel if available.



Independent Leisure Activities

Looking for something to help occupy your time during this quarantine?? Look no further! The Recreation Department is here with all of your leisure needs! If you need supplies – just let your recreation team know!

Here are some ideas of leisure activities you can enjoy independently:

- Watch your favourite TV show
- Read a magazine
- Do a crossword puzzle
- Do some light stretches
- Call your family or friends
- Read a book
- Do a sudoku puzzle
- Listen to some of your favourite tunes
- Colour or draw
- Write a letter
- Watch a movie
- Write a poem
- Give thanks!
- Meditate
- Listen to an audiobook

Write a story

Face to Family Program

The Recreation Department has implemented the Face to Family program to help you keep in touch with your family or friends during this time!

We use iPads that allow you to see your loved ones in real time! Similar to a talking over the phone – but you are able to see the person also!

If you are not already using this service, please let Michelle, Lucy or Luca know so they can help get you started!



FaceTime

Online Residency Program: Smile Online

Smile Online is a wonderful group of theatre students who are offering the following virtual programs:

Online Serenades

Join a group of animated young singers, live from your very own computer, for singing, chatting, and dancing. Spend a fun and relaxed time sharing music and stories together, always with lots of fun and energy.

Happy Calls

A lively phone call or video chat with two friendly performers. Participants receive a call and have a relaxed conversation and songs sung just for them. Requests and singing along are welcomed and encouraged!

The Smile Playlist

A weekly online playlist of one-song videos that feature performances by energetic, youthful singers of familiar songs, interwoven with stories and interactive activities, easily accessible by any device - just one click to access a meaningful experience.

Interested? Let Michelle, Lucy or Georgie know!

In Memory Of

*Walter H.
Ann P.*

November Birthday's

Happy Birthday to you....

*Robert S.
Ahmed A.
Peter B.
Kenchan D.*

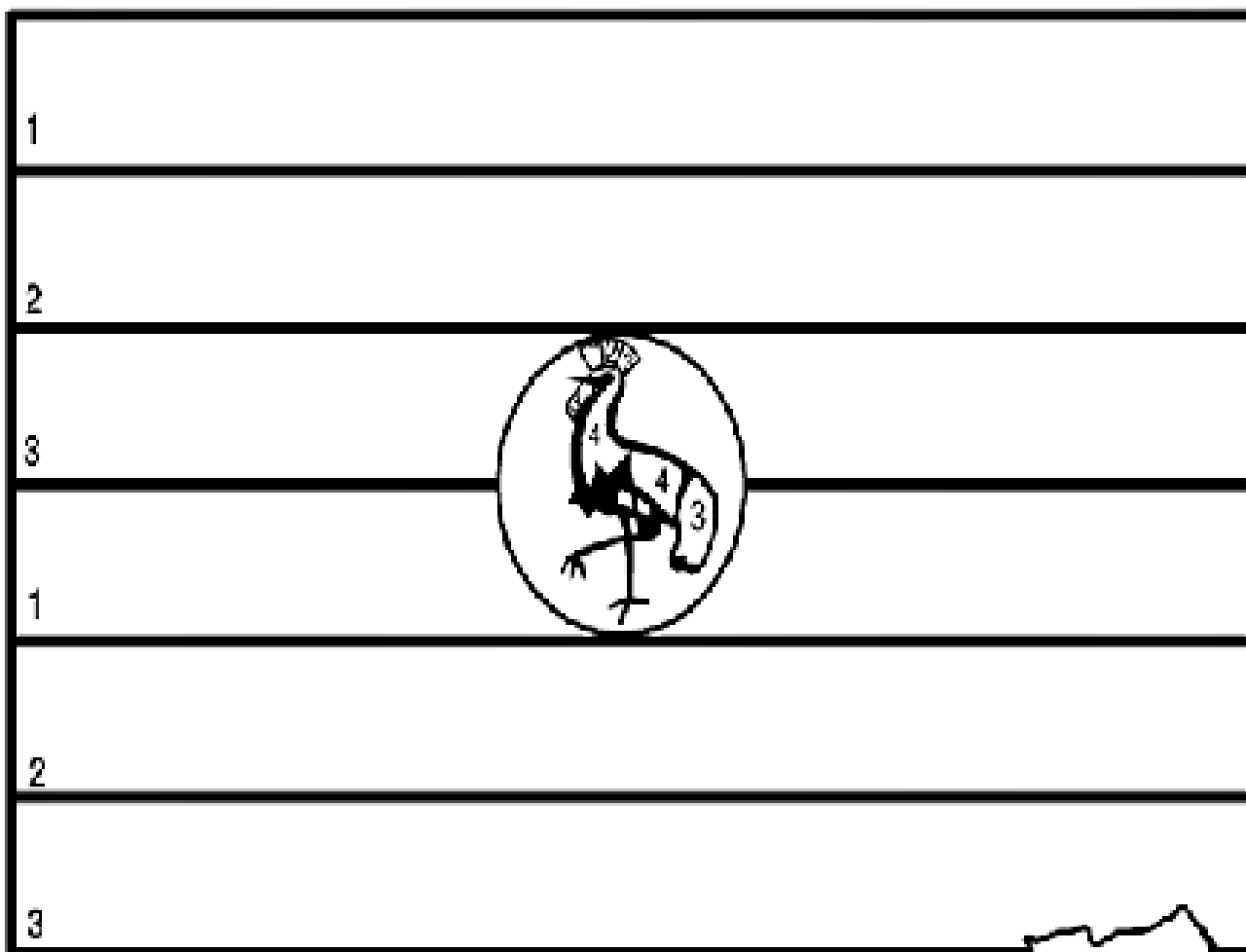


Cultural Day – Uganda

Though we are unable to celebrate Cultural Day like we usually do, we are celebrating Uganda this month! You can look forward to A Taste of Uganda cart with Uganda Paper Bead Jewelry making!



UGANDA flag & map



To color the flag of Uganda, use Crayola® Crayons, Colored Pencils or Markers. Color the shapes numbered 1 black, 2 yellow, 3 red, and 4 grey.

Did you know...?

Uganda is located in eastern Africa. On the flag is a red-crested crane which is the national symbol of Uganda. Some of Uganda's main industries are sugar, cotton, and cement.





Fall Word Search



ACORN
APPLE
FALL
JACKET

LEAF
PUMPKIN
RAKE
SCHOOL



Answers - Sudoku Puzzle 1

5	4	9	6	7	1	2	8	3
1	2	6	3	8	4	7	9	5
3	7	8	9	2	5	6	4	1
4	5	3	1	9	6	8	2	7
6	8	1	2	4	7	3	5	9
7	9	2	8	5	3	4	1	6
2	6	5	4	3	9	1	7	8
8	1	7	5	6	2	9	3	4
9	3	4	7	1	8	5	6	2

Answers - Sudoku Puzzle 2

6	9	1	7	4	2	8	5	3
3	4	7	5	8	9	2	6	1
2	5	8	6	3	1	7	9	4
7	6	4	8	9	5	3	1	2
1	2	9	4	6	3	5	7	8
8	3	5	1	2	7	6	4	9
9	7	3	2	5	4	1	8	6
4	1	6	3	7	8	9	2	5
5	8	2	9	1	6	4	3	7