

Sherbourne Reporter

Sherbourne Place – 345 Sherbourne Street, Toronto, ON



Celebrating September

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September Fun Pack!

A Letter from the Manager of Programs & Volunteer Services

Hello Everyone,

Here are a few updates from the Life Enrichment Department...

Visits with Loved Ones:

As of June 18th, we have been scheduling visits with loved ones in the backyard. Indoor visits are also being permitted in the main floor areas. These visits must be scheduled – you can schedule with me by reaching me at kayla@rekaicentres.com.

Programs & Outing Update:

During this time, all large group programs, outings, special events and community events are cancelled. Virtual community events may be available. 1:1 recreation programs will be provided to all residents. Small group programs have also begun. We are limiting groups to 3-5 residents so we can maintain physical distancing. If you are interested in any program on the calendar, please talk to the recreation team member on your floor.

Residents Council Update:

Residents Council executive members and floor representatives will meet this month for a socially distanced meeting on September 14th at 1:30pm in the Chapel.

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!





Robert H.

Special Dates in September

A Day at the Zoo

September 4th

Create Your Own Pizza

September 9th

Cultural Day: Germany

September 18th

A Day at the Country Fair

September 25th

September Birthday's

Happy Birthday to you....

Leila Mackenzie – September 2
Adrienne Deeter – September 7
King Hung Yee – September 10
Shirley Moffat – September 11
Kwabena Appiah – September 11
Loretta Grant – September 16
Robert Edwards. – September 23



Cultural Day – Germany

Though we are unable to celebrate Cultural Day like we usually do, we are celebrating Germany this month! You can look forward to a travelling beer cart with Berlin trivia!



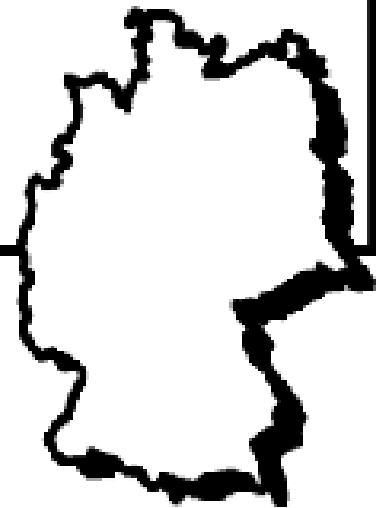
GERMANY flag & map



To color the flag of Germany, use Crayola® Crayons, Colored Pencils or Markers. Color the top stripe black, the middle stripe red and the bottom stripe yellow.

Did you know...?

Germany is located in Central Europe and is among one of the world's greatest technologically advanced makers of iron, steel, cement, and machinery.





September

R	S	E	E	A	R	N	O	S	I	B	C	K	R
A	U	N	P	E	P	G	H	R	E	I	A	E	E
O	R	T	O	A	E	E	B	N	P	Q	G	R	C
E	G	A	I	L	O	F	E	R	E	N	E	E	N
E	R	N	R	P	C	S	R	E	I	S	O	L	E
E	G	K	C	A	N	O	N	N	A	S	O	P	A
A	S	A	N	E	G	A	E	E	R	E	K	P	E
C	E	A	R	S	I	C	E	A	A	A	R	A	A
H	D	A	T	D	L	O	R	G	K	E	A	Q	G
A	G	R	E	A	E	R	E	O	E	R	N	P	N
N	K	E	A	A	N	N	R	S	E	A	S	O	N
G	C	E	A	S	Q	U	I	R	R	E	L	A	I
E	N	E	R	L	B	A	R	M	L	S	E	A	N
A	S	H	A	M	S	E	P	T	E	M	B	E	R

Brisk

Squirrel

September

Rake

Season

Tea

Garden

Acorn

Foliage

Change

Canada

Apple

Sudoku Puzzle 1

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

Sudoku Puzzle 2

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

Answers - Sudoku Puzzle 1

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

Answers - Sudoku Puzzle 2

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