

# Wellesley Times

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## Table of Contents

### Page 1:

A Message from the Director of Programs,  
Community Partnerships and Volunteer  
Services

### Page 2:

Residents' Council, Travelling Tuck Shop,  
Family Council Update and WCP Holiday  
Parties

### Page 3:

Happenings at Wellesley Central Place

### Page 4 -7:

Local & Community Happenings in December  
2018

### Page 8:

GSA Updates

### Page 9:

Volunteer Requests and Services

### Page 10:

Resident, Family and Friends Feedback

### Page 11:

Pet Therapy at WCP

### Page 11:

Welcome to the Reikai Family, Wellesley  
Central's Garden Centre

### Page 12:

Christmas Movie Frenzy at WCP

### Page 13:

Upcoming December Bus Outings, Residents  
December Birthdays, Remembering our  
friends

### Page 14:

Upcoming Monthly Bus Outings

## **A Message from the Manager of Programs and Volunteer Services ....**

Hello Everyone!

The holiday season is upon us!

I want to take this opportunity to wish you all a Merry  
Christmas, Happy Hanukkah & Happy Kwanzaa! I am  
looking forward to seeing you all at our holiday parties!  
Holiday Parties are taking place on the following dates:

2<sup>nd</sup> floor – December 4<sup>th</sup>

3<sup>rd</sup> floor – December 5<sup>th</sup>

4<sup>th</sup> floor – December 6<sup>th</sup>

I encourage you all to look at the calendar and check  
out all the other exciting programs and outings taking  
place in December!

### **Calendar Highlights:**

December 4<sup>th</sup> – Faith and Spirituality Group

December 12<sup>th</sup> – OARC education

December 13<sup>th</sup> – Horticultural Therapy

December 14<sup>th</sup> – Intergenerational Program

December 17<sup>th</sup> – Dixon Hall Bingo

December 28<sup>th</sup> – Birthday Party

December 31<sup>st</sup> – New Year's Eve Party!

### **Outing Schedule:**

December 10<sup>th</sup> – Swiss Chalet

December 14<sup>th</sup> – Seniors Film Friday's at TIFF Bell Box

December 19<sup>th</sup> – Christmas Lights Bus Tour

Wishing you all a happy and joyous holiday season.

Kayla Johnston

Manager of Programs and Volunteer Services

## **Family Council update**

There will not be a Family Council meeting in December.

The next meeting will be on Wed Jan 10th at 7:00 pm in the Chapel.



## **Residents Council**

Residents' Council will be taking a break in December. Council is inviting everyone to attend an education session.

**Wednesday December 12<sup>th</sup> 2018**

**2:00PM in the Chapel**

**'Residents Councils  
Contributing to Wellness:  
Exploring Late Life Depression,  
Self-Care & Encouraging  
Supports for the Resident.**

## **The Travelling Tuck Shop!**

**Our Travelling Tuck Shop Volunteer is taking a break for the holidays. The Tuck Shop will return in January!**



## **WCP Holiday Parties**

Our multicultural day this month will be put **on hold** and resume in the new year. There will be floor holiday parties for the month of December

**2<sup>nd</sup> Floor**

**Tuesday December 4<sup>th</sup> 2018**

**3<sup>rd</sup> Floor**

**Wednesday December 5<sup>th</sup> 2018**

**4<sup>th</sup> Floor**

**Thursday December 6<sup>th</sup> 2018**

**The parties will begin at 6:30 PM in the Winter Garden.**

## Happenings at Wellesley Central Place

HELLO DECEMBER!

Make sure to make a note in your  
calendars for all of the exciting  
programs coming this month...

**Faith & Spirituality Group**  
*December 4<sup>th</sup>*

**OARC Education**  
*December 12<sup>th</sup>*

**Horticultural Therapy**  
*December 13<sup>th</sup>*

**Intergenerational visits with Rose Avenue**  
*December 14<sup>th</sup>*

**Christmas with Kathy**  
*December 14<sup>th</sup>*

**Dixon Hall Bingo**  
*December 17<sup>th</sup>*

**Jarvis Collegiate Choir Performance**  
*December 19<sup>th</sup>*

**Raising Artists**  
*December 21<sup>st</sup>*

**Birthday Party**  
*December 28<sup>th</sup>*

**New Years Eve Party!**  
*December 31<sup>st</sup>*

*Holiday Fun!*



# Local & Community Happenings in December 2018



## Hockey Hall of Fame Stanley Cup 125<sup>th</sup> Anniversary Tribute

Celebrating 125 years of hockey's greatest treasure. If the Stanley Cup could talk, imagine the stories it could tell. Get hands-on-access to the Stanley Cup and immerse yourself into the rich history of Hockey's Holy Grail. Catch this limited-time tribute which ends December 31, 2018. This event takes place Every Tuesday from 10 am-5 pm. Cost: \$15.00 for seniors' ticket.

**When:** March 27 2018 – December 31 2018

**Where:** 30 Yonge Street, Toronto



## Holiday Fair at Nathan Phillips Square

The Holiday Fair in the Square runs December 1st – 23rd. Combining the charm and elegance of a Christmas market with the excitement and allure of a thriving winter carnival. Tue-Thu 4-9pm, Fri-Sun 12-10pm, closes 6pm Dec 23.

**When:** December 1<sup>st</sup> – 23<sup>rd</sup>

**Where:** Nathan Phillips Square



## St Lawrence Market & Old Toronto Food Tour

Taste where Toronto began! Over 200 years ago, indigenous people traded goods from canoes and fished for salmon on the shores of Lake Ontario behind where the market stands today. Join us around old town for a brief history lesson before we enter the market to taste Portuguese treats, authentic Jewish bagels, candied salmon, local Ontario cheeses, genuine Ukrainian perogies and the iconic peameal bacon sandwich enjoyed by several famous chefs including Emeril Lagasse, Anthony Bourdain, and Guy Fieri. Event Runs 10am-5pm.

**When:** Every Friday May 25 2018- December 31 2018

**Where:** St. Lawrence Market, Toronto

# Local & Community Happenings in December 2018

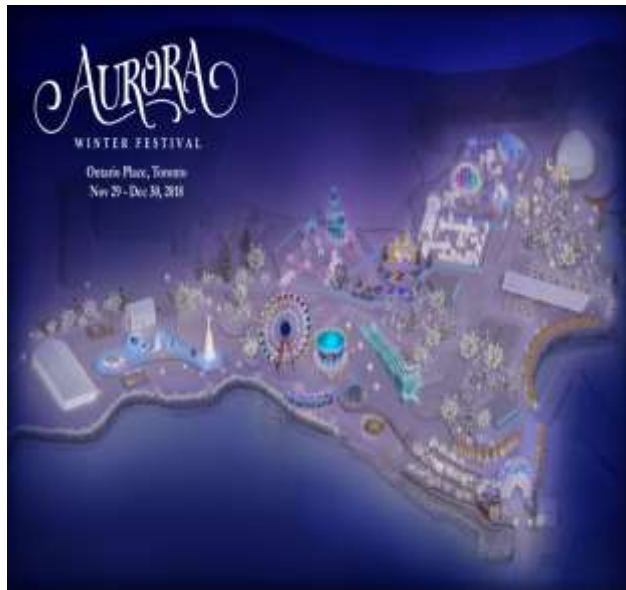


## Making History: The Women of Frankie Drake Mysteries & 1920's Toronto

Stop by the Spadina Museum to explore the fascinating lives of women in 1920's Toronto, and how their challenges and triumphs are reflected in the lives of the characters of the CBC drama Frankie Drake Mysteries. Check out props and costumes from the show, along with authentic 1920's artifacts. FREE EVENT.

**When:** Every Tuesday (July 5-December 31 2018)  
12:00 PM- 5:00 PM

**Where:** Spadina Museum (285 Spadina Rd), Toronto



## Aurora Winter Festival

The Aurora Winter Festival inspires the festive spirit through magical winter experiences. Escape into a hidden village by the North Pole, filled with captivating light displays and magical characters, and enjoy the market huts, food gardens and more.

**When:** November 29<sup>th</sup> – December 30<sup>th</sup> 2018  
**Where:** Ontario Place, Toronto



## **Mariposa Cruises' Santa Brunch Cruise**

Join Santa and his elves aboard the Northern Spirit for a magical Christmas brunch cruise and plenty of fun for the whole family!

**Audience:** All Ages

**Price:** Adult: \$59.95 + HSC & HST Child (Ages 4 &ndash; 12): \$32.95 + HSC & HST; Children

**When:** December 9<sup>th</sup> 2018

# Local & Community Happenings in December 2018



## Toronto Christmas Market

The magic of the Christmas season returns to Toronto, Nov. 15 to Dec. 23, with the 9th annual Toronto Christmas Market at the Distillery Historic District. The festival features hundreds of unique and locally handcrafted products, stunning light canopies, family friendly entertainment, heated mulled wine, beer and hospitality gardens, and Santa and the elves, all in an atmosphere so romantic you can't help but fall in love with the holiday season all over again. Rediscover the magic of Christmas. FREE Admission on weekdays until Friday at 5pm.

**When:** November 15 2018- December 23 2018

**Where:** Evergreen Brickworks, Toronto



## Holiday Comedy Spectacular

Comedian Luke Lynndale presents an evening of hilarious comedy. The holidays can be stressful. This show will make them HILARIOUS! There's no better gift than the gift of LAUGHTER! Luke has collected a batch of insanely talented drag, improv, sketch, and standup performers to bring you Holiday Comedy Spectacular. Come get your late night Ho Ho Ho's with us!

\$10 online or at door. Reservations recommended.

**Where:** The Social Capital (145 Danforth Ave)

**When:** Thursday December 20<sup>th</sup> 2018



## DJ Skate Nights 2018

Toronto's block party on ice returns!

Sharpen your skates and skills as the city's number one outdoor winter party returns with another stellar lineup of DJs that will bring the heat to your Saturday nights. The rumours are true – DJ Skate Nights is the best party in town and a surefire cure for the winter blues!

**When:** December 15<sup>th</sup> – February 16<sup>th</sup> 2018

**Where:** Harbourfront Centre

# **Local & Community Happenings in December 2018**

Toronto Public Library – St. James Town Branch  
495 Sherbourne Street  
416-393-7744

Wellesley Community Centre  
495 Sherbourne Street  
416-392-0227

The 519 – LGBTQ communities  
519 Church Street  
416-392-6874

# Gender & Sexuality Alliance (GSA)

The GSA welcomes all community members interested, LGBTQ2S+ and non-LGBTQ2S+. Please contact **Barbara Michalik** – Director of Community Partnerships, Programs and Volunteer Services at **416-929-9385 ext:265** or **[barbaram@rekaicentres.com](mailto:barbaram@rekaicentres.com)**, if interested.



Our next GSA meeting is scheduled for:

**February 20<sup>th</sup> 2019**

## LGBTQ+ What does it all mean?

**Transsexual:**  
A person who is, or is transitioning, to the opposite sex both physically and emotionally

**Queer:**  
An umbrella term for anyone who is not cisgender or heterosexual

**Ally:**  
A heterosexual person who supports LGBTQ+ rights and challenges homophobia

**Pansexual:**  
A person who can be sexually attracted to anyone of any gender or orientation

**Gay:**  
A man who can be sexually attracted to other men.

**Asexual:**  
A person who is not sexually attracted to anyone

**Intersex:**  
A person who is born with both male and female characteristics.

**Lesbian:**  
A woman who can be sexually attracted to other women

**Bisexual:**  
A person who can be sexually attracted to both men and women

**Transgender:**  
A person who has a different gender expression or identity than their assigned sex.

**Help fight homophobia by learning about the LGBTQ+ community!**

Poster completed by Charlotte Gratton



Does your loved one require 1:1 visits with a volunteer?

Volunteers at Wellesley Central Place can spend time with your loved one while engaging in various leisure activities such as outdoor strolls in the backyard or courtyard, a visit to Our Lady of Lourdes Church, a trip to the library or coffee shop, reading and reminiscing.

If you would like to sign your loved one up for 1:1 volunteer visits please contact the Life Enrichment Staff on your floor.

María - 416-929-9385 ext. 240

Brenda - 416-929-9385 ext. 232

Millie - 416-929-9385 ext. 241



Dear Residents, Family and Friends

## *We want to know your feedback!!!*

- What kinds of programs do you want to see?
- Do you enjoy the programs we have now?
- What kinds of outings would you like to go on?
- What kind of themed parties and events would you like to see?

We want to know your input. Please feel free to leave your drop box, or with the Life Enrichment Staff on your floor.

Kayla Johnston - 416-929-9385 ext. 257 (Manager of Programs)

Maria - 416-929-9385 ext. 240 (2<sup>nd</sup> Floor)

Brenda - 416-929-9385 ext. 232 (3<sup>rd</sup> Floor)

Millie - 416-929-9385 ext. 241 (4<sup>th</sup> Floor)



# PET THERAPY AT WCP



Pictured in Photo: Scarlett visiting on 4E

Wellesley Central Place is lucky to have two teams of pet therapy dogs!  
Alison & Scarlett and Jessica & Chewy – we would like to thank you for your  
dedication and hard work each week!

Please be sure to look for the wagging tails of  
Scarlett on Wednesday mornings at 10:00AM  
And Chewy on Wednesday evenings at 6:15 PM!



## Wellesley Central's Garden Centre

With Help from our Horticultural Therapist, Olivia - Everyone has a little bit of a green thumb... Make sure to check your calendar each month for the horticultural therapy program!



Welcome to the REKAI Family  
At WCP ...  
Arthur P  
Margaret C  
Jenny D  
Terrance I  
Lynn C

**FAMILY**

*Fun at WCP*





# Christmas Movie Frenzy

**It's beginning to look a lot like .... CHRISTMAS!**  
**Get into the spirit of the holidays at the Christmas movie frenzy!**  
**Throughout the month of December, the Life Enrichment Team**  
**will be playing Christmas movies to get WCP into the Christmas**  
**spirit!**

**Tuesday December 11<sup>th</sup> – White Christmas**  
**Thursday December 13<sup>th</sup> – How the Grinch Stole Christmas**  
**Thursday December 20<sup>th</sup> – Home Alone**  
**Monday December 24<sup>th</sup> – Residents Choice!**

**All movies will be shown in the Main TV Room. Check your**  
**calendar for times!**



# December Bus Outings

**Swiss Chalet Lunch**  
**Monday December 10<sup>th</sup> 2018**  
**11:15 AM- 2:30 PM**  
**Contact: Millie MacMillan**  
**Phone: 416-929-9385 x 241**



**Christmas Lights Tour**  
**Wednesday December 19<sup>th</sup> 2018**  
**6:30 PM- 8:30 PM**  
**Contact: Maria Fabrychnava**  
**Phone: 416-929-9385 x 240**



**Seniors Film Fridays at TIFF Bell Box**  
**Friday December 14<sup>th</sup> 2018**  
**1:30 PM- 6:30 PM**  
**Contact: Brenda Schivardi**  
**Phone: 416-929-9385 x 232**



## December Birthdays

In astrology, those born between December 1–21 are Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

Those born between December 22–31 are Capricorn's Goats. Goats are practical, determined and focused on their ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Their sympathetic and caring natures make them devoted friends.

Jose F	December 1
Anita M	December 5
Estelle W	December 5
Stephanie M	December 13
James P	December 14
Joydeb D	December 15
Florine P	December 15
Janet G	December 19
Etta W	December 21
Eva F	December 21
June L	December 21
Tony A	December 22
Arthur P	December 28
Dennis D	December 31



*Agnes Garbor*

*Bill Rankin*

*Jerome Pauker*

*Edwin Hill*

*Barbara Williams*



**WELLESLEY CENTRAL PLACE  
UPCOMING  
BUS OUTINGS**

**January:**

Ripley's Aquarium  
Hockey Hall of Fame



**February:**

Aga Khan Museum  
Dragon Pearl Buffet  
Royal Ontario Museum



**March:**

Marlies Hockey Game

**Please stay tuned for upcoming outings and further details in the next few months ...**