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### Activities & More

Hello Residents, Families & Friends,

**December** brings an exciting feeling as winter unfolds. We eagerly anticipate the enchanting snowfall, turning the world into a sparkling wonderland. The promise of delicate snowflakes adorning the cityscape is something to behold. The crisp, cold air signals winter's arrival, all the better for cozy evenings wrapped in blankets, enjoying hot chocolate by the window. This month's charm lies in its ability to evoke warmth and nostalgia despite the chilly temperatures. It's a festive season with frosty windows and icy breaths, making each snowfall a reminder of the joyous time ahead.

## Life Enrichment Team

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### Executive Director of Academic Community Partnership & Programs

Barbara Michalik • [barbaram@rekaicentres.com](mailto:barbaram@rekaicentres.com)

### Manager of Programs

Cassidi Branco • [cassidi@rekaicentres.com](mailto:cassidi@rekaicentres.com)

### Life Enrichment Aides

Kiran • [2ndfloorle@rekaicentres.com](mailto:2ndfloorle@rekaicentres.com)

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## Upcoming Events & Special Days

### Outings

- Dufferin Mall Shopping •  
**December 4<sup>th</sup>**
- Christmas Lights Tour •  
**December 11<sup>th</sup>**

### Events

- Holiday Dinners •  
**December 5<sup>th</sup>, 6<sup>th</sup>, & 7<sup>th</sup>**

- Santa Photos •  
**December 20<sup>th</sup>**

- Birthday Party •  
**December 21<sup>st</sup>**

### Special Days

- **December 1<sup>st</sup>** •

World AIDS Day

- **December 3<sup>rd</sup>** •

Day of Persons with Disabilities

- **December 5<sup>th</sup>** •

International Volunteer Day

- **December 7<sup>th</sup>** •

Hanukkah

National Cotton Candy Day

- **December 8<sup>th</sup>** •

National Brownie Day

- **December 9<sup>th</sup>** •

National Pastry Day

- **December 12<sup>th</sup>** •

Gingerbread House Day

National Poinsettia Day

- **December 15<sup>th</sup>** •

National Ugly Sweater Day

- **December 17<sup>th</sup>** •

National Maple Syrup Day

- **December 22<sup>st</sup>** •

Yule

Winter Solstice

- **December 24<sup>th</sup>** •

Christmas Eve

The Feast of the Seven Fishes

- **December 25<sup>th</sup>** •

Christmas Day

- **December 26<sup>th</sup>** •

Kwanzaa

Boxing Day

- **December 28<sup>th</sup>** •

National Call a Friend Day

- **December 31<sup>st</sup>** •

New Year's Eve







## **Resident's Council**

**Tuesday December 12<sup>th</sup> • 1:30pm**

## **Resident's Bill of Rights**

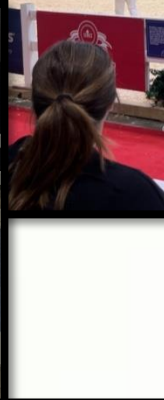
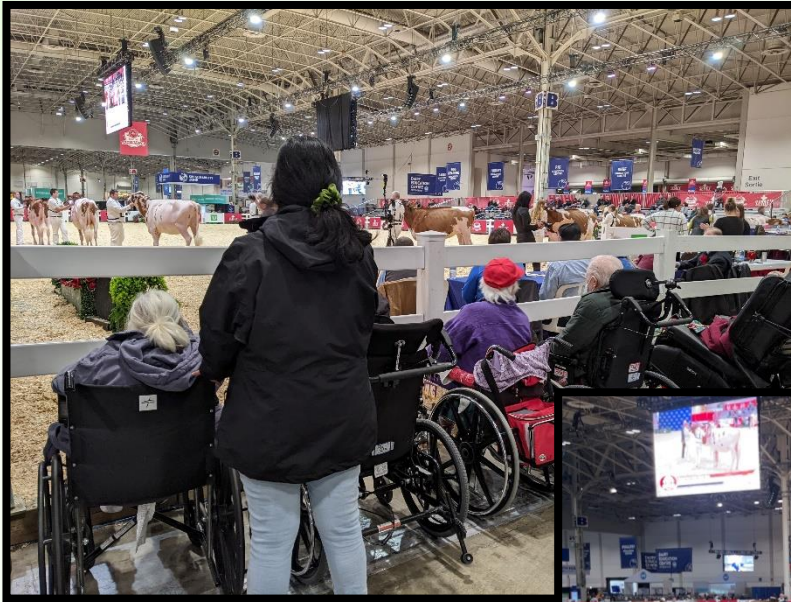
- Right to Be Treated with **Respect** •
- Right to **Freedom from Abuse** and **Neglect** •
- Right to An **Optimal Quality of Life** •
- Right to **Quality Care and Self-Determination** •
- Right to **Be Informed, Participate, and Make a Complaint** •

# Month in Review





# Royal Winter Fair





# GENDER & SEXUALITY ALLIANCE

The Rekai Centres is committed to celebrating diversity and being an inclusive home for all residents, family, friends, staff, volunteers and visitors. Our goal is to foster an inclusive culture that is a welcoming and productive environment which provide quality care and services for 2SLGBTQI+ community members and allies.

The Rekai Centres recognize the term “families” as inclusive of both chosen and family of origin.

## **The 519: Virtual Older Adult Programs**

Monday: 2pm to 4pm | Friday: 2pm to 3:30pm

## **The Sunshine Centre offers Virtual Rainbow Circle**

Wednesdays from 9:30 am – 11:00 am

## **Golden Age Rainbow Club: Weekly drop-in chat**

Family Service Toronto, 355 Church Street

Fridays 3pm to 4:30pm

Contact your Life Enrichment team for help to be registered for these programs.





**Francisca V. - Dec 3<sup>rd</sup>**

**Abdolsamad K. - Dec 10<sup>th</sup>**

**John D. - Dec 13<sup>th</sup>**

**Boris D. - Dec 23<sup>rd</sup>**

**Anthony M. - Dec 28<sup>th</sup>**

**Kim T. - Dec 31<sup>st</sup>**



# Local & Community

## Cavalcade of Lights

Nov 25<sup>th</sup>, 2023 - Jan 7<sup>th</sup>, 2024

6:00 pm - 10:00 pm

Nathan Phillips Square, 100 Queen St W

Inspired by international lantern, fire and light festivals and winter solstice celebrations, Cavalcade of Lights is a free event that transforms City Hall and its surrounds into a dazzling wonderland.

Enjoy the glittering tree, participate in public skating and bask in the glow of thousands of energy-efficient bulbs as they adorn the heart of downtown Toronto.



## The Junction 4th Annual Window Wonderland

Nov 24, 2023 - Jan 31, 2024

The Junction

The magical urban art walk will transform the Junction into a FREE outdoor art gallery, featuring 20 spectacular augmented reality window installations with accompanying sidewalk art and five murals, all designed by local and international artists.

Window Wonderland is presented in collaboration with the internationally renowned AR app, Artivive. Visitors can simply download the Artivive app, point their smartphones at the artwork on the windows and wall murals, and voila - watch the artist's creation come to life!

## Holiday Fair in The Square

Every Friday starting Dec 1<sup>st</sup> until December 23<sup>rd</sup>

12:00 pm - 10:00 pm

\*December 23 - 12:00 pm to 7:00 pm

Mel Lastman Square, 5100 Yonge St, North York

Join us for the ultimate winter wonderland experience at Holiday Fair In The Square 2023! Explore unique artisan vendors, savor delicious holiday treats, and enjoy festive entertainment for the whole family. Plus, support a great cause Epilepsy Toronto. Don't miss this magical holiday tradition!

## Montgomery's Inn Winter Farmers' Market

Every Wednesday Dec 1<sup>st</sup> until Dec 20<sup>th</sup>

Montgomery's Inn, 4709 Dundas St W

## Winter Blooms Festival

December 17<sup>th</sup> 10:00 am - 4:00 pm

Toronto Botanical Garden, 777 Lawrence Ave E, North York

Enjoy a wonderful indoor/outdoor holiday experience that combines the magic of the season with the wonders of nature - featuring shopping, food, workshops, Elf School for Kids and plant-focused experiences that will engage visitors of all ages. Immerse yourself in the change of season and the outdoor wonders of winter with warming moments that offer an escape into a lush indoor oasis filled with plants.



## Celebration Square at Mississauga

December 31<sup>st</sup>

300 City Centre Dr, Mississauga

This free, family-friendly event is held annually in Mississauga at Celebration Square. A huge square that can hold up to 30,000 people, expect a fun but lively evening with performances on the mainstage, an ice skating rink, food trucks, and of course, a dazzling fireworks show that'll blast off at midnight.





# In Memory

George M.

# Noticeboard

## • Hairdresser •

Every first Tuesday of the month

If you would like an appointment please talk to reception or ask a staff member to reserve your spot

## • Resident & Family Services •

Have any Questions about your Finances?

Please contact:

**Marie Lane**

Resident & Family Services Coordinator

345 Sherbourne St.

Toronto, ON M5A 2S3

Tel (416) 964-1599 ext. 225

Fax (416) 929-0807

## • Can You Contribute? •

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems & amusing stories relating to residents and staff are most welcome.

Please hand in your submission to

**Cassidi Branco**, Manager of Programs & Volunteer services

[cassidi@rekaicentres.com](mailto:cassidi@rekaicentres.com)

## • 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 your input, so please give your feedback with the life enrichment staff on your floor.**

**Manager of Programs**

Cassidi Branco • [cassidi@rekaicentres.com](mailto:cassidi@rekaicentres.com)

**Executive Director of Academic Community Partnership & Programs**

Barbara Michalik • [barbaram@rekaicentres.com](mailto:barbaram@rekaicentres.com)



# Activities & More

## • Winter Puzzles •

I was known to Greek philosophers a thousand years ago, I have numbers all in a line, and I can tell you if rain will turn to snow. What am I?

**You can find me in abundance in Greenland, in a box, in a sweet treat but you'll never ever find me in an oven. What am I?**

I am worn to mark a successful victory, I am also made of flowers and leaves formed into a circle, and I vary from big to tiny. What am I?

**What kind of crystals don't break when they hit the ground?**

Which of the following is not white?  
Igloo, a white dove, polar bears, milk, marshmallows, or snow?

**I am made of plastic or metal, I am used for play or for work, and you'll usually see me in a sandbox but I am mostly out in the winter months. What am I?**

A fiery shrub around Christmas time you see, it looks like a flower but it is just leaves that are on a small tree.

## • Facts about December •



**Birthstone:** Turquoise

**Flower:** Narcissus

**Zodiac signs:** Sagittarius & Capricorn



December is the 12th month (and last month) in our modern-day Gregorian calendar (as it was in the preceding Julian calendar). However, it was originally the 10th month of the Roman calendar (until 153 BC). Hence, "December" comes from the Latin word decem, meaning "ten."

Back in Roman times, the calendar only had ten months and began with March! The winter period was not even assigned months because it was not an active time for military, agriculture, or civil life. The month of December originally consisted of 30 days. When January and February were added to the calendar (around 700 BCE), December was shortened to 29 days. Then, in the subsequent Julian calendar, two days were added to December, making it 31 days long.

### • Folklore for the Season •

December changeable and mild, the whole winter will remain a child.

Thunder in December presages fine weather.

Frost on the shortest day is said to indicate a severe winter.

December cold, with snow, brings rye everywhere.

### • Winter Solstice •

The month of December brings the winter solstice in the Northern Hemisphere. This is the shortest day of the year (the day with the least amount of daylight).

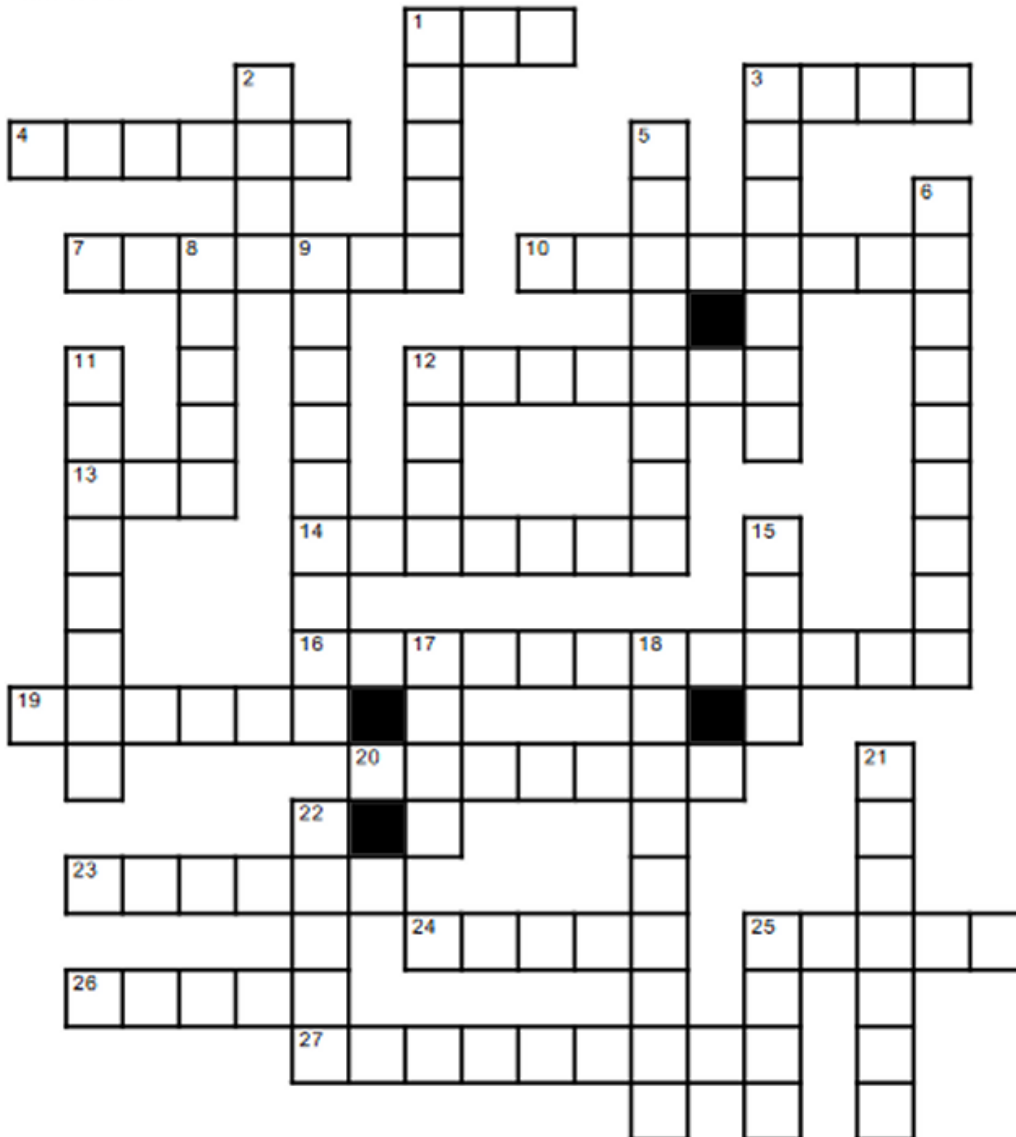
The next Full Moon which is also referred to as **Cold Moon** will happen on **Tuesday December 26<sup>th</sup> at 7:33pm**

### • Geminid Meteor Shower •

Look skyward on the nights of **Thursday Dec 14<sup>th</sup> to Friday Dec 15<sup>th</sup>** for a chance to catch a glimpse of the Geminid meteors. The Geminid meteor shower is the most active shower of the year.



# WINTER CROSSWORD



## Across

1. A fun thing you can do on snow.
3. Change ice to water.
4. Something you wear to keep your hands warm.
7. Head south for the winter like birds do.
10. A long break from school.
12. A winter person?
13. Frozen water.
14. Happy \_\_\_\_\_!
16. A drink that warms you up in winter.
19. Change water to ice.
20. The first month of the year.
23. Ice hanging from your roof.
24. This covers windows in winter.
25. Something you wear to keep your neck warm.
26. These keep your feet dry in winter.
27. Sleep through the winter.

## Down

1. A fun thing you can do on ice.
2. A large animal that hibernates.
3. These keep your hands warm in winter. Hint: No fingers.
5. The last month of the year.
6. A piece of snow.
8. Large birds that migrate.
9. Snow crashing down a mountain.
11. A snowstorm.
12. White fluffy stuff that covers the ground.
15. If you are not careful, you might catch a \_\_\_\_\_.
17. The opposite of freeze.
18. Merry \_\_\_\_\_!
21. A warm article of clothing.
22. Wet, partly melted, snow.
25. Something you sit on as you ride down a hill.

