

Wellesley Times

APRIL 2024

Wellesley Place Central • 160 Wellesley Street East, Toronto ON, M4Y 1J2 • 416-929-9385

A Message from Manager of Programs and Volunteer Services...

It's that time of year when we must bid farewell to all the wonderful students who did their placement with us. On behalf of residents and staff, we want to thank you for all the hard work and lots of luck in the future!

To cap off the end of the school year two groups of students will host special events. April 12th will be Rekai's very own Ripley's Aquarium and April 19th will be a special birthday celebration, Philippine-themed Pista Sa Nayon.

Cheers!

Danielle Herrington

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APRIL TRIVIA

April was the second month in an early Roman calendar, but became the fourth when the ancient Romans started using January as the first month.

April is named for the Greek goddess of love, Aphrodite.

The name for the month of April originally came from Aprilis which means to open. Small animals that hibernate are usually coming out of their burrows in April. The birds fly back northward and settle down to have their families. The bees and butterflies begin to gather nectar from the first flowers of the season. In some parts of the world, it is planting time, while in other parts, it is the harvest season.

April is Humor Month, so laugh it up!
The birthstone for April is the diamond.
The zodiac signs are Aries (March 21 – April 19) and Taurus (April 20-May 20).
The birth flowers for the month of April are the sweet pea and the daisy.

WELCOME NEW RESIDENTS

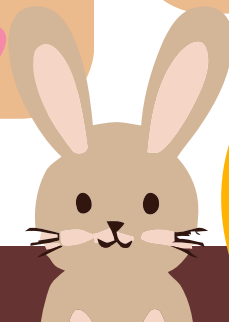
Virginia Dewart
Patricia Fenton
Marian Carroll
Seelal Mangroo
Madlaine Odisho

SPECIAL DAYS

Apr. 2nd- Peanutbutter & Jelly Day
Apr. 9th - Eid al-Fitr
April. 10th - International Day Of Pink
Apr. 13th - National Scrabble Day
Apr. 18th - Exercise Day
Apr. 22nd -30th - Passover
Apr. 23rd - Shakespeare Day
Apr. 29th - Astronomy Day

APRIL BIRTHDAYS

Bredin J.	Graham R.
Mary C.	Theresa S.
Robert D.	Koray S.
Douglas F.	
Mary H.	
Agnes J.	
Willian N.	
Madlaine O.	
Silivia R.	



SPECIAL EVENTS - APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Catholic Mass: Chapel 10:00 a.m.</p> <p>Fun & Fitness: Winter Garden 11:00 a.m.</p>	2	<p>3</p> <p>Fun & Fitness: Winter Garden 11:00 a.m.</p> <p>Art Club: Art Room 1:30 p.m.</p>	<p>4</p> <p>Balloon Badminton: 2W 1:15 p.m.</p>	<p>5</p> <p>Name That Tune: 2E 2:00 p.m.</p> <p>Mary Oliver Poetry: RW 6:00 p.m.</p>	<p>6</p> <p>Art Club: Art Room 10:15 p.m.</p> <p>BINGO: Main TV 2:30 p.m.</p>
<p>7</p> <p>Family Feud: Main TV 11:00 a.m.</p> <p>Blue Jays vs. Yankees Main TV 1:30 p.m.</p>	<p>8</p> <p>Fun & Fitness: Winter Garden 11:00 a.m.</p> <p>Movement to Music: Bird's Nest 4:15 p.m.</p>	<p>9</p> <p>Resident Council Meeting Main TV 10:30 a.m.</p> <p>Anglican Mass: Chapel 2:00 p.m.</p>	<p>10</p> <p>Fun & Fitness: Winter Garden <u>11:00 a.m.</u></p> <p>Tea & Royals Discussion: Chapel <u>2:00 p.m.</u></p> <p>Cat on a Hot Tin Roof: Main TV 6:15 p.m.</p>	<p>11</p> <p>Table Games: 4E 9:30 a.m.</p> <p>Balloon Badminton: 2W 1:15 p.m.</p>	<p>12</p> <p>Rekai's Aquarium: Winter Garden 2:00 p.m.</p> <p>Comedy Night: Gilligan's Island 2TV 6:15 p.m.</p>	<p>13</p> <p>Word Games 3W 10 a.m.</p> <p>BINGO: Main TV 2:30 p.m.</p>
<p>14</p> <p>Jazz Cafe: Winter Garden 2:00 p.m.</p>	<p>15</p> <p>Scrabble: 2E 10:00 a.m.</p> <p>Fun & Fitness: Winter Garden 11:00 a.m.</p>	<p>16</p> <p>Cultural Day: Nigeria: Winter Garden 2:00 p.m.</p>	<p>17</p> <p>Fun & Fitness: Winter Garden 11:00 a.m.</p> <p>Outing: The ROM: 1:00 p.m.</p>	<p>18</p> <p>Hep Hep Hooray! Cheerleading: 2W 10:30 a.m.</p> <p>Fishing Tournament: Main TV 1:30 p.m.</p>	<p>19</p>	<p>20</p> <p>Art Club: Art Room 10:15 p.m.</p> <p>BINGO: Main TV 2:30 p.m.</p>
<p>21</p> <p>Family Feud: Main TV 11:00 a.m.</p>	<p>22</p> <p>Fun & Fitness: Winter Garden 11:00 a.m.</p> <p>Letters from Afar: Main TV 3:00 p.m.</p>	<p>23</p> <p>Outing: Cherry Blossom: 1:00 p.m.</p>	<p>24</p> <p>Manicures: 2E <u>10:00 a.m.</u></p> <p>Fun & Fitness: Winter Garden <u>11:00 a.m.</u></p> <p>Universal Yums: 3W 6:15 p.m.</p>	<p>25</p> <p>Table Games: 4E 9:30 a.m.</p> <p>Balloon Badminton: 2W 1:15 p.m.</p> <p>Spring Trivia: 2E 2:00 p.m.</p>	<p>26</p> <p>Cultural Trivia: RW 10:00 p.m.</p> <p>Fun with Movement: 4W 1:00 p.m.</p> <p>Thriller Night on TV: The Twilight Zone: 2TV 6:15 p.m.</p>	<p>27</p> <p>Short Stories Shared RW 10:15 a.m.</p> <p>BINGO: Main TV 2:30 p.m.</p>
<p>28</p>	<p>29</p> <p>Fun & Fitness: Winter Garden 11:00 a.m.</p>	<p>30</p>				

Rainbow Meeting Committee Needs to be Added. No Date on Activity Pro

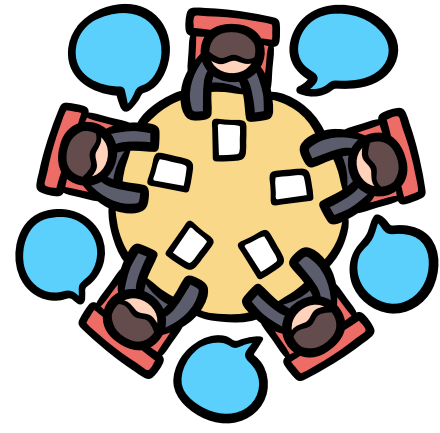
Residents' Council

Next Resident's Council Meeting:

Date: Tuesday, April 9th 2024

Time: 10:30 am

Location: Main TV Room



Bill of Rights

3. "Every resident has the right to have their participation in decision-making respected."

In other words: You have the right to be involved in decisions about all aspects of your life in the home.

You have the right to be told about medications or medical treatments that are recommended for you.

You also have the right to be asked about other decisions.

RESIDENT'S COUNCIL UPDATES

The Residents Council Fundraiser 50/50 Draw will take place from April 8th - 22nd!

For example, staff at the home should ask you what you like to eat and what activities you want to do. You may not have the final decision. But the home should let you be a part of all decisions.





FAMILY COUNCIL MEETING

Hope you can join us!

When?

First Monday of the month @ 6:30 p.m.

Where?

Via Zoom - details are in Olivia's regular emails.

Who?

All family members are welcome.

Why?

It's a great way to get updates as well as meet WCP staff and other family members!



Rainbow Committee

Next Rainbow Committee Meeting:

Date: April 29th, 2024

Time: 1:30 pm

Location: Rainbow Hub on 3W

Join us monthly

Everyone is welcome!

RAINBOW COMMITTEE UPDATES

New and Exciting!

Get ready for an all-new Rainbow wing!

The Rainbow Hub is getting a new makeover and the residence gets a new paint job!

More details to follow.

THIS MONTH IN HISTORY

April 6th, 2021 marks the first International Asexuality Day!

April 26th, 2008 was first celebrated Lesbian Visibility

2SLGBTQI+ Community Programming

Join the **Golden Age Rainbow Chat** for a weekly drop-in chat and explore a variety of topics while building social connection and support. Every Friday afternoon at Family Service Toronto located 355 Church Street from 3-430pm.

Join **The 519** for a 2SLGBTQI+ Older Adults drop in every Monday, from 2-4pm, and Thursday, from 5-8pm. Join for meals, connection, board games, socialization and more! Located at 519 Church Street.

LOVE WHO YOU ARE



Month In Review: Special Events

**Happy Birthday to everyone
who was born in March!**



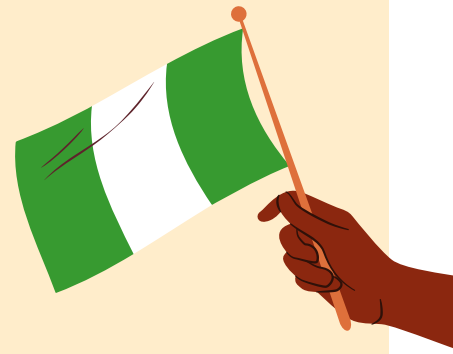
**A Fiddler Journeyed Through the
Home to Celebrate St. Patrick's
Day!!**

**We Celebrated Croatia during
March's Cultural Day!**



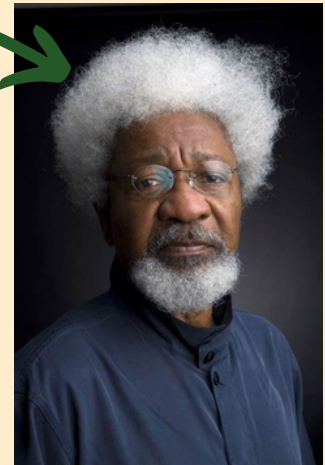


Cultural Day: Nigeria



Fun Facts about Nigeria:

- Nigeria has the **biggest population in Africa** with over 200 million people.
- The **Yoruba tribe** in Nigeria has the **highest rate of twin births** in the world.
- There are **over 500 native languages** and **250 ethnic groups** in Nigeria.
- **Wole Soyinka**, a Nigerian, was the first black man to win the **Nobel Prize in Literature** in 1986.
- Nigeria has **over 1000 types of butterflies**, the most in the world!



Activities for Cultural Day:

- **Cultural Day: Nigeria - Winter Garden**
April 16th, 2024 - 2:00 p.m.
- Another one?





IN MEMORIAM

May we all remember those who have passed with gratitude and a ready smile— despite the sadness we feel missing them. May we follow the good examples that they set for us. May we all be well, and may we live in peace all the days of our lives.

James Warnke
Leona Bock



Upcoming events in Toronto



"Diversity Hires" Comedy Tour!!

All Pro standup comedy show. Starring comedy trio (Andrew Oporto, Bonggun Kim, and Noor Kidwai) plus special guests.

Where: Supermarket Bar & Variety, 268 Augusta Ave

Price: \$20-\$30

When: Friday April 12, 2024



Collide Opening Reception

Immerse yourself in a captivating showcase of abstract art that brings together different styles and perspectives. Experience the collision of creativity as the eight local Toronto talented artists come together to exhibit their incredible works.

Where: Twist Gallery, 1100 Queen Street West

Price: Free

When: Thursday April 4th, 2024 .



Toronto Marlies vs. Belleville Senators

Cheer Toronto Marlies at their home arena. American Hockey League.

Where: Coca-Cola Coliseum & 45 Manitoba Drive

Price: Ranges

When: Wednesday April 10, 2024



The Toronto Vintage Show

Fans of slow fashion, high-quality clothing, and sustainable shopping will love the massive selection of one-of-a-kind, carefully curated vintage clothing, textiles, and hard-to-find vintage décor and antiques from more than 125 vintage stores and independent dealers.

Where: Queen Elizabeth Building, 180 Princes' Blvd, Exhibition Place

Price: \$15

When: Saturday April 6, & Sunday April 7, 2024

Upcoming events in Toronto



Community Dragon Boating - Open House Information Session

Get your questions answered about community dragon boating and your opportunities with the Rusty Dragons. It's safe, fun, and open to anyone.

Where: Beach United Church, 140 Wineva Avenue, Toronto

Price: Free

When: Saturday Apr 27, 2024



First Nations Women's REACH

This event will support and showcase First Nations Women in rebuilding our economic well-being through employment and training, entrepreneurship, and investment.

Where: 801 Dixon Road, Toronto ON

When: April 23 - 25, 2024

Price: Free



The Black Friday Comedy Showcase

Get ready for a night of uproarious laughter with "The Black Friday Comedy Showcase" at The Comedy Lab, Toronto's premier celebration of Black comedic talent. This is no ordinary comedy show; it's a high-energy bash on the level of Def Comedy Jam, hosted in Toronto's only Black-owned comedy club. Prepare yourself for an evening where laughter leads to six-packs, featuring the finest Black comedians from across North America.

Where: 298 Brunswick Avenue

Price: Ranges

When: April 5th, 12th, 19th, 26th 2024



SPRING ART SHOW & SALE

ALL ORIGINAL ART

Saturday and Sunday, April 6 & 7, 2024

10 am to 5 pm

Awards Presentation — Saturday, April 6 at 10:15 am
Centennial Recreation Centre - Scarborough

1967 Ellesmere Road

Scarborough, ON

(between Markham and Bellamy)

"FREE ADMISSION & PARKING & REFRESHMENTS"

Art Guild of Scarborough's Spring Art Show and Sale

This show features over 400 original, juried works of art by member artists, many of whom will be in attendance. Celebrate spring by joining us for a stroll through this wonderful display of creativity. Free parking, admission and refreshments.

Where: 1967 Ellesmere Road, Scarborough, Ontario

Price: Free

When: Saturday April 6, 2024 & Sunday April 7, 2024

Directory Page - Wellesley Central Place

416-929-9385

Nursing Team

Manju Joseph - Director of Nursing
Ext. 242

Theresa Hoang
Director of Clinical Services
Ext. 595

Resident and Family Services

Bridget Duggan
Ext. 276

Finances

Bin Zhan Ext. 258

Life Enrichment Team

Barbara - Executive Director
Academic, Community Partnership
& Programs Ext. 265

Danielle - Manager of Programs
Ext. 257

Peter & Annocha - 2nd Floor LEA's
Ext.240

Max - 3W LEA Ext. 220

Delmar - 3E LEA Ext.232

Millie & Anthony - 4th Floor LEA's
Ext. 241

Maintenance

Caesar - Environmental Services
Manager Ext. 204

Food Services

Michael - Food Service Manager
Ext. 210



CONTEST PAGE

Complete this page and return it to your LE staff before the end of the month for a chance to win a draw!

Prizes are available for residents and staff!

Name: _____

Room/ Department #: _____

1. What is the astrological sign between March 21st and April 19th?

- a. Taurus
- b. Leo
- c. Ares
- d. Scorpio

2. Complete the famous phrase: "April showers bring May _____."

- a. Happiness
- b. Flowers
- c. Sunshine
- d. Rainbows

3. What mischievous Holiday is celebrated on the 1st day of April?

- a. Joker's Day
- b. Prankster's Day
- c. April Jokes Day
- d. April Fool's Day



TOOLS FOR CONNECTION

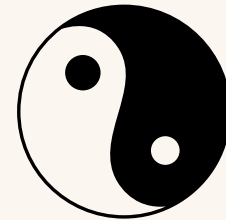


SPIRITUAL

THE SPIRITUAL DOMAIN IN RECREATIONAL THERAPY INVOLVES ACTIVITIES THAT PROMOTE SELF-AWARENESS, INNER PEACE, AND PERSONAL BELIEFS. IT CAN INCLUDE MEDITATION, RELIGIOUS PARTICIPATION, OR NATURE EXPERIENCES. THERAPISTS HELP INDIVIDUALS DEFINE SPIRITUALITY PERSONALLY, WHETHER IT'S THROUGH RELIGION, MINDFULNESS, OR OTHER PRACTICES, AND USE IT AS A RESOURCE FOR COPING WITH LIFE STRESS

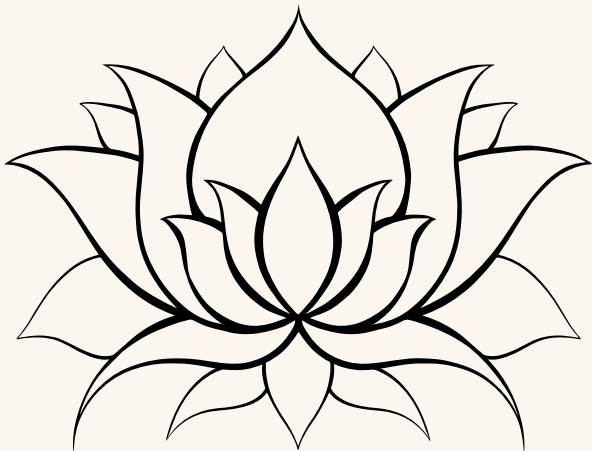
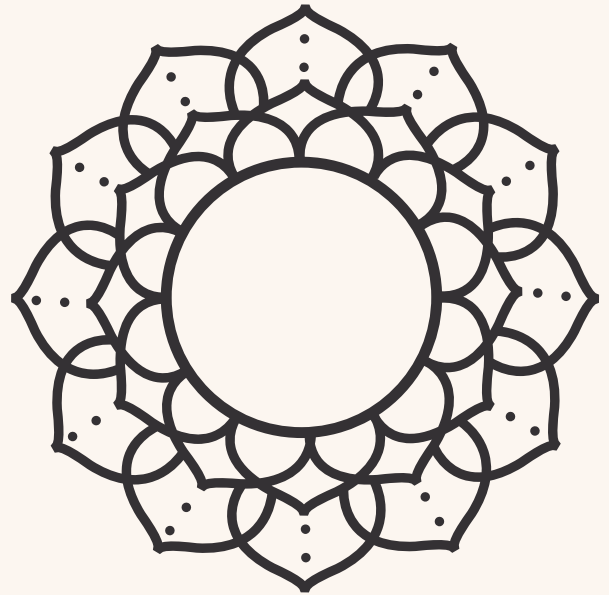
TYPES OF SPIRITUAL ACTIVITIES

- PRAYING
- GARDENING
- WALKING
- MEDITATION
- SINGING
- BEING IN NATURE
- ATTENDING RELIGIOUS SERVICES
- AROMATHERAPY



Meditation Benefits for Seniors

Meditation helps keep your mind relaxed and engaged, which enables you to age with grace. Meditation can offer some surprising health benefits to seniors who are looking for new pathways to health.



- **Controlling pain**
- **Enhancing strength, flexibility, and balance**
- **Helping stave off depression**
- **Improving sleep**
- **Increasing attention span**
- **Lowering blood pressure**
- **Promoting mindfulness**
- **Boosting immune system**



STAFF FEATURE: ANTHONY GEORGE

LIFE ENRICHMENT AIDE - 4W



Hello

My name is Anthony Curtis George

You can call me Anthony

I am from the twin islands of Trinidad and Tobago.

I migrated to Canada when I was 12 years old.

**I Am the eldest of three and am the proud uncle of 6 nieces
and nephews.**

My hobbies include, hiking, birding and photography.

I really enjoy working with older adults.



SPRING

Spring Word Search

C H I C K E J U N E G R W O W
H P U D D L E M A P R I L H S
I B L O H B U N N Y E B O M E
B A S E B A L L T T E U M A E
S U M A M A T C H A N T F R D
H O T S P R I C I N G T L C S
N E S T T A P I H E A F O H O
E G S G E T R A I N B O W L R
E G S S Y R E W S O L Y E E A
A S E H B U F N N S O L R S I
E G R O W O F L L Y O Y S S N
A N U W E F M A Y Y M V R O C
S A N E R A N B O W S H E S O
U M B R E L L A E A S T E R A
T H A S P R I N G P U D D E T



APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
SHOWERS
SPRING
UMBRELLA

