



The Seniors L.E.A.D Intergenerational Program



Quarterly Newsletter
Vol 2

Funded in part by the
Government of Canada's
New Horizons for Seniors Program





Contents

Vol. 2

Page 3

July 20 Event recap

Page 4

A Spectacular Day on the Toronto Harbor!

Page 5

A nostalgic trip to st Lawrence market

Page 6

Pictures from Pervious Events

Page 7

Lead Org Word Puzzle

Page 8

Keeping Seniors Safe - Crime Prevention: Important Contact Numbers

or any questions or suggestions, please contact Sola at sola.theleadorg@gmail.com or Angelica at angelica.theleadorg@gmail.com or call (416) 609-2052 ext. 286

July 20 event recap

We're thrilled to share highlights from our second event, where seniors and youth volunteers came together for a heart-warming day of collaboration.

Ambrose Ling, Yifei Ma, Annie Li, and Sahil Amin from LINKUPSS led an insightful session on Digital Technology and Facetime for iPhones. They introduced the LINKUPSS Connection Hub, promising a user-friendly online community.

Following the educational session, we had an exciting outdoor scavenger hunt that ended with water, lemonade, and popcorn. Then, we ventured into virtual reality, with participants sharing dream destinations like Iceland and the Philippines.

We wrapped up with a brief post-survey, where seniors expressed their satisfaction and gratitude to the LINKUPSS team.

Huge thanks to our dedicated youth volunteers and LINKUPSS for their invaluable support, making this event a resounding success. Your unwavering support is truly appreciated.



A Spectacular Day on the Toronto Harbour!

On August 24, 2023, we hosted our inaugural off-site event, a resounding success. This sold-out experience offered a breathtaking tour of the Toronto skyline.

With 30 seniors and 10 volunteers in attendance, it was a day filled with joy and laughter.

Our journey began at 11:00 a.m. from Shepherd Village, with a light lunch and transportation courtesy of TTC.

To make the trip even more enjoyable, we took the scenic route, allowing seniors and volunteers to engage in lively conversations and building excitement for the cruise. They were also eager to see the changes in downtown Toronto. We assigned one volunteer to four seniors for the trip to foster connections.

Upon arriving downtown, we took a stroll along the picturesque harbourfront before boarding the cruise boat.

Onboard, seniors and volunteers captured numerous memories with photographs while savouring the breathtaking Toronto skyline.

The weather was perfect, and we also learned about the historical significance of the skyline's architecture and its evolution. After an hour on the boat, we disembarked and commemorated the day with a group photo. As we returned from the cruise, discussions turned to next year's calendar theme, with everyone sharing their thoughts and feelings about the day's experience.

Although we encountered rain on our return to Shepherd Village, we were grateful that the weather had been ideal during our cruise. It was indeed a wonderful day for all involved.



A nostalgic trip to St. Lawrence market

On the 30th of September, a group of 32 individuals embarked on a sentimental journey to St. Lawrence Market. Departing from Shepherd Village at 11:00 a.m., we reached the market at 11:42 a.m., navigating through slight traffic along the way. The bus ride provided stunning views of the changing autumn leaves along the Don Valley Parkway.

Upon arrival, volunteers cared for small groups of seniors, ensuring their well-being as they explored the market for three hours. Equipped with detailed maps and directories, participants roamed the market, bringing back various cheeses, vegetables, honey, and lunch to savour the market's ambiance.

After this enjoyable exploration, we returned to Shepherd Village, where many seniors fondly reminisced and shared their nostalgia.

Despite the years that had passed, the trip left everyone feeling content, relaxed, and energized, with a sense of happiness and warmth from connecting with the youth volunteers. Ultimately, our visit to St. Lawrence Market will forever be a joy-filled memory.

Stay tuned for more LEAD adventures in the next volume, hitting notice boards in the Manor and Gardens by December.



Pictures from past events





LEAD Org Word Puzzle

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

DETERMINATION
 LEMONADE
 ADVENTURES
 INAUGURAL
 CONTENTMENT
 TECHNOLOGY
 HISTORICAL
 ACHIEVEMENT
 EMPOWERMENT
 NOSTAGLIA
 LEADERSHIP
 INTERGENERATIONAL
 SCAVENGERHUNT
 TORONTO
 VIRTUALREALITY
 HARBOURFRONT
 POPCORN

Keeping Seniors Safe - Crime Prevention: Important Contact Numbers

Dear Seniors,

In today's fast-paced world, staying safe and protected is more crucial than ever. Seniors often find themselves vulnerable to fraudulent activities, scams, crimes, theft, and extortion. Having the right resources at your fingertips is essential to ensure your safety.

Here are some crucial numbers you should always keep close:

For Emergencies only

Ø In case of immediate danger, criminal activity, or medical emergencies, dial 911.

Non-Emergency Police Line

Ø Please call 416-808-2222.

Ø You can also report to the police anonymously through their website, www.222tips.com

Ø Call 416-222-TIPS (8477)

Ø Text TOR and message CRIMES (274637) or on the "Leave a Tip" Facebook page.

Stolen SIN number or Wallet

Ø Please call EQUIFAX at 1 800 465 7166 or TransUnion at 1-800-465-7166 or Search for "What to do if you suspect your SIN is compromised" with the link:

<https://www.canada.ca/en/employment-social-development/services/sin/reports/code-of-practice.html#h2.10>.

Family and Trusted Contacts

Ø Maintain a list of family members or friends you can call in an emergency.

Ø Share your whereabouts and concerns with them regularly.

Bank and Financial Institutions

Ø If you suspect fraudulent financial activities, immediately contact your bank to protect your assets.

Having these numbers readily available allows you to take action and seek help when needed. We encourage you to share this information with fellow seniors to help create a safer and more secure environment for all.

Stay safe, stay informed, and together, we can protect our senior community from harm.

Warm regards,
The LEAD Org