



Quarterly Newsletter

Welcome to the new year! Your support has been invaluable, and we're grateful for your participation in our events and activities, reading our newsletters, and providing honest feedback. Thanks to you, 2023 was a year to remember, and we hope your holidays were also enjoyable.

After a brief break, LEAD is back with exciting events, starting with an educational session on fraud and scams led by Officer Chris Mitchell **on January 8, 2024, from 11:00 AM to 12:00 PM at the Community Hall.**

We look forward to your presence and wish you a fantastic year ahead. Stay tuned for more upcoming events from LEAD!

New Team Member Alert

We also wanted to use this opportunity to welcome Raquel on board. She is new to the LEAD team but has been a part of Shepherd Village for a while now. If you see her around, please say hello.



Highlights from LEAD's Technology Event

On Saturday, December 16, 2023, our Community Hall buzzed with joy during the culminating intergenerational event of the year. We started the gathering with the Talking Point cards (Generations Edition), a thoughtful card game sparking purposeful conversations, graciously introduced by one of our cherished senior participants.

We shared holiday plans, gratitude, and cherished memories amid delightful event treats. Aadheesh and Adityan, guided by Brenan, led an engaging technology educational session, unveiling virtual activities to keep minds agile. Youth volunteers and seniors collaborated in Kahoot trivia, Mindpal games and conquered the day's Wordle puzzle.

Discover the benefits of Mindpal for daily mind, memory, and reflex challenges. Gratitude resonates with our committed youth volunteers and the dynamic trio—Aadheesh, Adityan, and Brenan—who made this day a success.

Special thanks to our senior participants; your wisdom and stories continue to shape our unforgettable intergenerational experiences.



Pictures from the Event



The LEAD Word Search

OGTVNOIREMINISCE
AEPLETXNODNARWEGE
HTHNENORAPEHGALUS
ISENILRIAWDUUSOMS
GDLNNEEIMEACRNNTR
TAOECANWONTARHMET
LRIEHPGNRRGGHJEDL
EEEYNPPUTENNGGHCY
HYSPHOCRITELSAYER
ARRAITETYUUSYES
NRNESIDERAoiseot
DHTETTEVENISEYTDG
OSISEGASIDDNGEEDL
MLELIABEEASOIRIEO
SPIRESOIGLHEAOLSN
MINDFULNESSEOC DTR
SRTPALINGRATITUDE
AROAHGIREVELORIAM
SHAREAROEMYEREDON

WORD LIST:

1. MINIATURE
2. ENDEAVOR
3. REMINISCE
4. GRATITUDE
5. SPIRITUAL
6. SERENITY
7. AWARENESS
8. COMPASSION
9. REFLECTION
10. HARMONY
11. CONTEMPLATE
12. CONSIDERATE
13. SPIRITUALITY
14. APPRECIATION
15. ENCOURAGEMENT
16. UNDERSTANDING
17. MINDFULNESS
18. TRANSFORMATION
19. DELIGHTFUL
20. REVERENCE

CRIME PREVENTION: IMPORTANT CONTACT NUMBERS

Dear Seniors,

In today's fast-paced world, safety is crucial. To empower you, here's a list of essential numbers:

For Emergencies:

- Dial 911

Non-Emergency Police Line:

- Call 416-808-2222
- Report anonymously on www.222tips.com
- Call 416-222-TIPS (8477)

Stolen SIN number or Wallet:

- Call 1-800-465-7166

Family and Trusted Contacts:

- Maintain a list of emergency contacts
- Share your whereabouts and concerns with them regularly.

Bank and Financial Institutions:

- Report suspected fraud promptly to your bank for asset protection.

Keep these numbers on hand, share them with fellow seniors, and together, let's ensure a safer and more protected senior community.

Warm regards,
The LEAD Org

HAPPY
New Year

For 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