

January 2023



Upcoming Events

- Ukrainian Christmas & New Year Party
- Birthday Party
- Moving & Grooving
- Step to the Music
- Coffee in the Cafeteria
- Seated Soccer
- Karaoke
- Password
- Outings
- What's in your Bag?
- Balloon Badminton
- Who's Who
- Colouring
- Card Games
- Board Games
- Target Golf
- Baking
- Hangman
- Pet Therapy
- Crib tournament

**Stay safe & enjoy
Winter
Everyone!!!**

A message from the Activities Convener...



Hello all,

If you want to use the iPad between 9am-5:15pm Monday-Friday ask Nicholle. Last month the holiday season brought us together with many parties and Christmas themed programs.

This Month we have some returning programs and some new programs to watch out for! Step to the Music is a new cardiovascular exercise class using steps which can be done either seated or standing. The Coffee in the Cafeteria program will start on the 8th floor to check in and then we will head to the cafeteria in the LTC. It will give you the chance to go for a walk, socialize and best of all free coffee! In Seated Soccer we will be doing some mini drills and have a soccer game in a seated position. We have a new microphone that allows us to do karaoke. Don't miss the opportunity to sing your hearts out! So come on out and enjoy the fun we have in store for you! Have a look at your recreation calendar for all the details.

-Nicholle Lloyd

Did you know...?

What is Vascular Dementia?

Vascular dementia is a type of dementia caused by damage to the brain from lack of blood flow or from bleeding in the brain. For our brain to function properly, it needs a constant supply of blood through a network of blood vessels called the brain vascular system. When the blood vessels are blocked, or when they bleed, oxygen and nutrients are prevented from reaching cells in the brain. As a result, the affected cells can die.

Someone with vascular dementia may notice changes in their ability to make decisions, plan, or organize as their first symptoms. Other changes may include difficulties with movement, such as slow gait and poor balance. Symptoms tend to appear slowly, and specific impairments may occur in steps, where the person's abilities can deteriorate, stabilize for a time and then decline again.

Source: Alzheimer Society of Canada

For more information visit: www.alzheimer.ca or speak to your health care professional.



January Birthdays

Hilda C, Jan 6.

Lyn S, Jan 9

Caroline O, Jan 10

Evangeline W, Jan. 10

Lucy D, Jan 13

Kevin N, Jan 26



**Millennium Pavilion Angels Choir
performing at the Family & Residents
Christmas Dinner & Dance!**

Did you know?

Most residents believe Millennium Pavilion provides a safe, comfortable, & home like-environment.

Your Safety

While in our building, the safety of our residents, staff, family, visitors and volunteers is very important to us. Should you notice something that you think is unsafe, or should you experience an incident where your safety was compromised, please complete a Concerns Resolution Form and take it to the Manager. The Manager will investigate your concern and will follow up with you.

These forms can be found in a binder on the main floor, next to the sign in/out book.



Christmas Violin Performance



*Have
Great
Fun*