



# **QUARTERLY NEWSLETTER**

## **Planning Committee Meetings Fuel Excitement for Events!**

The Canadian Multicultural LEAD Organization for Mentoring and Training began its Seniors LEAD—Intergenerational Project—a program created by and for seniors in May 2023. The Planning Committee meetings successfully set the stage for an exceptional inaugural event. Youth and senior members gathered to share insights, ideas, and creativity, paving the way for an unforgettable experience. The team left the final meeting with renewed determination, from brainstorming activities for volunteers and participants to securing speakers and fostering inclusivity.



Planning Committee

# First Intergenerational Event

Hosted by Wendy and coordinated by Angelica, Sola, and Valerie, June's LEAD event succeeded with 48 participants. The seniors actively engaged in various activities, starting with an introduction and icebreaker where personal fun facts were shared, fostering connections.

Aayushi from Silver Fox Pharmacy conducted a valuable session on medication management, empowering seniors with insights and addressing their queries. A brief Yoga stretch by Gunagrishiny revitalized participants for the subsequent events. Angelica organized an entertaining Kahoot/Trivia game, enhancing camaraderie and friendly competition, with the Blue Team emerging as champions.

The event featured Virtual Reality demonstrations by William and Kit, bringing excitement to the seniors. Valerie's laughter yoga session added a touch of joy to the gathering. The post-survey reflected high participant satisfaction, paving the way for future LEAD events.

Heartfelt thanks to the dedicated volunteers for making this event possible. Stay tuned for more enriching experiences in future LEAD events.

Warm regards,  
The LEAD Org







**Mark your calendars!**



Our next event will be on **Thursday, July 20, 2023**, from 10:00 AM - 11:30 AM in the Community Hall. Once again, we will plan an unforgettable experience celebrating the collaboration between youth and seniors.

Join the Planning Committee and be part of this exciting journey! Contact Sola at [sola.theleadorg@gmail.com](mailto:sola.theleadorg@gmail.com), Angelica at [angelica.theleadorg@gmail.com](mailto:angelica.theleadorg@gmail.com), or call (416) 609-2052 ext. 286.