



# 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





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# 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, our inaugural off-site event was a sold-out success, treating 30 seniors and ten volunteers to a breathtaking Toronto skyline tour. Departing from Shepherd Village at 11:00 a.m. with TTC-provided transportation and a light lunch, the day was filled with joy and laughter.

Taking the scenic route fostered lively conversations and excitement, with one volunteer assigned to four seniors to enhance connections. After strolling along the harbourfront, we boarded the cruise boat, capturing memories against the stunning skyline.

Perfect weather allowed us to learn about the skyline's historical significance during the hour-long cruise. A group photo marked the end of the day, and despite encountering rain on our return, the ideal cruise weather made it a wonderful experience for all.

As we discussed next year's calendar theme on the journey back to Shepherd Village, the day's memories lingered, creating a special bond among participants.



# 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](http://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 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