

September 2020

Wellesley Times

Wellesley Central Place – 160 Wellesley Street East, Toronto, ON



A Letter from the Manager of Programs & Volunteer Services

Hello Everyone,

Here are a few updates from the Life Enrichment Department...

Visits with Loved Ones:

As of June 18th, we have been scheduling visits with loved ones in the backyard. Indoor visits are also being permitted in the main floor areas. These visits must be scheduled – you can schedule with me by reaching me at kayla@rekaicentres.com.

Programs & Outing Update:

During this time, all large group programs, outings, special events and community events are cancelled.

Virtual community events may be available.

1:1 recreation programs will be provided to all residents. Small group programs have also begun. We are limiting groups to 3-5 residents so we can maintain physical distancing. If you are interested in any program on the calendar, please talk to the recreation team member on your floor.

Residents Council Update:

Residents Council executive members and floor representatives will meet this month for a socially distanced meeting on September 8th at 10:30am in the Chapel.

Celebrating May

Page 1

A letter from the Manager of Programs & Volunteer Services

Page 2

Hand Hygiene, Independent Leisure Activities & Face to Family Program

Page 3

Welcome to the Re kai Family, August Birthdays, Cultural Day, In Memory Of

Page 4

September Special Dates

Page 5

Hair Salon Information

Kayla Johnston

Manager of Programs & Volunteer Services

Hand Hygiene

Hands carry & spread germs. Touching your eyes, nose or mouth without cleaning your hands or sneezing/coughing into your hands may provide an opportunity for germs to get into your body. Keeping your hands clean through good hygiene practice is one of the most important steps to avoid getting sick and spreading germs.

Follow these steps for perfectly clean hands:

1. Wet hands.
2. Apply soap.
3. Lather for 15 seconds, Rub between fingers, back of hands, fingertips, under nails. Don't forget your thumbs!
4. Rinse well under running water.
5. Dry hands well with paper towel.
6. Turn taps off with paper towel if available.



Independent Leisure Activities

Looking for something to help occupy your time during this quarantine?? Look no further! The Recreation Department is here with all of your leisure needs! If you need supplies – just let your recreation team know! Here are some ideas of leisure activities you can enjoy independently:

- Watch your favourite TV show
- Read a magazine
- Do a crossword puzzle
- Do some light stretches
- Call your family or friends
- Read a book
- Do a sudoku puzzle
- Listen to some of your favourite tunes
- Colour or draw
- Write a letter
- Watch a movie
- Write a poem
- Give thanks!
- Meditate
- Listen to an audiobook
- Write a story

Face to Family Program

The Recreation Department has implemented the Face to Family program to help you keep in touch with your family or friends during this time!

We use iPads that allow you to see your loved ones in real time! Similar to a talking over the phone – but you are able to see the person also!

If you are not already using this service, please let Maria, Danielle, Millie or Kayla know so they can help get you started!



FaceTime

Welcome to the Re kai Family...

Bryan F.
John R.
Agnes J.
Sophie R.
David W.
Johan V.
John G.
Barbara B.
Dorothy M.
Ronald G.



September Birthday's

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Happy Birthday to you...

Edith C – September 2nd

Ursula S – September 3rd

Robert G – September 4th

Cecilia T – September 4th

Lola T – September 4th

Beverly W – September 11th

James C – September 21st

Henry W – September 21st

Elvira L – September 22nd

Margaret B – September 27th

Saima P – September 30th

Cultural Day – Germany!

Though we are unable to celebrate Cultural Day like we usually do, we are still celebrating Germany this month!

Be sure to check out the Cultural Day programs on September 18th!



Grace C.
Phoebe K.



Special Dates in September!

This month we have decided to add a little extra fun into the calendar!

Themed days will take place throughout the month. All programs of these days will reflect the theme of the day! Be sure to check your calendar for specific program times!

September 4th – A Day at the Zoo!

September 10th – Lunch Club (Mandarin)

Sign up is required for lunch club. Please sign up with any of the LE staff

September 18th – Cultural Day: Germany

September 24th – A Day at the Country Fair

Rolda & Owen Unisex Hair Salon & Spa

Wellesley Central Place Hair Styling Services Rendered at the Salon

| Shampoo | Price | HST | Total |
|-----------------------------------|--------------|------------|--------------|
| Regular shampoo and style | \$50.00 | \$6.50 | \$56.50 |
| Cut, regular shampoo and style | \$60.00 | \$7.80 | \$67.80 |
| Cut with Regular Shampoo & Mousse | \$35.00 | \$4.55 | \$39.55 |
| Cut only no shampoo | \$30.00 | \$3.90 | \$33.90 |

Treatments (Extra)

| | | | |
|-----------------------|--------|--------|--------|
| Cream rinse | \$5.00 | \$0.65 | \$5.65 |
| Anti Dandruff Shampoo | \$3.00 | \$0.39 | \$3.39 |
| Damaged Hair Matrix | \$8.00 | \$1.04 | \$9.04 |

Colour Services

| | | | |
|--|---------|--------|---------|
| Colour Rinse (only) | \$6.00 | \$0.78 | \$6.78 |
| Colour Set with Regular Shampoo | \$65.00 | \$8.45 | \$73.45 |
| Colour,Cut with regular Shampoo &Style | \$70.00 | \$9.10 | \$79.10 |