



**St. Clair O'Connor  
Community**

# Life Enrichment Centre Guide Book

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## **St. Clair O'Connor Community**

### **Mission Statement**

Guided by Christian faith and Mennonite heritage, we nurture the health and well-being of older adults and families in our community.

### **Vision Statement**

We will lead the way to new models of service, housing and care that define a healthy community for people of all ages.

### **Values**

On the Road to Servant-Leadership

#### **Service**

- Serving one another at home and in the neighbourhood

- Extending Christian love and compassion
- Volunteering: giving and receiving with helping hands and open hearts
- Striving to be exceptional by leading the way
- Lifelong learning and growing

## **Community**

- Trusting and nurturing healthy relationships
- Respecting unity and diversity of cultures and ages
- Living together in an intergenerational setting founded by Mennonite visionaries
- Empowering people using their gifts
- Fostering teamwork, accountability, and adaptability

## **Commitment**

- Celebrating the unique worth of everyone
- Inspiring happiness, hospitality, and well-being
- Growing a welcoming place

## **Membership Information**

Members are entitled to participate in activities and community services listed in the St. Clair O'Connor Community (SCOC) Life Enrichment Centre Guide Book.

**Full Year Membership:** \$30.00 annually with renewal one year from the start of membership. Cheques are payable to St. Clair O'Connor Community Inc. and memberships can be purchased at reception.

**Extra Fees:** Fees are charged for some activities and are listed in the activity descriptions below. We strive to be affordable to everyone, however if the need arises, a subsidy is available. A confidential financial assessment must be conducted in these circumstances. For more information, please contact Celina Sheppard at 416-757-8757 x 250.

All community members must show reception or instructor their membership card when asked!

### **Program Cancellation:**

The Life Enrichment Centre reserves the right to cancel or postpone programs should minimum registration not be met or due to reasons such as poor weather or site unavailability. Should there be an additional charge for the event a full refund will be given.

### **Trip Withdrawal/Refund Policy:**

1. If a trip is cancelled due to insufficient numbers or other reasons a full refund will be given.
2. If a participant withdraws 10 days prior to departure a full refund will be given.
3. No refunds will be issued with less than 48 hours' notice of departure.

### **Guidelines for Participants**

Appropriate behaviour and conduct guidelines are created to ensure a safe and enjoyable environment. All participants are expected to:

1. be respectful toward staff, volunteers, program instructors, guests, and other program participants
2. follow the instructor's guidelines and requirements
3. inform staff/instructor immediately of any safety concerns

St. Clair O'Connor Community will not tolerate any use of physical and /or verbal violence that threatens the safety and well-being of other participants, staff, volunteers, students, instructors, or property. The Life Enrichment Centre reserves the right to suspend or terminate the participation of any person who demonstrates inappropriate, rude, intimidating, aggressive or unsafe behaviour.

## **Physical Programs**

While we make every effort to ensure that our classes are appropriate and safe, we do recommend speaking to your doctor before introducing new exercises.

### **Easy Chair Fitness**

A low intensity, energizing fitness class conducted mainly seated. The program is designed to maintain and improve flexibility, strengthen muscles, and increase movement and balance. Hand therapy balls help to rehabilitate and exercise the wrist, hand, fingers, and forearms from injuries and disorders. The exercise balls provide a stronger level of resistance and can help build strength, increase range of motion, and relieve pressure on arthritic joints. This program is suitable for those who use a wheelchair, walker, or cane or have a hard time with their balance.

**Date:** Monday, Wednesday, Friday

**Time:** 10:30am-11:30am

**Location:** Meeting Room and via Zoom

**Instructor:** Celina Sheppard

**Fee:** None

### **Standing Vigorous Exercise**

This exercise program is designed for those who are active and have good balance. The class consists of aerobics, stretches, walking and more. We focus on balance and regaining strength in all muscles from head to toe. Everyone is encouraged to take their time and do what they can.

**Date:** Tuesday and Thursday

**Time:** 10:30am-11:30am

**Location:** Meeting Room and via Zoom

**Instructor:** Celina Sheppard/Life Enrichment Centre Staff

**Fitness Level:** Moderate-high (some cardio, may incorporate light weights/bands above shoulder height. Walking, good mobility required).

## **Independent Fitness Equipment**

### **Treadmill, Hand Weights, Stationary and Recumbent Bikes**

Any resident or community member can use exercise equipment providing they sign a waiver and have had an orientation to the treadmill and bikes for safety. We recommended that you check with your doctor before starting. Please see Celina for assessment and waiver.

**Date:** Ongoing. Please use before or after programs that are in session.

**Location:** Meeting Room

**Fee:** None

## Drop-In Games

### Number Bingo

Come and join in the excitement; you may just win! Regular and large print bingo cards available. Winners' points are added up at the end of the month and a total will be given based on how many times you played that month and how many times you win. Cash in Winnings is an event held at the end of the month in the Meeting Room where Bingo participants pay what is owing for the month, receive their points and cash in points for prizes. Points and amounts owing will carry over to the following month. Please bring cash and a bag with you to Cash in Winnings.

**Date:** Monday and Friday

**Time:** 3:00pm-4:00pm

**Location:** Meeting Room and via Zoom

**Facilitator:** Celina Sheppard

**Fee:** \$2 for each day, payable at Cash in Winnings event at the end of the month

### Themed Bingo

Themed Bingo is different from Number Bingo; we do not collect points and this game does not provide prizes and or ask for a fee. There are new themes each month: Christmas, Valentine's Day, Chinese New Year, Easter, Spring, Canada Day, Hollywood, Thanksgiving, Halloween, animals, cars and sports to name a few. This is a fun game to get out of your apartment and to socialize. These games also help with memory.

**Date:** Ongoing

**Time:** 1:30 or 3:00pm

**Location:** Meeting Room and via Zoom

**Facilitator:** Celina Sheppard

**Fee:** None

### Cards

The card group plays Bridge, Euchre, Cribbage and Court Whist. Everyone is welcome and encouraged to join us for an informal game of



cards. Come out and meet some new friends. New players are always welcome!

**Date:** Monday

**Time:** 7:00pm-9:00pm

**Location:** Meeting Room

**Facilitator:** None

**Fee:** None

### **Iceless Curling**

This active social game will sweep you off your feet. It is played like curling only without ice and if balance is an issue, don't worry; we play either seated or standing. If you don't know the rules, that's okay; they are easy to learn.

**Date:** Ongoing

**Location:** Meeting Room

**Facilitator:** Celina Sheppard

**Fee:** None

### **Table Tennis**

This is an independently-run game on a full-size table. Table tennis is energetic and requires good balance.

**Date:** Ongoing

**Time:** 7:00pm every day; open all day unless the room is being used

**Location:** Craft Room and Meeting Room

**Fee:** None

### **Bowling**

Bowling can be played sitting or standing with 12 hard plastic pins, a soft light weight small ball or a large heavy rubber ball. Two teams play this fun game and it is a neat way of making new friends. A ramp is available for those who may find bending down difficult.

**Date:** Monthly

**Time:** See calendar

**Location:** Meeting Room

**Facilitator:** Celina Sheppard

**Fee:** None

### **Fun with Golf**

Do you like mini putt or have you ever tried to play before? For those who have low vision, the golf ball is a bright color and staff can assist. Totals will be added at the end based on how many times you sink your ball.

**Date:** Monthly

**Time:** See calendar

**Location:** Meeting Room

**Facilitator:** Celina Sheppard

**Fee:** None

### **Shuffleboard**

Do you like competitive games? If so, shuffleboard is a great game to show off your skills and have a lot of fun. This game is played on the floor with a shooter to knock in the pucks.

**Date:** Monthly

**Time:** See calendar

**Location:** Meeting Room

**Facilitator:** Celina Sheppard

**Fee:** None

### **Board Games**

There is a variety of board games to play for small to large groups. Some games are based on pure strategy, but many contain an element of chance; some are purely chance, with no element of skill. Most board games are kept in the Craft Room cupboard and in the Meeting Room cupboard. Please return all games or sign one out to use it in your apartment.

**Date:** Ongoing

**Time:** Weekday evenings and all day on weekends unless space is in use. Check calendar and posted flyers for times.

**Location:** Meeting Room

**Fee:** None

## Creative Programs

### Crafts with Celina

If you enjoy crafts, good conversation and the opportunity to assist with the centerpieces for our banquets and other wonderful fun crafts, this is a group for you. New members are always welcome.

**Date:** Monthly

**Time:** See calendar

**Location:** Craft Room or Meeting Room

**Facilitator:** Celina Sheppard

**Fee:** None

### Horticultural Therapy

Enjoy a wide variety of demonstrations, workshops, and talks on the topic of horticulture. The group plants seedlings each year, learning how they grow and how to care for them. Seedlings are planted in the garden plot reserved for the Horticulture Group. Some plants are taken home by participants or given to the kitchen to enhance flavouring.

**Date:** Paused temporarily

**Time:**

**Location:** Meeting Room

**Facilitator:** To be determined

**Fee:** None

### Quilting

This is not a teaching group or a quilting bee but if you know how to quilt and have your own projects you are welcome to join this group. Enjoy the chit chat while you work.

**Date:** Wednesday

**Time:** 10:00am-3:00pm (no group in August)

**Location:** Craft Room

**Fee:** None

## Social Programs

### Monthly Birthday Party

Those celebrating a birthday receive an invitation for a time of music, entertainment, cake, coffee, tea and celebration! Please fill out a consent form at reception to receive an invitation for the party.

**Date:** Monthly (July & June will be celebrated with the month before or after)

**Time:** 2:00pm-4:00pm

**Location:** Meeting Room

**Facilitator:** Celina Sheppard and Staff

**Fee:** None

### Sing-along

Each month we offer different themes, like 50s, 60s, Christmas and so on. Everyone is welcome to join in and sing along! We have songbooks and videos with lyrics. You do not have to be a great singer; just come for the fun.

**Date:** Monthly

**Time:** 1:30pm

**Facilitator:** Celina Sheppard & Allison Augustin

**Fee:** None

### Musical Therapy

This session begins with deep breathing before joining in song together and then sharing any feelings or memories you have in response to the songs.

**Date:** Monthly on a Wednesday

**Time:** 3:00pm

**Facilitator:** Caleb Gilman

**Fee:** None

### Chimers

If you love music and would like to play an instrument, Chimers is the group is for you. No experience with reading music required.

**Date:** Ongoing

**Time:** Monday at 1:00pm (except the last Monday of the month)

**Location:** Meeting Room  
**Facilitator:** Margaret Nemeth (Volunteer)  
**Fee:** None

### **Movies**

Sit back and enjoy a variety of movies that are offered throughout the month. Requests are always welcomed and encouraged! Flyers announce the movie title, featuring actors and description.

**Date:** Friday  
**Time:** 1:00pm  
**Location:** Meeting Room  
**Facilitator:** Celina Sheppard  
**Fee:** None

### **Produce Market**

Coming to our produce market makes shopping a pleasure rather than a chore. Each month we have different selections of fresh fruits and fresh vegetables on display at reasonable prices.

**Date:** Wednesday  
**Time:** 3:00pm-4:00pm  
**Location:** Dining Room  
**Fee:** Cash only for all produce items and please bring your own bags.

### **Support Group**

Are you new to SCOC and want to make new friends? Do you feel alone and want to connect? Join a group discussion on a wide variety of topics including loss and isolation in a safe space where we can connect and offer support to each other.

**Date:** Monthly on a Tuesday  
**Time:** 3:00pm  
**Location:** Meeting Room  
**Facilitator:** Celina Sheppard  
**Fee:** None

### **Spa & Nails and Massage**

Come and feel pampered with an assortment of relaxing therapies: dip your hands in warm wax, have a hand massage or neck and back

massage, get your nails painted. Relax by yourself or chit chat with others.

**Date:** Monthly on Thursday with Massage Therapy twice a month

**Time:** 1:30pm-3:00pm

**Facilitator:** Karen Briand (contracted instructor) & Celina Sheppard

**Location:** Meeting Room

**Fee:** None. Please make appointments for nails and massage at reception.

### **Event Socials**

Each month we host a themed food social such as Strawberry Social, Watermelon Social and Ice Cream Float Social.

**Date:** Monthly

**Location:** Meeting Room

**Facilitator:** Celina Sheppard

**Fee:** None

## **The Tea Room & Gift Shop**

Staff, residents, community members and neighbours all come together to enjoy a pastry, light lunch and tea or coffee.

**Date:** Daily

**Time:** 10:00am-4:00pm

## **Spiritual Programs**

### **Indigenous Drumming Circle**

Come together as one in this drumming circle, learning about Indigenous cultures through our Aboriginal Arts Educator & Workshop Facilitator. These circles promote fairness, healing, bonding, and conflict resolution.

**Date:** Monthly

**Location:** Meeting Room

**Facilitator:** Dr. Tom Hamilton

**Fee:** None

### **Worship Service**

Services are generally traditional in approach and are attended by Christians representing Catholic, Orthodox, and Protestant traditions.

**Date:** Alternate Sundays

**Time:** 7:00pm

**Location:** Meeting Room

**Facilitator:** Jonathan Emerson Pierce, Chaplain

**Fee:** None

### **Bible Study**

Studies focus on bible content and application and are attended by Christians representing Catholic, Orthodox, and Protestant traditions.

**Date:** Every other Thursday

**Time:** 3:00pm

**Location:** Craft Room

**Facilitator:** Jonathan Emerson Pierce, Chaplain

**Fee:** None

## **Educational/Intellectual Programs**

### **Heritage Club**

The Heritage Club is organized by SCOC's sponsoring churches, Danforth Mennonite Church and Toronto United Mennonite Church. There are presentations, videos, and discussions about Mennonite history and related social issues. Everyone is welcome to come and participate and to enjoy coffee, tea and snacks. Look for flyers in the library and on bulletin boards for more information.

**Date:** On hiatus since COVID

**Time:** Intermittent meetings throughout the year.

**Location:** Meeting Room

**Facilitator:** TUMC member Harold Thiessen, Heritage Club Coordinator

**Fee:** None

### **Astronomers Club**

Are you a stargazer? Join other stargazers as we explore the world beyond planet Earth. The Royal Astronomers Association of Canada present topics about our universe live and through Zoom.

**Date:** Last Monday of the month

**Time:** 1:30pm

**Location:** Meeting Room and via Zoom

**Facilitator:** Celina Sheppard and Life Enrichment Staff

**Fee:** None

\* This program is suitable for those with good vision and hearing (with or without a hearing aid) however, if you have low vision, you can still participate in the discussions.

### **Hilarious Talk & Trivia**

Test your knowledge; learn more about our country, other countries, facts, myths, funny jokes and stories. Join the conversation!

**Date:** Ongoing

**Location:** Meeting Room and via Zoom

**Facilitator:** Celina Sheppard

**Fee:** None

\* If you have low vision or hearing loss, we encourage you to sit close to the facilitator.

### **Jeopardy**

Do you enjoy watching Jeopardy on TV? Do you shout out the answers? Here is your chance to play Jeopardy with your friends with funny or unusual questions to answer.

**Date:** Monthly

**Location:** Meeting Room and via Zoom

**Facilitator:** Celina Sheppard

**Fee:** None

### **Computer Lessons**

These workshops will support you in learning to use the programs on your computer including Microsoft Word and Excel.

**Date:** TBD

**Location:** Craft Room

**Facilitator:** TBD



**Fee:** None

### **Travelogue**

Every three months the Royal Ontario Museum or Susan Brown amaze us with their fantastic presentations and their beautiful photos of different topics and places.

**Date:** Friday, every 3 months

**Time:** 1:00pm

**Location:** Meeting Room

**Facilitator:** Celina Sheppard and Susan Brown (Contracted instructor), The R.O.M. (Volunteers)

**Fee:** None (donation box available for the R.O.M.)

### **Monthly Themed Health Presentations**

Health organizations or health professionals from the community promote wellbeing through education and awareness. Our mission is to support older adults to aid their knowledge, skills, and attitudes about health. Health education teaches about physical, mental, emotional, and social health. It motivates us to improve and maintain your own health, prevent disease, and reduce risky behaviors. Through these presentations and workshops you will be inspired to pursue a longer, independent, and self-sufficient quality of life.

**Date:** Monthly

**Location:** Meeting Room

**Facilitator:** Celina Sheppard and/or Health Organization

**Fee:** None

## **Trips and Outings**

Upcoming trips and outings will be posted on monthly calendars as well as in flyers.

### **Trip Policy**

Departure times are set to accommodate the itinerary and therefore we are unable to wait for those who are late. Trip fees are non-refundable regardless of reason for cancellation.

Important guidelines for participants of trips:

1. Participants must be at least 18 years of age, independent and able to:

- a) Understand and follow instructions
  - b) Remain with the group
  - c) Get on and off buses
  - d) Walk at least 10 minutes
2. Participants must have their health card with them during the outing.
  3. Participants with health issues must consult their family doctor before registration and stay home if not feeling well on the day of the outing.
  4. Anyone requiring special seating on the bus (ie. near the washroom or in an aisle seat) must inform us at the time of registration.
  5. Not all coaches are wheelchair accessible.
  6. If any participants require one-to-one assistance with walking, in the washroom or have difficulty following or understanding instructions, they must have an escort who has a separate paid seat. The escort/caregiver must be at least 18 years old.
  7. Anyone with food allergies or special dietary needs must indicate when registering.

Join us for our day trips and discover the world around you!

Please note: all ticket sales are final and non-refundable. You are responsible for resale of your ticket once purchased.

## **SCOC Committees**

### **Resident Council**

The Resident Council represents residents in both the apartments and the townhouses and all residents are members of the council, which is comprised of a Chair, Vice-Chair, Secretary and Treasurer and up to 15 members in total. The council discusses issues and concerns and develops ideas for the enjoyment of all residents through various fund-raising measures. The Resident Council takes its mandate seriously as they can raise matters to SCOC Management and the Board of Directors. An Annual General Meeting is held every year.

The Resident Council gives everyone a chance to meet and make new friends. By becoming part of the council, you can introduce new ideas or programs that would appeal to the community. Volunteer opportunities are

encouraged as we are a small community who care about each other. The welcoming committee greets new residents, giving them information about SCOC and encouraging them to become active committee members. A food committee meets to review and discuss issues surrounding all aspects of food. It would be nice to have a Gardening and an Art Committee.

Age is only a number! Join us and feel young at heart.

## **Special Events & Presentations**

### **Banquets**

Enjoy a delicious dinner with entertainment and friends. Residents who are on a full contract (for a meal every night) do not have to pay extra for the banquet dinner, but they do have to reserve a seat at reception. All other residents as well as community members must purchase a ticket at reception. Community members and residents are invited to purchase tickets for guests as well.

*Events are advertised with flyers that include the menu. There will be a deadline to reserve a seat/purchase tickets at reception.*

### **Brunches**

Brunches are held in the Dining Room to celebrate special occasions. Community Members and those who have guest are invited to sign up and pay the fee for the brunch. Those residents who are on a full contract (eating every lunch) do not have to pay for an additional ticket, but they do have to reserve a seat. All other members and residents must pay the fee.

*Brunches are advertised with flyers that include the menu. There will be a deadline to reserve a seat/purchase tickets at reception.*

**Time:** 10:00am-1:00pm

### **Health & Wellness Fair**

This event provides an opportunity for individuals to connect with organizations in the community that support healthy active living for seniors. There are presentations, demonstrations, door prizes as well as a lunch for those who sign up at reception.

**Date:** Annually

**Time:** 10:30am-2:00pm

**Location:** Meeting Room, Library, Craft Room

**Facilitator:** Celina Sheppard and volunteers

**Fee:** None - Sign up at reception

### **Grandfriends**

A very special summer program starting in August for 4 weeks. Older adults and children enjoy the summer together singing songs, sharing stories, crafts, BBQs and more.

**Date:** Wednesday, August of 2024

**Time:** 10:00am-2:00pm

**Location:** Craft Room, Meeting Room

**Facilitator:** Celina Sheppard and Volunteers

**Fee:** None

## **Life Enrichment Adult Day Services**

Will re-open soon!

The Adult Day Program (Club 227) is available to those who have mild/moderate memory loss or are physically frail/post stroke or are experiencing isolation. Activities include baking, fall prevention exercises, music therapy, horticulture therapy, art therapy, crafts, and aroma spa. Summer BBQs, parties and special celebrations and events enhance the program. Other support services are available to participants for a small fee. Delicious meals and snacks are provided daily.

*Fees Apply*

An assessment is required prior to attendance in the program. Please call 416-757-8757 x 227 for more information.

## **Community Services**

### **Advanced Foot Care**

Our specialized foot care nurse is available for nail care and the reduction of corns and calluses. Please make an appointment at reception.

**Date:** Monthly

**Time:** First Tuesday of the month

**Location:** Health and Beauty Spot, Room #120

**Facilitator:** Rachael Chand, Foot Care Nurse

**Fee:** \$22.00. Please make an appointment at reception.

### **Hairdresser**

Hair cut, wash and set or perm all available. Please make an appointment directly with Sophie.

**Date:** Ongoing

**Time:** Mondays and Thursday

**Location:** Health and Beauty Spot, Room #120

**Facilitator:** Sophie

**Fee:** Please check with Sophie

### **Hearing Aid Clinic**

Hearing tests, checking hearing aids and batteries and cleaning of hearing aids all available through OHIP. No appointment necessary.

**Date:** First Saturday of the month

**Time:** 10:00am-11:00am

**Location:** Room #120

**Facilitator:** Mark Santeramo, Hearing Aid Practitioner

**Fee:** Health card required

### **Optometrist**

Please see reception for an appointment to have an eye examination and to have glasses fitted.

**Date:** Second Tuesday of the month

**Time:** 10:00am-12:00pm

**Location:** Health and Beauty Spot, Room #120

**Doctor:** Dr. Lois Calder, Optometrist, Optometric Institute of Toronto

**Fee:** Health card required

### **Library**

The library offers a wide variety of books, videos, large-print items and the use of a computer. It is also a great resource for Mennonite History.

**Date:** Monday-Friday

**Time:** 10:00am-12:00pm

**Location:** Mennonite Centre Library

**Facilitator:** Volunteers

**Fee:** None

### **Massage Therapy**

The Massage Therapist is at SCOC twice a month; please book appointments at reception. If you need to cancel, please notify reception. The first session is in the library and is 15 minutes long. Please be on time for your appointment.

The second session is grouped with The Spa and Nail program that runs monthly; sign-up is required.

## **Confidentiality**

The members of St. Clair O'Connor Community Life Enrichment Centre have the right to protection of all their personal information. SCOC staff and volunteers are committed to maintaining the privacy and confidentiality of members and their associated personal/health information. At all times we will respect the privacy of members and their families.

## **Becoming a voting member at SCOC**

The Board and staff of SCOC invite you to join in the life of the community by becoming a voting member.

Membership benefits:

- Personal involvement in meeting the needs of seniors in the community.
- The opportunity to influence decision-making in the provision of care and services provided by SCOC.
- Knowledge of the goals and plans for the future development of SCOC.
- The rewards of helping SCOC to enhance the quality of life for seniors and families.

Please see reception for a membership application form and to pay the \$10 membership fee.

## **You Can Make a Difference!**

Like most charitable, non-profit organizations, we rely on funding from various levels of governments, client fees, and fundraising to deliver our services.

The St. Clair O'Connor Community Foundation has a proud history of raising funds for causes such as new flooring in the hallways, a more accessible dining room and ramp, new kitchen equipment, a flat-screen TV for long-term care and patio furniture.

There are several ways **you** can help:

**1. A one-time or monthly donation:**

When SCOC has expenses outside of the regular budget, they can request a grant from the SCOC Foundation. Funds for special projects in SCOC are available because of generous regular donors.

**2. Donor Wall:**

The Donor Tree is a meaningful way to remember loved ones who have passed on. It is also a way to support the ongoing work of SCOC. Each leaf - gold, silver and bronze - represents a level of gift.

**3. A Bequest**

Many people choose to leave an ongoing legacy by remembering St. Clair O'Connor Community in their will.

**For more information about any of these options, please call 416-757-8757 or email [info@scocfoundation.org](mailto:info@scocfoundation.org)**

We appreciate the ongoing support and commitment from the friends of SCOC.

## **Volunteers Wanted**

We are proud of our volunteers and the commitment they make to help provide a variety of quality programs and services for our community. If you or someone you know has some time to spare and would like to meet people, learn a new skill, or share a talent, there is a volunteer position right for you. Currently, volunteers are needed to assist in a variety of capacities, including:

### **Tea Room**

Volunteers in the Tea Room provide sales and services to our customers. Various shifts are available throughout the week. On-the-job training is provided. Qualifications: Friendly attitude, learn to operate cash register, able to stand for up to three hours at a time.

### **SCOC Newsletter**

The newsletter committee welcomes submissions of articles, poems, recipes, thoughts, resident biographies or stories. There is no limit to what is welcome. Please forward submissions to reception.

### **Escort**

Escort residents to medical appointments in the building or the community. No driving is required and training and supervision are provided. People who are calm, friendly, patient and able to follow directions from staff are best for this role. Approximately 1 hour per shift.

### **Meals Assistant**

Volunteers are needed to assist staff in our long-term care home at mealtimes. Times include 8:30am, 12:00pm and 5:00pm daily. We are looking for people who are calm, patient, willing to attend regularly at scheduled time and willing to follow directions from staff.

### **Programs**

Volunteers are needed to run programs on weekends and evenings, either calling out Bingo numbers, singing, playing musical instruments, help in planning parties or serving meals at banquets. Why not join our team? For a full list of volunteer opportunities & information on becoming a volunteer, please contact 416-757-8757.



## **For More Information**

For more information regarding any of the programs, special events, banquets, or speakers listed in this package, please contact:

The Life Enrichment Centre at  
416-757-8757 x 250 or email Celina Sheppard at [c.sheppard@scoc.ca](mailto:c.sheppard@scoc.ca)

Please note: If you have any suggestions of programs or entertainment you would like to experience, we would be happy to hear from you.

Thank you for choosing St. Clair O'Connor Community