

DECEMBER 2024

Notes

BELONGING@PCH
THEME FOR DECEMBER

TEAM PCH

For this theme, PCH celebrates all the staff, residents, and families who make up our TeamPCH Community

Please call to book your spot.

Dial 905-369-2442

Push *11124 then #

** Activities may change. Please ask about the day's activities when you call to book.

PLEASE SEE THE REVERSE SIDE FOR PROGRAM DESCRIPTIONS.

MON

02

10am Gentle Fitness
2pm No Bake Snowballs

09

10am Gentle Fitness
2pm Christmas Card Day

16

10am Gentle Fitness
2pm Festive Popcorn Balls

23

**10am Service Canada Clinic
2pm Festive Treats

30

10am Gentle Fitness
2pm Learn to Play Driedel

TUE

03

10am Nail Art
11am Make a Gift Day
2pm Winter Bingo

10

CLOSED
No Programs

17

All Day | Maple Syrup Day
11am Board Games
2pm Holiday Bingo

24

All Day | Egg Nog
11am Carol Singing
1pm Bingo & Holiday Movie

31

10am Manicures
11am Board Games
2pm Hanukkah Storytime

WED

04

10am Festive Cookie Day
2pm Paper Snowflakes

11

11am Online Meditation Workshop (Indus) (R)
**Dementia Café @2pm (R)

18

10am Colouring
**2pm Make an Ornament (Sunrise) (R)

25

CLOSED
No Programs

THU

05

10am Card Games
**11am Planning for Long Term Care (Presentaion)
2pm Carol Singing

12

All Day | Poinsettia Day
11am Gingerbread House
2pm Christmas Carols

19

CLOSED
No Programs

26

CLOSED
No Programs

FRI

06

All Day | Mitten Tree Day
10am Make a Mitten
2pm Holiday Movie

13

All Day | Hot Cocoa
10am Card games
2pm Holiday Movie

20

10am Card games
2pm Holiday Movie

27

10am Card games
2pm Hanukkah Movie

**Open to Public; No fee
(R) - Registration Required

For more information or to register, please call 905-369-2442 x11124 or email seniorshub@partnerscommunityhealth.ca

PLEASE SEE REVERSE SIDE FOR MORE INFORMATION

~~~ What is the Spend the Day with us Program?~~~

The **Spend the Day with us Program** offers flexible, day-long support providing seniors who are on **LTC waitlists or experiencing social isolation** with immediate supports, enhancing community connections and improving their quality of lives.

For more information, please call 905-369-2442 x11124 or email us at [seniorshub@partnerscommunityhealth.ca](mailto:seniorshub@partnerscommunityhealth.ca)

~~~ REGULAR EVENTS~~~

NAIL ART - Want to get creative with your nails? Join us for a fun nail art session! From a plain colour to a fancy design, we'll help your nails shine! We have the supplies, so just bring your imagination. It's a great way to relax, have fun, and look great!

CARD GAMES/BOARD GAMES – Join us in the Games Room for some game play. We have a selection of games that are always available for you to use. Learn a new game or teach us one!

MOVIES – Get ready for a cozy Friday afternoon movie with a festive twist! We're hosting a fun-filled session where you can enjoy classic holiday movies while munching on delicious popcorn. We'll have festive decorations, cozy blankets, and a warm atmosphere to create the perfect movie experience.

CAROL SINGING- Let's get together for some fun singing Christmas carols! We'll sing some classics, maybe learn a new one or two, and just have a good time. No need to be a pro singer - just come and join in the fun!

GENTLE FITNESS – Let's get moving! Join us for a gentle workout that's easy on the joints and fun for everyone! We'll do simple exercises to help you feel stronger, energized and get the blood circulating! No experience needed, just bring your comfy clothes and a positive attitude.

BINGO- Get ready for some fun festive bingo! This session will have holiday-themed bingo, yummy snacks, and cool prizes. Whether you're a bingo pro or a newbie, come on down and have some fun. It's a great way to hang out with friends and get into the holiday spirit.

~~SPECIAL EVENTS~~

DECEMBER 5TH AT 11 AM - PLANNING FOR LONG TERM CARE

Our Patient Navigator, Raul, will be providing this informative session on what you need to know about getting ready for Long-Term Care. You'll learn about different options, how to apply, and even how to pay for it. Raul will answer all your questions. Whether you're thinking about your own care or a loved one's, this session is perfect for you.

DECEMBER 6TH AT 9 AM:4 PM - MITTEN TREE DAY

To celebrate Mitten Tree Day, come to Wellbrook's Seniors' Hub with a pair of mittens and hang 'em on our Christmas tree! We'll read the story "The Mitten Tree." Fancy making your own mittens? Interested in learning to knit? We'll have a knitting nook with some experts to show you how! We'll also be making mitten ornaments in our craft corner. All donated mittens will be gifted to those in need.

DECEMBER 23RD AT 10 AM-11:00 AM - SERVICE CANADA CLINIC

If you need information about Canada Pension Plan, Old Age Security, the new Canada Dental Care Plan, the Caregiving Benefits and Leave program, how to check on claims, or other Service Canada information, we'll have a Service Canada representative available on-site to help! Skip waiting on HOLD on the phone - drop in and talk to a real person!