

# The TLC Times

## MAY 2012



### April Showers Bring May Flowers!

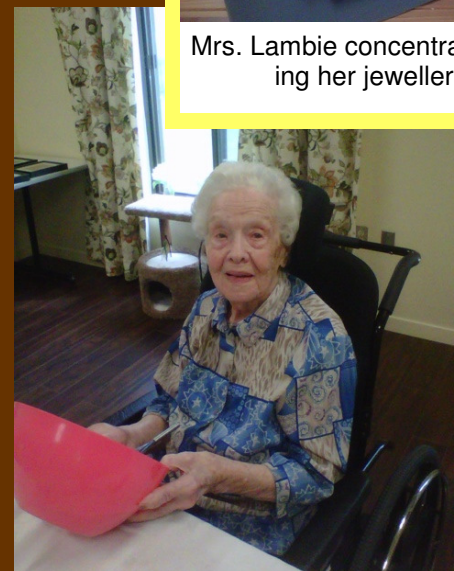
We are all wishing and hoping for lovely May weather! This month, to honour the Queen, we will be celebrating her Diamond Jubilee on Friday, May 11<sup>th</sup>. We will stage a 'Royal High Tea' in the Auditorium featuring British trivia, cuisine and music.

Our 'Spoonful of Sugar' Event on Monday, May 14<sup>th</sup> will have our dentists cringing as we create some wonderful sugary snacks and enjoy the musical movie we all know and love - "Mary Poppins" - on the big screen.

For Mother's Day on May 13<sup>th</sup>, we invite you to join us in expressing thanks to our Mothers, while reminiscing over delicious homemade snacks. We hope to see you in May!



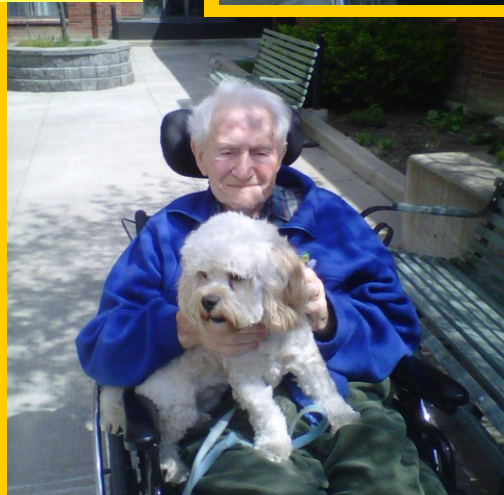
Mrs. Lambie concentrates on painting her jewellery box.



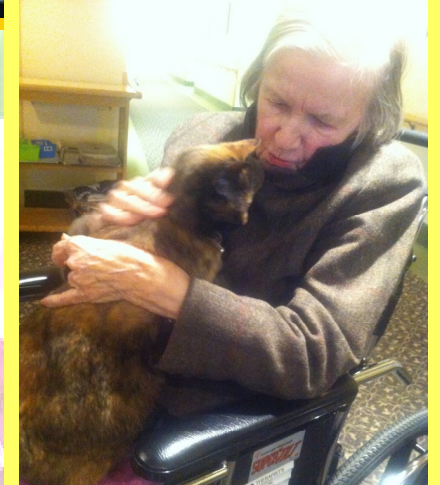
Mrs. Houser mixes the dough for chocolate chip cookies.



Mrs. Caven enjoys Taffy's company.



Mr. Christmann makes a furry new friend!



Miss Dinsmore cuddles with Chloe.

## Special Events!

**Soul Winners**  
Sunday, May 6th  
3:30 p.m.

**Royal High Tea**  
Friday, May 11th  
2:30 p.m.

**Mother's Day Celebration**  
Sunday, May 13th  
2:00 p.m.

**"A Spoonful of Sugar" Event**  
Monday, May 14th  
2:00 p.m.

**Mrs. Brooks' Birthday Lunch**  
Thursday, May 24th  
12:00 p.m.

**Chaplain's Communion Service**  
Thursday, May 24th  
3:00 p.m.

**Birthday Party**  
Friday, May 25th  
2:00 p.m.



## Weekly Events!

**Music Therapy with Kathleen**  
Tuesdays at 11:00 a.m.

**Worship Service**  
Sundays at 9:30 a.m.  
Wednesdays at 11:40 a.m.

**Catholic Communion**  
Sundays at 2:00 p.m.

**Family Dinners**  
Every second Wednesday at 5:00 p.m.

**Drop-in Tea**  
Saturdays at 2:30 p.m.

### Questions or Concerns?

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## Staying Active in TLC

From morning stretches and individual physiotherapy sessions, to our afternoon fitness programs, we are always trying to stay active in TLC. In doing so, we are helping our bodies in a multitude of ways.

Studies have shown that even for those suffering from moderate to severe dementia, engaging in 30 minutes of activity at least 3 times a week can decrease agitation and improve mood. This study demonstrates the potential for exercise as a non-pharmacologic intervention for reducing the various negative symptoms associated with the disease. Regular exercise also improves the quality of sleep and reduces restlessness.

These are just a few reasons why we focus on fitness & movement in TLC, aside from how much fun we have in the

Mrs. Tibbs has a nice long stretch!



Mr. Christmann and Mrs. Houser take part in parachute fitness.