



# Life Lease Fitness & Activities: Janu-

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2	3 Gentle Strength 10:30 (V) Art Group 1:30 (MPR)	4 1:1 Tech Support 9:00—11:00 Heart to Heart Conversations with Lisette 1:1 , 10:00 to 3:00pm Euchre 1:30 (G,MR & LOUNGE)	5 Wellness Check in with Joy 10:00 to 12:00	6 Fitness Classes 9:30, 10:15 & 11 (V) Elder Wisdom Conversation 10:15 (G,CH) Reading Group 2:00 ZOOM Bridge 7:00 (G,MR & MPR)	7 Guided Meditation with Tara 10:30 (V)	8	
9	10 Gentle Strength 10:30 (V) Art Group 1:30 (MPR) BINGO! 2:00 (G)	11 1:1 Tech Support 9:00—11:00 Fitness Classes 9:30, 10:15 & 11 (V) Heart to Heart Conversations with Lisette 1:1 , 10:00 to 3:00pm Euchre 1:30 (G,MR & LOUNGE)	12 Wellness Check in with Joy 10:00 to 12:00 TEDTALK & Discussion 2:00 (V)	13 Fitness Classes 9:30, 10:15 & 11 (V) Elder Wisdom Conversation 10:15 (G,CH) Reading Group 2:00 ZOOM Bridge 7:00 (G, MR & MPR)	14 Book to Play game and/or social visit with student 10:00 to 4:00 Guided Meditation with Tara 10:30 (V)	15	
16	17 Book to Play game and/or social visit with student 10:00 to 4:00 Gentle Strength 10:30 (V) Inspiring Conversations: Music for Mental Health 11:30 (V) Art Group 1:30 (MPR) BINGO! 2:00 (G)	18 1:1 Tech Support 9:00—11:00 Fitness Classes 9:30, 10:15 & 11 (V) Heart to Heart Conversations with Lisette 1:1 , 10:00 to 3:00pm Euchre 1:30 (G, MR & LOUNGE)	19 Wellness Check in with Joy 10:00 to 12:00 Writing Group 1:30 ZOOM TEDTALK & Discussion 2:00 (V)	20 Fitness Classes 9:30, 10:15 & 11 (V) Elder Wisdom Conversation 10:15 (G, CH) Reading Group 2:00 ZOOM Bridge 7:00 (G, MR & MPR)	21 Book to Play Game and/or Social Visit with student 10:00 to 4:00 Guided Meditation with Tara 10:30 (V) Educational Workshop: Deep Brain Stimulation 1:30 (V)	22	
23	24 Book to Play game and/or social visit with student 10:00 to 4:00 Gentle Strength 10:30 (V) Art Group 1:30 (MPR) BINGO! 2:00 (G)	25 1:1 Tech Support 9:00—11:00 Fitness Classes 9:30, 10:15 & 11(V) Heart to Heart Conversations with Lisette 1:1 , 10:00 to 3:00pm Euchre 1:30 (G, MR & LOUNGE)	26 Wellness Check in with Joy 10:00 to 12:00 Motivational Ark & Discussion 2:00 (V)	27 Fitness Classes 9:30, 10:15 , 11 (V) Elder Wisdom Conversation 10:15 (G,CH) Reading Group 2:00 ZOOM Bridge 7:00 (G, MR & MPR)	28 Book to Play game and/or social visit with student 10:00 to 4:00 Guided Meditation with Tara 10:30 (V)	29	
30	31 Book to Play game and/or social visit with student 10:00 to 4:00 Gentle Strength 10:30 (V) Art Group 1:30 (MPR) BINGO! 2:00 (G)	<p style="text-align: center;"> <b>Atrium   Chapel: CH</b>  <b>Gallery: G   Fitness Centre: FC</b>  <b>Martin's Restaurant: MR</b>  <b>Multipurpose Room: MPR</b>  <b>Virtual: V</b> </p> <p style="text-align: center;">           Resident-Run Activities: Gold. For more information, visit CATIE-WEB  <b>Special Events in Green.</b> </p>					<p style="text-align: center; color: green; font-size: 1.2em;"> <b>See reverse for details &amp; registration information.</b> </p> <div style="text-align: center; margin-top: 10px;"> </div>



# Life Lease Activities & Special Events—January 2022

## Heart to Heart Conversations with Lisette - Tuesdays in January 10:00am to 3:00pm

Call or email to book a 1:1 visit with our Spiritual Care and Psychotherapy student Lisette Pineau to have a heart to heart conversation.

Call Ext.2009, or the Front Desk to book, or email lpineau@luthervillage.org

## Wellness Check in with Joy - Wednesdays in January from 10:00 to 12:00pm

Stop by the Wellness Center or call to book a 1:1 visit with Joy to explore grief, ambiguous loss and existential questioning through the dimensions of wellness. Email Joy: jhancock@luthervillage.org or call: Ext. 2009

## Book to Play Game and/or Social Visit with Students Taylor or Nisha, Mondays and Fridays in January from 10:00 to 4:00pm

Play a board game or cards, or simply have a chat with our wonderful professional students in Martin's or in the Gallery. Sign up across from the Activities Office, the **Front Desk** (Ext. 3710) or email Tara at tpayette@luthervillage.org.

## Guided Meditation with Tara - Fridays in January at 10:30am - Virtual

Join Tara to center into your heart and feel the peaceful and fulfilling effects of being led on a guided meditation.

Sign up across from the Activities Office, the Front Desk or email Tara at tpayette@luthervillage.org

## Educational Workshop: Scientific Advancements in Deep Brain Stimulation: Friday, January 14, 2022, 1:30pm - Virtual

Join Recreational Assistant and Psychology Student Hailey in an in-depth analysis of Deep Brain Stimulation as a treatment for chronic illness and neurological disorders. Topics include: Deep Brain Stimulation for Parkinson's disease, Tourette's syndrome, risk analysis and breakdown of the surgery."

Sign up across from the Activities office or email Tara at tpayette@luthervillage.org

## Inspiring Conversations: Music for Mental Health: New Habits for 2022: Monday, January 17, 2022, 11:30 a.m. - 12:30 pm - Virtual

Join Laurier experts Elizabeth Mitchell (MMT '07), assistant professor of Music Therapy, and Esther Abel (MA '18), PhD student in Social Psychology, to learn how building new habits, such as engaging with music, can positively impact our day-to-day lives. The conversation will be moderated by music therapist Avalon Harris .

Sign up across from the Activities Office or Email Tara at: tpayette@luthervillage.org

## TED TALK and Discussion: The Power of Vulnerability - Brene Brown: Wednesday, January 12, 2022 - 2:00pm - Virtual

Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.

Sign up across from the Activities Office or Email Tara at: tpayette@luthervillage.org

## TED TALK and Discussion: The Dream of Educating Afghan Girls - Shabana Basij-Rasikh: Wednesday, January 19, 2022 - 2:00pm - Virtual

In this deeply moving talk, educator Shabana Basij-Rasikh shares the harrowing story of evacuating more than 250 students, staff and family members from the School of Leadership, Afghanistan (SOLA) -- the country's first and only all-girls boarding school -- to Rwanda after the Taliban took power in 2021. An exceptional story of hope, resilience and dreaming big for future generations of Afghan girls -- and a challenge for the world to not look away.

Sign up required across from the Activities Office or Email Tara at: tpayette@luthervillage.org

## Motivational Ark and Discussion: One of the Greatest Speeches Ever—Steve Jobs, Wednesday, January 26, 2022 - 2:00pm - Virtual

Listen to Steve Jobs as he delivers a brief personal history and a highly inspirational speech about the wisdom he has lived and acquired during his fascinating and wildly success life.

Sign up required across from the Activities Office or Email Tara at: tpayette@luthervillage.org

## Elder Wisdom Conversations: Thursdays in January from 10:15 to 11:15 in the Chapel, and in the Gallery depending upon participant numbers.

Join Tara in an circle of Elders, where we can share our journeys and wisdom of life lived and lessons learned. Topics include: 3rd Age Insights—what are we learning NOW in elderhood? Grandmotherhood/Grandfatherhood, Fear and Peace, Changing needs, and other topics



## Important Numbers

Main Switchboard: 519-783-3710

Joy Hancock: Ext. 2009 - jhancock@luthervillage.org

Nancy Munn: Ext. 1265 - nmunn@luthervillage.org

Tara Payette: Ext. 2031 - tpayette@luthervillage.org

Lisette Pineau: Ect. 2009 - lpineau@luthervillage.org

Village Shoppe: Ext. 2441

Hair Care Chiler Zammit: 226-338-2678

Kanvas Nails: 226-789-6245 (On hold)

Arnold Hearing Centres: 519-896-2654

Feet on the Go: 519-654-6363

Massage Therapy: 519-635-0420

Newtex Cleaners: 519-744-4411

Hello Life Lease Residents,

Thank you for bearing with us as we navigate the continually shifting terrain of this pandemic and also of our monthly Activities Calendar. Our community is strong and caring, and we will get through this together. You are not alone, so please reach out to some of the many resources and people available to you. We have set up this calendar to give opportunities of many kinds to provide 1:1 social visits or even to play a game of cards. If you would like to join us Virtually but are unsure how, please

