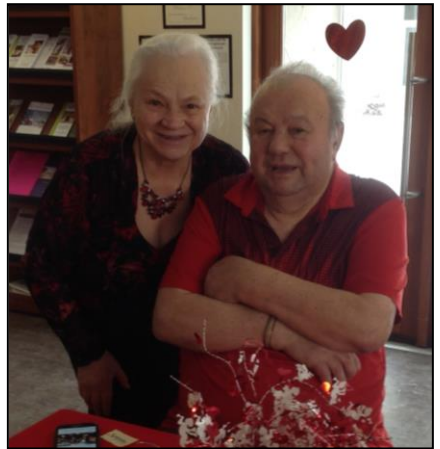




## SWEETHEART BREAKFAST

*On February 14, we hosted a Valentine's Day Sweetheart Breakfast for residents and their loved ones. Breakfast was served by our recreation staff and was accompanied by live music!*



[www.trinityvillage.com](http://www.trinityvillage.com)

# MARCH CAFÉ MENU

		<b>Friday (Mar. 1)</b>
		Pizza/Caesar Salad
<b>Monday (Mar. 4)</b>	<b>Wednesday (Mar. 6)</b>	<b>Friday (Mar. 8)</b>
Chicken Souvlaki/Rice/Hot Veg	Grilled Cheese/Tomato Soup	Chicken Fingers/Fries/Gravy
<b>Monday (Mar. 11)</b>	<b>Wednesday (Mar. 13)</b>	<b>Friday (Mar. 15)</b>
Chicken Swiss/Rice/Hot Veg	Chili/Garlic Bread	Sweet & Sour Chicken Balls/Rice/Spring Rolls
<b>Monday (Mar. 18)</b>	<b>Wednesday (Mar. 20)</b>	<b>Friday (Mar. 22)</b>
BBQ Pork Riblettes/Rice/Hot Veg	Assorted Subs/Pasta Salad	Spaghetti with Meat Sauce/Garlic Bread
<b>Monday (Mar. 25)</b>	<b>Wednesday (Mar. 27)</b>	<b>Friday (Mar. 29)</b>
Pulled Pork on a Bun/Potato Salad	Penne Bolognese/Caesar Salad	Fish & Chips/Gravy



## OPENING MINDS THROUGH ART

The Opening Minds through Art (OMA) program is starting up its Winter 2019 session! OMA is an intergenerational art program for people with dementia.

OMA's Mission & Goals:

*Building bridges across age and cognitive barriers through art.*

1. To promote social engagement, autonomy, and dignity for people with dementia by providing creative self-expression opportunities.
2. To provide staff and volunteers with opportunities to build close relationships with people with dementia.
3. To show the public the creative self-expression capabilities of people with dementia through exhibitions of their artwork.
4. To contribute to the scholarly literature on dementia and the arts.



Photo 1. Underwater Bubbles by Juergen (Fall 2018)



Photo 2. Friendly Encounter by Mike (Fall 2018)

# FAMILY COUNCIL



Trinity Village  
Family Council

tvccfamilycouncil@gmail.com  
(519) 893-6320, ext. 301

The Family Council consists of volunteer family members of residents past and present. We advocate, educate and offer support for residents and their families. Our Council is an autonomous group which has been organized to improve the quality of life for residents and to give families a voice in decisions that affect them and their loved ones.

We meet the second Tuesday of each month (March 12, 2019) in the Board Room in the Administrative wing at 6:15 P.M. We are always looking for people with varied life experiences and ideas to share with our group.

If you would like to make a donation to your Family Council to support our Compassionate Fund, a cheque can be made out to the Trinity Village Family Council and left at the front desk.

## STUDENTS AND VOLUNTEERS



**Sanyam**  
Nutrition & Food  
Service Student



**Edward**  
Church Porter



**Krishna**  
Rec. Volunteer



**Tina**  
Friendly Visitor

We welcome volunteers and students to become a part of our community! Make a difference in the lives of our residents through our wide range of opportunities we offer. Discover the joy and fulfillment of volunteering at Trinity Village!

Contact **Judy McKnight**, *Volunteer Coordinator*

[jmcknight@trinityvillage.com](mailto:jmcknight@trinityvillage.com)

(519) 893-6320 ext. 310



# MARCH EVENTS

Every Friday – 2:15pm and 3:00pm  
Bingo & Afternoon Pub (GP)

March 6 – 2:30pm  
Ash Wednesday Service  
(Oak Ridge Dining Room)

March 7 – 10:30am  
Residents Council Meeting (GP)

March 14 – 12:30pm  
St. Patrick's Lunch "Fish N Chips"  
with Sandy MacDonald (GP)

March 19 – 6:30pm  
Greenwood Hill Band (GP)

March 21 – 2:30pm  
Monthly Birthday Celebration with  
Roger Joycey (GP)

March 23 – 10am to 5pm  
Preston Model Railway Open House  
(TVCC Basement)

March 26 – 6:30pm  
Comedy Movie Night (GP)

## TVCC Lobby Vendors (Open to the public)



EasyWear Adaptive Clothing  
Mobile Boutique

March 1 from 9:30am to 2pm  
[www.easywearadaptiveclothing.com](http://www.easywearadaptiveclothing.com)

### Living Books

Christian books and accessories  
March 22 from 10am to 2pm

## Important Reminder!

Flu Season typically ranges from November  
until March.

Cold and Flu germs spread easily to others.  
Stop the Spread.

***If you are sick, please stay home.***

The first defense method is  
***Hand Hygiene*** as cleaning your hands  
reduces germs spreading and protects our  
residents, staff, families and visitors.

**The Villager** is edited by  
Jayme Noordermeer,  
Community & Donor Development Coordinator.

To submit a story or photos,  
call (519) 893-6320 ext. 303  
or e-mail [jnoordermeer@trinityvillage.com](mailto:jnoordermeer@trinityvillage.com).



## Caregiver Support Group

March 7, 2019 at 1:15pm  
in the Board Room  
RSVP Required:

Heather Jackson, Social Worker  
(519) 893-6320, ext. 292  
[hjackson@trinityvillage.com](mailto:hjackson@trinityvillage.com)