



# What's Happening

revera  
Retirement Living

## Community Events at Trillium Court April 2017

**Movie Monday – 2pm – 2<sup>nd</sup> Floor Activity Room**

**April 03:** East Side Sushi **April 10:** Undrafted **April 17:** Risen **April 24:** Pete's Dragon

**Senior Art Class with Bert Degraaf - 130-3pm - Every Tuesday - Atrium**

**SMART Class for Strength & Balance – 11am - Every Monday & Thursday – Activity Room**  
Must register to attend. Contact VON at 519-376-5895 ext.236 & sign up today

**Scrabble - 10am - Every Friday – Atrium**

**April 6, Thursday – 1130am – Kincardine Travel Club, Belmore Maple Syrup Festival**

**April 7, Friday - 2pm - National Caretaker Appreciation Day Bingo & Tea Party**

**April 10 & 24, Monday – 2pm – Knitting Club with Ann Laroque – 3<sup>rd</sup> Floor. Everyone welcome.**

***April 11, Tuesday – 130-3pm – Live Life to the Fullest with Hazel McCallion.***

*“Hurricane Hazel” was the Mayor of Mississauga from 1978-2014. Hazel speaks about the challenges of aging in an ageist world, drawing on her life experience and offering her perspectives on how to live life to the fullest.*

**April 12, Wednesday – 10am-3pm – Around the Town Bus – free bus service within Kincardine**

**April 13, Thursday – 130-330pm – Alzheimer’s Support Group – 2<sup>nd</sup> floor Private Dining Room**

**April 18, Tuesday**

**130-230pm - Blood Pressure Clinic - Atrium**

**4-6pm – Senior Cooking Demonstration - \$5/person – 3<sup>rd</sup> Floor Must RSVP to attend, limited seating**

**April 19, Wednesday**

**2pm – National Canadian Film Day 150 – Movie: The Grand Seduction – Atrium**

**2pm - Kincardine Travel Club meeting, guest speaker Travel Insurance – 2<sup>nd</sup> floor Activity Room**

**April 23-29 – National Volunteer Week. Opportunity to thank our amazing Volunteers!**

**April 25, Tuesday – 6-8pm – Art & Wine Party with Bert Degraaf – 2<sup>nd</sup> floor Activity Room**

Includes all supplies, wine & snacks. Take your completed work home. Must RSVP to attend. Cost \$35/person

***April 30, Sunday – 1-4pm – Revera National Open House***

***Live Entertainment: Twin City Echo Band from Concordia Club Kitchener***

***Fundraiser for the Parkinson Canada Society***

***Door Prizes – Food – Music – Live Entertainment***

***Please join us as we celebrate Life through the Ageless Spirit of Music!***

**Trillium Court  
Seniors**

**Community**

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Kincardine, Ont

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reveraliving.com

Revera: Canadian owned for 50  
years with over 250 locations.

## April 2017

*"Music has charms to soothe the savage breast" William Congreve,  
"The Mourning Bride" 1697*

This month is dedicated to the role music plays in our lives.

Music has numerous effects on people. It can inspire high emotions, transport us back in time to re-experience fond (or not so fond) memories, or soothe away agitation and stress. For many of us, music plays a vital role in our lives, and tis can be especially true as we age. Music can have powerful healing and therapeutic effects on the mind.

The body's internal rhythms naturally adjust to match with the tone and pace of music. Studies have shown that music therapy has benefits for all age groups. It has numerous soothing and healing effects, and can even benefit those with dementia an memory loss. Some precise benefits that come with music therapy are:

- Reduced muscle tension and relaxation of the body
- Decreased stress
- Increased awareness and concentration
- Improved memory and learning ability
- Boosted interest levels

These results are due to many factors. Familiar music stimulates memories, which can have either strong emotional effects or a calming influence. Also, classical music has been shown to reduce stress hormone levels in those recovering from open-heart surgery. In some cases, unfamiliar tunes may be preferred to familiar ones since they may not carry strong emotional associations, allowing for a purely calming effect.

People tend to remember music far longer than facts like names and birthdays. Since music ingrains itself so deeply in the mind, it can be used to help those with memory loss resulting from dementia and Alzheimer's. Using music to invoke memories can also help someone calm down, depending on the memory.

**April 11, 130pm – Please make sure you come out to meet “Hurricane” Hazel McCallion. A rare opportunity to hear her speak on Aging.**

I invite you all to come to our **National Open House April 30<sup>th</sup>** to enjoy a trip down memory lane with the Twin City Echo Band from Kitchener. They will play old favourites and maybe even convince you to get up and dance. The event will also be fundraiser for *Parkinson's Disease*. Here is a great opportunity to have some fun and help those whose lives have been affected by this debilitating disease.

Door prizes, food, music and live entertainment – what better way to spend a Sunday afternoon?

**Trillium Court will be hosting the following Senior Games:**

Monday, 21 April – Scrabble – 10am

Wednesday, 26 April – Euchre – 1:30pm

See you soon. Heike Boettcher, Lifestyle Consultant



