

Virtual Recreation Newsletter

December 7, 2020

Thank you for joining us in our second installment of the Centre on Aging's Virtual Recreation Newsletter. This week we hope to provide additional supports and resources for the fine recreation workers of the province and the older adults for whom they care.

Today marks the first day of intake for the Manitoba Caregiver Wage Support Program. This program will provide a \$5/hour wage supplement to recreation workers, healthcare aides, and other frontline workers in long-term care settings. For more information, visit <https://www.gov.mb.ca/covid19/programs/caregiver-wage-support.html>.

New this Week

This week we've included a larger inventory of printable materials for residents to enjoy while in isolation. Attached is a mixture of colouring pages, connect the dots, a crossword on colours, and a short story by Banjo Paterson for those who have already gone through all of their own reading materials.

Also make sure to catch the CP Holiday Train at 7:00pm on Saturday, December 12th! The train usually travels around to different communities putting on musical performances to raise money and food for North American food banks. <https://www.facebook.com/events/373528847194270/>

Coming up next week...

Next week, watch for the EAGA Gospel Choir on Thursday evening, and Christmas Storytelling at 3:30pm on Saturday.

More Interesting Virtual Activities

Check out this free audiobook on YouTube about Canadian Folklore (4 hours).

<https://www.youtube.com/watch?v=QTgYqg75JTQ>

This video showcases the various skills and talents of some outstanding kids (35 mins).

<https://www.youtube.com/watch?v=zk7IEF9NddU>

Animal fans? Show your residents this video of pets playing at a doggy daycare (3 hours).

<https://www.youtube.com/watch?v=lkdGHEiwX54>

Looking for new religious content for your residents during the holidays? Check out some of these channels that upload their services on a weekly basis (duration varies; ~1 hour).

St. Jacob's Mennonite

<https://www.youtube.com/channel/UCRutX6G7-JtGz9zDTQ41GA/videos>

Annunciation Greek Orthodox Church

<https://www.youtube.com/c/AnnunciationGreekOrthodoxChurchRochesterNY/videos>

Bridgewater United Church

<https://www.youtube.com/c/BridgewaterUnited/videos>

National Catholic Broadcasting Council

<https://www.youtube.com/c/DailyTVMass/videos>

All Saints Lutheran Church Oasis of Joy

<https://www.youtube.com/channel/UC7j2MbJJk6LUVnqvKYt6WUA/videos>

Tech Tips

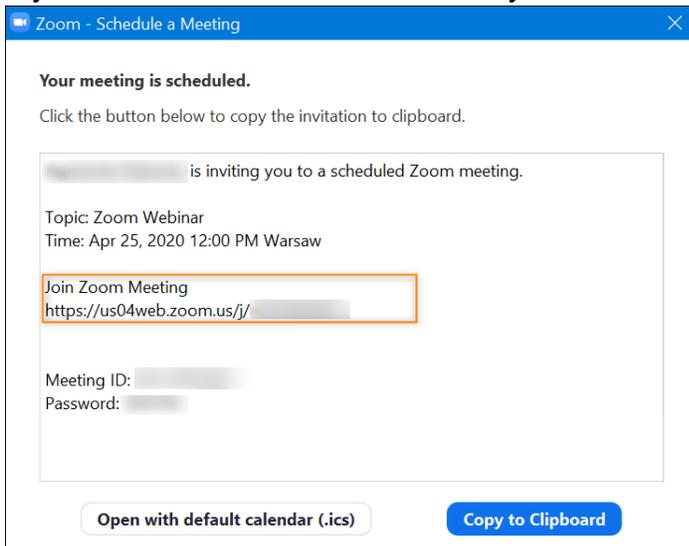
Having troubles using Zoom? Hopefully these tips will help you virtually connect residents to their loved ones so that they can be together while apart. These tips might also help you participate in live events that use Zoom. Check out this link for a whole playlist on how-to-Zoom:

https://www.youtube.com/watch?v=hIkCmbvAHQQ&list=PLKpRxBfeD1kEM_I1Id3N_XI77fKDzSXe

Also check out this step-by-step guide: <https://www.seniorsguide.com/wp-content/uploads/2020/09/SeniorsGuide-stepbystepguidetoZoom-english0620.pdf>

Join a Meeting through email: <https://www.youtube.com/watch?v=hIkCmbvAHQQ>

- 1) If you were sent a Zoom invitation by email, click the link address that should look like this:



- 2) At this point, you will be brought to the meeting page where you should then click the blue button that says “Join with Computer Audio”.
- 3) You should now be in the video meeting.

Join a Meeting through the app

- 1) Click the Zoom icon on your computer to launch the application:
- 
- 2) From here, click the blue button that says “Join a Meeting”.
 - 3) Now enter the 10-digit meeting ID that was sent to you; this number will look something like this: **Meeting ID: 123-456-7890** then click enter.
 - 4) Now enter the meeting password and click “Join”.

During the Meeting

- 1) Make sure that both the audio and video options in the lower left corner DO NOT have a red line through them. A red line dashing through the headphone or camera icons indicates that these options are disabled.
- 2) In the top right corner click ‘View’, and then select ‘Gallery View’. This will allow you to see everyone in the meeting and not just the person talking.

December

2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|--|
| | 30 | 1 19:30 Time Within the Window | 2 19:30 Time Within the Window | 3 18:30 Music in the Museum 19:00 Tis the Season! 19:30 Time Within the Window | 4 19:00 A Christmas Carol 19:30 Time Within the Window | 5 13:00 Black Violin Concert 15:30 All Is Well 19:00 MCC Christmas Season Kickoff 19:30 Time Within the Window |
| 6 | 7 | 8 The Toronto Symphony Orchestra offers a variety of on-demand programming | 9 The British Columbia Knowledge Network has some great Canadian shows, especially for those who enjoy the outdoors | 10 15:45 Short and Sweet: At Xmas | 11 | 12 13:00 12 Days of Christmas 16:30 Jesus, Jazz, and Wine 18:00 Home for the Holidays 19:00 CP Holiday Train |
| 13 13:00 Ed Stivender's Christmas Offering 18:00 Theatre at Home for Christmas | 14 Sports fans? TSN has an enticing collection of sports documentaries. CLICK HERE! | 15 | 16 CBC has its own platform of live and on-demand shows and movies | 17 19:30 EAGA Gospel Choir | 18 | 19 13:30 Christmas Storytelling 16:30 Jesus, Jazz, and Wine 18:00 Theatre at Home for Christmas |
| 20 15:00 Celebration: Virtual Xmas | 21 | 22 CBC also has an on-demand radio station that can be accessed at any time | 23 | 24 14:00 Virtual Xmas Pageant | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

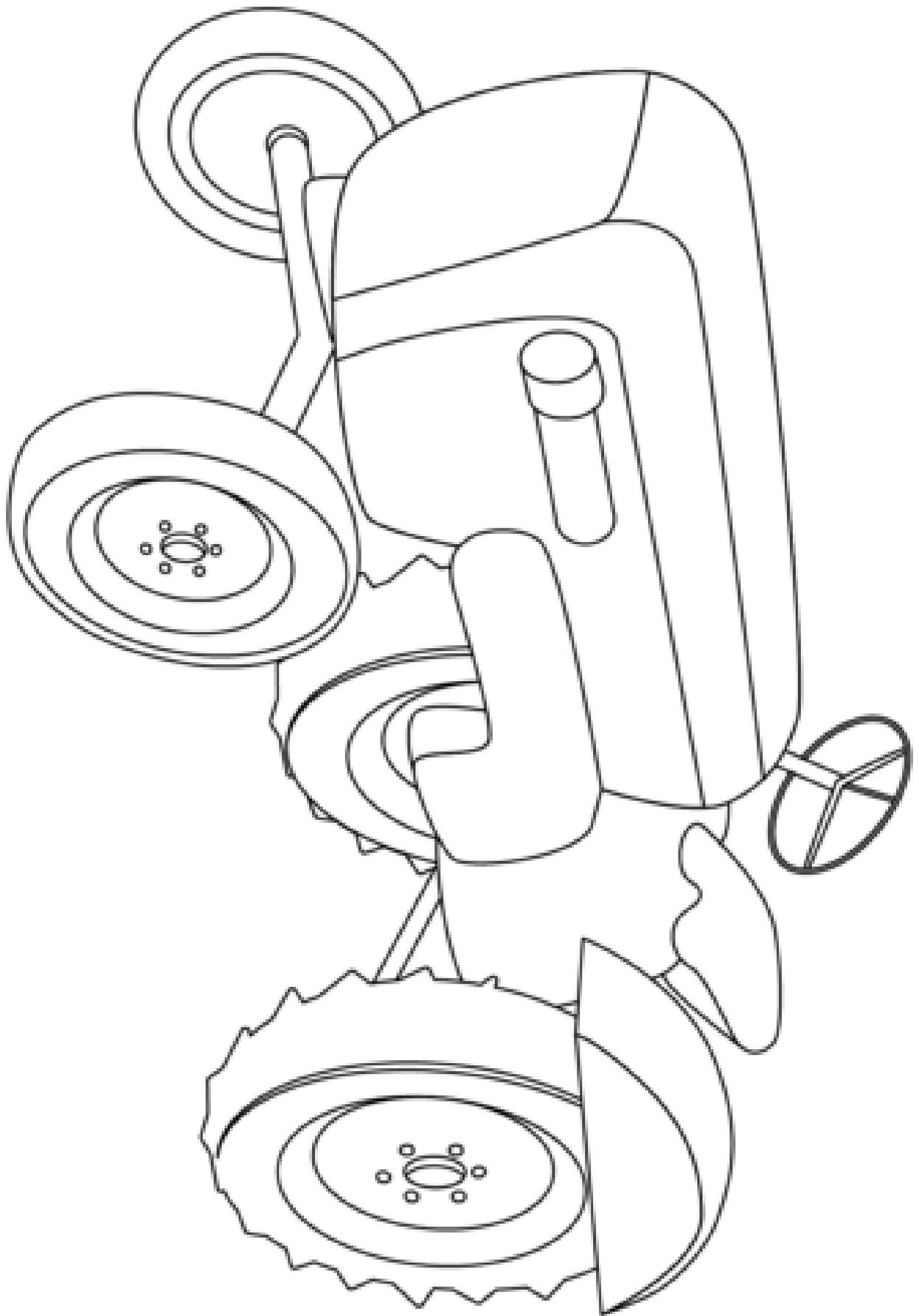


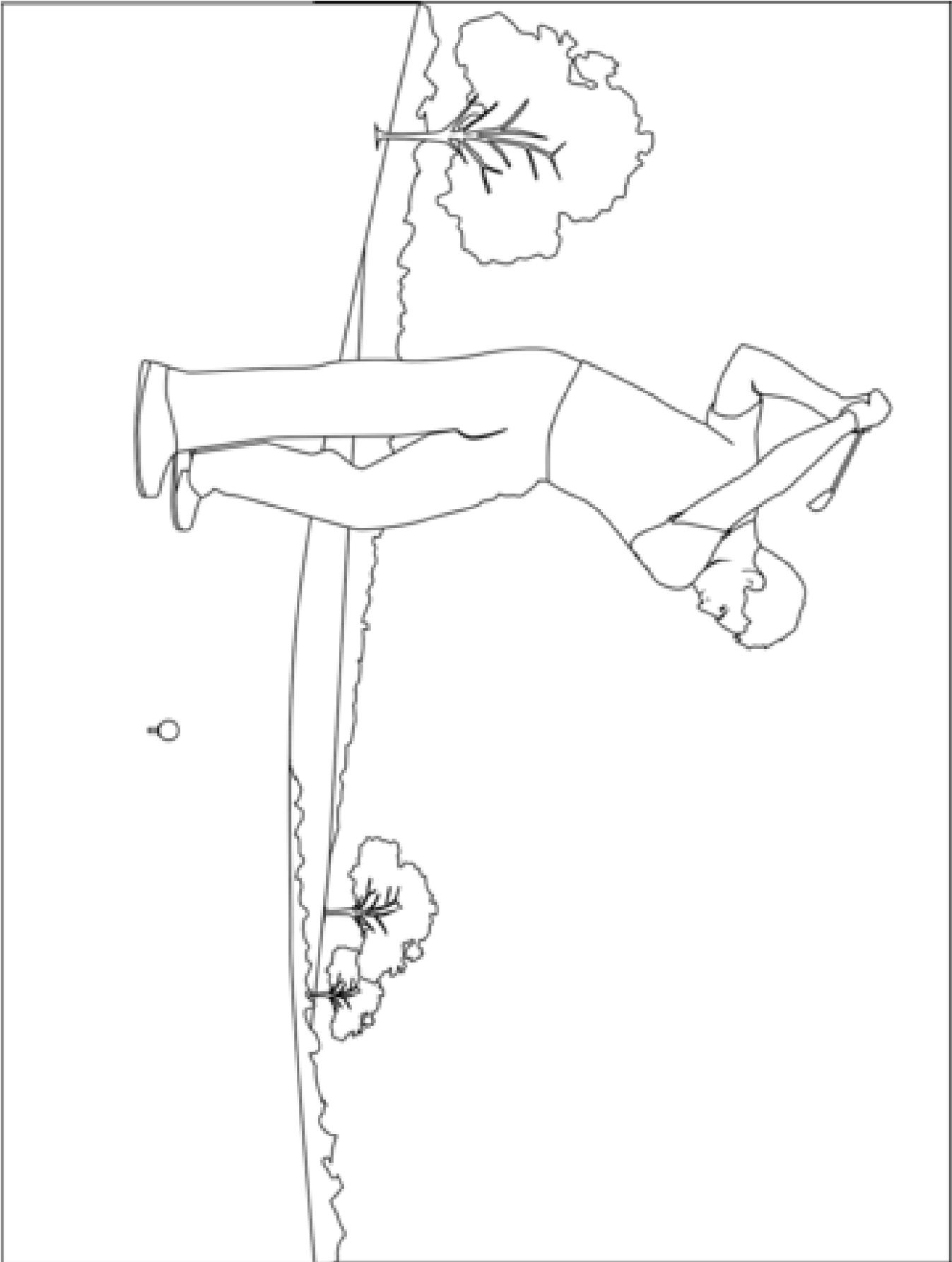


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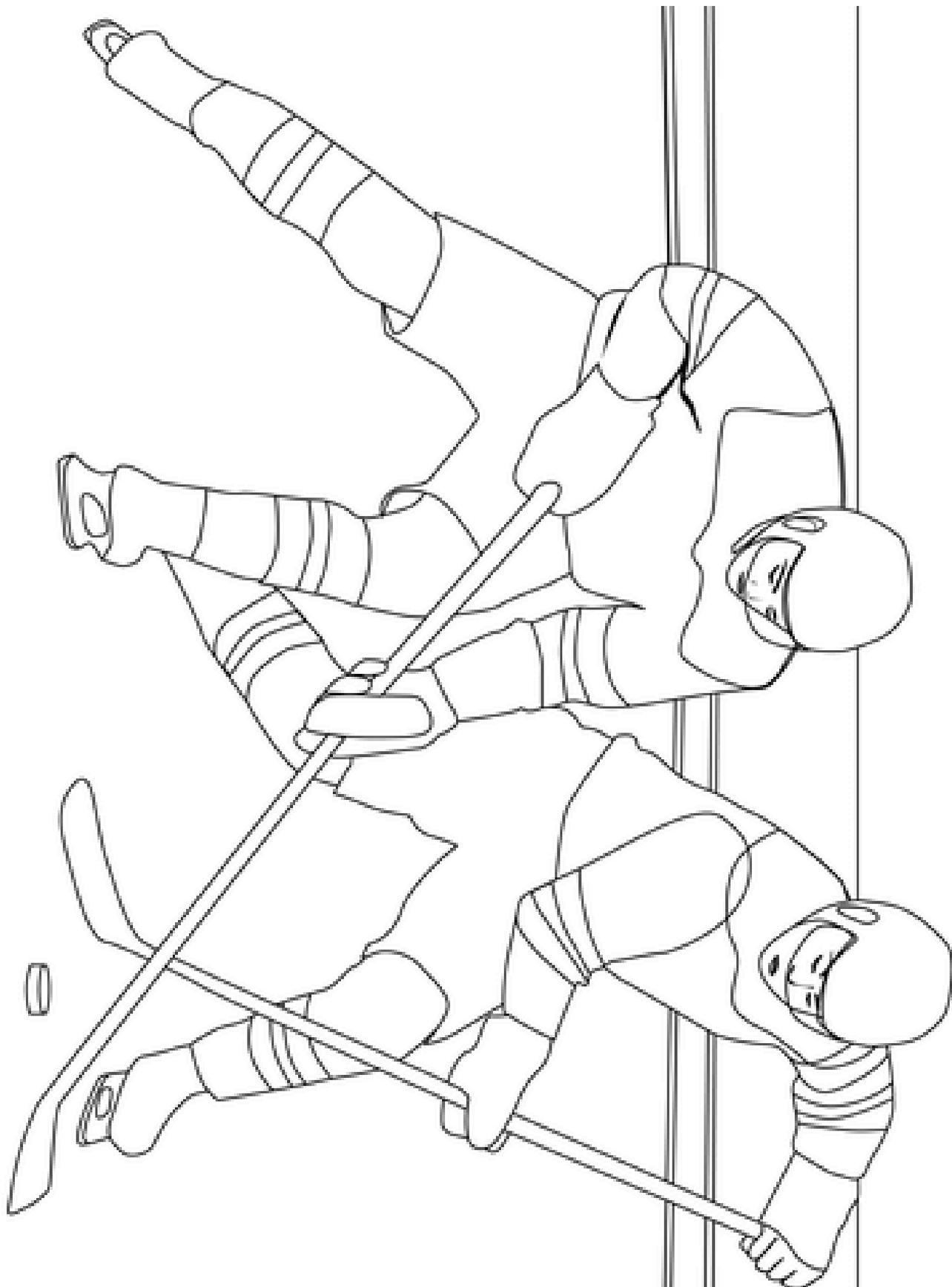
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Bunny

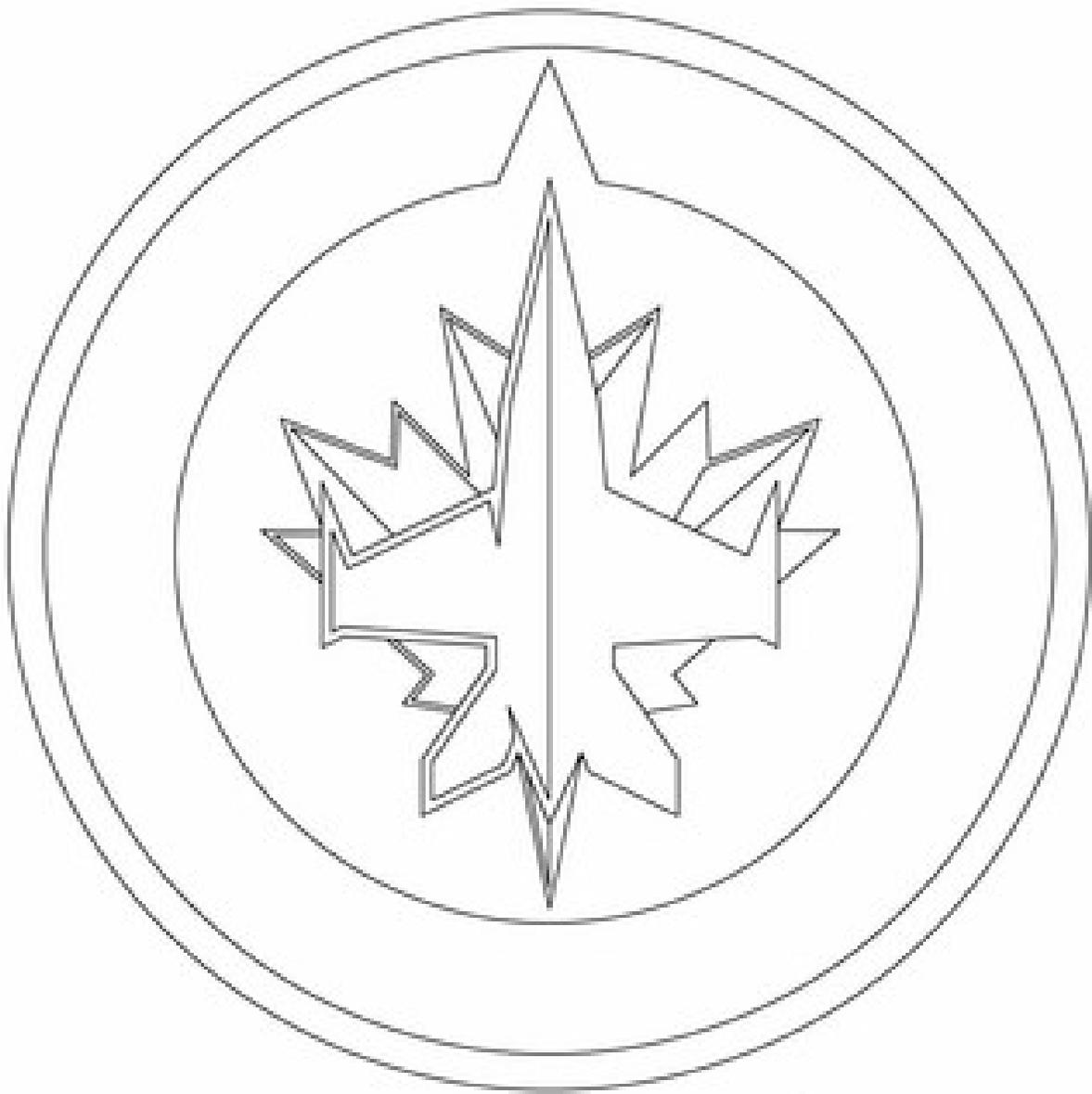






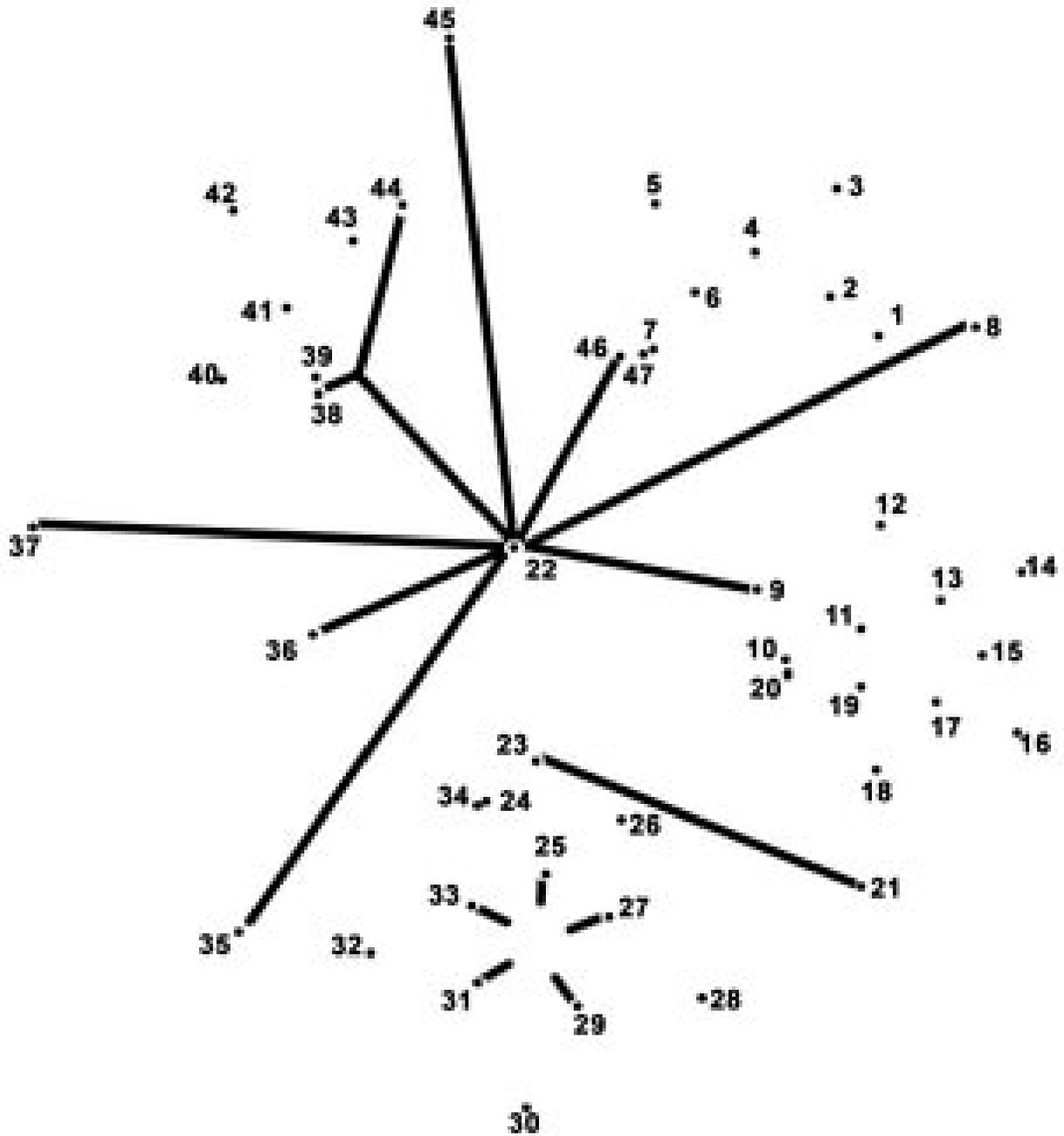






Connect the dots!

Start with 1 and draw a line to 2 and then 3... all the way to 45!



The Dog

By Banjo Paterson

The dog is a member of society who likes to have his day's work, and who does it more conscientiously than most human beings. A dog always looks as if he ought to have a pipe in his mouth and a black bag for his lunch, and then he would go quite happily to office every day.

A dog without work is like a man without work, a nuisance to himself and everybody else. People who live about town, and keep a dog to give the children hydatids and to keep the neighbours awake at night, imagine that the animal is fulfilling his destiny. All town dogs, fancy dogs, show dogs, lap-dogs, and other dogs with no work to do, should be abolished; it is only in the country that a dog has any justification for his existence.

The old theory that animals have only instinct, not reason, to guide them, is knocked endways by the dog. A dog can reason as well as a human being on some subjects, and better on others, and the best reasoning dog of all is the sheep-dog. The sheep-dog is a professional artist with a pride in his business. Watch any drover's dogs bringing sheep into the yards. How thoroughly they feel their responsibility, and how very annoyed they get if a stray dog with no occupation wants them to stop and fool about! They snap at him and hurry off, as much as to say: "You go about your idleness. Don't you see this is my busy day?"

Sheep-dogs are followers of Thomas Carlyle. They hold that the only happiness for a dog in this life is to find his work and to do it. The idle, 'dilettante', non-working, aristocratic dog they have no use for.

The training of a sheep-dog for his profession begins at a very early age. The first thing is to take him out with his mother and let him see her working. He blunders lightheartedly, frisking along in front of the horse, and his owner tries to ride over him, and generally succeeds. It is amusing to see how that knocks all the gas out of a puppy, and with what a humble air he falls to the rear and glues himself to the horse's heels, scarcely daring to look to the right or to the left, for fear of committing some other breach of etiquette.

He has had his first lesson -- to keep behind the horse until he is wanted. Then he watches the old slut work, and is allowed to go with her round the sheep; and if he shows any disposition to get out of hand and frolic about, the old lady will bite him sharply to prevent his interfering with her work.

By degrees, slowly, like any other professional, he learns his business. He learns to bring sheep after a horse simply at a wave of the hand; to force the mob up to a gate where they can be counted or drafted; to follow the scent of lost sheep, and to drive sheep through a town without any master, one dog going on ahead to block the sheep from turning off into by-streets while the other drives them on from the rear.

How do they learn all these things? Dogs for show work are taught painstakingly by men who are skilled in handling them; but, after all, they teach themselves more than the men teach them. It looks as if the acquired knowledge of generations were transmitted from dog to dog. The puppy, descended from a race of sheep-dogs, starts with all his faculties directed towards the working of sheep; he is half-educated as soon as he is born. He can no more help working sheep than a born musician can help being musical, or a Hebrew can help gathering in shekels. It is bred in him. If he

can't get sheep to work, he will work a fowl; often and often one can see a collie pup painstakingly and carefully driving a bewildered old hen into a stable, or a stock-yard, or any other enclosed space on which he has fixed his mind. How does he learn to do that? He didn't learn it at all. The knowledge was born with him.

When the dog has been educated, or has educated himself, he enjoys his work; but very few dogs like work "in the yards". The sun is hot, the dust rises in clouds, and there is nothing to do but bark, bark, bark -- which is all very well for learners and amateurs, but is beneath the dignity of the true professional sheep-dog. When they are hoarse with barking and nearly choked with dust, the men lose their tempers and swear at them, and throw clods of earth at them, and sing out to them "Speak up, blast you!"

Then the dogs suddenly decide that they have done enough for the day. Watching their opportunity, they silently steal over the fence, and hide in any cool place they can find. After a while the men notice that hardly any are left, and operations are suspended while a great hunt is made into outlying pieces of cover, where the dogs are sure to be found lying low and looking as guilty as so many thieves. A clutch at the scruff of the neck, a kick in the ribs, and they are hauled out of hiding-places; and accompany their masters to the yard frolicking about and pretending that they are quite delighted to be going back, and only hid in those bushes out of sheer thoughtlessness. He is a champion hypocrite, is the dog.

Dogs, like horses, have very keen intuition. They know when the men around them are frightened, though they may not know the cause. In a great Queensland strike, when the shearers attacked and burnt Dagworth shed, some rifle-volleys were exchanged. The air was full of human electricity, each man giving out waves of fear and excitement. Mark now the effect it

had on the dogs. They were not in the fighting; nobody fired at them, and nobody spoke to them; but every dog left his master, left the sheep, and went away to the homestead, about six miles off. There wasn't a dog about the shed next day after the fight. The noise of the rifles had not frightened them, because they were well-accustomed to that.*

* The same thing happened constantly with horses in the South African War. A loose horse would feed contentedly while our men were firing, but when our troops were being fired at the horses became uneasy, and the loose ones would trot away. The excitement of the men communicated itself to them.

Dogs have an amazing sense of responsibility. Sometimes, when there are sheep to be worked, an old slut who has young puppies may be greatly exercised in her mind whether she should go out or not. On the one hand, she does not care about leaving the puppies, on the other, she feels that she really ought to go rather than allow the sheep to be knocked about by those learners. Hesitatingly, with many a look behind her, she trots out after the horses and the other dogs. An impassioned appeal from the head boundary rider, "Go back home, will yer!" is treated with the contempt it deserves. She goes out to the yards, works, perhaps half the day, and then slips quietly under the fences and trots off home, contented.