


**From:** Winetta Nguyen win.nguyen@denominationalhealth.ca   
**Subject:** December Newsletter: 'Tis the Season of Giving & Care  
**Date:** April 27, 2026 at 1:02 PM  
**To:** Winetta Nguyen win.nguyen@denominationalhealth.ca

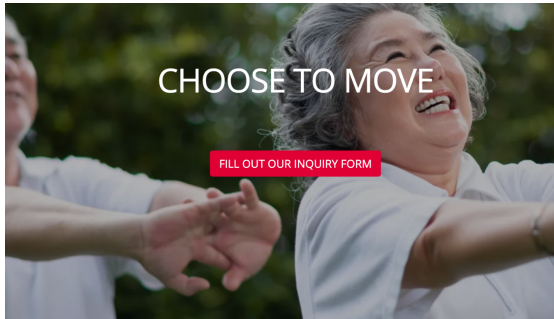
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## **Santa's Visit to the Broadway Group**

As we head into the holiday season, we came across this joyful moment from *The Broadway Group*, where Santa stopped by to spread some holiday cheer. To view more photos, check out their [Facebook page](#).

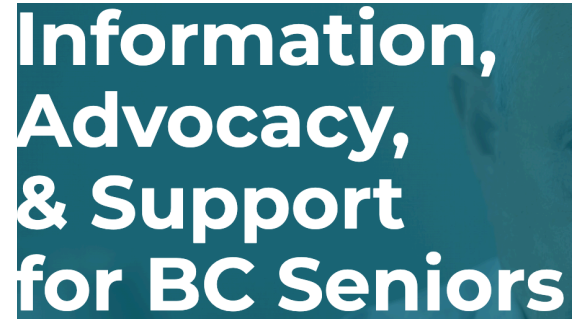
# Programs & Events Spotlight



## **Choose to Move:** **Free 3-month program**

Choose to Move is a free choice-based physical activity, group, and individual coaching program for seniors and older adults looking to be more active. Based on the best research evidences, this program gives participants the tools, skills, and resources to start moving again.

Click [here](#) to learn more.

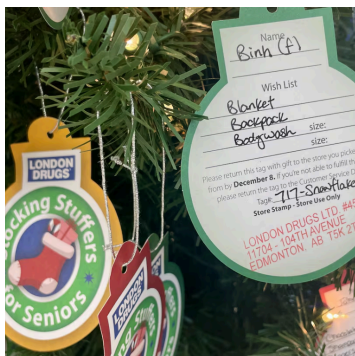


## **Check out:** **Seniors First BC**

**Seniors First BC** is a non-profit organization that supports older adults across British Columbia by providing free information, advocacy, legal help, and referrals.

Their services include a confidential helpline, legal advocacy, elder abuse support, and assistance with advance planning and seniors' rights. Check out their [upcoming event list](#) for January.

# Articles Worth Sharing



## **London Drugs stores collecting stocking stuffers for seniors**

Holiday trees are placed in stores where customers can pick a gift tag containing wish list items for a senior in their community. London Drugs then delivers the gifts to care homes.

This year London Drugs is partnering with more than 200 care homes in western Canada. The program has delivered about 97,000 gifts to seniors to date. Read more [here](#).



## **As Canadian families spend at the holidays, seniors offer perspective on what matters most**

“Let’s face it, we buy what we need these days,” Newton said. After spending part of the morning with three women, with more than 200 combined holiday seasons under their belt, they were asked what matters the most. “You know what’s really nice? To see how many people get visited by their families,” says Pat Pitsel...“You can’t help but feel great when the other people are feeling good, because they’ve got their families in.” Read more [here](#).



## **Opinion: The cost of cutting care: Seniors deserve joy, not isolation, at Christmas**

As British Columbians decorate their homes for the holiday season and look forward to gathering with friends and family, many long-term care residents are facing a quieter, more isolated holiday season. Due to recent funding cuts, many long-term care operators are concerned they will be unable to schedule the staff needed to support celebrations and holiday meals. These are the very experiences that transform a care facility into a home. Read more [here](#).

## **Video Spotlight**

