



## SENIORS PROGRAM NEWSLETTER

### December Edition

#### Proverb of the Month

Houses built close together burn together

Proverb from Lesotho

[www.britannica.com/place/Lesotho](http://www.britannica.com/place/Lesotho)

Another year has almost gone by and celebrations for the New Year are coming up. Warmest wishes to you and your family for the holidays and for 2023. We look forward to seeing you in the new year with the full range of our programs and services.

Take care and stay safe!

#### Special Feature

##### Human Rights Day

Human Rights Day is on December 10, and this year is the 75th year celebration. It is the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights. It is a milestone document, which proclaims the inalienable rights that everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinions, national or social origin, property, birth or other status. Available in more than 500 languages, it is the most translated document in the world. More here: [www.un.org/en/observances/human-rights-day](http://www.un.org/en/observances/human-rights-day)





## Health corner

December is Women's Brain Health Month

Over 70% of Alzheimer's sufferers are women, a number that cannot be ignored.

Click the link below to learn about management of the disease  
<https://womensbrainhealth.org/>

## The Year in Review

Here are some of the memories we created together in 2022!





