



Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love



JANUARY

Looking Back on a Life Well Lived



Take time this month to reflect on the moments, people and experiences that have shaped a beautiful life.



THIS MONTH'S CONNECTION

January is a natural time to look back. Let's honor the journey, the memories and the milestones that make up their unique story.



TRY THIS TOGETHER

- ♥ Look through old photographs
- ♥ Bring a favorite keepsake or treasured object
- ♥ Share a favorite family story
- ♥ Make a simple timeline of important life moments
- ♥ Sit together and tell them what's happening in the family



MUSIC & MEMORIES

Play music from their younger years or songs you know have meaning to them.

Don't worry about choosing the "right" decade—follow what they respond to. A song can bring back a world of memories.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What accomplishment are you most proud of?
- ♥ What was one of the happiest times in your life?
- ♥ Who made you laugh the most?
- ♥ What advice would you give your younger self?



A GENTLE REMINDER

Every life has a story worth remembering, even when words are hard to find.



Connection doesn't have to be perfect to be meaningful.

Your presence, your voice and your time together matter.



♥ www.tbiwifelife.ca ♥

WAYS TO CONNECT • A FREE CAREGIVER RESOURCE





Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love



FEBRUARY

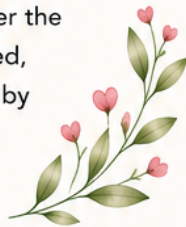
Friendship & Love

Celebrate the people and relationships that have shaped a lifetime of memories.



THIS MONTH'S CONNECTION

Relationships bring meaning, comfort and joy. This month, take time to remember the people who have loved, supported and stood by them through life.



TRY THIS TOGETHER

- ♥ Bring wedding or relationship photos
- ♥ Read an old love letter or card
- ♥ Share Valentine's cards
- ♥ Talk about special friends and memories together
- ♥ Make a list of people who have been important in their life



MUSIC & MEMORIES

Play love songs from the 1940s–1970s or music that reminds them of special people and times.



Music has a way of bringing memories to the heart.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ How did you meet your spouse or special someone?
- ♥ Who was your best friend growing up?
- ♥ What makes a good friendship?
- ♥ What is one of your favourite memories together?
- ♥ What did love look like when you were young?



A GENTLE REMINDER

*Love doesn't end when circumstances change.
It lives in the memories and the moments you share.*



*Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.*



♥ www.tbiwifelife.ca ♥

WAYS TO CONNECT • A FREE CAREGIVER RESOURCE





Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love



MARCH

Hobbies & Passions

Reconnect with the activities and interests that brought joy.



THIS MONTH'S CONNECTION

Hobbies and passions are a beautiful part of who we are. This month, let's celebrate the things that brought meaning, creativity and happiness.



TRY THIS TOGETHER

- ♥ Bring craft supplies or art materials
- ♥ Look through gardening magazines or seed catalogues
- ♥ Watch a video about a favourite hobby
- ♥ Look at scrapbooks or project photos
- ♥ Listen to an audiobook about something they enjoy



MUSIC & MEMORIES

Play songs that celebrate life, creativity and the things they love—like dancing, crafts, gardening or travel.

— ♥ —
Music can spark memories, lift spirits and bring back a smile.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What hobbies or activities did you love?
- ♥ What would you do on a perfect Saturday?
- ♥ What skill are you most proud of?
- ♥ Is there something you've always wanted to try?
- ♥ What do you enjoy watching or learning about?



A GENTLE REMINDER

The things we love remain part of who we are.



*Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.*



♥ www.tbiwifelife.ca ♥

WAYS TO CONNECT • A FREE CAREGIVER RESOURCE





Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love



APRIL

Spring & New Beginnings

Celebrate the signs of spring and the joy of fresh starts.



THIS MONTH'S CONNECTION

Spring is a season of renewal. Take time to notice the beauty around you and the small moments that bring new energy and hope.



TRY THIS TOGETHER

- ♥ Bring flowers (check with staff) or a plant to enjoy together
- ♥ Take a walk outside or sit by a window and watch the world come to life
- ♥ Look through gardening catalogues or nature magazines
- ♥ Listen to the sounds of birds or relaxing nature videos
- ♥ Create a simple spring craft or colouring page together



MUSIC & MEMORIES

Play songs that celebrate spring, new beginnings and sunshine.

Music can lift our spirits and bring a little sunshine to our time together.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What are some signs of spring you look forward to?
- ♥ Did your family have Easter traditions?
- ♥ What flowers or plants did you enjoy growing?
- ♥ What does a fresh start mean to you?
- ♥ What makes you feel hopeful?



A GENTLE REMINDER

Small moments can bring fresh joy.



Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.



www.tbiwifelife.ca



WAYS TO CONNECT • A FREE CAREGIVER RESOURCE





Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love 

MAY

Celebrating Mothers & Mother Figures

Take time to celebrate the mothers, grandmothers, aunts, caregivers and mentors who shaped our lives with love and strength.



THIS MONTH'S CONNECTION

Mother figures show up in many ways. This month, let's honour the women who have loved, cared for and guided us through life.

Every act of love leaves a lasting impression.



TRY THIS TOGETHER

- ♥ Bring family photos
- ♥ Create a "Things We Love About Mom" list together
- ♥ Share handwritten notes or cards from children and grandchildren
- ♥ Make or colour a special card
- ♥ Listen to songs about family, home and love
- ♥ Share favourite memories and traditions



MUSIC & MEMORIES

Play songs that remind you both of family, home and unconditional love.

Music can bring back memories, lift our spirits and open the heart.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What was your favourite part of being a mother?
- ♥ What family traditions did you create?
- ♥ What are you most proud of in your family?
- ♥ What advice would you give future generations?



A GENTLE REMINDER

*The best gift is time together.
Your love and presence mean the world.*



*Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.*



www.tbiwifelife.ca



WAYS TO CONNECT • A FREE CAREGIVER RESOURCE





Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love



JUNE

Sunshine & Simple Pleasures

Enjoy the warmth of the season
and the little things that
bring joy each day.



THIS MONTH'S CONNECTION

June is a perfect time to slow down
and enjoy simple pleasures together.
Look for the everyday moments
that bring smiles, comfort and
a sense of peace.



TRY THIS TOGETHER

- ♥ Sit outside and enjoy the sunshine together
- ♥ Watch the sunset or look at the clouds
- ♥ Enjoy a favourite treat or drink
- ♥ Go for a short drive or listen to nature
- ♥ Look through summer photos from past years
- ♥ Make a summer bucket list or dream list together



MUSIC & MEMORIES

Play feel-good songs from summer
vacations, barbecues or special
times in the past.

*Music can bring back sunshine
memories and lift the heart.*



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What is your favourite thing about summer?
- ♥ What are some of your best summer memories?
- ♥ Where did you love to go on vacation?
- ♥ What was a favourite summer treat when you were younger?
- ♥ What are you looking forward to this summer?



A GENTLE REMINDER

*It's often the simple moments
that become the most beautiful memories.*



*Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.*



♥ www.tbiwifelife.ca ♥

WAYS TO CONNECT • A FREE CAREGIVER RESOURCE





Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love

JULY

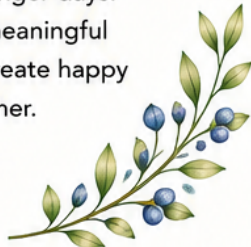
Sun, Stories & Sweet Memories

Celebrate the heart of summer with moments that bring laughter, connection and joy.



THIS MONTH'S CONNECTION

July invites us to slow down and enjoy the longer days. Make time for meaningful moments that create happy memories together.



TRY THIS TOGETHER

- ♥ Have a picnic or enjoy a meal outside
- ♥ Watch fireworks or listen to them together
- ♥ Go for a walk in the evening
- ♥ Share favourite summer vacation stories
- ♥ Make the perfect summer playlist
- ♥ Build a sandcastle or do a fun water activity
- ♥ Make ice cream sundaes or homemade popsicles



MUSIC & MEMORIES

Play songs that take you back to summer road trips, beach days or special times with loved ones.

Music brings back the feelings of sunshine, freedom and fun.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What is your favourite thing about summer?
- ♥ What is a favourite memory from summer vacations?
- ♥ Where was the best place you have ever visited?
- ♥ What makes you laugh the most?
- ♥ What are you most looking forward to this summer?



A GENTLE REMINDER

The best moments aren't planned—they're shared. Be present and enjoy today.



Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.



♥ www.tbiwifelife.ca ♥

WAYS TO CONNECT • A FREE CAREGIVER RESOURCE



Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love



AUGUST

Golden Days & Grateful Hearts

Savour the last days of summer and create memories that will last all year long.



THIS MONTH'S CONNECTION

August is a time of warmth, adventure and appreciation. Take time to notice the beauty around you and the special people who make life brighter.



TRY THIS TOGETHER

- ♥ Watch the sunrise or sunset together
- ♥ Have a backyard campfire or BBQ
- ♥ Go for a hike or explore somewhere new
- ♥ Enjoy a day by the water or pool
- ♥ Take lots of photos to remember the good times
- ♥ Write down your favourite moments from this summer
- ♥ Plan something fun before summer ends



MUSIC & MEMORIES

Play songs from summer road trips, beach days or special times with family and friends.

Music has a way of turning ordinary moments into unforgettable memories.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What was the highlight of your summer so far?
- ♥ What is a favourite place you visited or would love to visit?
- ♥ What summer tradition do you love the most?
- ♥ What is something new you tried this summer?
- ♥ What are you most grateful for right now?



A GENTLE REMINDER

Take time to slow down, be present and enjoy the moments that matter most.



*Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.*

♥ www.tbiwifelife.ca ♥

WAYS TO CONNECT • A FREE CAREGIVER RESOURCE





Ways to Connect



SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love

SEPTEMBER

New Seasons & Cozy Connections

Welcome the change of seasons with warmth, gratitude and moments that matter.



THIS MONTH'S CONNECTION

September is a time of transition and reflection. It's a beautiful reminder to slow down, be present and enjoy the simple comforts of home, nature and each other's company.



TRY THIS TOGETHER

- ♥ Enjoy a warm drink together
- ♥ Take a nature walk and watch the leaves begin to change
- ♥ Bake something cozy like muffins, cookies or apple crisp
- ♥ Create a gratitude jar or list together
- ♥ Read a book or share a favourite story
- ♥ Start a fall craft or decorate for the season
- ♥ Visit a local fall fair, market or festival



MUSIC & MEMORIES

Play songs that remind you of cozy nights, family traditions or changing seasons.

Music can wrap around us like a blanket and bring back the memories that warm our hearts.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What is your favourite thing about fall?
- ♥ What fall traditions did you enjoy growing up?
- ♥ What is a favourite memory from September?
- ♥ What are you looking forward to this season?
- ♥ What makes you feel cozy and comfortable?



A GENTLE REMINDER

Small acts of connection today create lasting memories tomorrow.



Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.

♥ www.tbiwifelife.ca ♥

WAYS TO CONNECT • A FREE CAREGIVER RESOURCE





Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love

OCTOBER

Colourful Days & Heartfelt Moments

Celebrate the beauty of fall and make time for the people and moments that bring comfort and joy.



THIS MONTH'S CONNECTION

October reminds us that change can be beautiful. Take time to notice the little joys, the colours around you and the special people who make life meaningful.



TRY THIS TOGETHER

- ♥ Go for a scenic drive to see the fall colours
- ♥ Visit a pumpkin patch or pick out pumpkins for decorating
- ♥ Cook a favourite fall recipe together
- ♥ Create a fall bucket list or plan something to look forward to
- ♥ Have a cozy movie night at home
- ♥ Make homemade soup and enjoy it together
- ♥ Write down what you are grateful for this season



MUSIC & MEMORIES

Play songs that remind you of cool crisp days, cozy nights or special memories together.

Music can set the perfect mood and bring back memories that warm the heart.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What is your favourite thing about fall?
- ♥ What fall tradition did you enjoy growing up?
- ♥ What is a happy memory from October?
- ♥ What do you love most about the change of seasons?
- ♥ What are you looking forward to as the days get cooler?



A GENTLE REMINDER

Take time for connection today. The moments you share now become the memories you cherish forever.



Connection doesn't have to be perfect to be meaningful. Your presence, your voice and your time together matter.





Ways to Connect



SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love



NOVEMBER

Gratitude, Comfort & Connection

As the days grow colder, let's focus on gratitude, kindness and the people who make life meaningful.



THIS MONTH'S CONNECTION

November is a beautiful time to pause and appreciate all that we have. Take time to connect with loved ones and create moments that bring warmth to the heart.



TRY THIS TOGETHER

- ♥ Share what you're thankful for this year
- ♥ Make a gratitude jar and add to it throughout the month
- ♥ Bake something warm and enjoy it together
- ♥ Have a cozy game or puzzle night
- ♥ Write and send a thoughtful card to someone
- ♥ Watch a favourite movie or a holiday classic together
- ♥ Do a random act of kindness



MUSIC & MEMORIES

Play songs that bring back memories of special times, family gatherings or cozy nights in.

Music can remind us of love, laughter and the moments that matter most.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What are you most grateful for this year?
- ♥ What is a favourite memory from your life?
- ♥ What traditions do you enjoy the most?
- ♥ What makes you feel loved and appreciated?
- ♥ What are you looking forward to in the coming months?



A GENTLE REMINDER

Small moments of connection today create lasting memories tomorrow.



Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.



♥ www.tbiwifelife.ca ♥

WAYS TO CONNECT • A FREE CAREGIVER RESOURCE



Ways to Connect

SIMPLE IDEAS FOR MEANINGFUL MOMENTS

with someone you love—



DECEMBER

Warm Hearts & Joyful Connections

Celebrate the magic of the season with love, kindness and moments that create memories to cherish forever.



THIS MONTH'S CONNECTION

December is a time of togetherness, gratitude and celebration. Take time to enjoy the simple joys, create new traditions and remind each other how much you mean.



TRY THIS TOGETHER

- ♥ Enjoy hot cocoa or tea by the tree
- ♥ Decorate cookies or gingerbread houses
- ♥ Watch holiday lights in your neighbourhood
- ♥ Make handmade gifts or ornaments
- ♥ Write down your favourite moments from the year
- ♥ Create a holiday playlist and dance in the living room
- ♥ Plan a cozy night in with blankets and a holiday movie
- ♥ Volunteer or do something kind for others



MUSIC & MEMORIES

Play songs that bring back special memories of holidays past. Music has a way of filling our hearts with warmth and joy.

Music connects us to the moments we never want to forget.



CONVERSATION STARTERS

If conversation is possible, try:

- ♥ What is your favourite holiday tradition?
- ♥ What was the best part of your year?
- ♥ What holiday memory makes you smile every time?
- ♥ What are you most looking forward to in the new year?
- ♥ What makes you feel most loved during the holidays?



A GENTLE REMINDER

The best gifts aren't wrapped—they're shared. Be present and enjoy today.



Connection doesn't have to be perfect to be meaningful.
Your presence, your voice and your time together matter.



www.tbiwifelife.ca



WAYS TO CONNECT • A FREE CAREGIVER RESOURCE

