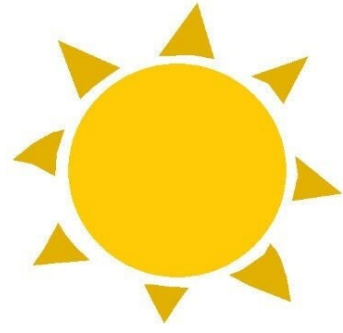


Summer Word Search



SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	E	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															



INSPIRED
SENIOR LIVING



Evergreen Retirement Community July 2023 Newsletter



July Highlights

July Events

- Saturday July 1st– Canada Day Travelogue & Trivia with Apple Cinnamon Mocktails at 2pm in Town Square
- Thursday July 6th- Potato Chip Taste-Testing 2pm in Games Room
- Friday July 7th- Entertainment– Matt Zaddy with Key Lime Pie- 2pm in Town Square
- Monday July 10th– Pina Colada Social at 3pm in Town Square
- Tuesday July 11th– National Culinary Arts Month– Chef’s Demo at 2pm in Craft Kitchen
- Wednesday July 12th– New Conversation Day– Compliment Bingo 3pm in Town Square
- Friday July 14th– Bastille Day– Travelogue and Trivia on France– 3pm in Fireside Lounge
- Friday July 14th- Entertainment– Tim Godfrey with Hot Dogs- 2pm in Town Square
- Tuesday July 18th- Rangoli Design Craft with Aman at 2pm in Craft Kitchen
- Wednesday July 19th- Wine & Paint Social in 2pm Craft Kitchen (Please sign up with Brandon or Danielle)
- Friday July 21st- Entertainment– Rosita Stone with Raspberry Cake at 2pm in Town Square
- Thursday July 27th- Afternoon Tea Social at 2pm in Windows Bar
- Thursday July 27th- 820 Resident Meeting- 3:30pm in Theatre
- Friday July 28th– Carnival Day Entertainment- Frank Baggetta with Fudgesicles at 2pm in Dining Room Patio followed by games, treats and prizes!

Evergreen Retirement Community Family

General Manager– Neil Montalban

Office Manager– Jailene Barrera

Health & Wellness Manager– Melody De Guzman

Environmental Services Manager– Dennis Lazaro

Community Relations Managers– Teodora Elez & Natasha Murray

Dining Services Manager– Teresa Iannucci

Executive Chef– Karen Antonio

Dining Services Supervisor– Brigitta Younan

Life Enrichment Manager– Brandon Hay

Life Enrichment Assistant– Danielle Colalillo



**Living, Loving
Local for July-
Cherries**

Cherries are low in calories and chock full of fiber, vitamins, minerals, nutrients, and other good-for-you ingredients. You'll get vitamins C, A, and K. Each long-stemmed fruit delivers potassium, magnesium, and calcium too. They also bring antioxidants, like beta-carotene, and the essential nutrient choline.

Go 4 Life Walking Club

Physical and Social Wellness

Go4Life is a fitness program, including walking, that encourages adults to incorporate exercise and physical activity into their daily lives. The National Institute on Aging (NIA) leads the efforts in conducting and supporting research on aging and the health and well-being of older adults. They created Go4Life to try and make a difference by providing information and motivational tools to assist with physical activity and by working with organizations to provide an environment that support their efforts. A daily walking club was one of the key exercise programs. Go4Life also emphasizes the importance of resistance exercise for the overall goal of achieving overall brain health.

Mumtaz' Salon & Spa

Tuesday, Wednesday and Friday:

9am — 4pm

For bookings, please contact: 647-639-2740

Sense of Hearing Clinic

Friday July 28th

9:00am to 12pm

For Hearing appointment bookings, please see Reception

Fitness Classes

Physical Wellness

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need:

- At least **150 minutes a week** (for example, 30 minutes a day, 5 days a week) of **moderate intensity activity** such as brisk walking. Or they need 75 minutes a week of **vigorous-intensity activity** such as hiking, jogging, or running.
- At least **2 days a week** of activities that **strengthen muscles**.
 - Activities to **improve balance** such as standing on one foot about 3 days a week.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

July Outings

Tuesday July 4th– Great Canadian Casino- 10:30am

Tuesday July 11th- Panera Bread & Indiana Jones Movie at Cineplex Theatres- 11:30am

Tuesday July 18th- Toro Toro Sushi & Stroll in Kariya Park- 11:00am

Tuesday July 25th– McMichael Canadian Art Collection- 10:00am

If interested, please sign up with Brandon or Danielle

MEDICAL APPOINTMENTS:

MONDAY, WEDNESDAY AND FRIDAY

GROUP OUTINGS– TUESDAY

SHOPPING DAY—THURSDAY

DEPARTURES: 9:00AM—SCOTIA BANK,

HEARTLAND/WALMART—PICK UP 3:00PM

10:00AM—ERIN MILLS TOWN CENTRE– PICK UP 2:30PM

10:30AM—SQUARE ONE—PICK UP 2:00PM

12:00PM—MISCELLANEOUS

***RESIDENTS OF 810 & 830- SHUTTLE COST: \$16.00**

New Programs

*Personal Travelogues with Brandon every Monday at 2pm

*Baking Club every Friday at 10:30am

*Book Club every Monday at 2pm

*“Ice Cream” socials every Tuesday at 3pm

*Scavenger Hunts every Wednesday at 10:30am



Welcome To Evergreen!

**Stan Flower
Eunice Daigle
Eva Mayer
Sukla Raha**

Resident Birthdays!

- July 1st– Ann Brown**
- July 6th– Ruth Gregory & Robert Lester**
- July 10th– Bill Prijatelj**
- July 13th– Annie Stariha & Patricia McHugh**
- July 17th– Rosa Fernandes**
- July 21st– Cheryl Atkinson**
- July 26th– Marilyn Hardy**
- July 27th– Isabel Boudreau**
- July 29th– Marian McCauley**
- July 29th– Sara Taraso**

Our Signature Programs

Fit Minds

Intellectual and Social Wellness

Fit Minds programs are evidence-based Cognitive Stimulation Programs based on Language and Music, Visual/ Spatial Orientation, Working & Long Term Memory, Critical Thinking and Computation skills.

Because of the concept of brain plasticity, we know the brain can continue to grow as we age. It's important that we continue to challenge our brains every day.

Art Programs

Emotional and Intellectual Wellness

Meet Me at the MoMA

Meet Me at the MoMA is an art program utilizing prints, sketches and photography from the Museum of Modern Art. An art lecture series will accompany all art modules in the Meet Me at the MoMA program. You will enjoy working with art in different mediums and have the opportunity to engage in intellectual conversations about art history, the artists and their works.

Art alone can be fun and experiential but is not limited to just an artistic endeavour, but you will also enjoy the many health benefits associated with art and will be encouraged and supported in their artistic expression and creativity.

Drumfit

Physical and Emotional Wellness

A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting, participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.

Artful Enrichment

High-quality art programs that promote creative expression, social connectivity, and lifelong learning. All of the programs are uniquely designed to empower everyone, and enhance your community's overall creative culture.