

GRANDPARENTS DAY!!!!

M A U N O I T I D A R T D Q P W L S B N H C H A
 U S Q H S S A L P Q K M B Z S S Y Y E E G S A P
 Z L L S E I R O T S D V L W S A I V R Y G H D D
 P L Y D P A C N S V W Z T Z D R I I B Y Z D V N
 W E R L V V P Z J M A T J I X T T D G G T B L A
 O K O I D P S P B R Q B L O A A D O Y I Z X T R
 N H N H G M L O R N X O Q L G Z K Y L J V T E G
 P H O C L E O A B E H M E E I E T A R B E L E C
 B D H D V M G G Y J C R I M H D R A B Y D A A M
 Z I W N U O Y Y O T J I I V W G Y I B A R A Y F
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 E B C R Z I Z U R A B O Q T L E Z I N G O C E R
 L F L G K E L G E F L L Y I E X E R D T H D S O
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 S B A K I N G G D F T A F H D T Z I G N R S F F
 V Y Q V A V S P M O F T L A U G H W K I Q K I Q
 B L O R I M A O T A C U O Y E V O L I F Y T G F
 V D R S G T R A I E T W Z J H M C A P A P C G C
 P T I W E U M Q P D I E Q J N R P S F L T H O N
 C T I R W D Q S U I E Y R O Q C A R I N G O I Q
 Q Z N F N K E R F U N S O N T D S P U W K B K K
 K A S A Q R I T O U H Z U D A K D K F I N L B M
 L V R U L H G U F U D E G O T L V I E Q A V B P
 T G F S K Y B G G K G O G T H P J S P W N U V S

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|------------|------------|----------|------------|----------|
| Appreciate | Baking | Caring | Celebrate | Cookies |
| Family | Fun | Gift | Grandchild | Grandma |
| Grandpa | Heritage | Holidays | Honor | House |
| Hug | I LOVE YOU | Joy | Laugh | Maternal |
| Memories | Mimi | Papa | Paternal | Play |
| Read | Recognize | Relative | Respect | Stories |
| Tradition | Visit | Walk | | |



INSPIRED SENIOR LIVING



Evergreen Retirement Community September 2023 Newsletter



Mumtaz' Salon & Spa
 Tuesday, Wednesday and Friday:
 9am — 4pm
 For bookings, please contact: 647-639-2740

Sense of Hearing Clinic
 Friday September 29th
 9:00am to 12pm
 For Hearing appointment bookings,
 please see Reception

September Highlights

September Events

- Friday September 1st- Entertainment– Carla Gonzalez served with Orange Cake- 2pm in Dining Room Patio
- Friday September 8th- Entertainment– Vivianna with Tuxedo Cake at 2pm in Dining Room Patio
- Sunday September 10th– Craft- Grandparents Day Cards 11am in Craft Kitchen
- Thursday September 14th– National Cream-Filled Doughnut Day– Doughnut Social– 2pm in Townsquare
- Friday September 15th- Entertainment– Kelly Davies served with Apple Turnovers at 2pm in Dining Room Patio
- Friday September 15th– Beer Tasting 3:30pm in Dining Room Patio
- Friday September 15th- Potato Chip Taste-Testing 3:30pm in Dining Room Patio
- Saturday September 16th– Open House– International Fare- Entertainment– Legendre Trio served with Iced Chai Cocktails 1:30pm to 3:30pm in Townsquare
- Wednesday September 20th- Wine & Paint Social 2pm Craft Kitchen
(Please sign up with Brandon or Danielle)
- Thursday September 21st- Afternoon Tea Social with Strawberry Cream Pie at 2pm in Windows Bar
- Friday September 22nd– Entertainment– Ron Russell served with Blondies at 2pm in Dining Room Patio
- Tuesday September 26th– Poker with Desi from 2-4pm in Games Room
- Thursday September 28th- 820 Resident Meeting- 3:30pm in Theatre
- Friday September 29th– World Trivia with Apple Cinnamon Mocktails– 2pm in Townsquare
- Saturday September 30th– National Truth & Reconciliation Day Stories to Raise Awareness– 2pm in Craft Kitchen

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 September– Pears**

In addition to being a good source of fiber, pears are also high in vitamins C and K, as well as potassium and antioxidants. They're also especially good for gut health, and they may help keep you regular, too.

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.

Fitness Classes

Physical Wellness

Physical Activity is Essential to Healthy Aging

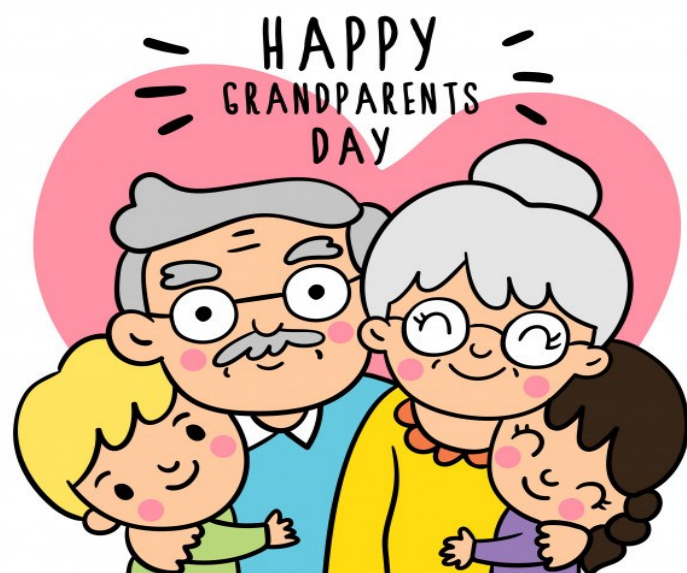
As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent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



September Outings

- Tuesday September 12th– Mohawk Casino– 10 am
- Tuesday September 19th– Apricot Tree Café– 11:30 am
- Tuesday September 26th– Palma Pasta/ Kitchen– 11:30 am

If interested, please sign up with Brandon or Danielle

MEDICAL APPOINTMENTS:

MONDAY, WEDNESDAY AND FRIDAY

GROUP OUTINGS– TUESDAY

SHOPPING DAY—THURSDAY

DEPARTURES: 11:00AM—SCOTIA BANK,

HEARTLAND/WALMART—PICK UP 12:00PM

10:00AM—ERIN MILLS TOWN CENTRE– PICK UP 1:00PM

10:30AM—SQUARE ONE—PICK UP 1:30PM

New Programs

- *Personal Travelogues with Brandon every Monday at 2pm**
- *Baking Club every Friday at 10:30am**
- *Seated Bowling every Tuesday at 2pm**
- *Fall-Themed Wreath Craft every Monday and Friday at 9:30am**



Resident Birthdays!

- September 4th- Diane Lee
- September 6th– Maria Moreira
- September 8th– Henry Olynyk
- September 9th– Gordon Baker
- September 15th– Mariah Kingsbury
- September 20th– Bogdan Drabik
- September 25th– Vivian Schoner
- September 26th– Louise Lammers
- September 27th– Micheline Burse
- September 29th– Yinjun Sheng

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.

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.

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.

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.