

FALL WORD SEARCH

H J N I F I P J K R F H R E T
 A D M B Z O R U E T F J E Y H
 L I U F T W O B M V R F W R A
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 O Y U A Z T N Y B C K S L B K
 W J A T C J D R S A E I F M S
 E G L O F N D S O E L Q N E G
 E S W E A T E R E C V L U V I
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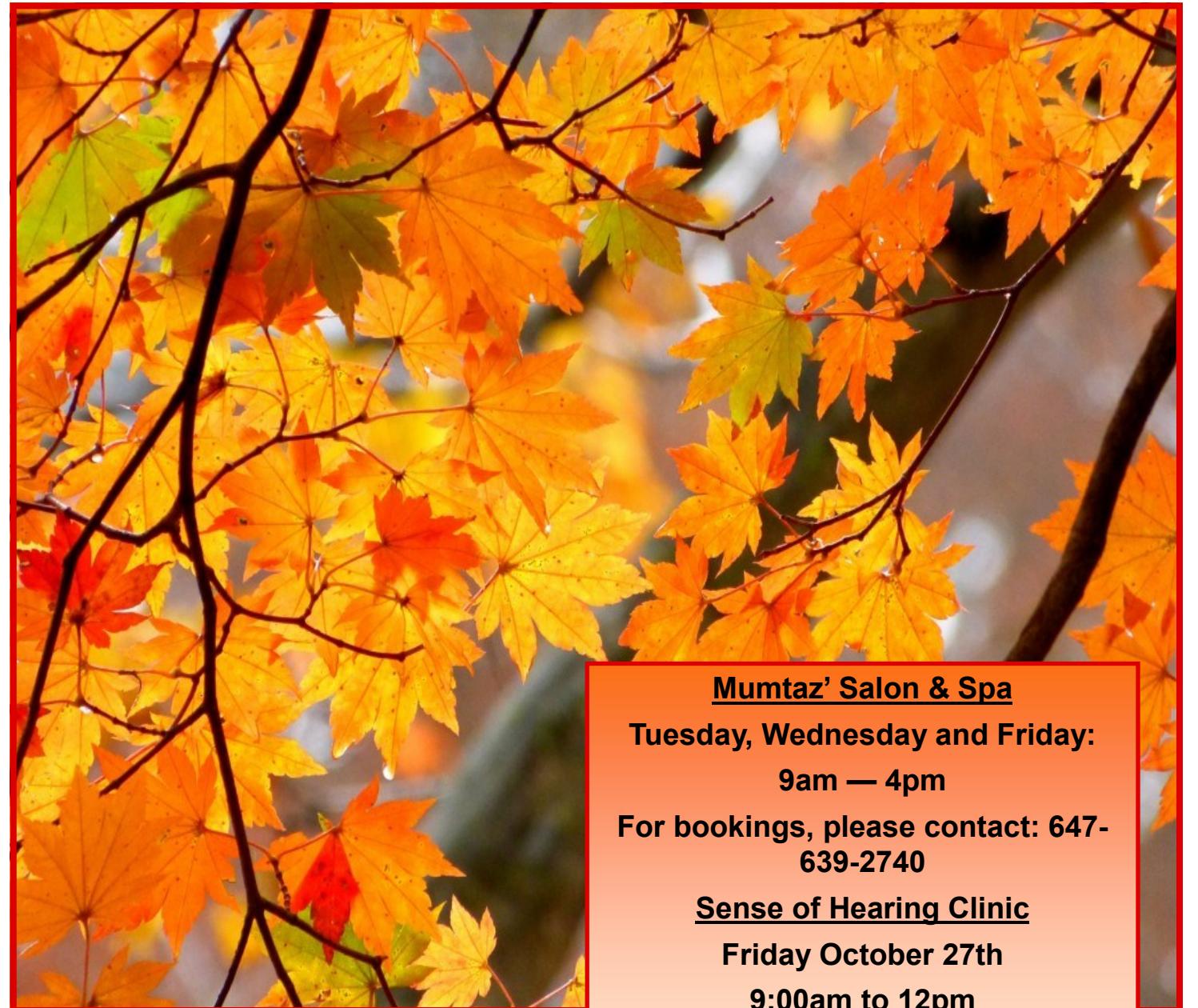
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|-----------|-----------|---------|--------------|-----------|
| ACORN | APPLES | AUTUMN | CANDY | CIDER |
| FOOTBALL | HALLOWEEN | HARVEST | HAYRIDE | LEAVES |
| NOVEMBER | OCTOBER | PUMPKIN | RAKE | SCARECROW |
| SEPTEMBER | SUNFLOWER | SWEATER | THANKSGIVING | TURKEY |



INSPIRED SENIOR LIVING



Evergreen Retirement Community October 2023 Newsletter



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

Sense of Hearing Clinic
 Friday October 27th
 9:00am to 12pm
 For Hearing appointment bookings,
 please see Reception

October Highlights

October Events

- Tuesday October 3rd- National Kale Day- Green Smoothie Social 3pm in Town Square
- Wednesday October 4th- Cinnamon Roll Day Social 2pm in Town Square
- Friday October 6th- Entertainment- Filipa Sousa served with Orange Cake at 2pm in Town Square
- Tuesday October 10th- National Angel Food Cake Social 3pm in Town Square
- Friday October 13th- Entertainment- Tim Godfrey served with Pecan Pie at 2pm in Town Square
- Monday October 16th- Dictionary Day- Word Definitions Trivia at 2pm in Town Square
- Wednesday October 18th- Hot Chocolate and Paint Social 2pm in Craft Kitchen
- Friday October 20th- Entertainment- Shannon Graham served with Nachos and Dip at 2pm in Town Square
- Saturday October 21st- National Apple Pie Day- Pie Social 2pm in Town Square
- Monday October 23rd- Boston Cream Pie Day Social 2pm in Town Square
- Thursday October 26th- Afternoon Tea with Pumpkin Pie at 2pm in Town Square
- Thursday October 26th- 820 Resident Meeting 3:30pm in Theatre
- Friday October 27th- Halloween Entertainment- Frank Bagetta served with Brownies at 2pm in Town Square
- Friday October 27th- American Beer Day Beer Tasting 3:30pm in Games Room
- Tuesday October 31st- Halloween Costume and Candy Social 3pm in Town Square

Please feel free to suggest ideas to Brandon or Danielle of activities or programs you would be interested in or would like to see!

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 October- Apples

Apples are highly nutritious fruits which provide numerous health benefits, including improved gut health and reduced risk of stroke, high blood pressure, diabetes, heart disease, obesity, and some cancers.

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.

October Outings

Tuesday October 10th- Peter's on Eglinton Restaurant- 11:30am

Tuesday October 17th- Paradiso Restaurant- 11:30am

Tuesday October 24th- Mohawk Casino- 10:30am

Tuesday October 31st- Andrew's Farm Market- 10:00am

If interested, please sign up with Brandon or Danielle

MEDICAL APPOINTMENTS:

MONDAY, WEDNESDAY AND FRIDAY FROM 9AM TO 1PM

GROUP OUTINGS- TUESDAY FROM 10AM TO 2PM

SHOPPING DAY- THURSDAY FROM 10AM TO 2PM

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

Mumtaz our Hairdresser will be away from October 4th to October 12th. During this time, the Salon will be closed. Please make your appointments accordingly. Thank you!





Welcome To Evergreen!

**Ezilla Martin
Ken & Lily Au Yeung
Maria Correira
Ivy Carvalho
Jay Gaweda**

Resident Birthdays!

- October 4th- Donola Tomlinson
- October 5th– Gisela Mueller
- October 9th- Amelia Gonsalves
- October 13th- Derrick Dacosta
- October 16th– Eveline Glen
- October 19th– Inga McQuay
- October 21st– Joanna Vaccaro & Bruno Reinert
- October 22nd– Shirley Ferguson
- October 24th- Cecilia Liem
- October 27th– Rita Fiorino
- October 28th– Loretta Del Duca

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.