

Christmas Word Search

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

- WREATH
- WISEMEN
- TINSEL
- STOCKINGS
- SNOWMAN
- SLEIGH
- SHEPHERDS
- SANTACLAUS
- RUDOLPH
- RIBBONS
- REINDEER
- PRESENTS
- POINSETTIA
- ORNAMENTS
- NORTHPOLE
- NATIVITY
- MISTLETOE
- JINGLEBELLS
- ICICLES
- HOLLY
- GINGERBREAD
- FRUITCAKE
- ELVES
- DECORATIONS
- CHRISTMAS
- CHIMNEY
- CAROLERS
- CANDYCANE
- BETHLEHEM
- ANGELS



INSPIRED SENIOR LIVING



Evergreen Retirement Community December 2023 Newsletter



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

December Highlights

December Events

- Friday December 1st- Entertainment– Rosita Stone served with Apple Pie- 2pm in Town Square
- Saturday December 2nd- Christmas Bazaar- 10-2pm in Town Square
- Monday December 4th- Investors Group Seminar- Will and Estate Planning- 2pm in Theatre
- Tuesday December 5th- Mulled Wine & Paint Social 2pm Craft Kitchen (Please sign up with Brandon or Danielle)
- Friday December 8th- Christmas Card Wreaths- 10:30am in Craft Kitchen
- Friday December 8th- Entertainment– All Nations Children’s Choir at 7pm in Town Square
- Saturday December 9th- Eden Bells APeel- 3pm in Town Square
- Sunday December 10th-Entertainment- CCBAG- Canadian Children’s Broadcasting Arts Group- 2pm Town Square
- Monday December 11th- Potato Chip Taste-Testing 2pm in Games Room
- Tuesday December 12th- Music Bingo with Don- 2pm in Games Room
- Tuesday December 12th- Gingerbread House Building- 3:30pm in Craft Kitchen
- Wednesday December 13th– Clarkson Christmas Cheer Choir– 2pm in Townsquare
- Thursday December 14th- Meeting on Resident Survey Results- 2pm in Theatre
- Friday December 15th- Entertainment– Kelly Davies served with Chocolate Cake at 2pm in Town Square (Wear your “Ugly” Christmas Sweaters)
- Monday December 18th- Meadowgreen Academy Children’s Choir- 10am in Town Square
- Monday December 18th- Christmas Tea Social with at 2pm in Windows Bar
- Friday December 18th– Christmas Beer Tasting 3:30pm in Games Room
- Tuesday December 19th- Art Gallery of Mississauga- Painting Class with Cynthia at 2pm in Art Studio in Craft Kitchen
- Friday December 22nd– Entertainment– Prince Cave served with Spiked Eggnog at 2pm in Town Square
- Monday December 25th- Christmas Caroling with Hot Chocolate and Shortbread- 2pm in Town Square
- Thursday December 28th- 820 Resident Meeting- 3:30pm in Theatre
- Friday December 29th– World Trivia with Apple Cinnamon Mocktails– 2pm in Townsquare
- Sunday December 31- NYE Entertainment- BJ Szigeti- served with Champagne and Tuxedo cake- 7pm 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 December–
Cranberries**

Cranberries have all kinds of health-boosting benefits. They're high in antioxidants. They have the highest level of phenols, a type of antioxidant. They're also high in anthocyanins. These are the compounds that give cranberries their dark red color. Studies have shown that they may have anti-cancer and anti-inflammatory effects.

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.

December Outings

Tuesday December 5th- Mohawk Casino– 10 am

Tuesday December 12th– Distillery District Stroll and Shopping- 10am

Tuesday December 19th– Christmas Lights Tour and Tim Hortons– 7pm

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

Join us for our Christmas Bazaar on Saturday December 2nd from 10am to 2pm in our Town Square! We also encourage family and friends to partake in the shopping spree!





Welcome To Evergreen!

**Sankar Banerjee
Hipolita Bumanlag**

Resident Birthdays!

December 2nd– Concetta Roberto & Rita Mattinson

December 3rd– Aziz Gharibo

December 6th– Jo Wheway

December 7th– Rosina Peltier

December 11th– George Mangolt

December 12th– Betty Dai & Lelia Di Cintio

December 15th– Anna Orlandi

December 17th– Carmel Milakovich

December 22nd– Jerry Loo

December 24th– Adele Holland

December 25th– Probhat Raha

December 26th– Otto Rendon

December 30th– Grace Martinho

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.