

Last Month's Recap!



INSPIRED SENIOR LIVING



EVERGREEN RETIREMENT COMMUNITY

Evergreen Retirement Community
February 2024 Newsletter



Sense of Hearing Clinic—
Friday February 23rd from 9-12pm in
Craft Kitchen. Please sign up with
Reception

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

February Highlights

February Events

- *Thursday February 1st- LLL- Beets Benefits and Trivia 3pm in Town Square*
- *Friday February 2nd- Entertainment- Heather Christine served with Tater Tots at 2pm in Town Square*
- *Monday February 5th- Chocolate Fondue Day- Fondue Social- 2pm in Town Square*
- *Thursday February 8th- LLL- Beets Smoothie Social 3pm in Town Square*
- *Friday February 9th- Entertainment- Jay Vasquez served with Pizza 2pm in Town Square*
- *Tuesday February 13th- Shrove Tuesday- Pancake Social- 2pm in Town Square*
- *Wednesday February 14th- Valentines Day Social with Cupcakes and Couple Interviews- 2pm in Town Square*
- *Wednesday February 14th- Ash Wednesday Mass- 3pm in Theatre*
- *Thursday February 15th– Lunar New Year Social 2pm in Town Square*
- *Friday February 16th- Entertainment- The Taylor Academy for Young Artists served with at 2pm in Town Square*
- *Monday February 19th- Afternoon Tea Social 2pm in Windows Bar*
- *Tuesday February 20th- Hot Chocolate & Paint Social Day 2pm Craft Kitchen (Please sign up with Brandon or Danielle)*
- *Thursday February 22nd– National Margarita Day Social- 3pm in Town Square*
- *Thursday February 22nd- 820 Resident Meeting- 3:30pm Theatre*
- *Friday February 23rd- Entertainment- Tim Godfrey served with Banana Bread- 2pm in Town Square*
- *Tuesday February 27th- Strawberry Day- Strawberry Smoothie 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 February– Beets**

Beets increases oxygen uptake, lengthening the time it takes to become fatigued, which allows people to stay active longer. Beets also contain antioxidants, compounds in foods that help repair DNA and maintain good cell health, and they have anti-inflammatory properties, reducing the risk for numerous chronic diseases.

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.



Balloon Volleyball

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.

February Outings

Tuesday February 6th- Mohawk Casino- 10:30am

Tuesday February 13th- East Side Mario's Restaurant- 11:30am

Tuesday February 20th- Mandarin Buffet- 11:30am

Tuesday February 27th- Cineplex Cinema Matinee- 11:30am

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

Outings!





**Welcome
To Evergreen!**

**Maria Sulz
Hoai Nhon Ho
Carlos Cabral
Ann Wang
Audrey Winter
Essam Mohammed**

Resident Birthdays!

February 1st– Maria Travassos
February 4th– Jack Palmer, Gisela Schraeder & Myrtle Lashley
February 8th– Stella Kingston
February 12th– Francesco Fiorino & Helen Kinkela
February 23rd– Kwame Agyemang & Audrey Thomson
February 27th– Helen Richardson
February 29th– Lea Menzie

**Happy 70th Wedding Anniversary
Peter & 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.