

Last Month's Recap!



Lunar New Year Celebration!



Jack & Myrtle's Birthday Celebration!



Heather Christine's Remarkable Performance



Wine & Cheese Event



Evergreen Retirement Community
March 2024 Newsletter



Sense of Hearing Clinic—
Friday March 29th 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

March Highlights

March Events

- Friday March 1st- Entertainment- Filipa Sousa served with Brownies 2pm in Town Square
- Friday March 8th- Entertainment- Bruce Tournay served with Butter Tarts 2pm in Town Square
 - Thursday March 14th– Potato Chip Tasting 3pm in Games Room
- Friday March 15th- Entertainment- Tony Gray served with Green Beer at 2pm in Town Square
- Friday March 17th– St. Patrick’s Day Entertainment Indigo Chimes 3:00pm in Town Square
- Tuesday March 19th- Wine & Paint Social 2pm Craft Kitchen (Please sign up with Brandon or Danielle)
 - Wednesday March 20th– Easter Mass 3pm in Theatre
- Thursday March 21st- Port of Spain- Entertainment- Carla Gonzalez served with Sangria- 2pm in Town Square
 - Thursday March 21st- 820 Resident Meeting 3:30pm in Theatre
- Friday March 22nd- Port of Morocco- Entertainment- Moroccan Dancers served with Mint Tea- 2pm in Town Square
- Saturday March 23rd – Mediterranean Open House- Port of Italy- Kelly Davies served with Bruschetta 1:30pm to 3:30pm in Town Square
- Monday March 25th- Port of Greece- Afternoon Tea in Greece 2pm in Windows Bar
- Tuesday March 26th- Port of Croatia- Chef Karen’s Demo– Squid Ink Risotto 2pm in Craft Kitchen
- Friday March 29th- Chicky Love- Susan & Baby Chicks at 3:30pm in Craft Kitchen

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– Kenny Cherry

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 March– Maple**

Pure maple syrup is not only high in antioxidants, but every spoonful offers nutrients like riboflavin, zinc, magnesium, calcium, and potassium. Oxidative damage, which is caused by free radicals, is believed to be among the mechanisms behind aging and many diseases. Antioxidants can neutralize free radicals and reduce oxidative damage, potentially lowering your risk of some diseases. Studies indicate that maple syrup is a decent source of antioxidants.

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.



Seated Bowling!

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.

March Outings

- **Tuesday March 6th- Grandstand (Woodbine) Casino- 10:30am**
 - **Tuesday March 12th- East Side Mario's- 11:30am**
 - **Tuesday March 19th- Spoon & Fork Restaurant- 11:30am**
 - **Tuesday March 26th- Snug Harbour Restaurant- 11:00am**

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





**Welcome
To Evergreen!**
Gulshan Ashton
Rita Maxwell
Betty & David Wilson

Resident Birthdays!

- March 10th– Lena Sicilia
- March 11th– Ernesto Parolin
- March 13th– Grace Wang
- March 15th– Esther Weisschu
- March 19th– Vera Dunjko
- March 20th– Murray Brox
- March 23rd– Caterina D’Andrea
- March 25th– Rick Whitelaw
- March 27th– Teresa Frantangeli

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.

Artfull 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.