

Mediterranean Cruise Week Recap!



Chef Karen's Squid Ink Risotto

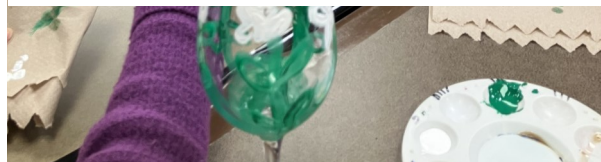
Chef Karen and Residents enjoying her dish as part of her Chef Demonstration



Carla Gonzales entertaining us in Spain for Cruise week



Myrtle's focused on perfecting her creation



Artfull Enrichment Wine Glass Painting with Danielle and Kenny, our new General Manager!



INSPIRED SENIOR LIVING



Evergreen Retirement Community April 2024 Newsletter



**Sense of Hearing Clinic—
Friday April 26th 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**

April Highlights

April Events

- *Monday April 1st– April Fools Day- Jokes & Riddles 10:30am in Craft Kitchen*
- *Thursday April 4th– Potato Chip Tasting 2pm in Games Room*
- *Friday April 5th- Entertainment– Ron Russell served with Brownies 2pm in Town Square*
- *Friday April 5th– International Beer Tasting– 3:30pm in Games Room*
- *Tuesday April 9th- Wine & Cheese Social- 2pm in Windows Bar*
- *Thursday April 11th- LLL- Egg Salad Sandwich Social 2pm in Town Square*
- *Thursday April 11th- National Pet Day- Puppy Therapy with Bella 4pm Town Square*
- *Friday April 12th- Entertainment– Shannon Graham served with Grilled Cheese Sandwiches 2pm in Town Square*
- *Tuesday April 16th- Chef Karen Cooking Demo- Leche Flan 3pm in Craft Kitchen*
- *Friday April 19th- Entertainment– Emilio Zarris served with Garlic Bread 2pm in Town Square*
- *Monday April 22nd- Afternoon Tea 2pm in Windows Bar*
- *Monday April 22nd- National Jelly Bean Day- Jelly Bean Taste test 3pm in Windows Bar*
- *Tuesday April 23rd- Art Gallery of Mississauga- Painting Class with Cynthia 2pm in Art Studio (Craft Kitchen)*
- *Thursday April 25th- 820 Resident Meeting- 3:30pm Theatre*
- *Friday April 26th- Entertainment– Tim Godfrey served with Soft Pretzels 2pm in Town Square*
- *Tuesday April 30th- Compliment Bingo Game 10:30am- Townsquare*
- *Tuesday April 30th—Rose Sangria & Paint Social 2pm 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– Zadid Neme

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 April– Eggs

Essential for building and repairing muscles, organs, skin, hair, and other body tissues; needed to produce hormones, enzymes, and antibodies; the protein in eggs is easily absorbed by the body.

Two large Grade A eggs contain 13g of protein and only 160 calories. Canada's Food Guide considers eggs to be a valuable source of high-quality protein.

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.

Luna the Moroccan Belly Dancer entertaining the crowd in Morocco for Cruise Week



April Outings

Tuesday April 9th– Mohawk Casino– 10am

Tuesday April 16th– Apricot Tree Cafe– 11:30am

Tuesday April 23rd– Milestones Restaurant– 11:30am

Tuesday April 30th– Cineplex Theatres: Movie Matinee– 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



Outing to Snug Harbour Restaurant in Port Credit



Resident Birthdays!

April 2nd– Nabil Rofail

April 3rd– Assunta Pelaccia

April 4th– Barrie Richardson & Bruna Di Genosa

April 8th– Ivy Carvalho De Sousa

April 11th– Ruth Murray

April 12th– Fred Schwarz

April 13th– Mary Ocquaye

April 15th– Joo Siow

April 20th– Maureen Crump

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.