

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Summer 2023



Vibrant summer adventures await at Four Elms Retirement Residence!

Be Social

In every edition we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. In this edition, we're exploring the theme of **staying social**.

Let's Dive into the Vibrant Summer Adventures!

A message from our Community Relations Managers

With warm summer weather, we're delighted to bring you our latest edition filled with news, events and updates that will make this summer truly exceptional! We're proud to provide a warm and caring environment where you can embrace the joys of retirement living while forging new friendships and creating cherished memories. Together, we'll make this summer a season of celebration, laughter and fulfillment.

UPCOMING DATES

Thursday, August 17 | Seniors' Health & Wellness Fair

Saturday, September 16 | International Street Market Open House





Community Engagement

Our team took a part in the Seniors' Active Living Fair at Chancellor Community Centre! We had an incredible opportunity to connect with seniors, as well as our valued community partners and talk to them about diverse living options with personalized care services. We shared valuable insights on how seniors can live a fulfilling and enriched life while receiving the care they deserve so that they feel supported in their unique journey.



Bon Appetit! Strawberry Pavlova

Incorporating strawberries into your meals and snacks can be a delightful way to enjoy their numerous health benefits. Whether eaten on their own, added to smoothies, tossed in salads, or used as a topping for desserts, strawberries can be a versatile and nutritious addition to your diet. Try Verve's signature Living Loving Local dessert dish and download a recipe card from VerveSeniorLiving.com under Inspiring Stories!

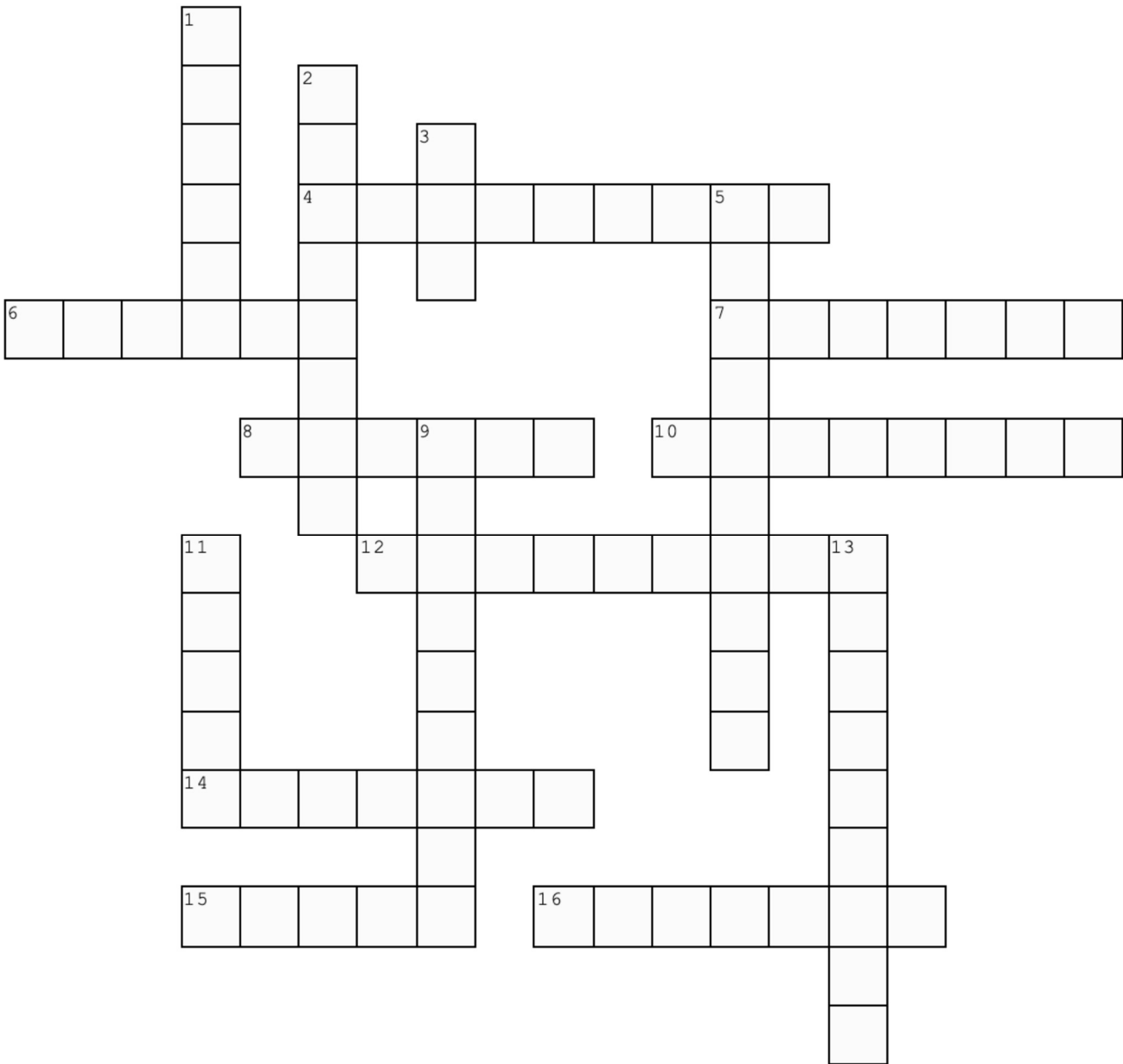


Team Member Highlight - Iris, Concierge

With a warm smile and a genuine desire to assist, Iris embodies the essence of hospitality that you feel when you first step into Four Elms. Iris enjoys building genuine connections with our residents and guests, and ensures that the experience they receive is nothing short of exceptional! Highlight of her summer was visiting home to the Philippines and seeing her family for the first time in 4 years.

Complete the crossword puzzle below:

First 10 readers who email in their completed puzzle win a **\$15 Tim Hortons gift card**. Email: info@fourlmsretirement.com



Across

4. This is drained to provide good humus
6. Carrots can be this colour
7. Another name for carrot
8. Cut carrots into
10. These keep us healthy
12. Type of mineral found in carrots
14. Grown without pesticides
15. Bugs _____

Down

1. Small cake sometimes for breakfast
2. Carrot cake, carrot pudding, carrot cookies
3. Not cooked
5. Not only delicious but _____
9. Type of carrot
11. Bigger than ex-large
13. Seeds of carrot plant used for this purpose

THE INSPIRED TIMES *for*
FOUR ELMS RETIREMENT RESIDENCE



Resident Activity Highlight

The scent of melting cheese, sizzling toppings and aromatic herbs filled the air as our residents have embarked on a pizza-making extravaganza! From traditional classics to adventurous combinations, every pizza became a canvas for self-expression! At Four Elms, pizza-making has become more than just an activity - it's a celebration of friendship, creativity, and the joy of being together.



Suite Feature

Enjoy inspired spaces for empowered living with a variety of well-appointed suite styles and sizes to suit your discerning taste.

IL 1 Bedroom Suites Starting at \$5,141!

- Well-appointed kitchenettes
- Climate control for your suite
- Easy-access shower with seat and grab bars
- Pet-friendly



Canada's Best Managed Company 2023!

We are thrilled to announce that Verve Senior Living has been granted the prestigious award of Canada's Best Managed Companies for 2023. Canada's best managed companies is one of the country's leading business awards programs recognizing innovative and world class businesses. As such, we are humbled to be recognized for our industry-leading performance, exemplary business practices, and sustained growth.