

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be Colourful

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. This month, we're exploring the theme of "be colourful".

Fall at Port Credit Residences

Enjoying the season together!

Fall has arrived at Port Credit Residences, bringing cool air, colourful leaves, and cozy days indoors. Residents are enjoying warm drinks, tasty soups, and fun fall crafts. It's a time to slow down, relax, and enjoy good company.

Whether it's a walk through the park, reading in the library, or meeting and chatting with friends, there's something special about this season at Port Credit Residences.

UPCOMING DATES

Oct 31st at 2PM: Entertainment with Matty and Heather

Nov 19th at 12PM: International Mens Day

Dec 9th at 2PM: Happy Holidays Show





Meet Our New GM!

We welcome Parry Lawrence as our new General Manager. With over 23 years of experience in the hotel industry and a proven track record in operational excellence, Parry brings a wealth of knowledge to our community. Parry is passionate about creating environments where both residents and team members thrive, and we're excited for the positive energy, insight, and dedication he brings to our community.



Team Member Spotlight

Justine has been with us the longest - since day one. With 14 years of dedication, she is the heartbeat of our community. As our Life Enrichment Manager Justine is the driving force behind many of the programs and activities our residence enjoy every day.

She leads signature programs including Fit Minds, DrumFit, art classes, fitness classes, walking groups, themed outings, special events, games, trivia, movie nights, and musical entertainment. Justine is a Blue Jays and Tiger-Cats fan, a classic rock enthusiast. We're lucky to have her!



Tour to Win!!!

Join us for lunch and tour at Port Credit Residences during the months of October and November and you can win a \$500 Gift Card!!!

Enter a ballot when you visit and you could be the lucky winner!!
Call us today.

Introducing Our New Sous Chef

With years of hands-on experience in professional kitchens, Lena Stano brings creativity, passion, and genuine care to every dish she prepares. She finds purpose and joy in crafting meals that bring comfort, warmth, and happiness to residents each day. For Lena, food is more than nourishment it's a way to connect, spark memories, and make residents feel valued and cared for. She takes pride in getting to know each resident's preferences and stories, often adding thoughtful, personal touches to create meals that feel both familiar and special.

Lena finds inspiration in exploring new culinary trends, dining at diverse restaurants, and sampling foods from around the world to discover flavors she can share with the community. Outside the kitchen, she loves spending time outdoors on scenic hikes with her dogs, where nature often inspires new menu ideas.



Lena Stano, Sous Chef



Lena's recipe

Pumpkin Cheesecake with Almond Crust

Ingredients

Crust: 2 cups almond flour, 1/3 cup butter (measured solid then melt) 3 tbsp sugar, 1 tsp vanilla extract.

Filling: 24 oz cream cheese (softened), 1 ¼ cup powdered sugar, 3 large eggs, 1 tsp cinnamon, 1 tsp vanilla extract, 1 cup unsweetened pumpkin purée.

Instructions

Crust: Mix ingredients, press into a parchment lined 9" springform pan, and bake at 350°F for 10-12 mins until golden. Cool completely.

Filling: Beat cream cheese, sugar and cinnamon until fluffy. Beat in the eggs one at a time. Then the pumpkin purée and vanilla. Pour over crust, smooth with spatula and bake for 45-55 minutes until center is set but still jiggly. Chill at least 4 hours (preferably overnight) then top with fresh whipped cream.



PORT CREDIT RESIDENCES





Resident Testimonial

For the past five years, I have been proud to call Port Credit Residences 'home'. When my husband died, my daughter urged me to move closer to family. It was she who visited a number of residences and chose me the second floor suite I now occupy which overlooks a public pool and children's playground. Perfect!

The staff here are unfailingly pleasant and accommodating. The Life Enrichment staff members keep us busy with interesting and educational programs. I particularly enjoy being a member of the Knitting Club and also the Book Club.

Our meals are well-prepared and varied. Not having to prepare them myself is an added joy at this time of my life.

I can't say enough about the Nursing Staff who are so attentive and caring and the discreet monitors we wear mean that help is always at hand quickly should it be needed.

I am happy with the way my suite is cleaned every week by one of our maintenance staff and the general upkeep of the public areas.

In short, I am a very happy camper and am truly grateful to be living here. The fact that my family can come and visit me often is an added attraction.

My thanks to the management and staff for making my 'golden years' some of the best days of my life.

June Tink

R.S.V.P to our upcoming events



October 31st

Halloween entertainment with Matty & Heather

Friday, October 31st at 2pm

Location: Port Credit Residences

Join us for some Halloween entertainment and treats. Dress in a costume, wear a Halloween hat or just come and enjoy the music by Matty and Heather.



November 19th

International Mens Day

November 19th at noon

Location: Donegal Arms & then at Port Credit Residences

Join us for a complimentary lunch at the Donegal Arms, meet and mingle with some of the guys from our residence and then enjoy an afternoon presentation - Billy Bishop Historical Aviation back at Port Credit Residences



December 9th

Happy Holidays Show

December 9th at 2pm

Location: Port Credit Residences

It's the holiday season and we invite you to our "Happy Holidays" show, a collection of traditional Christmas carols and Christmas favorites. Followed by a festive tea.

RSVP to all events! Space is limited, so call soon!

Port Credit Residences

Call (905) 274-6864

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Visit us online at VerveSeniorLiving.com



First three people to submit a completed word search to Jackie or Faryal will receive a Tim Horton's Gift Card!!!

FALL WORD SEARCH

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

FOOTBALL

NOVEMBER

SEPTEMBER

APPLES

HALLOWEEN

OCTOBER

SUNFLOWER

AUTUMN

HARVEST

PUMPKIN

SWEATER

CANDY

HAYRIDE

RAKE

THANKSGIVING

CIDER

LEAVES

SCARECROW

TURKEY