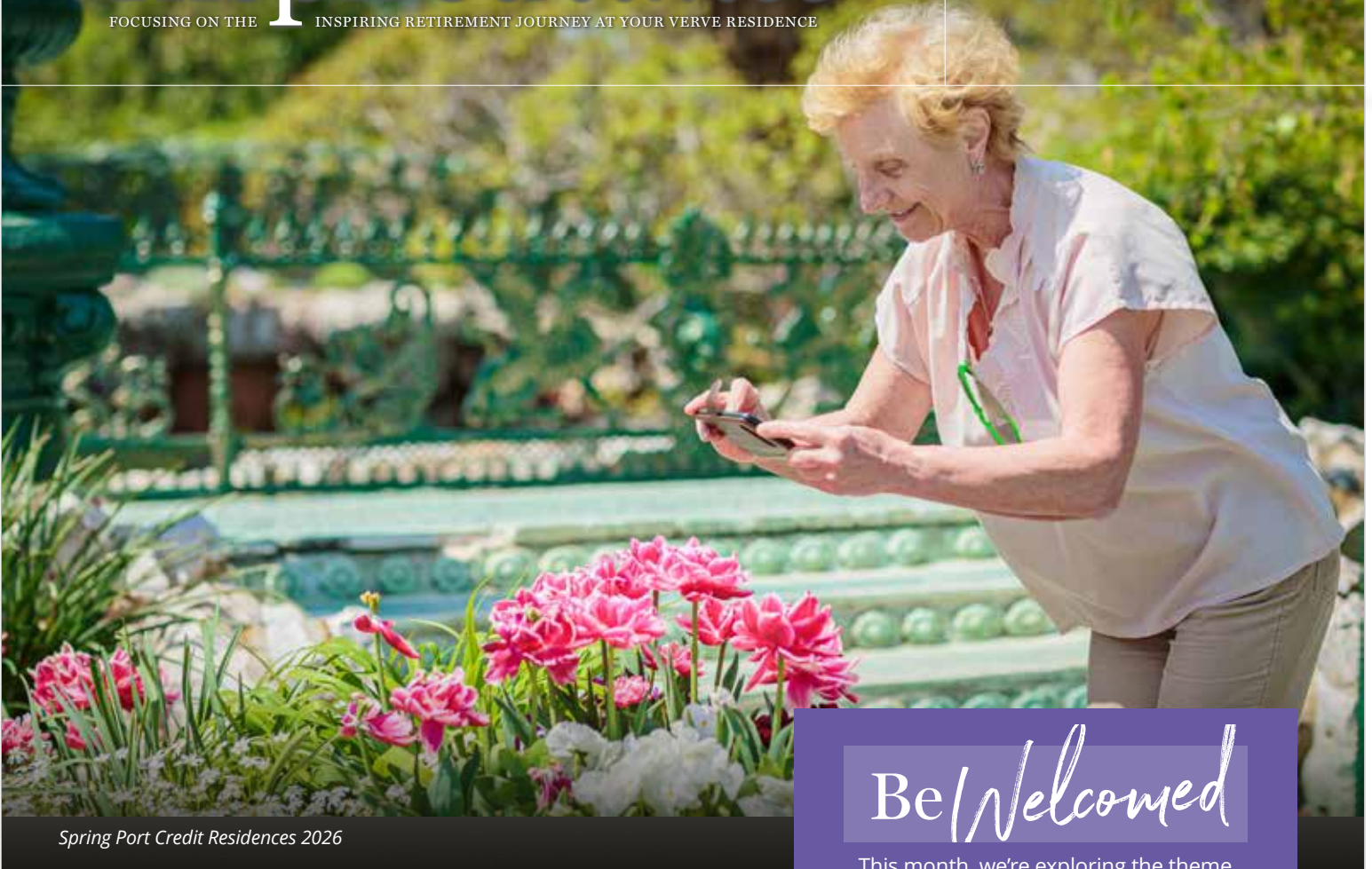


# the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Spring Port Credit Residences 2026

## Be Welcomed

This month, we're exploring the theme of being welcomed!

## Spring at Port Credit Residence

### *Fresh & Blooming!*

As spring arrives, Port Credit Residences blossoms into an even more vibrant place to call home. From bright natural light, welcoming common spaces and refreshing seasonal activities to lighter meals and cheerful gatherings, the spring months are filled with renewal, connection, and opportunities to enjoy the beauty of the season together.

Enclosed: Wordsearch Contest Play To Win!

### UPCOMING DATES

**April 27th** - Sip & Paint at 2:00 pm

**May 10th** - Mother's Day Brunch at 12:00pm

**May 30th** - Dance Party at 7:00pm

**June 17th** - The Comedian at 2:00pm



## Sugar-Free Carrot Bake Bars

### Ingredients:

2 cups grated carrots  
1 cup rolled oats  
1/2 cup almond flour (or whole wheat flour)  
2 eggs  
1/3 cup unsweetened applesauce  
1/4 cup milk (any kind)  
1–2 tbsp maple syrup or mashed ripe banana (for natural sweetness)  
1 tsp vanilla extract  
1 tsp cinnamon  
1/2 tsp nutmeg (optional)  
1 tsp baking powder  
Pinch of salt

Optional: 1/4 cup chopped walnuts or raisins



*Kirollos Hanna  
Dinning Services Manager*



*Sugar-Free Carrot Bake Bars*

### Instructions:

Preheat oven to 350°F (175°C) and line a small baking dish (8×8 inch) with parchment paper.

In a large bowl, mix: eggs, applesauce, milk, vanilla, maple syrup or mashed banana. Stir in grated carrots.

Add dry ingredients: oats, flour, baking powder, spices, salt

Mix until combined. Fold in nuts or raisins if using.

Pour batter into the pan and spread evenly.

Bake for 25–30 minutes, until set and lightly golden. Let cool completely, then slice into bars.

Store in fridge up to 5 days or freeze for later.

# TOUR TO WIN!

## TOUR WITH US AND WIN BIG!!!

Spring is in the air—and there's no better time to discover something new!

Join us for a personal tour of our beautiful retirement home in Port Credit. Come experience the warmth of our community, explore our inviting spaces, and enjoy a delicious lunch with us while you're here.

**And here's the exciting part...**

**Book your tour before the end of May 2026** and you'll be entered for a chance to **WIN a \$500 gift card to your favourite grocery store!**

Great company, a lovely meal, and a chance to win—what could be better?

We can't wait to welcome you!



## PORT CREDIT RESIDENCES

Nestled in the heart of Port Credit, our residence offers the perfect blend of comfort, community, and lakeside charm. Just steps from scenic waterfront trails, local shops, and vibrant dining, Port Credit Residences is a place where every day feels relaxed yet connected.

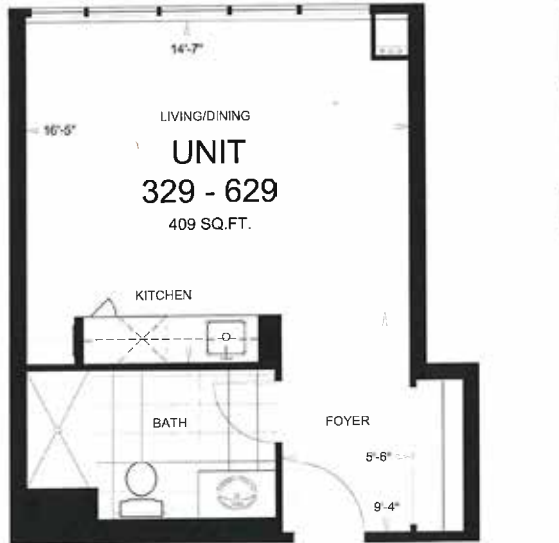
PORT CREDIT RESIDENCES





PORT CREDIT RESIDENCES





## Suite Highlight: Your Perfect Little Space!

Now Available: A Stunning Studio Suite 429

409 sq. ft. of thoughtfully designed, comfortable living space

A Studio — A large closet space for your clothes

Big windows that lets in lots of natural sunlight overlooking a beautiful park

Convenient kitchenette featuring a refrigerator and microwave

Elegant light colour hardwood flooring that makes the room looks spacious

Lock in our exclusive 2025 rates — available for a limited time only until the end of April, 2026.

last of its kind and won't be available for long.

Secure your new home today and enjoy comfort, convenience, and exceptional value—before it's gone.

Book a private tour with us today to see more!

Don't miss this rare opportunity! Suite 429 is the

## UPCOMING APRIL EVENTS

Join us for these upcoming events.



April 13th at 2:00pm



April 27th at 2:00pm

### National Scrabble Day

April 13th at 2:00pm

Location: Port Credit Residences

Do you like to play Scrabble?

Join us for a fun afternoon of Scrabble & Sangria.

Prizes to be won.

Call Jackie or Faryal to RSVP

### Paint your own welcome sign

April 27th at 2:00pm

Location: Port Credit Residences

Join us for a free & fun paint afternoon with refreshments.

Let Susan bring out your creativity.

Call Jackie or Faryal to RSVP

*Space is limited so reserve your spot today!*

Port Credit Residences

**Call 905-274 6864**

33 Hurontario St, Mississauga, L5G 3G8

Visit us online at [VerveSeniorLiving.com](http://VerveSeniorLiving.com)



## CELEBRATE MOTHER'S DAY WITH US!



## Mother's Day Brunch

**Mothers are the quiet strength that holds everything together—the heartbeat of our homes and the soul of our world. They give endlessly, love unconditionally, and somehow make even the hardest days feel a little softer.**

**Today, and every day, we honor the depth of a mother's love—steady, selfless, and forever irreplaceable.**

**Come Celebrate with us on May 10th at 12:00pm. Limited spots.**

**Contact Jackie or Faryal to Reserve your Spot!**



JOIN US FOR SOME LAUGH THIS JUNE!



# STAND UP COMEDY NEIL BERGER

Get ready for afternoon of laughter with Neil Berger! With sharp wit and hilarious takes on everyday life, Neil delivers clean, feel-good comedy that keeps audience laughing!

Wednesday, JUNE 17th - 2:00PM

Contact Jackie & Faryal

RSVP by calling 905-274-6864



COME DANCE WITH US!



## 60's Theme Dance Party Groovy Times Ahead!

Step back into the swinging 60s and join us for a fun-filled 60's Theme Dance Party! Dress in your favorite 60s style — think tie-dye, polka dots, and flower power!

**Saturday, May 30th - 7:00PM**

Contact Jackie & Faryl 905-274-6864

Music & Refreshments Provided- RSVP by May 15th

**PLAY TO ENTER A CHANCE TO WIN \$50 GIFT CARD!**  
**Submit your answers by April 27th to [crm2.pc@](mailto:crm2.pc@)**

- APRIL
- ARBOR DAY
- ARIES
- BASEBALL
- BLOSSOMS
- DAFFODIL
- DAISY
- DIAMOND
- EARTH DAY
- EASTER
- FOOL'S DAY
- GARDENING
- GREEN
- KITE
- POETRY
- RAIN
- RENEWAL
- SHOWERS
- SPRING
- SPROUTS
- SUNSHINE
- TAURUS
- TAXES
- THAW
- TULIPS
- UMBRELLA
- WINDY



**WORD SEARCH DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



# Join our *Vibrant* Residence ON SOCIAL MEDIA!

Stay connected with us for the latest updates, we're here to share the joys of retirement living with you!

SCAN THE QR CODE TO LIKE AND FOLLOW US  
ON FACEBOOK AND INSTAGRAM!



PortCreditResidences



@portcreditres

