



Artfull Enrichment

We provide older adult communities with access to high-quality art programs that promote creative expression, social connectivity, and lifelong learning. All of our programs are uniquely designed to empower participants, support recreational staff, and enhance your community's overall creative culture.

There are three integral components to every Artfull Enrichment program:

Social Connectivity

Our programs provide opportunities for meaningful social engagement and help combat social isolation. Participants can connect with other community members, staff, family and volunteers through a shared art experience.

Lifelong Learning

Our programs are rooted in art fundamentals. By including opportunities for participants to acquire new skills and learn about art history, we equip them for future artistic pursuits. We want everyone to discover their inner artist.

Creative Expression

Art-making can be a powerful communication tool. It is a platform in which people can express themselves freely and discover hidden passions. Artfull Enrichment programs encourage individual interpretation and self-exploration.

STOUFFVILLE CREEK RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH 

The Stouffville Creek Community Action Newsletter April 2023



*"If an egg is broken by an outside force,
life ends.
If broken by an inside force, life begins.
Great things always begin from the inside."*

April Overview

The Romans gave this month the Latin name Aprilis but the derivation of this name is uncertain. The traditional etymology is from the verb aperire, "to open", in allusion to its being the season when trees and flowers begin to "open", which is supported by comparison with the modern Greek use of άνοιξη (ánixi) (opening) for spring. Since some of the Roman months were named in honor of divinities, and as April was sacred to the goddess Venus, her Veneralia being held on the first day, it has been suggested that Aprilis was originally her month Aphrilis, from her equivalent Greek goddess name Aphrodite, or from the Etruscan name Apru.

April was the second month of the earliest Roman calendar, before Ianuarius and Februarius were added by King Numa Pompilius about 700 BC. It became the fourth month of the calendar year (the year when twelve months are displayed in order) during the time of the decemvirs about 450 BC, when it also was given 29 days. The 30th day was added during the reform of the calendar undertaken by Julius Caesar in the mid-40s BC, which produced the Julian calendar.

April Zodiacs

**The two zodiac signs associated with the month of April are
Aries-March 21- April 20 and Taurus April 21-May 20**

The first sign of the zodiac, Aries loves to be number one. Naturally, this dynamic fire sign is no stranger to competition. Bold and ambitious, Aries dives headfirst into even the most challenging situations—and they'll make sure they always come out on top!



ARIES

The sign of Taurus is associated with several myths and bull worship from several ancient cultures. It was the first sign of the zodiac established among the Mesopotamians, who called it "The Great Bull of Heaven," as it was the constellation through which the Sun rose on the vernal equinox at that time,[3] that is the Early Bronze Age, from about 4000 BC to 1700 BC.



TAURUS

SIGNATURE PROGRAMS



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. Residents 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. Residents will also enjoy the many health benefits associated with art and will be encouraged and supported in their artistic expression and creativity.

This is a program designed to engage all resident populations: Independent Living, Assisted Living and Memory Care. Families are welcome to join their loved ones who reside in Memory Care to experience Art first hand.

Benefits of the Meet Me at the MoMA Art and Lecture Program

There are many reasons to pick up a paint brush and begin to paint but it is not just limited to being an artistic endeavour. Painting is extremely therapeutic and calming and the following are the most common benefits:

- Helps individuals relax
- Assists with critical thinking skills
- Reduces depression and anxiety
- Assists in socialization
- Improves cognition
- Offers sensory stimulation
- Fosters a stronger sense of identity
- Nurtures spirituality
- Reduces boredom
- Develops and sharpens fine motor skills
- Boosts creativity: Creative seniors visit the doctor less, take less medication, and have higher morale
- Improves concentration

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

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Mobile Seniors Shop
Wednesday April 19th from 1:30-3:30
located in the Mimosa lounge

Vendor sale

Classy Jewelry by Maria
Wednesday April 26th
In in the Bistro



CNIB low vision specialists
Wednesday April 26th from 9:00am-4:00pm
in the Library
Pease make an appointment at reception

Swiss Chalet

April 6th 11:30 am

Come to Swiss Chalet for a lunch with your fellow residents



Markville Mall

April 13th 10:15

Come for a shopping excursion to Markville mall with us.

Country Drive

April 21st 10:00am

Come join us for a country drive to see all the spring colours!



Latcham Art Centre

April 27th 10:00am

ART CENTRE We will be going to the art gallery today and staying for a project!

Please note we require a minimum of 5 residents per trip



- Kathryn D — April 3
- Lillian S— April 9
- Mona R— April 12
- Bill M.—April 22nd
- Brian C — April 22
- Jean A — April 30

- Milton E.
- Aharon M.
- Rose M.
- Valerie Z.
- Dorothy W.
- Louis Z.

Everyone is invited to celebrate with us at our Monthly resident Birthday Party!

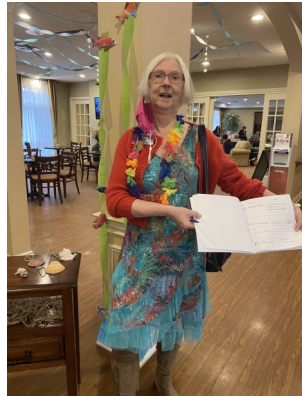
Thursday April 29th at 3:00 pm in the Bistro



Join us for our Welcome Tea on **April 6th at 3:00pm in the bistro.**

Welcome and introduce yourself to our new residents at Stouffville Creek!

Stouffville Creek



Living, Loving, Local for April



Eggs and Lamb



Eggs have been a source of myth for eons. Around the world different cultures share the egg as a common element in their creation stories. Which actually makes good sense when you consider that life is sprung from an egg in so many species around the globe. Seeing as it is a youngling's first protection and source of nourishment, it is not surprising that humans eventually attempted to incorporate eggs into their food selection. Today it is the chicken egg that is most commonly eaten, however duck, quail and goose eggs are sometimes available. Regardless of which fowl they originate from, all eggs at market must be graded. Eggs are an excellent source of fat, protein and essential nutrients and are an integral part of so many recipes, from scrambled eggs to omelets, quiche, mayonnaise, custards, cakes and soufflés.

Lamb is an extremely tender, flavourful meat that has a very unique flavour, unlike beef or pork. It is also a good choice for the more health conscious as the meat itself is leaner with no marbling within the meat structure and a very thick layer of fat along the outside that can be trimmed.

The loin and ribs/chops are the most tender and tasty part of the lamb requiring very little seasoning. Meaty lamb shanks are perfect for braising (slow cooking in liquid), ground lamb mixed with a little feta cheese makes a gourmet burger and lamb shoulders inserted with garlic slivers are perfect for the crockpot with your favorite vegetables.

Volunteer with Stouffville Creek!

We are looking for residents who would like to get more involved. If you have a special interest, talent, skill or would like to be more involved in the home.

Would you like to be a...

- **Library Volunteer?**
- **Resident ambassador?**
- **Run a program?**
- **Or have your own idea to get involved?**

If so please speak to Rachel or Brettney

