

Your Stouffville Creek Team

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Health and Wellness Team

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Nurses

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Environmental Manager

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Life Enrichment Manager

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Life Enrichment Supervisor

Karoline Sidhom

Community Relations Team

Community Relations Manager

Sangeetha Prem

Community Relations Manager

Nalini Sheosankar

Dining Services Team

Dining Services Manager

Steven Flock

Dining Room Supervisor

Grace Porras

*Stouffville Creek Management team has an open door policy!
If you need to chat with them at any time please reach out to them. directly!*



INSPIRED
SENIOR LIVING

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

Stouffville Creek Newsletter December 2023





December Outings

Encore Band—Christmas Concert

December 7—10:00am

Join us as we enjoy a beautiful Christmas themed concert put on by the Encore Symphony Orchestra. (\$10.00)



Walmart

December 14th 10:00am

Shop til you drop at Walmart! Finish up your Christmas shopping today!

Lunch Outing: Red Lobster

December 21st 11:00am

Enjoy lunch at Red Lobster in Markham!



Evening Outing: Uxbridge Light Tour

December 21st - 6:00pm

Join in the fun as we experience the Uxbridge Optimist Fantasy of Lights!

Chapters

December 28th - 10:00am

Spend some time browsing through best-selling books and fun gift ideas as we take a trip to Chapters in Markham.



Please sign up at reception for all outings and try to arrive 10 minutes before departure.

Living, Loving Local

Good food is made even better when it's locally sourced, expertly prepared, and enjoyed with family and friends, all in a setting that promotes comfort and conversation. Verve's Living Loving Local program brings local food to life through delicious meals, inspiring events and life-long learning.



December's Living, Loving, Local Feature: CRANBERRIES

Cranberries are one of the few foods truly native to North America. Cranberries, called "A'io" by the Native Americans, were used as food, medicine and clothing dye.

Canada is the world's second-largest producer of cranberries. Ontario has only three commercial bogs, British Columbia by contrast has over 80 producers, who produce in excess of 75 million pounds of cranberries annually.

Cranberries have many healthy attributes including a high percentage of vitamin C, beta-carotene, antioxidants and phytochemicals all of which are good for our vision, cardiovascular system, urinary tract and general well-being.

Go 4 Life Walking Club

Physical and Social Wellness

Tuesdays & Fridays at 10:00am

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.

NIA 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.

Come out and give our weekly walking club a try!



Fitness Classes

Physical Wellness

Monday—Friday mornings

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.
- 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.

December Highlights

Special Events

St. Mark's Roman Catholic Service

December 1st—1:30pm (Chapel)

Holiday Brunch with Live Music

Sunday December 17th

Live music from 12:30-2:30pm

Gift Wrapping with Seniors Helpers!

Dec 19th from 2:00-4:00pm

Multi-Purpose Room

Need a hand wrapping gifts? Senior Helpers will be here to help with all your gift wrapping needs.

Local Outings—Mondays @ 11:00am

December 4—Bank Bus

Dec 7—Health on Main/Giant Tiger

December 18—Dollarama

Sales

Adrian's Family Clothing

Tuesday December 5th

10:00—Mimosa Lounge

5th Avenue "Baskets & Bling"

Jewelry Sale

Friday December 8th

10:00am—Bistro

Sonita Jewelry Sale

Tuesday December 12th

10:00am—Bistro

Maria Jewelry Sale

Thursday December 21st

10:00am—Bistro

December Entertainment

December 1st—Manvir Rai

December 8th—Ed Smith

December 13th—Voices Alive! Christmas Performance (6:30pm)

December 17th—Robert Yeretch

December 22nd—Zack Wotjala

December 24th—Dave Toms

December 29th—J.Paul Adams

December 31st— Mike Rankine



Educational Talks

Understanding Mental Health in Older Adults with Home Instead

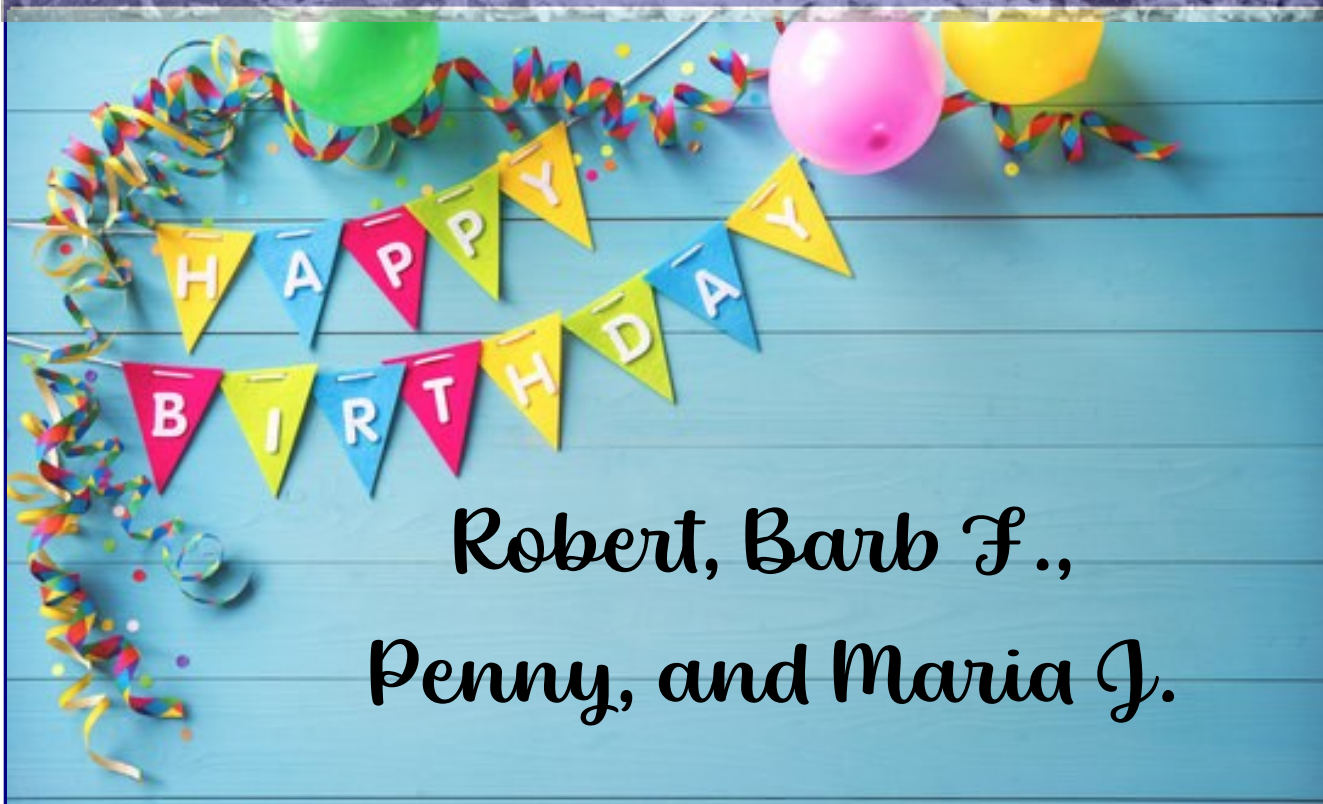
December 12 at 3:00pm

Mimosa Lounge



Welcome to Stouffville Creek:

Marlene, Marilyn, Salvatore,
Johanna, Roland and Norma,
Mary B, Donna



Robert, Barb F.,
Penny, and Maria J.

Our Signature Programs

Fit Minds

Intellectual and Social Wellness
Fridays at 2:00pm

It's important that we continue to challenge our brains every day.

Because of the concept of brain plasticity, we know the brain can continue to grow as we age.

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.

Art Programs

Emotional and Intellectual Wellness

Artful Enrichment

*Fridays at 10:30am **New time***

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.

Meet Me at the MoMA

Mondays at 2:00pm

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.

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.

DrumFit

Physical and Emotional Wellness
Mondays at 4:00pm

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.