

Your Stouffville Creek Team

General Manager

Patricia Maxwell

Office Manager

TBD

Health and Wellness Team

Health and Wellness Manager

Sophia Vassell

Nurses

Prabh

Maegan

Alma

Jomar

Environmental Team

Environmental Manager

Ismail Patel

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Francesco Testa

Life Enrichment Team

Life Enrichment Manager

Lauren Wasylikiw

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 January 2024





MONDAY
JAN
1

New Year's
Day



MONDAY
JAN
15

Martin Luther
King Jr. Day

January Outings

Walmart

Thursday January 4th — 10:00am

Pick up all your essentials at Walmart today!



Breakfast Club at McDonalds

Monday January 8th — 10:00am

Enjoy a McDonalds breakfast this morning!

Lunch Outing: East Side Mario's

Thursday January 11th — 11:30am

Enjoy an Italian lunch at East Side Mario's today!



A Coffee & A Cruise (Country Drive)

Thursday January 18th — 10:00am

We'll be grabbing a warm drink before we hit the road on a scenic drive!

Dollarama

Monday January 22nd — 11:00am

Pick up all your essentials at Dollarama today!

DOLLARAMA



Blue Heron Casino

Thursday January 25th — 10:00am

Test your luck at the Blue Heron Casino in Port Perry!

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.



January's Living, Loving, Local Feature: **BEANS & LENTILS**

Around the world, for thousands of years, beans and lentils have been enjoyed as an economical meat alternative that is delicious as well as nutritious. Beans and lentils are an excellent source of slow-burning, gluten-free carbohydrate, a vegetarian protein and they're one of the highest fibre foods you can eat and they are low in fat. Legumes are rich in protein, B vitamins (including folate, thiamin and niacin), disease-fighting phytochemicals and the minerals iron, potassium, magnesium and zinc.

Canada is the world's largest producer and exporter of legumes. We produce approximately 4.5 million tons of legumes each year. Saskatchewan is one of the world's largest growers and exporters of lentils, chickpeas and dried peas.

Go 4 Life Walking Club

Physical and Social Wellness

Tuesdays & Fridays at 10:00am

INDOORS for January

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.

January Highlights

Special Events

St. Mark's Roman Catholic Service
Friday January 5th —1:30pm (*Chapel*)

Programs & Activities Meeting
Tuesday January 9th—3:30pm (*ML*)

New Resident Welcome Social
Thursday January 11th—3:00pm (*Bistro*)

Family & Friends Brunch
Sunday January 14th—11:30am
RSVP at the Reception Desk

Resident General Forum
Thursday January 18th—3:00pm
Mimosa Lounge

January Birthday Social
Thursday January 25th—3:00pm (*Bistro*)

New to the Calendar for January!

Monday—Card Games
Calling all Euchre players! Please join us in the library for a game of cards on Monday afternoons.

Tuesday—Teatime & Trivia
Come down for a warm beverage and test your knowledge with some trivia!

Wednesday—Monopoly Cards
Join us for a fun twist on the traditional game of Monopoly!

January Entertainment

January 5th —Robert D'Cruz

January 12th — JV Music

January 14th— Craig Brtnik

January 19th — Gilad

January 26th — Jay Franco



Educational Talks

All About Pain Management
January 25th 2:00pm
Mimosa Lounge

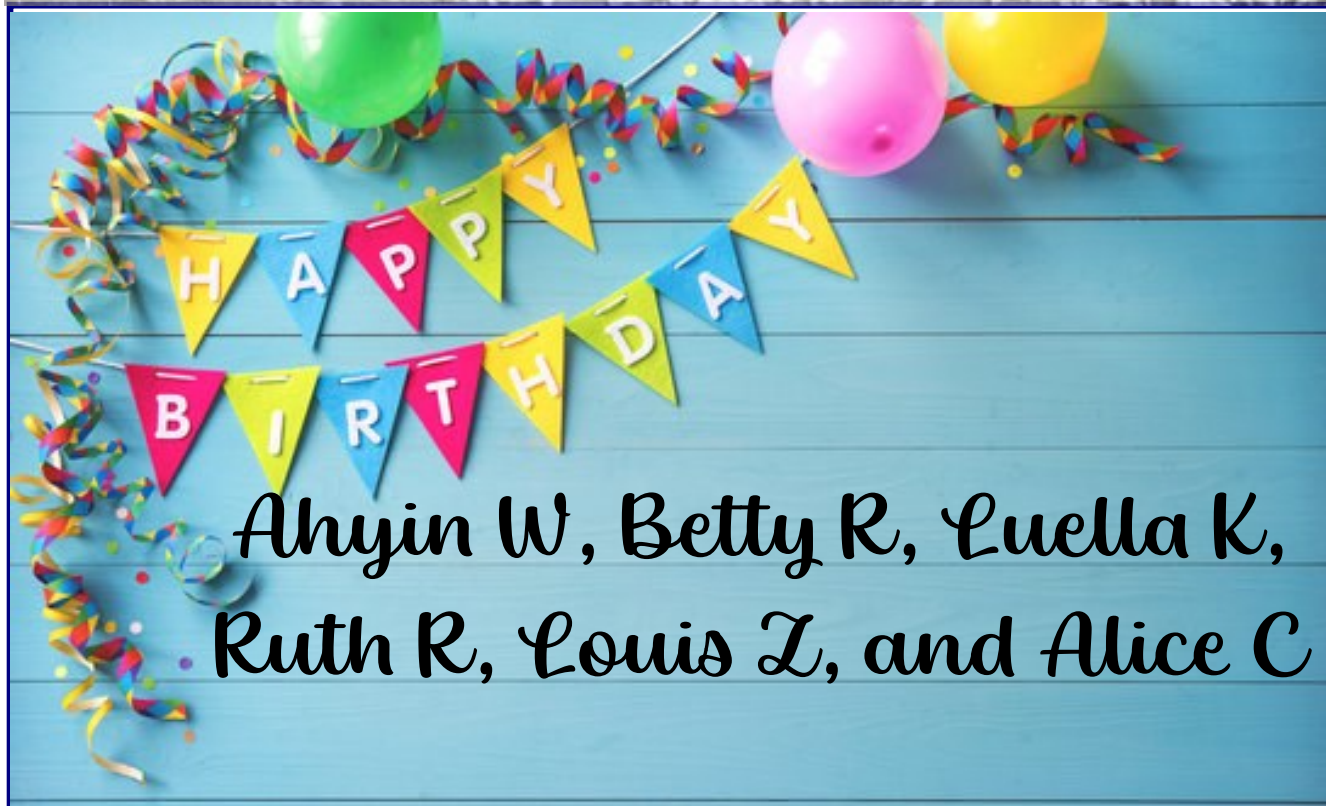
Education Talks with Home Instead

January 30th at 3:00pm
Mimosa Lounge



Welcome to Stouffville Creek:

Mary, Donna, Bob, Kwok,
Wayne, and Dorothy



Ahyin W, Betty R, Luella K,
Ruth R, Louis Z, and Alice C

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 1:30pm

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

No previous art experience necessary!

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.