

# Your Stouffville Creek Team

## General Manager

Trish Maxwell

## Office Manager

Sahira Ghani

## Health and Wellness Team

### Health and Wellness Manager

Sophia Vassell

### Nurses

Prabh

Maegan

Alma

Jomar

## Environmental Team

### Environmental Manager

Ismail Patel

### Maintenance Assistant

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 February 2024



**Stouffville Creek Referral Program:**

Refer a potential resident by March 15th, 2024 and have them move in by June 30th 2024 to receive a \$1000 referral bonus!

*For more information contact Nalini or Sang at 905-642-2902*

**February Outings**

**Walmart**

**Thursday February 1st —10:00am**

Pick up all your essentials at Walmart today!



**Bank Bus Outing**

**Monday February 5th —10:00am**

We will be stopping at CIBC, TD Bank, ScotiaBank, BMO, and Royal Bank.

**Lunch Outing: Swiss Chalet**

**Thursday February 8th — 11:30am**

Enjoy lunch at Swiss Chalet today!



**Breakfast Club at McDonalds**

**Monday February 12th — 10:00am**

Treat yourself to an Egg McMuffin for breakfast today!

**Markville Mall**

**Thursday February 15th —11:00am**

Shop til you drop at Markville Mall in Markham!



**Dollarama**

**Thursday February 22—10:00am**

Pick up some essentials from Dollarama today!

**Walmart**

**Thursday February 29 —10:00am**

Pick up all your essentials at Walmart today!



**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.



**February's Living, Loving, Local Feature: BEETS!**

Red, yellow, orange, pink or striped, beets are a superfood full of folate, manganese, Vitamin C and a good source of flavonoids to boost our immune systems and decrease inflammation.

Originating on the Mediterranean coast, and harvested only for their greens, today we enjoy the whole beet, eating the bulbs, as well as the greens. More than just a vegetable, beets can be used as a natural dye and a source of processed sugar. Beets now play a huge role in the daily production of our foods. Beetroot powder is used quite often in the making of hams and tomato sauces to enhance colour. We also use it in our hair dyes, clothing and even food colouring.

**Go 4 Life Walking Club***Physical and Social Wellness**Tuesdays & Fridays at 10:00am***INDOORS for February**

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**\*Falls Prevention Classes on Tuesdays and Fridays\**

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.*

**February Highlights****Special Events****February Birthday Social****Thursday February 1st — 3:00pm***(Bistro)***St. Mark's Roman Catholic Service****Friday February 2nd — 1:30pm***(Chapel)***Programs & Activities Meeting**

Have your say about the Programs Calendar!

**Tuesday February 6th — 3:30pm***(Mimosa Lounge)***New Resident Welcome Social****Thursday February 8th — 3:00pm***(Bistro)***Family & Friends Brunch****Sunday February 11th — 11:30am**

Live Entertainment by Cara Chisholm

from 12:30-2:30pm

***RSVP at the Reception Desk*****Resident General Forum****Thursday February 29 — 2:00pm***(Mimosa Lounge)***February Entertainment***Fridays at 3:00pm***February 2nd** — Carla Gonzalez**February 9th** — Across the Pond  
"60s Show"**February 11th\*** — Cara Chisholm**February 16th** — Peter Meenie  
(Comedian)**February 23** — Marcus Schwan**New to the Calendar for February****Valentine's Day Social****February 14th at 3:00pm****"Get to Know Your Neighbour"**

Join us for a fun "meet your neighbour" activity and wear something red, pink or white!

**EyeCare Express Exams**

Tuesday February 20th from 9:30-3:00pm

Sign up at the Reception Desk.

**Gym Orientations**

Interested in learning more about the equipment in our Fitness Studio?

Set up an orientation time with Lauren!

**Talks with Trish**

General Manager, Trish, will be holding a meeting with each floor in February. Check out the calendar for more information on when your floors meeting is happening.

## Welcome to Stouffville Creek:

Marlene, Elisa, Donna C,  
Donna G, Dorothy, Catherine,  
Mary and Roger

Mary B, Kathleen L,  
and William 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 1:00pm*

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*  
*Fridays at 11:00am*

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.