

Your Stouffville Creek Team

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Dining Services Manager

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*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 March 2024



**Stay out of the cold & head to the Mediterranean during Verve's Cruise Week!!
Check out the March calendar for more information!**



Cruise Week Ports & Theme Days—March 21-28, 2024

- March 21: Spain— Sunny Days in Spain! Wear your favourite sundress or fun summer shirt!
- March 22: Morocco—Tacky Tourist Day!
- March 23: Italy—Wear Red, White or Green!
- March 24: Türkiye—Let’s Get Colourful! Wear your tie dye or any bright colours today!
- March 25: Greece—Beach Day in the Greek Islands!
- March 26: Croatia—Dress in Red, Blue or White and grab your favourite sunhat!
- March 27: France—Scarf & Beret Day!
- March 28: Return home to Canada—Dress in Red or White!



March Outings

Encore Symphony Orchestra

Thursday March 7th —10:00am

Enjoy a musical journey to “Craigellachie” in Scotland to celebrate Spring!



Shoppers Drug Mart & LCBO Plaza

Monday March 11th —10:30am

Stop by Shoppers, LCBO, Buck or Two

Michaels Craft Store

Thursday March 14th — 10:00am

Pick up everything you need for your next crafting project!



Canadian Tire/Marks Work Warehouse

Monday March 18th — 10:00am

Pick up household supplies or check out Mark’s for some new spring attire!

Willow Springs Winery

Thursday March 21—11:30am

Kick off Cruise Week with a local wine-tasting experience!



Maple Syrup Festival @ Kortright

Thursday February 22—10:00am

Return home to Canada and take part in a maple syrup festival! Demos, tastings & more!

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.



February’s Living, Loving, Local Feature: MAPLE!

The Algonquin Indians and other tribes were tapping maples (and other trees, too) for sap long before the Europeans came to North America. Our earliest sweetener, today Canada is responsible for 84% of the world’s production of maple syrup.

Quebec, Ontario, New Brunswick and Nova Scotia are the main maple producing provinces. In Ontario alone there are 400 maple sugar bushes where it takes 1 person, 1 hour to tap 100 maple trees. At 40L of sap per 1L of maple syrup, you can see there is a significant amount of labour involved, but a labour of love it is! And we Canadians love our maple as a syrup, sugar, butter, or candy eh?

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.

March Highlights

Special Events

St. Mark's Roman Catholic Communion Service

Friday March 1 —1:30pm (*Chapel*)

March Birthday Social

Thursday March 7 —3:00pm (*Bistro*)

Programs & Activities Meeting

This one will be all about Cruise Week! Learn about where we will be travelling to and all the fun that makes up Cruise Week!

Tuesday March 12 —3:30pm (*ML*)

New Resident Welcome Social

Thursday March 14—3:00pm (*Bistro*)

Family & Friends Easter Brunch

Sunday March 31st —11:30am

Live Entertainment by: Zack Wojtala

RSVP at the Reception Desk

Upcoming Clinics in March

Mobile Hearing Clinic

Tuesday March 5

1:30pm—3:30pm

Sign up required

Wheelchair/Walker Clinic with MedPlus

Wednesday March 6

10:00am—12:00pm

Sign up required

March Entertainment

March 1st — Gilad Gratch

March 8th — Manvir Rai

March 15th — Robert & Fran
St. Patrick's Day Celebration!

March 22 — Moroccan Belly Dancers!

March 23 — Bruce Tournay

March 26— “Harmony”
Violin & Pianist Duo

March 27—Michael McDonnell
Caricaturist!

March 29— Robert D’Cruz

March 31— Zack Wojtala



Educational Talks

**Bill “The Flagman” Anderson presents :
Flags of the Mediterranean**

Monday March 25th

2:00pm- 3:00pm

Mimosa Lounge



Welcome to Stouffville Creek:

Donna G, Paul C, Ann D,
Mary A, Bob W, Blanche S

Donna C, Earl M, Nancy B,
Frances P, Johanna B, Barb M,
Don M, Marlene R, Gina A

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.