

Your Stouffville Creek Team

General Manager

Trish Maxwell

Office Manager

Sahira Ghani

Health and Wellness Team

Health and Wellness Manager

Barb Renton *(interim)*

Nurses

Alma Jackie Abby
Sara Arashdeep
Maegan Prabh

Environmental Team

Environmental Manager

Ismail Patel

Maintenance Assistant

Francesco Testa

Life Enrichment Team

Life Enrichment Manager

Lauren Wasyliw
(last day April 5th)

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

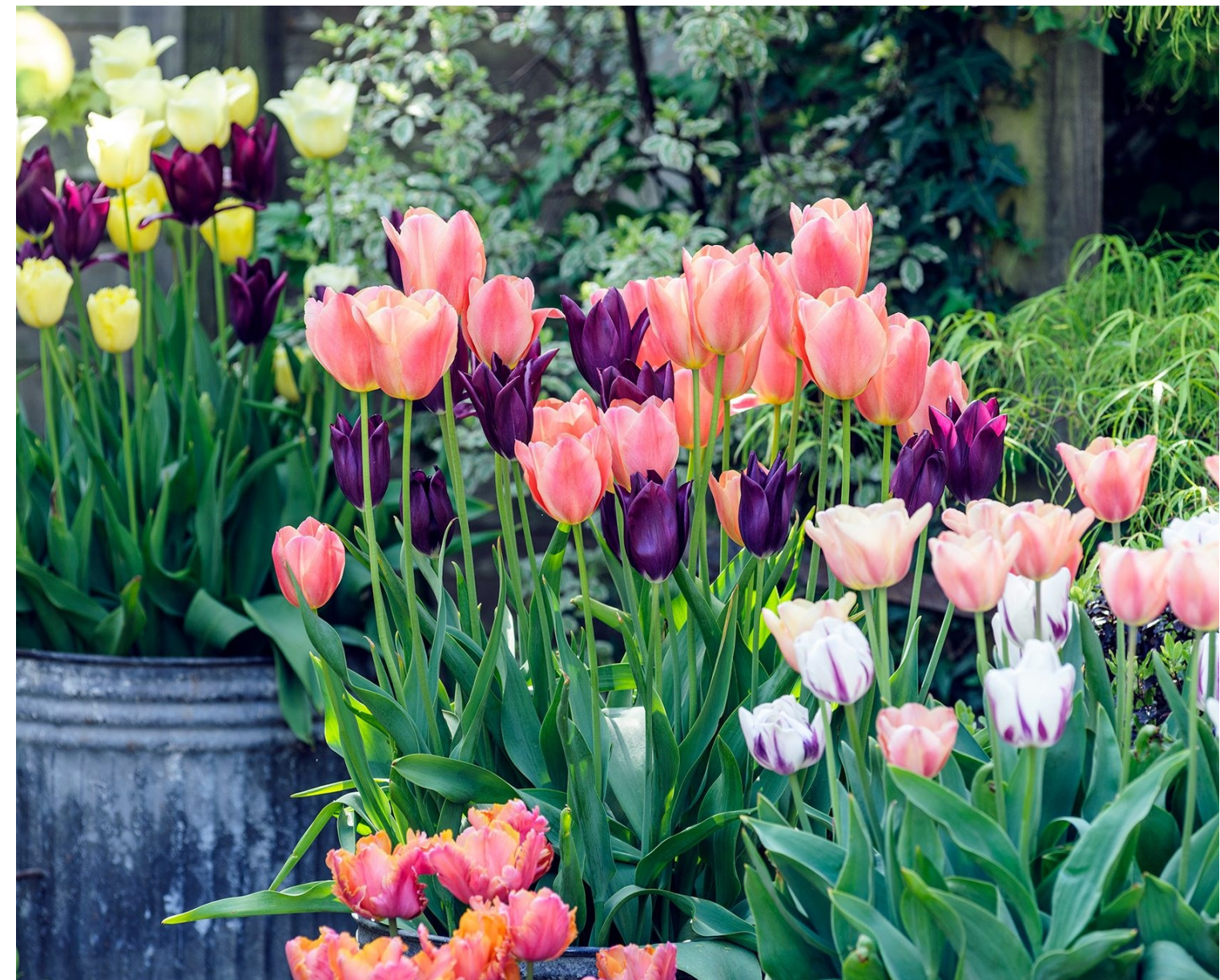
*Stouffville Creek Management team has an open door policy.
If you need to chat with them at any time please reach out to them. directly!*



INSPIRED
SENIOR LIVING

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

Stouffville Creek Newsletter April 2024





Artful Enrichment Week—April 21-27th

Artfull Enrichment Week provides us access to high quality art programs that promote creative expression, social connectivity and lifelong learning.

We are currently looking for artistic volunteers who wish to display their works of art throughout the week! Please

contact the Life Enrichment Department if you have a craft, hobby, etc that you wish to share.

Anything involving the creative arts (painting, quilting, crafting, writing, etc!) will be a wonderful addition to the display.

April Outings



Bank Bus

Monday April 1 —10:00am

We will be making stops at CIBC, TD Bank, RBC, ScotiaBank, BMO

Walmart

Thursday April 4th —10:00am

Pick up your home essentials today!



Country Drive

Monday April 8th —10:00am

Take in the first signs of spring on a scenic country drive today!

Michaels Craft Store

Thursday April 11 —10:00am

Pick up everything you need for your next craft project!



Lunch Outing: Swiss Chalet

Thursday April 18th — 11:30am

Enjoy your favourite Swiss Chalet meal today!

Markville Mall

Thursday April 25th — 10:00am

Shop til you drop at Markville Mall today!



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.



April's Living, Loving, Local Feature: Eggs!

The humble egg. Around the world, different cultures share the egg as a common element in their creation stories. Since 3200BC eggs from various fowl have been a human food source. 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 ome-lets, quiche, mayonnaise, custards, cakes and soufflés.

Go 4 Life Walking Club

Physical and Social Wellness
 10:00am—Tuesdays, Indoor
 10:00am—Fridays, Outdoor

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
9:30am
Falls Prevention Classes
 Tuesdays at 10:15am
 Fridays at 9:30am

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.

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.

April Highlights

Special Events

St. Mark's Roman Catholic Communion Service
 Friday April 5 —1:30pm (Chapel)

Resident General Forum
 Thursday April 4—2:00pm

Programs & Activities Meeting
 Tuesday April 9 —3:30pm (ML)

New Resident Welcome Social
 Thursday April 18—3:00pm (Bistro)

April Birthday Social
 Thursday April 25 —3:00pm (Bistro)

Artfull Enrichment Week
 April 22nd-April 26th
 (Mimosa Lounge)

Upcoming Clinics & Vendors in April

Sonita Jewelry
 Thursday April 4
 10:00am—12:00pm
 Bistro

Mobile Hearing Clinic
 Wednesday April 24
 1:30pm—3:30pm
 Sign up required

April Entertainment
Mimosa Lounge

April 5th @ 3:00pm — Ed Smith
April 12th @ 3:00pm — Joe Crone
April 20th @ 1:30pm—LITMUS Chinese Dance Association Show
April 19th @3:00pm —J. Paul Adams
April 26th @ 3:00pm — Alice Kim, Celloist



Educational Talks

HomeInstead Education Talks: Parkinson's Month
 Wednesday April 24th
 3:30pm—4:00pm
 Mimosa Lounge

Education Talks - Benefits of Exercise and Fall Prevention
 Thursday April 25th
 2:00pm—3:00pm
 Theatre

JV Music for Seniors Music Lecture
 Tuesday April 30th
 2:00pm-3:00pm





Welcome to Stouffville Creek:

**Blanche S &
Pat and Bruce H**

**Kathy D, Mona R, Eiva C,
Bernard H, Bill M, Brian 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.

DrumFit

*Physical and Emotional Wellness
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.

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.