

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Summer 2023



Vibrant summer adventures await at The Roxborough Retirement Residence!

Be Social

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. In this edition, we're exploring the theme of **staying social**.

Let's Dive into the Vibrant Summer Adventures!

A message from our Community Relations Managers

With warm summer weather, we're delighted to bring you our latest edition filled with news, events and updates that will make this summer truly exceptional! We're proud to provide a warm and caring environment where you can embrace the joys of retirement living while forging new friendships and creating cherished memories. Together, we'll make this summer a season of celebration, laughter and fulfillment.

UPCOMING DATES

Monday, August 28 | Summer Celebration

Wednesday, August 30 | Free ice cream on us at Kawartha Dairy!

Saturday, September 16 | International Fair Open House

Monday, September 18 | Lianne Harris: Meso-America - The New World Before Columbus

THE ROXBOROUGH
RETIREMENT RESIDENCE

THE INSPIRED TIMES *for*
THE ROXBOROUGH RETIREMENT RESIDENCE



In the Residence

Bringing smiles to our residents' faces as they basked in the beauty of the sunflower fields! Surrounded by nature's cheerful beauty, they enjoyed the golden hues and captured moments of pure joy. The colors, the scent, and the camaraderie made for an unforgettable outing. This is active aging through inspired living. Visit us today to discover how staying socially connected is an important part of the lifestyle that we offer.



On Our Block - Kawartha Dairy

Founded in 1937, it is a beloved Canadian dairy company that has been delighting taste buds for generations. Known for its premium ice cream, dairy products and commitment to quality, they source fresh, local ingredients to craft their delicious offerings. Being just a short drive from our residence, it continues to bring smiles to our residents and their families with its delectable creations.

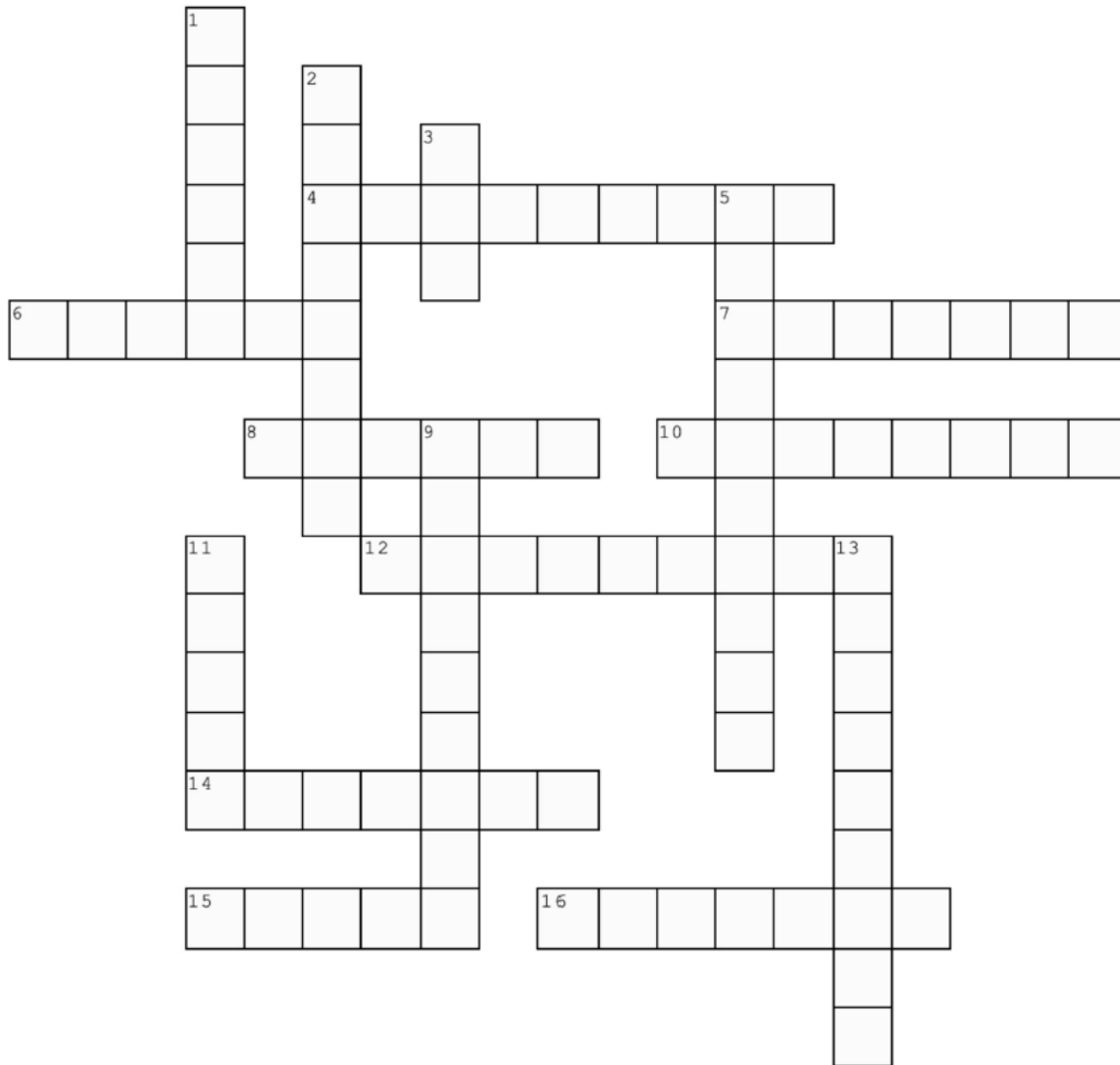


Meet our Community Relations Managers - Melanie and Ellie

Melanie has been a driving force in the Senior Living industry for the past 3 years. Prior to that, she held diverse positions within a local newspaper. Ellie is a familiar face who was part of the opening team when it was first built. With 18 years of Senior Living management, & development she has returned to a place she affectionately calls her second home. Together, they make an unbeatable team, ensuring that the journey into our residence is a seamless and comfortable process for new residents.

Complete the crossword puzzle below:

First 10 readers who email in their completed puzzle win a [\\$15 Tim Hortons gift card](#). Email: info@theroxboroughretirement.com



Across

4. This is drained to provide good humus
6. Carrots can be this colour
7. Another name for carrot
8. Cut carrots into
10. These keep us healthy
12. Type of mineral found in carrots
14. Grown without pesticides
15. Bugs _____

Down

1. Small cake sometimes for breakfast
2. Carrot cake, carrot pudding, carrot cookies
3. Not cooked
5. Not only delicious but _____
9. Type of carrot
11. Bigger than ex-large
13. Seeds of carrot plant used for this purpose

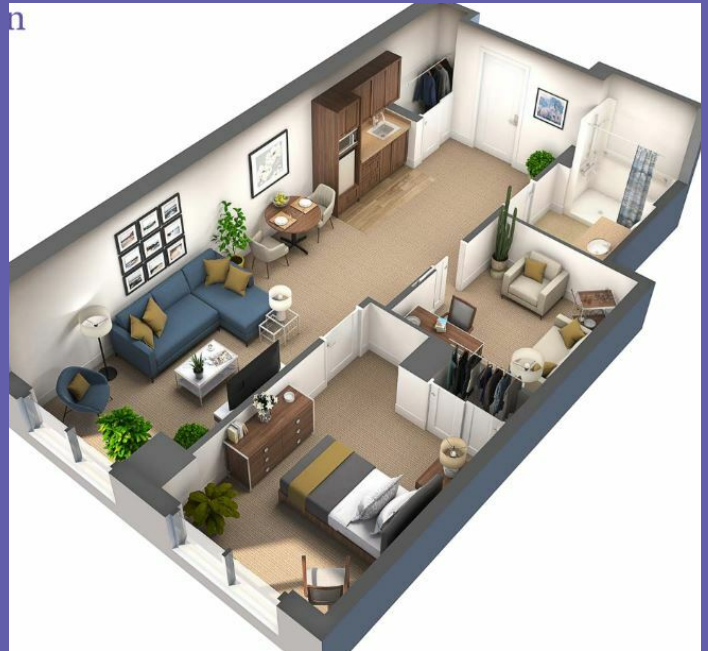
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Bon Appetit!

Living, Loving, Local is our signature dining program which features seasonal ingredients bursting with flavor! The following recipe features a summer staple ingredient - cherries.

Visit our Blog to see how Chef Adam Guimond prepares a delicious Smoked Duck Breast with Cherry Sauce and to get a full recipe.
www.verveseniorliving.com/news-events-blog/



Suite Feature

Enjoy inspired spaces for empowered living with a variety of well-appointed suite styles and sizes to suit your discerning taste.

1 Bedroom+Den Suites Starting at \$5,815!

- Well-appointed kitchenettes
- Climate control for your suite
- Easy-access shower with seat and grab bars
- Pet-friendly



Canada's Best Managed Company 2023!

We are thrilled to announce that Verve Senior Living has been granted the prestigious award of Canada's Best Managed Companies for 2023. Canada's best managed companies is one of the country's leading business awards programs recognizing innovative and world class businesses. As such, we are humbled to be recognized for our industry-leading performance, exemplary business practices, and sustained growth.