

# SEASONAL FLOWER FOLIAGE

U V T T J M M K E B J M C L S H T N I C A Y H H  
 E Y Z H Q R J A X N G A I S E E R F P E O N Y Y  
 N A P Y S N S N O Z B Y C D L O G I R A M P R D  
 O I R I C T C J F E Q S R E W O L F N U S Y P R  
 W N K V E R G X R I F C V I B U R N U M L X D A  
 G N X R D Q O R P W S P I L U T W I R L X G L N  
 L I S R Z O I C H P C B H Z Z U B M O Z N C M G  
 B Z S N Y E O W U C Y C L A M E N H R M H O L E  
 Y M O G S N O W D S L Z D G H B U F S X H U N A  
 E B G K Q O V T G J M U M E H T N A S Y R H C Y  
 S L K A K G W K C O V Z L D A F F O D I L S J D  
 O U E I H A V Q I C D L R V S N O W D R O P S M  
 R E W K Y R O Q Y Y E L L A V T F O Y L I L U I  
 M B O C Q D A F H B A G A P A N T H U S V I A A  
 I E J E Q P I B O X D A I S Y E O U Q M L L X K  
 R L N B W A N R G H E A T H E R O V P L I P O D  
 P L O D G N U I A M W U I O W V R Q A L A L D A  
 B N I U B S T L Y R U J K A O Y V L A L I S O M  
 X D T R Y Z E F P Q S D A B I K P C F F L A N X  
 Q V A U S P P G C C N W E N M N A P O Y H V O G  
 D I N Y S N A P V K K U N S Y Q O A O H A O I A  
 Q S R F A M U I N A R E G H K B X H F P D B H W  
 I P A I R G R C Z S E N O N E N A P A P N T C O  
 X B C X T S U C S I B I H Q E N S H F M M G U P

- |            |            |                    |               |           |
|------------|------------|--------------------|---------------|-----------|
| CHIONODOXA | SNOWDROPS  | MAHONIA            | PANSY         | VIBURNUM  |
| DOGWOOD    | HELLEBORUS | HEATHER            | HOLLY         | CYCLAMEN  |
| BERRIES    | SEDUM      | CARNATION          | CHRYSANTHEMUM | ASTERS    |
| POPPY      | AGAPANTHUS | DAHLIA             | SNAPDRAGON    | RUDBECKIA |
| DAISY      | MARIGOLD   | HIBISCUS           | HYDRANGEA     | GERANIUM  |
| SUNFLOWERS | PETUNIA    | ZINNIA             | ANENONES      | CROCUS    |
| ALLIUM     | LILAC      | BLUEBELL           | PRIMROSE      | FREESIA   |
| PEONY      | HYACINTHS  | LILY OF THE VALLEY | TULIPS        | DAFFODILS |



INSPIRED SENIOR LIVING



## Evergreen Retirement Community August 2023 Newsletter



**Mumtaz' Salon & Spa**  
 Tuesday, Wednesday and Friday:  
 9am — 4pm  
 For bookings, please contact: 647-639-2740

**Sense of Hearing Clinic**  
 Friday August 25th  
 9:00am to 12pm



## August Highlights

### August Events

- Wednesday August 2nd- Potato Chip Taste-Testing 3pm in Games Room
- Friday August 4th- Entertainment– Bruce Tournay with Chocolate Chip Cookies- 2pm in Dining Room Patio
- Friday August 4th– International Beer Day– Beer Tasting 3:30pm in Dining Room Patio
- Tuesday August 8th– International Cat Day– Cat Therapy 2pm in Town Square
- Friday August 11th- Entertainment– Prince Cave with Watermelon & Mint Smoothies at 2pm in Dining Room Patio
- Wednesday August 16th– National Tell a Joke Day– Jokes and Riddles 3pm in Town Square
- Thursday August 17th– National Thriftshop Day– Show and Share Social 2pm in Town Square
- Friday August 18th– Entertainment– Antonella Vizzini with Trail Mixat 2pm in Dining Room Patio
- Monday August 21st– National Poets Day– Poetry Readings and Interpretations with Brandon 3pm in Town Square
- Wednesday August 23rd- Wine & Paint Social 2pm Craft Kitchen (**Please sign up with Brandon or Danielle**)
- Thursday August 24th- Afternoon Tea Social at 2pm in Windows Bar
- Thursday August 24th- 820 Resident Meeting- 3:30pm in Theatre
- Friday August 25th- Entertainment– Vivianna with Waffles at 2pm in Dining Room Patio
- Friday August 25th– National Dog Day– Dog Fashion Show– 3:30pm in Games Room
- Monday August 28th– National Red Wine Day– Red Wine Social with Facts and Trivia 2pm Town Square

### Evergreen Retirement Community Family

**General Manager– Neil Montalban**

**Office Manager– Jailene Barrera**

**Health & Wellness Manager– Melody De Guzman**

**Environmental Services Manager– Dennis Lazaro**

**Community Relations Managers– Teodora Elez & Natasha Murray**

**Dining Services Manager– Teresa Iannucci**

**Executive Chef– Karen Antonio**

**Dining Services Supervisor– Brigitta Younan**

**Life Enrichment Manager– Brandon Hay**

**Life Enrichment Assistant– Danielle Colalillo**

### Living, Loving Local for August– Peaches

**While peaches are perhaps most coveted for their sweet taste and soft texture, their nutritional profile and benefits are also noteworthy. Peaches are a good source of healthy carbohydrates. Peaches are high in fiber, vitamin A, vitamin C, vitamin E, vitamin K, potassium, copper, and manganese**

**Go 4 Life Walking Club**

*Physical and Social Wellness*

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. They 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. A daily walking club was one of the key exercise programs. Go4Life also emphasizes the importance of resistance exercise for the overall goal of achieving overall brain health.

**Fitness Classes**

*Physical Wellness*

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. Or they need 75 minutes a week of **vigorous-intensity activity** such as hiking, jogging, or running.
- 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.

**August Outings**

Tuesday August 1st– Springridge Farms & Symposium Café- 9:30am

Tuesday August 8th– Flamboro Downs Casino- 9:30am

Tuesday August 15th– Brasas Latin Food Restaurant- 10:30am

Tuesday August 22nd– Kelsey’s Road House Restaurant– 11am

Tuesday August 29th– Wind Japanese and Thai Restaurant 11:15am

***If interested, please sign up with Brandon or Danielle***

**MEDICAL APPOINTMENTS:**

**MONDAY, WEDNESDAY AND FRIDAY**

**GROUP OUTINGS– TUESDAY**

**SHOPPING DAY—THURSDAY**

**DEPARTURES: 9:00AM—SCOTIA BANK,**

**HEARTLAND/WALMART—PICK UP 3:00PM**

**10:00AM—ERIN MILLS TOWN CENTRE– PICK UP 2:30PM**

**10:30AM—SQUARE ONE—PICK UP 2:00PM**

**12:00PM—MISCELLANEOUS**

**New Programs**

**\*Personal Travelogues with Brandon every Monday at 2pm**

**\*Baking Club every Friday at 10:30am**

**\*Seated Bowling every Tuesday at 2pm**

**\*Karaoke with Derrick every Thursday at 2pm**

**\*Barbara’s Line Dancing every Tuesday at 10:30am**

**\*Barbara’s Exercise Class every Friday at 10:30am**

**\*Scavenger Hunts every Wednesday at 10:30am**





## Welcome To Evergreen!

**Kwat Liem  
Chia Mei Liang  
Fanlin Ding  
Assunta Pelaccia**

### Resident Birthdays!

August 3rd– Rafael Fernandes

August 8th– Sukla Raha

August 13th– Irene Delaney

August 17th– Rosa Di Franco

August 19th– Joana De Medeiros

August 26th– Hanne Gilbert & Delicia Mansukhani

August 27th– Vic Gaudet

August 31st– Antonio Policelli

## Our Signature Programs

### Fit Minds

*Intellectual and Social Wellness*

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.

Because of the concept of brain plasticity, we know the brain can continue to grow as we age. It's important that we continue to challenge our brains every day.

### Drumfit

*Physical and Emotional Wellness*

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*

#### Meet Me at the MoMA

Meet Me at the MoMA is 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. You will enjoy working with art in different mediums and have the opportunity to engage in intellectual conversations about art history, the artists and their works.

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.

#### Artful Enrichment

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.