

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Winter 2025



Be Limitless

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. This month, we're exploring the theme of limitless.

Winter's Charm, Evergreen Spirit

A message from your Community Relations Managers, Natasha and Teodora.

As we reflect on the incredible strides our Evergreen Community Living family made in 2024, we are filled with gratitude for the warmth, collaboration, and vibrant spirit that defines us. Together, we created a haven of connection and growth. As we welcome 2025, let's embrace new opportunities, expand our programs, and deepen our bonds. Here's to another year of enriching lives, fostering unity, and celebrating every moment as one inspiring community!

UPCOMING DATES

Every Friday: **Live entertainment** 2-3pm

Jan 24: **Robbie Burns Event** 2-4pm

Feb 14: **Couples Lunch** 12:30-1:30pm

Mar 5: **Sip and Paint** 2-3pm

Mar 22: **Open House** 1-4pm



EVERGREEN
RETIREMENT COMMUNITY



Celebrating the Spirit of Giving

Together, we brought smiles, warmth, and hope to a family in need this Christmas. Through donations, gift cards, and financial contributions, our community's generosity made their holidays truly special. The kindness reflected the spirit of love, compassion, and connection, creating something extraordinary. Thank you to our community for making this heartwarming initiative a success!



Matteo cooking with Chef Karen

Matteo, one of our cherished residents, recently shared his family's treasured ragu recipe with Chef Karen. This dish holds deep meaning for Matteo, as it was his wife Antonietta's go-to comfort food, lovingly prepared for their family gatherings. Recreating this recipe in our kitchen brought back heartfelt memories for Matteo and added a personal touch. Want to try it yourself? Just ask us for the recipe!



Join Us for Lunch and a Tour!

We're excited to invite you to visit and explore what makes Evergreen such a special place to call home. Feel free to bring a friend and enjoy a delicious lunch, meet our warm and welcoming residents, and take a tour of our community. Book your visit today by calling 905-502-8882. We can't wait to give you a warm welcome!

LifeXperiences by Evergreen

At Evergreen, we believe in enriching lives through unforgettable experiences, and our new LifeXperiences program demonstrates this commitment.

Launching in January 2025, this exciting initiative offers one individual each month the chance to embark on an adventure they've always dreamed of. Whether it's riding in a police car, performing on stage, learning to dance, playing golf, cooking with a chef, or even being a teacher for a day, the possibilities are endless. This Evergreen-sponsored program celebrates unique passions and aspirations, proving it's never too late to live your dreams. Do you have a wish you'd love to see come true?

Please call us at 905-502-8882 or email us at info@evergreenretirement.ca to submit your dream. Good luck—your adventure awaits!



Shining a Spotlight on Senior Achievements

Golden Achievements Day is a special event dedicated to celebrating the experience, wisdom, accomplishments, and contributions of seniors.

Each month, we will select one remarkable resident to be honored for their life experiences and impact on the community. This is a wonderful opportunity to recognize the invaluable contributions that seniors make in shaping the world around them. Do you know someone deserving of this recognition? Please call us at 905-502-8882 or email us at info@evergreenretirement.ca to nominate a resident. Let's come together to celebrate the incredible contributions of our seniors and the rich history they bring to Evergreen!

Independent Supportive Living at Evergreen Retirement Community

As you or your loved one age, maintaining a sense of independence becomes essential for overall well-being. The freedom to live life on your own terms, surrounded by loved ones, is crucial for a fulfilling retirement. At Evergreen Retirement, we understand how important this balance is, which is why we offer our Independent Supportive Living (ISL) program—designed to combine the independence you cherish with personalized support services when needed.

What Makes Independent Supportive Living Special?

Our **Independent Supportive Living Program** at Evergreen allows seniors to continue enjoying the benefits of independent living while having discreet assistance available as their needs evolve. ISL is ideal for those who wish to stay in their Independent Living suite without needing to transition to a higher level of care. With this program, you can adjust services as needed, so you only pay for what you require, providing peace of mind and financial security.

At Evergreen, you or your loved one will continue to enjoy a vibrant lifestyle, full of social activities, wellness programs, and exceptional amenities. Our ISL program allows you to remain active, engaged, and connected to your community, while benefiting from:

Chef-Inspired Dining: Two delicious meals daily and continental breakfast, and access to our Bistro. We carefully accommodate your dietary needs and preferences.

Life Enrichment Programs: A variety of fitness and wellness activities designed to keep you healthy, active, and engaged.

Transportation Services: Scheduled transportation for planned excursions and social events, ensuring you remain part of the community.

Wellness Checks & Emergency Support: Regular wellness checks, 24-hour emergency response, and on-site security monitoring for peace of mind. Tailored Support Services for Peace of Mind

Our Independent Supportive Living program offers a range of personalized support services to assist you or your loved one while preserving independence. These services include:

Assistance with daily personal care tasks, such as bathing, dressing, and hygiene.

Medication management to ensure you stay on track with your health plan.

Customized wellness programs that cater to individual health and fitness goals.

Coordination with medical practitioners and health counseling for comprehensive care.

Personal laundry services for clothing, bed linens, towels, and other personal items.

If you or your loved one want to maintain independence while knowing help is available when needed, Evergreen's Independent Supportive Living provides the perfect balance. You can continue living in your Independent Living suite and access tailored support services that evolve with your needs. This flexibility ensures you can enjoy your retirement to the fullest, with no compromises.

Interested in learning more about Independent Supportive Living? Contact us today to schedule a tour and discover how our community can enhance your retirement experience. We're here to help you continue living life to the fullest, with the support you need along the way.

Your Ideal Retirement Lifestyle Awaits.



Ask us about our special incentives.

Start the New Year with our incredible incentives designed to make your transition into retirement living seamless! Limited spaces are available in our vibrant community that offers a true sense of belonging. Demand is high so don't wait!

Call us at 905-502-8882 to book a tour.





Mindful Living for Peace and Well-Being

Aging brings inevitable change, and how one handles these transitions can make all the difference in finding peace of mind. Mindfulness being fully present in each moment offers a way to navigate life's changes with grace and acceptance. Instead of striving for perfection, it encourages focusing on the process and finding balance in each step. Letting go of unrealistic expectations can help stop resistance to what is happening and create room for acceptance. It's not about giving up but embracing life as it unfolds, trusting that one is doing their best with what they have.

One helpful practice is letting go of preconceived ideas about how aging "should" look. When unrealistic expectations are released, it becomes easier to adapt to life's unexpected twists. It's helpful to start small—maybe by adjusting exercise routines to what feels comfortable, or letting go of worrying about others' opinions. By simply enjoying life as it is, rather than focusing on how it should be, an individual can experience greater peace.

Another key to inner peace is cultivating a positive attitude through self-compassion and gratitude. Aging brings challenges, but being kind to oneself

during difficult moments can help build resilience. A daily practice of gratitude, even for the smallest blessings, can improve mood and shift perspective. Taking a moment to reflect on what's going well in life can reduce stress and increase appreciation for the present.

Physical activity is also essential. Regular movement whether it's walking, yoga, or stretching not only benefits the body but also helps keep the mind sharp and focused. Pairing this with proper nutrition and enough sleep creates a strong foundation for a calm, balanced life.

Maintaining social connections is equally important. Strong relationships and regular social engagement provide emotional support and reduce feelings of isolation. Technology can be a valuable tool for staying in touch with family and friends, ensuring that meaningful bonds remain strong. By practicing mindfulness, letting go of expectations, and nurturing both body and relationships, peace can be found in each stage of life.

EVERGREEN RETIREMENT COMMUNITY



Cozy up to Winter Words! The first 3 people to submit their completed word search receives a Tim Hortons Gift Card!



Winter Wordsearch



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

WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS