

Your Stouffville Creek Team

General Manager

Trish Maxwell

Office Manager

Sahira Ghani

Health and Wellness Team

Health and Wellness Manager

Chinyere Oparah

Nurses

Alma Jackie Abby

Sara Arashdeep

Maegan Prabh

Environmental Team

Environmental Manager

Kelvin Lavia

Maintenance Assistant

Francesco Testa

Life Enrichment Team

Life Enrichment Manager

Kareem Ali

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

Sous Chef

Fabian HooHing

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 July 2024



July Outings

Walmart

Thursday July 4th

Pick up your home essentials today!



Bank bus

Monday July 8th

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



Little Bangkok (Thai restaurant)

Thursday July 11th

Enjoy some wonderful Asian cuisine!!



Upper Canada mall

Thursday July 18th

Enjoy some nice shopping scenery



Dollarama

Thursday July 25th

Get your essential items



Living, Loving

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 lifelong learning.

July's Living, Loving, Local Feature: Raspberry and Cherry

Raspberry

Cherry



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.



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**.

July Highlights

Special Events

Resident General Forum

Thursday July 4th- 3pm

(Mimosa Lounge)

St. Mark's Roman Catholic

Communion Service

Friday July 5th-1:30pm

(Chapel)

Programs & Activities Meeting

Tuesday July 2nd-3:30pm

(Mimosa Lounge)

New Resident Welcome Social

Wednesday July 17th-3pm

(Bistro)

July Birthday Social

Wednesday July 24th-3pm

(Bistro)

Upcoming Vendors in July

Sonita Jewelry

July 13th- 10am-2pm

Bistro

Classy Jewelry by maria

July 31st- 10am -2pm

Bistro

July Entertainment

Mimosa Lounge

July 5th @ 3:00pm — Robert D'Cruz

July 12 @ 3:00pm — Manvir Rai

July 19 @3:00pm — JV Music

July 26 @3:00pm — Craig Brtnik





**Welcome to
Stouffville Creek!
Dinah, Anne,
Connie, and Sheila**



**Grace Moyer, Sal Amato,
Tessie Strader, Mary Lou
Cook, Elisa Giordani**

Our Signature Programs

Fit Minds

Intellectual and Social Wellness

Tuesdays at 1:00pm

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

Art Programs

Emotional and Intellectual Wellness

Artful Enrichment

Wednesday 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

DrumFit

Physical and Emotional Wellness

Tuesday at 4:30pm

Saturday at 11:30pm

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