

September Recap!

Evergreen’s ‘Sunset on Summer’ Open House!



Zack Erikson
performing for
our Residents



What’s on the menu for
the Japanese-themed
Snack Social



Suzy enjoying tempura seaweed
chips for our Japanese-themed Snack
Social



INSPIRED
SENIOR LIVING



EVERGREEN
RETIREMENT COMMUNITY

Evergreen Retirement Community
October 2024 Newsletter



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

Sense of Hearing Clinic
Friday October 25th from 9-12pm in
Craft Kitchen. Please sign up with
Reception

General Store Hours:
Monday to Friday 4:30pm-5pm
with Danielle

Nursing Foot Care Clinic
Thursday October 10th
9-5pm with Tapash Dey–
RPN Certified Foot Care Nurse
Please sign up with Reception

October Events

- **October 1st– Senior’s Day– French Vanilla Cappuccino Social w/ Q & A’s 3pm in Town Square**
- **Active Aging– Souvenir Show & Tell 10:30am in Craft Kitchen**
- **October 3rd– 820 Resident Meeting (Rescheduled from September)- 3:30pm in Theatre**
- **Friday October 4th– Entertainment– Filipa Sousa served with Cinnamon Buns– 2pm in Town Square**
- **Saturday October 5th– Japanese Beer Tasting– 2:30pm– Games Room**
- **Sunday October 6th– Oktoberfest– Trivia with Beer & Soft Pretzel Bites 2pm in Town Square**
- **Monday October 7th– Brandon’s Japan 2024 Travelogue at 3pm in Theatre**
- **Tuesday October 8th– Chef’s Demo– Pear & Goat Cheese Pizza 2pm in Craft Kitchen**
- **Thursday October 10th– Seniors Living Expo (Health Fair) 10am to 2pm in Town Square**
- **Friday October 11th– Entertainment– Prince Cave served with Pumpkin Pie 2pm in Town Square**
- **Tuesday October 15th– Spiced Hot Chocolate & Paint Social 2pm in Craft Kitchen**
- **Thursday October 17th– Entertainment– JT Choir Band 7pm in Town Square**
- **Friday October 18th– Entertainment– Megan Gilbey served with Chocolate Cupcakes 2pm in Town Square**
- **Tuesday October 22nd– Brandon’s Japanese Snack Social Round 2– 2pm in Games Room**
- **Thursday October 24th– LLL– Pumpkin Spice Lattes 3pm in Town Square**
- **Thursday October 24th- 820 Resident Meeting– 3:30pm in Theatre**
- **Friday October 25th– Sense of Hearing Clinic 9am in Craft Kitchen**
- **Friday October 25th– Halloween Entertainment– Tim Godfrey served with Blondies 2pm in Town Square**
- **Monday October 28th– Halloween-themed Tea Social 2pm in Craft Kitchen**
- **Tuesday October 29th– Lynn timer’s Bollywood Chair Dancing 2pm in Movement Studio**
- **Thursday October 31st– Halloween Costume Contest & Treat Social 3pm in Town Square**

Please feel free to suggest ideas to Brandon or Danielle of activities or programs

Evergreen Retirement Community Family

General Manager– Kenny Cherry

Office Manager– Zadid Neme

Health & Wellness Manager– Melody De Guzman

Community Relations Managers– Teodora Elez & Natasha Murray

Environmental Services Manager– Lokesh Kumar

Dining Services Manager– Teresa Iannucci

Executive Chef– Karen Antonio

Dining Services Supervisor– Brigitta Younan

Life Enrichment Manager– Brandon Hay

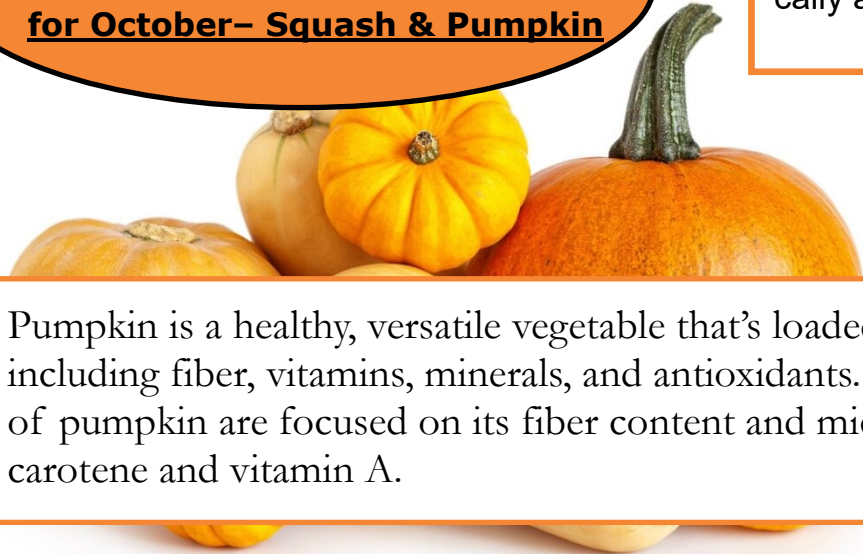


Join us for our Seniors Living Expo! It will be taking place on Thursday October 10th from 10am to 2pm in our Town Square.

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.

Living, Loving
Local
for October– Squash & Pumpkin



Pumpkin is a healthy, versatile vegetable that’s loaded with a variety of nutrients, including fiber, vitamins, minerals, and antioxidants. Most of the health benefits of pumpkin are focused on its fiber content and micronutrients, including beta carotene and vitamin A.

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.

October Outings

Tuesday October 1st – Mandarin Restaurant 11:30am
Tuesday October 8th – Springridge Farms & Symposium Cafe- 9:30am
Tuesday October 15th – Georgian Downs Casino- 9:30am
Tuesday October 22nd– Troy’s Diner– 11am
Tuesday October 29th– Peter’s On Eglinton– 12pm

If interested, please sign up with Brandon or Danielle



Rita, Lucy, Lita and Kitty at the McMichael Canadian Art Collection

MEDICAL APPOINTMENTS:
MONDAY, WEDNESDAY AND FRIDAY FROM 9AM TO 4:30PM
GROUP OUTINGS– TUESDAY
SHOPPING DAY—THURSDAY
DEPARTURES: 11:00AM—SCOTIA BANK,
HEARTLAND/WALMART—PICK UP 2:00PM
10:00AM—ERIN MILLS TOWN CENTRE– PICK UP 1:00PM
10:30AM—SQUARE ONE—PICK UP 1:30PM

Please see Brandon or Danielle for Bookings



Resident Birthdays!

- October 4th- Donola Tomlinson
- October 6th- Avelina Brown
- October 8th- Lidia Ferrari & Raj Rathaur
- October 9th– Amelia Gonsalves
- October 13th– Derrick Dacosta
- October 19th– Inga McQuay
- October 21st– Bruno Reinert
- October 22nd– Shirley Ferguson
- October 24th– Cecilia Liem
- October 27th– Rita Fiorino
- October 28th– Loretta Del Duca, Aisha Eldin & Jaloo Cooper

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.

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.