the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

Artful Enrichment Programs allow our residents to find their inner creativity!

Be Heard

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 kindness.

Spring is just around the Corner

A message from Natasha and Teodora

As the days grow longer and the first blooms of spring appear, it's a perfect time to embrace renewal and fresh beginnings. Spring is a season of growth, warmth, and opportunity - just like life at Evergreen!

If you're considering a move to a vibrant, maintenance free lifestyle, now is the ideal moment.

At Evergreen, you'll find a welcoming community where friendships blossom and every day is filled with comfort and joy. We can't wait to see you!

Natasha and Teodora

UPCOMING DATES

Animal therapy with Bunnies April 08

Chef Demo - Portugese Tarts April 15

Mental Health Presentation April 22

Shandy's and Painting April 29

Aquafit Tuesdays - Every Tuesday

Channel Your Inner Artist: Creativity for a Healthier, Happier You

At Evergreen, we believe that creativity isn't just a pastime, it's a pathway to well-being. Whether it's painting, exercising, music or crafting, engaging in the arts has remarkable benefits to both the mind and body.

We offer amazing programs designed to help you unlock your inner artist! Join our painting workshops, live entertainment every friday afternoon, pet therapy, and hands on crafting classes. No experience needed - just a willingness to explore and enjoy! One of the greatest advantages of living here is the ease of access to these enriching programs. There's no need to drive across town, navigate traffic, or arrange for transportation - these programs are just steps from your door. This accessibility removes barriers to participation. Having these opportunities right within your home encourages spontaneity, regular engagement and a stronger sense of community. Join us and let your imagination flourish - all without ever having to leave home!

The Benefits of Creative Expression

Boosts Brain Health - Artisitc activities stimulate the brain, improving memory, cognitive function and even delays the onset of dementia-related conditions.

Reduces Stess and Enhances Health - Creating art encourages mindfullness, reduces anxiety, and brings a sense of accomplishement and joy.

Fosters Connection - Art is a beautiful way to share experiences, build friendships and connect with others ina meaningful way.

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Spring is literally in the air

Spring is around the corner and with it comes the urge to throw open the windows, the scent of possibility and renewal on the breeze. There are so many ways to spring clean your home, and start decluttering. But one of the most impactfull results is the way your space smells. This is a two step process that often begins with a deep clean first, followed by tools to enhance the scent.

Buy fresh plants and not just flowers. Great smelling choices include jasmine, eucaluyptus and gardenias.

Room and Linen Sprays. For an extra boost of all-natural scent, put fresh sage, rosemary, lemon, or lavendar into a spray bottle filled with distilled water and spritz to your hearts content.

Double wrap your leftovers in the fridge and make sure lids are fastened securely. Oldie but Goodie, leave an open box of Baking Soda in your ridge to absorb the odors. And last but not least put dryer sheets in the closets, dressers, and small spaces.

There is nothing like the fresh scent of spring in our outdoor spaces

Puppy cuddles during our Pet Therapy Programs

Evergreen is Pet Firendly

Did you know that Evergreen is a pet friendly community. The golden years is a period of life to look forward to when you'll have the freedom to pursue your passions and live each day, well, for you. It is important to focus on your health later in life, if not more. One of the things you can do is add a furry, four-legged companion to the family! Pet ownership can have many benefits for older adults. Asside from constant companionship and unconditional love, research shows that pets can lower blood pressure, reduce stress, raise blood oxytocin levels, and in some cases, may reduce direct pain. These studies have also shown that people living with dogs are 15 percent less likely to die from heart disease. It's also a great way to meet new people and and an excuse to get outside everyday to stay active.

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100% Occupancy Achieved

We are beyond thrilled to share that we officially reached 100% occupancy in March 2025. This is a milestone for our community that we are incredibly proud of. It is a true testament to the day to day experiences for both our residents and staff. A huge thank you to all our families and friends who speak so highly of Evergreen and make it the place you want to be.

The Importance of Friends

One of our favourite things about our communtiy is the truly beautiful friendships that develop. You couldn't pick a better community that takes takes care of each other. Friendship is a funny thing; we pick humans we like, and we decide to spend time together. Similar situations, interests and opinions help the relationships flourish. The benefits of these authentic social connections are essential: They inspire positive mental health, give an immune-boosting rush of endorphins, and help lower blood pressure. There are so many benefits to being social. Come see for yourself.

The Power of Community

Social Isolation can have serious effects on both mental and physical health, increasing the risk of depression, cognitive decline and even chronic illness. At Evergreen, we know that staying connected is essential to a happy, healthy life. Being part of a vibrant community filled with friendships laughter and shared experiences not only combats loneliness but also fosters a sense of belonging and purpose. Here, you're never alone - you're surrounded by a supportive network that encourages you to thrive everyday.

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OUR FEATURED SUITES!

Beautiful 2 bed Two Bath

Available immediately

Location: Sunrise side

Looking for a spacious and comfortable home to share with a loved one or a dear friend? Our two bedroom, two bathroom suites offer the perfect blend of privacy and togetherness! Enjoy ample living space, modern amenities, and the ease of maintenance free living, all within a welcoming community. Whether you're a couple or best friends ready for a fresh start we have a spot!

One Bedroom 560 Sq feet

Available immediately

Location: Sunset side

One bedroom suites are rare to find, and when they become available, they don't last long! Perfect for those seeking a cozy, maintenace free home with all the benefits of community living, this suite offers comfort, convenience, and the freedom to enjoy life without the hassle of upkeep. If you've been waiting for the perfect space to call your own, now is the time!

Call today for a personalized tour. These won't last long.

Evergreen Retirement Community

Call (905) 502-8882

820 Scollard Court, Mississauga

Visit us online at VerveSeniorLiving.com

Book a Tour with us April - June for a chance to WIN!

$150 Gift Card of Your Choice

Don't delay. Call today. 905-502-8882

Ask for Natasha or Teodora

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