

# Monthly Newsletter

## Message from our Executive Director

### Remembrance Day Ceremony

We had an amazing Remembrance Day ceremony on November 11th, attended by both residents and family members. Some of our residents took part in the service, and it



was such a beautiful time to remember and honour the courage and sacrifice of those who have served our country. It was a moving and meaningful event that brought our community together in reflection and gratitude.

### Annual Family & Resident Christmas Dinner – Friday, December 12th, 2025

The holiday season is quickly approaching, and we're thrilled to invite you to our Annual Family & Resident Christmas Dinner on Friday, December 12th, 2025!

This beloved tradition is always one of the highlights of our year – a fabulous and festive evening filled with delicious food, joyful music, and wonderful company. It's a special time for residents, families, and staff to come together, share laughter, and celebrate the spirit of Christmas as one big community.

Our team has been busy planning an incredible holiday meal, as well as a few surprises to make the evening truly memorable. We can't wait to see everyone enjoying this beautiful event, surrounded by warmth, friendship, and the magic of the season.

As we head into the holidays, I would like to extend my very best wishes to you and your loved ones. May this Christmas bring good health, happiness, and peace, and may the new year ahead be filled with hope and joy. Please take care and stay safe as you celebrate with family and friends.

Thank you, as always, for your ongoing support, trust, and partnership. We're so grateful to share this season with you and your loved ones.

I pray you experience the richness of God's love and glory, and the miracle of this holy season. Have a blessed Christmas and a very Happy New Year.

God Bless,  
**Janice Pitts**  
Executive Director

## DECEMBER PROGRAMS

Dec. 2  
10:30 Virtual Reality  
18:30 Christmas Painting

Dec. 3 | 14:30  
Catholic Mass

Dec. 8 & 22 | 10:30  
Book Club

Dec. 9  
10:30 Communion

18:30 Creative Games

Dec. 10 | 10:30  
Christmas Carols with Viola

Dec. 11 | 10:30  
Markham Federation of Filipino Canadians Show

Dec. 13 | 14:30  
Gingerbread House Decorating

Dec. 16 | 18:30  
Christmas Lights Tour

Dec. 17 | 10:30  
Entertainment with Emilio

Dec. 18  
14:30 The North Pole Wagon

18:30 Wine & Cheese

Dec. 19 | 14:30  
Travelogue: Christmas in Mexico

Dec. 20 | 10:00  
Young at Heart Painting

Dec. 24 | 10:30  
Holiday Hugs with Santa

Dec. 24 | 14:30  
The Bakers Club

Dec. 25 | 18:30  
Christmas Karaoke Night

Dec. 28 | 14:30  
Volley-Ballons Fun

Dec. 29 | 14:30  
Birthday Bash

Dec. 31 | 14:30  
New Year Eve Party with Dan Champagne

## December 2025 Birthdays

Pui Lan Chu	Nov. 01
Antony Chan	Nov. 08
Elizabeth Hall	Nov. 11
Caroline Buckland	Nov. 11
Maryann Durham	Nov. 23
Barbara Wallenwein	Nov. 25
Gulshan Khimji	Nov. 25
Patricia Moscrop	Nov. 28



LET'S WISH A HAPPY BIRTHDAY  
TO OUR DEAR RESIDENTS

### -What They Say-

Since moving to Markhaven in December 2023, I've found it to be a beautiful and peaceful home. Surrounded by trees, flowers, and a lively gazebo, every day here is filled with meaningful programs, movies, and activities. The PSWs care with compassion and humor, and residents feel like one big family. A special thanks to our beloved nurse Elena, whose kindness makes Markhaven truly a home of peace and tranquility.

Gulshan Khimji  
Markhaven Resident

### Employee of the Month



Gene Leo  
Bagaoisan  
November 2025

# Spiritual Corner

## Reflection:

### Warmth in the Winter

December brings a gentle reminder that warmth isn't only found in blankets or lights—it is found in people.

A soft smile, a kind word, or a few minutes of listening can brighten someone's day more than we realize.

This season invites us to slow down, to notice one another, and to share simple moments of connection.

In offering warmth to others, we discover that our own hearts grow a little brighter too.

By: **Andrea Barco**

Markhaven Home for Seniors

## Prayer:

### A Gentle December Blessing

Dear Lord,

In this quiet, tender season, wrap us in Your warmth.

Fill each heart with comfort, each room with peace, and each day with small moments of joy.

Hold close those who need extra care, and remind us that we are never alone.

May kindness guide our words, and may love shine softly through all we do.

**Amen.**

# Markhaven & BPSO

At Markhaven, we are proud to be a Best Practice Spotlight Organization (BPSO), leading quality care through evidence-based practices in long-term care. Our dedicated team ensures that residents receive the safest, most compassionate, and individualized care based on the Registered Nurses' Association of Ontario (RNAO) Best Practice Guidelines (BPGs).

Our BPSO committee team meets monthly as we continue to grow, improve, and lead in Markhaven.



A few weeks ago, we had the pleasure of welcoming representatives from the BPSO (Best Practice Spotlight Organization) to Markhaven.

Their visit gave us the chance to share the progress our teams have made and our continued commitment to best practices that support safety, quality of life, and resident-centered care.

We are grateful for partnerships that help us grow and make a positive impact on the residents we serve every day.

# Seasons & Supper

## December Recipe: Easy Gingerbread Cookies

These Easy Gingerbread Cookies bring all the warmth and cozy flavors of December into your home. Simple to make and perfect for decorating, they're a festive treat that residents, families, and staff can enjoy together during the holiday season.

### INGREDIENTS:

- 2 ½ cups all-purpose flour
- ½ cup brown sugar
- ½ cup unsalted butter, softened
- ⅓ cup molasses
- 1 egg
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- ½ tsp baking soda
- ¼ tsp salt

### INSTRUCTIONS:

- Preheat oven to 350°F (175°C).
- Cream together butter and brown sugar until smooth. Add the egg and molasses; mix well.
- In a separate bowl, whisk together flour, baking soda, salt, ginger, cinnamon, and cloves.
- Gradually add dry ingredients to the wet mixture to form a soft dough.
- Roll dough on a floured surface to ¼ inch thickness.
- Cut into shapes using gingerbread cookie cutters.
- Place cookies on a baking sheet and bake for 8–10 minutes.
- Allow to cool completely before decorating.



### Tips:

- **Chill the dough 20–30 minutes for easier rolling.**
- **For softer cookies, bake on the shorter time.**
- **Decorate with royal icing or melted white chocolate.**
- **Add a pinch of nutmeg for extra festive flavor.**

# Resident of the Year 2025 – Ernesto Arévalo



I am truly honored to have been chosen as the first recipient of Markhaven's 2025 Resident of the Year award. My wife, Eleanor, and I are proud to call Markhaven's Springdale Unit our home.

I would like to sincerely thank all the staff who voted for me and who, every single day, work with dedication and compassion to ensure the well-being and happiness of all residents.

Your hard work and kindness make Markhaven a wonderful place to live, thank you for making my days here so meaningful and filled with joy.

— Ernesto Arévalo





## *Stories From the Heart: Our Resident's Life*

### **Meet Patricia Stookes**

Pat was born in a cozy farmhouse in Hatley, Quebec, on December 4, 1924.

She grew up alongside her older brother on her family's dairy farm. In 1947, she moved to Toronto to pursue a career as a bookkeeper and later raised her family in a warm bungalow in Scarborough, where she also thrived as a dedicated real estate agent.

A passionate gardener and devoted volunteer, Pat gave over 30 years of her heart to Scarborough General Hospital as a volunteer.

She was also a gifted artist, especially known for her beautiful landscapes, and a true queen of crafting, bringing creativity and joy into every corner of her life.

Beloved wife of 50 years, cherished mother, Nana, and Great-nana.



# O Holy Night

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

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



ANGELS	GIFTS	MARY
BABY	INN	NATIVITY
BETHLEHEM	JESUS	SAVIOR
CAMELS	JOSEPH	SHEPHERD
DONKEY	JOY	STABLE
GABRIEL	MAGI	STAR

# *Captured Moments*

## November 2025



**Hands on Exotics**



**Hands on Exotics**



**Hands on Exotics**



**Arts and Crafts**



**Remembrance Day**



**Table Games**



**Creative Games**



**Colour & Joy**



**Creative Games**

# *Captured Moments*

## November 2025



Pumpking Fest



Bollywood-Zumba



Thanksgiving Tea Social



Travelogue to Jamaica



Unit Tree Trimming  
1 North



Unit Tree Trimming  
2 North



Unit Tree Trimming  
1 South



Unit Tree Trimming  
2 South



Birthday Bash

# Last month's outing: MARKVILLE MALL



Our residents had a wonderful outing to Markville Mall, where they enjoyed a lovely day of strolling, shopping, and sharing a delicious meal at the food court. It was a joyful and refreshing experience for everyone!

# Young at Heart Painting Class



Our residents recently enjoyed a wonderful painting class, exploring their creativity and expressing themselves through art. Activities like this are not only fun but also offer many benefits for seniors, including improving cognitive function, enhancing fine motor skills, and providing a sense of accomplishment. Most importantly, it gives our residents a joyful and relaxing way to connect with others and share meaningful experiences..

# Twelve Days of Christmas

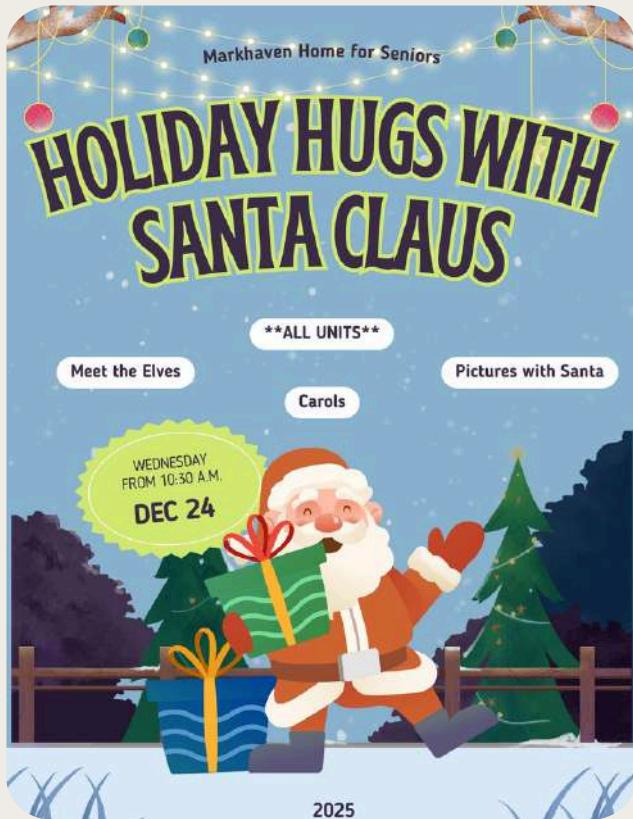
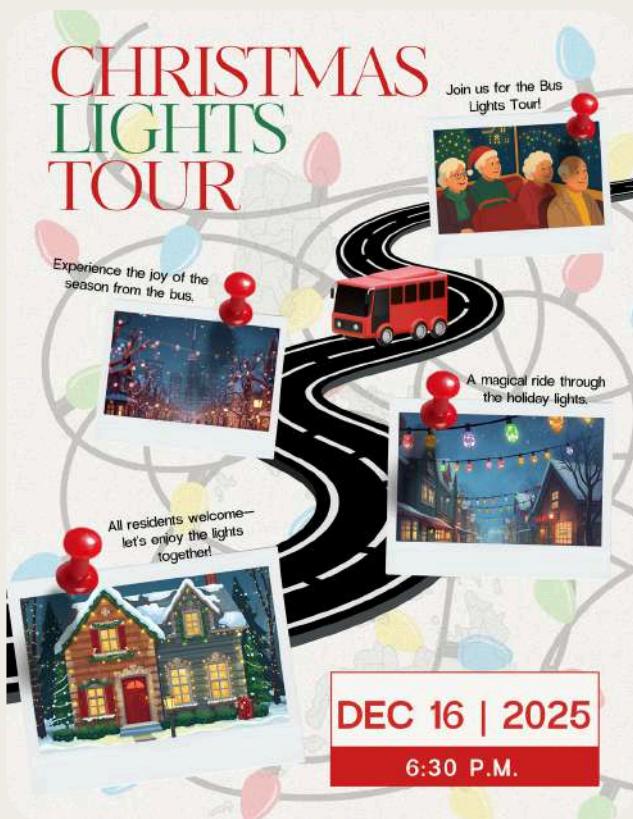
Match each item to the correct part of the  
“Twelve Days of Christmas.”



1. First day \_\_\_\_\_
2. Second day \_\_\_\_\_
3. Third day \_\_\_\_\_
4. Fourth day \_\_\_\_\_
5. Fifth day \_\_\_\_\_
6. Sixth day \_\_\_\_\_

7. Seventh day \_\_\_\_\_
8. Eighth day \_\_\_\_\_
9. Ninth day \_\_\_\_\_
10. Tenth day \_\_\_\_\_
11. Eleventh day \_\_\_\_\_
12. Twelfth day \_\_\_\_\_

# Highlights of Upcoming Events



Your Kindness Brings Joy to our  
Residents

Stouffville  TOYOTA

Getting There. Starts Here.



 Dixon-Garland  
funeral home

Thank you to everyone who generously supported our Markhaven  
Recreation Fundraiser!

Your donations help us continue creating meaningful programs, joyful  
moments, and memorable experiences for our residents.  
We are truly grateful for your kindness and support.