

Heather Janes: Fitness + Physio Centre

It was my pleasure to announce the name of our new capital campaign at our Spring Celebration: “Let’s Keep Moving”.

For us, the name has a dual meaning: first, it speaks to our commitment to continue to focus on the work of our foundation; and second, it reaffirms our commitment as an organization to well-being.

More and more research studies are showing that physical activity is not only healthy for the body, but also for the mind. Exercise helps to combat stress, promotes sleep, and activates the immune system.

So for the future health benefit of our community I am announcing our new project to develop a 2,000 square foot Fitness + Physio Centre on our ground floor.

- we currently run 15 classes per week on our lower level;
- our fitness program staff see over 100 residents for individual fitness and nutrition counselling; and
- our physiotherapy staff are actively treating over 200 clients on an ongoing basis.

I feel strongly that dedicating space and resources to these programs is critical; and where better than a prime location adjoining the front lobby and looking into the courtyard garden?

I hope that you continue to include The Christie Gardens Foundation in your plans for giving.



Grounded in the past. Looking to the future.

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*for more information about
The Christie Gardens Foundation
including how to make a donation
please visit our website at
www.christiegardensfoundation.org*

Ways to Give

We accept donations by cheque made payable to The Christie Gardens Foundation, delivered by hand to the Christie Gardens main Reception Desk, or by mail to:

ATTN: The Christie Gardens Foundation
600 Melita Crescent
Toronto, ON M6G 3Z4

One-time or regular monthly donations can be set up through the Canada Helps online service. A “Donate Now” button can be found on our website.



You can arrange to donate shares through your financial institution, usually with no fee nor impact on your taxes. Consult your tax advisor or financial institution for more information.

For Christie Gardens residents: regular monthly donations can be made through pre-authorized payments on resident accounts. Contact the Finance Office to arrange.

For more information on ways to give, visit our website at www.christiegardensfoundation.org



Grace Sweatman, President
The Christie Gardens Foundation

Foundation Spring 2018 Celebration

Last week we held our Spring Celebration — to honour our donors, celebrate the completion of Cedarvale Park, and to launch the Let’s Keep Moving campaign — and what a celebration it was!

Inside this newsletter you will find pictures from our Spring Celebration, as well as from our Cedarvale Park Ribbing Cutting.

When we began this journey, our vision was to renovate the Courtyard Community at Christie Gardens — establishing three neighbourhoods on our care floor and in so doing, foster and accelerate the culture change

already taking place throughout our community.

As the Foundation has become my focus, we have developed a mission that includes not only capital projects, but also education, influence, and benevolence — both inside Christie Gardens, and beyond.

Now as we look at our next capital project, Let’s Keep Moving, we want to communicate to our donors and our community the opportunities for the Foundation to also keep moving. Our work is far from done.

more inside ...

Foundation Spring 2018 Celebration

... continues from front

We are very grateful to our donors for their support in achieving our ambitious fundraising goal to complete the Courtyard renovations.

Now we are looking ahead to the Fitness + Physio Centre at Christie Gardens, scholarships and bursaries, music programmes, community engagement, speaking engagements, and much more.

Thank you for your continued encouragement and support.

Grace Sweatman has recently retired from her role as CEO of Christie Gardens that she held for 28 years. Grace is a former Director and past President of the Ontario Long Term Care Association (OLTCA), and is a sought-after public speaker on issues affecting elders in society. Grace currently serves as a Director of the Durham Christian Homes Society.

Donor Wall Updated



Category	Donor Name	Amount
Gold	John & Mary Smith	\$15,000
	David & Susan Jones	\$12,000
	Robert & Linda Brown	\$10,000
	Michael & Patricia White	\$10,000
	James & Elizabeth Black	\$10,000
	William & Catherine Green	\$10,000
	Richard & Barbara Yellow	\$10,000
	Thomas & Margaret Red	\$10,000
	Christopher & Jennifer Purple	\$10,000
	Daniel & Rebecca Blue	\$10,000
Silver	Andrew & Sarah Grey	\$5,000
	Benjamin & Emily Black	\$5,000
	Charles & Olivia White	\$5,000
	Frank & Isabella Brown	\$5,000
	George & Lucas Green	\$5,000
	Henry & Sophia Yellow	\$5,000
	Isaac & Alexander Red	\$5,000
	Jacob & Charlotte Purple	\$5,000
	John & Benjamin Blue	\$5,000
	Matthew & Hannah Grey	\$5,000
Donor Club	William & Mary Black	\$1,000
	James & Susan White	\$1,000
	Robert & Linda Green	\$1,000
	Michael & Patricia Yellow	\$1,000
	David & Elizabeth Red	\$1,000
	Thomas & Catherine Purple	\$1,000
	Christopher & Jennifer Blue	\$1,000
	Daniel & Rebecca Grey	\$1,000
	Andrew & Sarah Black	\$1,000
	Benjamin & Emily White	\$1,000

At the Spring Celebration we unveiled a new Donor Wall, featuring donors who have contributed since 2012, in the following categories:

Gold - contributed more than \$10,000

Silver - contributed more than \$5,000

Donor Club - contributed more than \$1,000

Business Friends and Sponsors

Foundations and Estates

Foundation Spring 2018 Celebration Photos



Cedarvale Park Ribbon Cutting

