

In Sync... In the Village

The biannual newsletter of Shepherd Village Inc.



The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.

Psalm 23:1-3 (ESV)

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With 2025 now in the rear-view mirror, we can celebrate how far we have come together.

Shepherd Village means something different to each of us. For some, it's home. For others, it's a great place to work, a trusted partnership, or a cherished community.

At Shepherd Village, we have a deep understanding that our greatest strength is our people, with a rich web of relationships between the residents, staff and our partners. We strive to be a place where everyone can feel genuinely valued and engaged in a thriving Christian community where seniors flourish and find peace.

For busy adult children seeking trustworthy support for their ageing parents and independent seniors looking for a vibrant, values-driven community, we offer compassionate and reliable senior living services delivered through a warm, person-centred approach.

Sixty-five years ago, we opened our doors to care for seniors, beginning as a small home for retired missionaries. Today, that vision has grown to serve a multicultural community of over nine hundred seniors. It's a milestone worth celebrating!

But 2026 is more than a milestone anniversary. It also marks the launch of our 2026–2030 Strategic Plan, heralding 'Strength through Connection'. Through a collaborative process which involved residents, families, staff, volunteers, board members and partners, we created a plan built on our core values. We identified our six key success factors as the essential ingredients that we have to get right, and finally, we designed our corporate goals to focus on four priorities: building financial stability to sustain and improve our facilities; nurturing strong relationships with our stakeholders; enhancing operational capacity; and embracing the technological advancements shaping the world around us. Our 2026-2030 Strategic Plan will be accessible on our website this month. Please check it out.

In June, we look forward to welcoming you to our 31st Annual Charity Golf Tournament, a cherished tradition that has raised over one million dollars for seniors' programs.

There is much ahead of us, and we are grateful to have such a dedicated team and committed partners like you, walking with us.

Thank you for being part of our Shepherd Village journey!

Warm Regards
Wendy Beckles



Historical Fun Facts

In honour of our 65th anniversary, here are some fun facts and milestone moments that might surprise you and spark a few conversations.

First Employee

A.G. Richards
September 8th, 1959



First Doctor

Dr. Lawrence H. Mudie
1961 - 2011



First Birthday Party

June 16, 1962



First Golden Wedding Anniversary

Mr. and Mrs. Emory Houser
50th Anniversary August 1962



First Wedding

Mrs. Jessie Atyeo (70) and
Mr. David Price (80) on January 11, 1964



First Female/Black President & CEO

Wendy Beckles
2018 - Present



First Female Board Chair

Christine Arsenault
2022 - 2023



Building History

Shepherd **Lodge**, our Long-Term Care facility, opened in **1961**.

It was later redeveloped and officially reopened in **2004**.

Shepherd **Manor**, our “rental apartment” building, was opened in **1976**.

Shepherd **Terrace**, our “retirement” residence, was opened in **1991** (In 2004-2005, renovations were done to the 2nd floor and main floor areas).
Shepherd **Gardens**, our “life lease” residence, was opened in **1999**.

65th Anniversary Spotlight

- Longest-serving staff - **Mario Gugliotta**
- Longest active resident - **Jacobus Le Roux**

“We are a continuum of care within a Christian community, where seniors can flourish and find peace.”

SV Vision

Dementia Friendly Communities



On September 16, 2025, we collaborated with the Alzheimer Society of Toronto to facilitate a Dementia Friendly Communities education session. The event focused on understanding dementia, common signs and changes, and practical strategies for interacting with individuals living with dementia. The session also explored effective communication strategies and ways to create inclusive environments that foster welcoming, supportive, and dementia-friendly communities. For more information, visit www.dementiafriendlyontario.ca.

OLTCA Community Engagement Day 2025

On September 19, 2025, our Village joined the second annual OLTCA Community Engagement Day, welcoming elected officials to experience our innovations in Long-Term Care. The day began in the Terrace and Village Club, where we joined residents in an active exercise class. Most of the afternoon was spent on the 7th floor of the Lodge, exploring our new simulation room, the first in the province, where staff can practice essential care skills.

The highlight was the Sensi-Chair, an innovative tool from Denmark that soothes residents with behavioural or sleep challenges using gentle massage, music, a weighted blanket, and a heartbeat-simulating snuggle buddy. The day concluded with greetings, OLTCA certificates of recognition presented to specific residents, and refreshments in the boardroom, reflecting on progress and opportunities ahead.

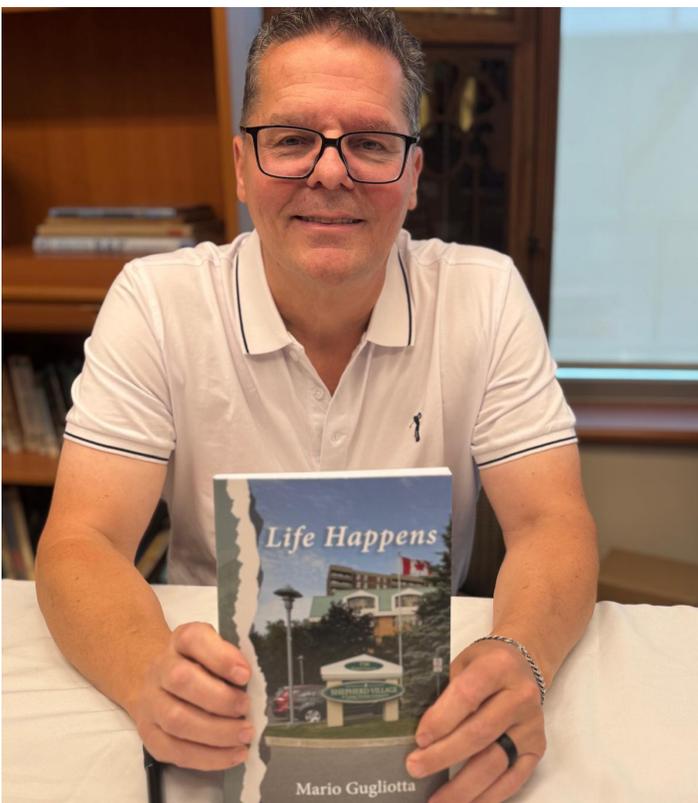


2025 Walkathon Fundraiser



The 2025 Walkathon took place on Saturday, September 20, where community spirit and generosity were evident, with over 40 participants, five volunteers, and two dogs in attendance. The event raised \$16,778.40, supporting the needs of our long-term care facility and Adult Day Centre. The Honourable Jean Yip, MP, graced us with her presence, engaging with attendees, residents and staff. Plans are underway for the 2026 Walkathon in September. Keep an eye out for the date. Pictures will be taken at the event.

Mario's Book Launch



On September 26, 2025, we had an official book launch for 'Life Happens'. A book written by our very own Mario Gugliotta. Recounting on his over 40+ years of experience here at Shepherd Village.

The book launch was open to staff, and on September 30, the invitation was made available to all: residents, staff and other stakeholders. People showed up in support, purchased the book and got it signed by the author himself. Others had a quick chat with Mario about the process behind the amazing piece.

'Life Happens' is still available for purchase. It is discounted (\$10), and any purchase of \$20 or more gets a donation tax receipt. All funds generated from the sales go back to the Village.

National Seniors Day

On October 1, 2025, we celebrated National Seniors Day with the theme “Faith and Flourishing.” The day opened with a warm welcome from the Director of Spiritual Life and Strategic Partnerships Rich Janes, and an encouraging message of goodwill from our President & CEO Wendy Beckles.

Attendees enjoyed harp music and inspiring stories from Eduard and Christine Klassen, followed by Pastor Sandra Gill, who shared how faith helps us flourish and bear fruit, illustrated with a simple plant demonstration.

It was a joyful and uplifting day, leaving everyone feeling blessed and inspired.



Take Your Kids to Work Day 2025

Take Our Kids to Work Day 2025 at Shepherd Village was an inspiring, joy-filled experience for our young kids! The day began with breakfast, registration, and a warm welcome, followed by hands-on workshops and tours exploring careers in Recreation, Nursing, Physiotherapy, Food & Nutrition, and more. Students met President & CEO Wendy Beckles, shared their dreams, reflected on what they learned, and left feeling motivated for their futures.



Volunteer's Christmas Party 2025

Shepherd Village celebrated our volunteers on Wednesday, November 26, 2025, with a joyful Christmas Party filled with gratitude, laughter, and holiday cheer! The afternoon began with welcoming remarks from President & CEO Wendy Beckles, followed by a festive lunch and the "Volunteers in Action" slideshow, highlighting their dedication and spirit. Volunteers enjoyed a lively mystery game, cheerful carols, closing words from Director of Client Care Services Cathy Fiore, and a group photo, honouring the incredible contributions of our amazing volunteers.



Welcome, Petunia, to Shepherd Village

We welcomed Petunia, a gentle 5-year-old tabby, to Shepherd Lodge in November. Petunia is already bringing comfort and smiles to residents and staff.



SLD Volunteer Appreciation Event

Our Spiritual Life Department volunteers met on December 1st for a time of 'Care and Connection'. It was a wonderful opportunity for our volunteers to meet with one another and the Shepherd Village pastors, chaplains and staff. Spiritual Director Leanne Cabral led us through a teaching and practice of breath prayers. *Breathe in* "Emmanuel" *Breathe out* "God is with me". It was a powerful exercise to begin the Advent season.

For more information about becoming a volunteer with our Spiritual Life department, speak to Pastor Rebecca-Lodge Chaplain, or any of our SLD staff.



Christmas Decoration Workshop

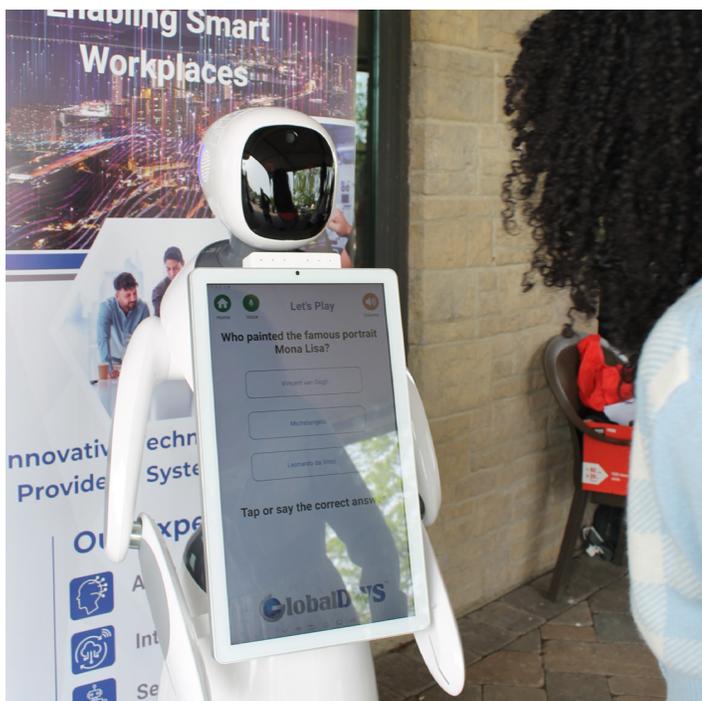
On December 18, we held a festive art workshop that brought together youth and seniors to create holiday-inspired snowflakes, ornaments and wreaths. Participants explored different art materials and techniques, experimenting and expressing their creativity. The workshop was filled with laughter, excitement, music, and collaboration. The artworks from our workshops will be featured in our upcoming March 2026 art exhibit.

Christmas at Church in the Village 2025

We were entertained by The Masters Four + at the Christmas Concert. At the Christmas Banquet, we enjoyed delicious food and great entertainment by the Whitby Brass Band and Pastor Tony. The Christmas Eve Service reminded us of the importance of being the light, and the musically talented SLDSP team led us in worship. Upcoming Events: Alpha and GriefShare (Tuesdays), Remembrance Service, Holy Week & Easter.



Introducing Our Engagement Robot: A New Era of Care at Shepherd Village



Shepherd Village is always evolving, finding new ways to enhance the lives of the people we are privileged to serve. Our latest initiative is a reflection of exactly that. We are thrilled to introduce our Engagement Robot to the Lodge, and on February 25, 2026, our team headed out for a live demonstration to see her in action and explore how best to bring her into the care we provide every day.

This is not your average piece of technology. She is warm, interactive, and designed with people in mind. Available twenty-four hours a day, she engages residents through music, weather updates, jokes, trivia, storytelling, and friendly conversation, all in multiple languages. She can move through the Lodge

independently or be guided by remote control, making her accessible and easy to enjoy for residents of all abilities.

What makes this a particularly natural fit for Shepherd Village is how well she aligns with the life we have built here. Our community thrives on meaningful programming, from hymn sings and worship gatherings to games, social events, and the daily activities that give our residents something to look forward to. The Engagement Robot will be synchronized with our activity calendar, playing hymns during morning gatherings, and supporting the incredible work our recreation team does each day. She is not an addition that stands apart from our community. She is one that grows from it.

At a time when long-term care homes across the country are navigating real staffing pressures, she also offers something quietly powerful: a consistent, reliable presence. She gives our staff more space to focus on the deeply personal work that no technology can replace.

The Lodge is just the starting point. As she becomes part of daily life here, we are already looking ahead to extending her presence to other buildings across our campus of care.

At Shepherd Village, innovation has always been guided by one question: Does this make life better for the people we serve? With our Engagement Robot, we believe the answer is yes.

Upcoming Events



Art EXHIBIT

Date: Thursday, March 19, 2026
Time: 2:30 PM - 4:30 PM
Location: Community Hall

We are excited to host an art exhibit celebrating the creativity of your program participants. This special event showcases artwork created by youth and seniors through the LEAD Seniors' Art Project.

Photos and videos will be taken during this event. By attending, you agree to be included. Let us know if you'd prefer not to be.



SUNDAY, MARCH 29

PALM SUNDAY SERVICE

SUNDAY MORNING
CHURCH AND COMMUNITY HALL

Praise & Thanksgiving

HOSTED BY THE SPIRITUAL LIFE DEPARTMENT

TUESDAY 31 MARCH 2 PM

 **COMMUNITY HALL**



PICTURES WILL BE TAKEN AT THIS EVENT



An Interactive

Stations of the cross

APRIL 1-2
WEDNESDAY - THURSDAY
12 - 4 PM

CHURCH AND COMMUNITY HALL

For Staff and Residents

Upcoming Events



Volunteer Appreciation Dinner

APRIL | 22 | WEDNESDAY

2026 NATIONAL VOLUNTEER WEEK - APRIL 19 TO APRIL 23

Photos and videos will be taken during this event. By attending, you agree to be included. Let us know if you'd prefer not to be.

Mother's Day
SERVICE

**Sunday, May 10
@10 am**

Celebrate the love of mothers on Sunday,
live in Church in the Village



SERVICE OF REMEMBRANCE

HONOURING RESIDENTS WHO HAVE PASSED AWAY FROM
JANUARY 2026 - APRIL 2026



**Tuesday - May 26, 2026
2 PM
Church and Community Hall**

LEAVE A LEGACY OF CARE

For residents and families, Shepherd Village is more than a place to live – it is a community of faith, support, and dignity.



When you remember Shepherd Village in your will, you help ensure that future seniors experience compassionate Christian care for years to come.

A gift in your will costs nothing today but means everything tomorrow.

DISCOVER HOW EASY IT IS TO MAKE A LASTING DIFFERENCE.

416-609-5700 Ext. 336
shepherdvillage.org

Resident Spotlight: Kapka Stovel



If you have ever tried to track down Kapka, you already know it is not easy. Not because she keeps to herself, but because she is always somewhere helping someone. Flip through any photo album of volunteers from the past year, and a pattern emerges quickly. Kapka is in almost every single one. There she is, doing something for somebody else.

Kapka has lived in the Manor for over a decade, and in that time, she has become one of its most beloved and quietly devoted members. She volunteers regularly at the Lodge and Terrace, visiting apartment-bound residents, sitting with them, listening, and offering the kind of genuine companionship that cannot

be scheduled or replaced. She is also a steady presence during hymn sings, always showing up and always giving.

What makes Kapka truly special is that she does all of this without any fuss. She is the one who will stop you in the hallway to ask how you are doing and remind you, warmly, that she has not seen you in a while. Somehow, the person who is always the busiest is also the first to notice when someone else has been absent.

And then there is her art. Kapka is a gifted painter, though she would never tell you that herself. She approaches every canvas with quiet modesty, often saying she just wants to do something, and then produces something beautiful. Her paintings share a signature warmth, rich colours and soft, sweeping strokes that have a way of making you slow down and breathe.

Her painting was chosen for June in this year's L.E.A.D. calendar, captioned "June's Quiet Beauty," a description that could just as easily be about the artist herself. She may not be born in June, but she carries that same quiet beauty in everything she does.

Kapka is peaceful, generous, and always present for the people around her. The Manor is truly richer for having her.

"All good things come from the Lord, as mentioned in John 15:5. Jesus said, "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing." So, it is God who gives us the talent and the desire to do his will. "

~ Kapka Stovel

Google Review

We'd love to hear your feedback.

"The team at Shepherd Village is exceptional!!! The management/staffs are responsive and a caring group of professionals. I highly recommend this seniors residence for your family members care."

Please take a minute and leave us a review on Google!



★★★★★

How it works

- Scan this QR-Code
- Leave a review
- Done!

Thank you
Your voice matter and we want to hear from you

SHEPHERD VILLAGE
A Caring Christian Seniors' Community 

Keep up with what is going on around the village

Follow us

-  @linkedin_Shepherd Village Inc.
-  @Instagram_shepherdvillage
-  @x_ShepVill
-  Shepherd Village Inc.
-  Shepherd Village Inc.

Spiritual Life and Strategic Partnerships Department

Our SLSP Department has a simple vision for 2026: that Shepherd Village continues to be a place where faith is lived honestly, questions are welcomed, and no one has to walk through hard seasons alone.

Christian spiritual care is not about having all the answers; it's about learning to listen - deeply - to God, to one another, and to what is stirring within our own hearts. Scripture reminds us that lasting joy is not the absence of difficulty, but the steady presence of God within it. This year, we will continue to offer spaces that nurture spiritual resilience, emotional wellness, and quiet strength rooted in biblical truth.

Whether through worship, prayer, conversation, or simply being present, our team is here to meet with residents, families, and staff in ways that are safe, confidential, and free of judgment. You are always welcome...just as you are. (Honestly. It's true...we really mean that!)

A new year invites fresh intention to consider exciting possibilities and opportunities for personal growth and development. SLSP programs and activities are designed to provide you with all the benefits that come from living within a "Village": connection, community, and care.

Here are some of our January to June 2026 highlights for you to consider:

- **Sunday** – Church in the Village Worship Services @ 10 am
- **Monday** – Men's Gametime + Ladies' Prayer @ 10 am, Terrace Hymn Sing @ 2 pm
- **Tuesday** – Growth Groups (Morning Bible Study, ESL Classes, GriefShare Support Group, Alpha Course)
- **Wednesday** – One-Hour Prayer Gathering @ 12 pm (CITV), Lodge Hymn Sings (afternoon)
- **Thursday** - Theology Thursday @ 2 pm in the Gardens (for all residents), Terrace Bible Study and Hymn Sing @ 2 pm, Lodge Hymn Sings (afternoon)
- **Friday** - Friday Fellowship @ 2 pm in the Community Hall (for all residents) Individual Pastoral Care & Chaplaincy Visits
- Seasonal Services & Reflection Gatherings
- Community Outreach & Partnership Initiatives

At Shepherd Village, there are no strangers...just future friends we haven't bumped into yet!

Do Life Different,

Rich Janes

Director, Spiritual Life and Strategic Partnerships

Memorial Garden



One of the ways Shepherd Village strives to enhance the lives of our residents is through therapeutic gardens such as the West Memorial Courtyard, a peaceful place to remember loved ones who have passed. This is only possible through generous donations from family and friends. Those who have lost loved ones can honour them by adding their names to an engraved plaque in the gardens by donating a minimum gift of \$500 before the end of February 2025. .



Want to give heart to the Village through donations?



SHEPHERD VILLAGE
A Caring Christian Seniors' Community

END OF LIFE & ESTATE PLANNING SEMINAR

For Residents, Family Members, POA's & Staff

PREPARE TODAY FOR A SECURE TOMORROW AND FOR FUTURE GENERATIONS

WEDNESDAY, MAY 20 7 PM COMMUNITY HALL

Come hear from professional guest speakers. Keep an eye out for future spring dates. **Pictures will be taken at event.**

- How to best use my RETIREMENT SAVINGS.
- Why is ESTATE PLANNING important?
- Why are POAs & WILLS important?
- How to help your EXECUTOR & FAMILY?
- How to plan a FUNERAL & WHY?

Tuesday, June 2, 2026

SAVE THE DATE

Pictures will be taken

CARDINAL LAKES GOLF CLUB

What's in The Village?



Village Club

For more information contact

Nicole McGale
(416-609-5700 Ext. 406)

Open Monday to Friday
9:00 a.m. – 4:00 p.m.
Full day and half day options available.

We are a 65+ Seniors Day Program located on the Lower Level of the Shepherd Terrace Retirement Home here at Shepherd Village. Our open-concept room with panoramic views of our beautiful gardens is one of the best locations, in our opinion.

Here at the Village Club, we provide social, recreational, and therapeutic activities that specialize in dementia care in a group setting.

We help caregivers, who provide daily care, take a well-deserved break, knowing their loved ones are in a safe, fun, and supportive environment. "It's a home away from home."

ESL CLASSES

ENGLISH AS A SECOND LANGUAGE

CONFERENCE ROOM 1

ESL Beginner Classes



One-hour classes starting March 24
9:30 am to 10:30 am

ESL Intermediate Classes



One-hour classes starting March 24
11:15 am to 12:15 pm



Onsite Pharmacy & Convenience Store

Call 1-833-901-7369

We offer convenient blister packaging for your regularly prescribed prescriptions and over-the-counter medications to ensure optimal safety.

- FREE & discreet delivery, right to your door
- Convenience store for all your shopping needs
- 15% senior discount every Wednesday
- Medication reviews with our pharmacist
- Vaccinations & injection service
- Self-serve blood pressure monitoring
- Access to specialty compounding
- Compression hosiery
- Prescribing for minor ailments

Shepherd Village Clinic



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

The Health Clinic, located across from the gym, offers free care for registered clients, with more services coming soon. The team includes a nurse practitioner, registered nurse, social worker, chiropodist, and mental health case worker.

Here is what you need to know:

- This is not a walk-in clinic. Appointments are available only for registered clients.
- All services are completely free.
- The clinic is currently not open to the wider community.

Open Monday to Friday (9:30 am – 5 pm)
Closed for lunch (12:30 – 1:30 pm)

You can drop by the clinic or call
416-357-0816 to make an appointment

Hair and Beauty Salon



Fashionista
Hair and Beauty Salon

- Hairstyling for Women
- Men's Haircut
- Waxing Services
- Nail Services
- Facial Services
- Party Hair and Makeup

Tuesday - Saturday
(9:00 a.m. - 6:00 p.m.)

Sunday - Monday
(CLOSED)



Spring Safety Tips

After a long Canadian winter, spring is a welcome change! With the season officially starting March 20, 2026, here are some tips to help you make the most of the warmer days ahead:

- **Wear light, breathable layers:** Spring weather can change quickly, so dress in easy-to-remove layers to stay comfortable outdoors.
- **Switch to supportive spring footwear:** Choose shoes with good grip, as wet paths and puddles can still be slippery.
- **Enjoy outdoor time during mild hours:** Step out mid-morning or early afternoon when temperatures are most comfortable.
- **Tend to a windowsill plant or garden bed:** Potting a small herb or flower is a gentle, rewarding way to embrace the season.
- **Reach out to someone you care about:** Spring is a wonderful time to call family, write a note, or share a moment with a neighbour.

Fitness Centre



Monthly Fee:

- \$20/month for Shepherd Village Staff.
- \$25/month for Shepherd Village Residents.
- \$35/month for Community Members.

Visit: <https://shepherdvillage.org/health-and-fitness-centre/>



Visitor Parking

Planning to visit Shepherd Village?

Enjoy affordable and convenient parking with our simplified online registration:

- **Daily Pass: \$5/day**
- **Monthly Pass: \$20/month**

Register online, submit payment, and bring your confirmation receipt to the Reception Desk to collect your parking pass.

Visit: www.shepherdvillage.org/visitor-parking/

Word Search

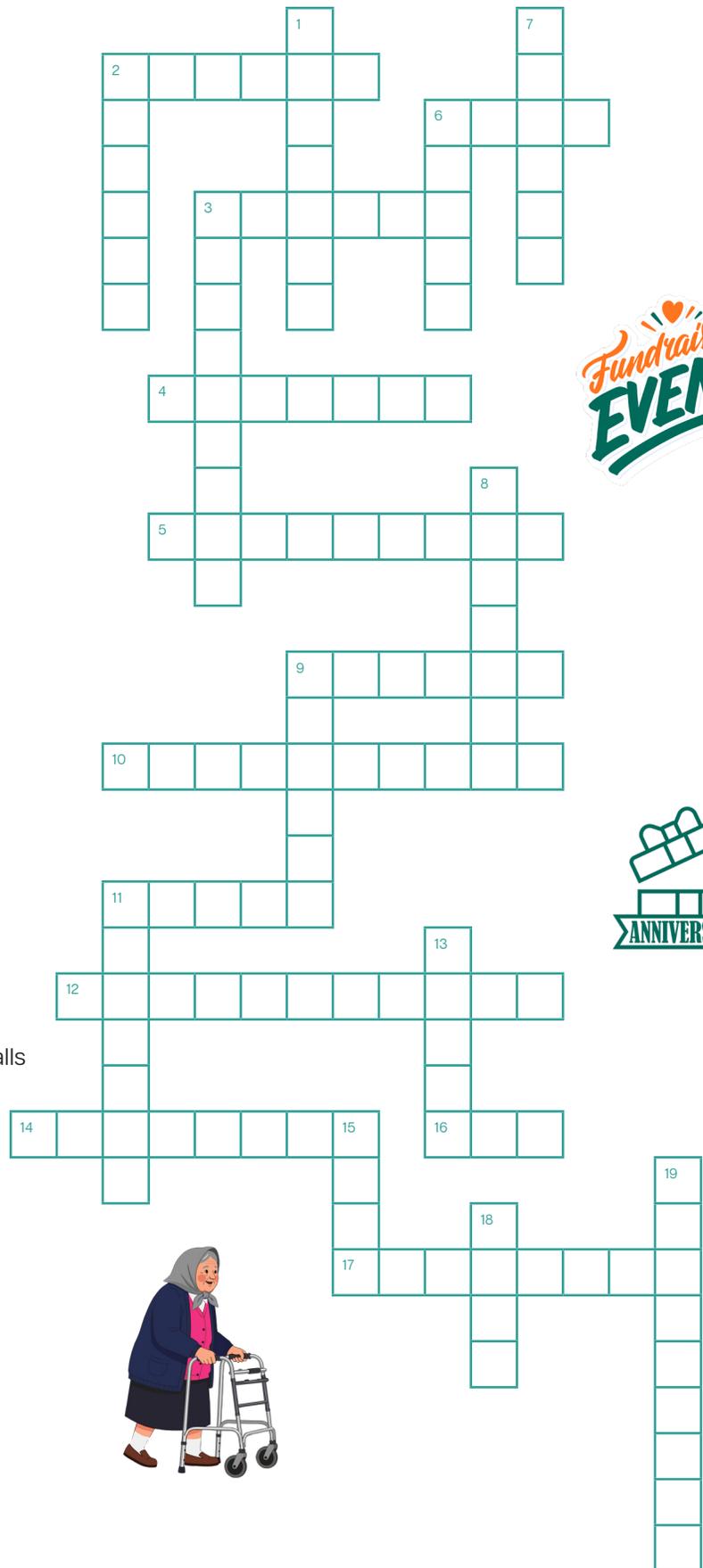
Find the words hidden in the word search

Across

- 2. Place where flowers and plants grow
- 6. Half of ten
- 3. Cold season around Christmas
- 4. Something that occurs
- 5. Someone who helps without pay
- 9. Community connections
- 10. Competition or contest
- 11. Six tens
- 12. Celebration of years passed
- 14. Class to learn new skills
- 17. Something honouring someone
- 16. Creative work like painting or drawing

Down

- 1. Fluffy new cat at the Lodge
- 2. Popular website for searching information
- 7. Feedback or opinion
- 3. Charity walk to raise money
- 6. Beginning or start
- 8. Ways to share news or information
- 9. Day many Christians attend church
- 13. Resident featured in this newsletter
- 15. Branch used at Easter
- 18. Sport played on a course with clubs and balls
- 19. Important event or achievement





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Associated with The Pentecostal Assemblies of Canada