



Introducing

EVERGREEN COMMONS

Center for Wellness & Community Life

Grow your life.



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Mt. San Antonio Gardens is thrilled to introduce Evergreen Commons, our new Center for Wellness and Community Life. This striking new 11,000 sq. ft. building is now a reality, after years of planning. It promises to be a center of activity that promotes, in multiple ways, our motto “Grow Your Life.”

From new expansive spaces for exercise and movement, to upgraded facilities for therapy and rehabilitation, to multiple meeting spaces for a variety of purposes, there is something for everyone.

The name “Evergreen Commons” comes with important symbolism. “Evergreen” infers a resilience through all seasons, which is what is fostered as we pursue physical, emotional, intellectual,

social and spiritual wellness. “Commons” speaks to the central location on campus, a place for gathering together and experiencing the value of living in community.

On-Ramps to Wellness

We are all at different points in the pursuit of a healthful lifestyle. These practices may already be a part of our daily patterns, they may not have been a priority, or we may have encountered obstacles to their continuation. Out of this recognition, many of the programs of Evergreen Commons will be geared toward “easing into” these practices. We look forward to welcoming you, no matter where you are on the road to wellness.

Back to the Beginning

Current resident Paula Ray played a pivotal role in launching the original Wellness Center at Mt. San Antonio Gardens in 1999. As an occupational therapist, she was part of an exploratory task force at the time, and eventually became the Wellness Director. In this role, she integrated the residents’ desires and used their various areas of expertise to build the program from the ground up. That is how it all began – thank you, Paula!



A Welcoming Space

Walk through the very inviting main entrance of Evergreen Commons and you will enter the **Bill and Jane Wells Reception Area & Conference Room**. This is the “hub” of the building, where you will be welcomed by a receptionist. This area will also be the new location for resident package receiving and disbursement. A beautiful light-filled conference room is available in this area for smaller meetings.



Inspiration in the Treetops

On the second floor of Evergreen Commons, with floor to ceiling windows to view the wooded surroundings, is the Yoga and Movement Studio. This inspiring setting is perfect for contemplative practices, flexibility and stretching, relaxation training, breathing exercises, and meditation groups, to name just a few.

Come explore how yoga might improve your well-being, both body and mind: stronger bones, better ability to cope with stress, improved sleeping habits, reduced risk for depression, and more fluid mobility. We will offer several types of yoga, tailored to your specific preference.



Perfect Pilates

The **Tom and Kate Stoever Pilates Studio** provides an exciting new setting for what has been described as “the perfect exercise for older bodies.” Of particular interest, resident Bonnie Busenberg will be one of the Pilates

program instructors. “Pilates is not just well-body exercise, but can help people recover from injury or surgery,” says Bonnie. The studio’s fundamental machine reformers, Pilates chairs, spring walls, and mat-based classes provide for a variety of exercises accommodating a need to stand, sit, or lie down to achieve results. “Pilates is great for all levels of fitness. It allows you to mobilize multiple parts of the body, while stabilizing and strengthening the core,” shared Bonnie. “It helps improve agility, coordination, cognitive health, balance, and stabilization.” Offerings will include private, semi-private, and group classes.



Wellness Education and Support



Food as Medicine

Meet Delacey Foster, our new registered dietitian. Delacey's passion is promoting eating for health, and the critical role of food in our overall well-being. In addition to her clinical duties for our higher levels of care, she will offer nutrition education programs, plus individual dietary counseling at Evergreen Commons.

Diabetes Support Group

Resident couple Pat and Gary Dibbles' personal connections to diabetes inspired them to start a support group at the Gardens. Gary is a retired general internist who has had Type 1 diabetes for 60 years. Pat is a retired diabetes educator and registered dietitian who has developed and implemented hospital diabetes training programs. "This is a space where people can appreciate what you are going through. Hopefully, there will be positive takeaways that impact your philosophy of life and help you as you seek whole-person wellness," shared Pat.



Healing Massage

The benefits of massage are well-documented: increased relaxation, reduction of pain and muscle soreness, improved circulation, energy and alertness. Some studies even indicate improved immune function, plus lowered heart rate and blood pressure. A private, well-appointed Massage Therapy room, plus therapists trained in Swedish and deep tissue massage, are ready and waiting for you.

Row the Rivers of the World

We will have many new pieces of cardio and strengthening equipment in the Fitness Gym, but one of the most exciting is the Hydrow™ rowing machine. This recently introduced piece of equipment, with patented technology, simulates true rowing on rivers, lakes, and oceans, through an immersive experience on the screen. Come try it!



Photos Courtesy of Hydrow™



Aquatics – The Wonder of Water

Whether you want to stay fit through swimming laps, work on your flexibility and enjoy the company of others through Aquafit classes, or just have the jets in the whirlpool ease an aching back, the pool area adjoining Evergreen Commons is a great way to experience the benefits of water. Mandy Rodriguez, who has taught the popular Aquafit classes for seven years, and is now the Gardens' Fitness Coordinator, is an encouraging presence on your wellness journey.



Therapy Specialists

Therapy Specialists will be our new provider of outpatient physical therapy. If you have need of rehabilitative care – after a fall or surgery, balance challenges, or a change in your physical functioning – you may receive high-quality, attentive physical therapy services with a physician's order. Therapy Specialists are experts at developing a rehabilitation plan to help you regain and improve your well-being.



THE THERAPY SPECIALISTS
Care That Delivers.™

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Gather

Mt. San Antonio Gardens is known for its vibrant culture of intellectual curiosity, artistic endeavors, love of music, civic engagement, and lifelong learning. The **Bill Richards Community Room** is the newest large meeting space on campus to support all of these pursuits. Think of the possibilities! Line dancing, wine-tasting, educational speakers, culinary events, live music, classes and committee work. In this spectacular new space that looks out over the mountains, the sky is the limit.



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*“This is the power of gathering:
it inspires us, delightfully, to be
more hopeful, more joyful, more
thoughtful. In a word, more alive.”*

Alice Waters



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Grow your life.



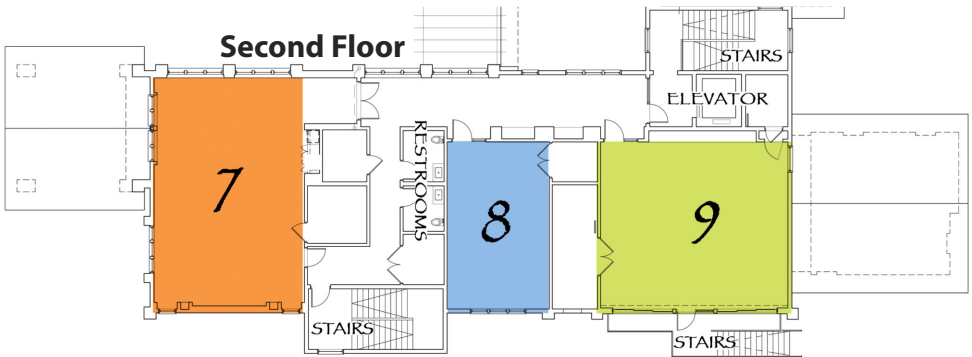
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POINTS OF INTEREST

Evergreen Commons Self-Guided Tour

- 1 WELLS CONFERENCE ROOM
- 2 THERAPY & REHABILITATION
- 3 PRIVATE TREATMENT ROOMS & MASSAGE THERAPY
- 4 FITNESS GYM
- 5 CHANGING ROOMS
- 6 SAUNA



- 7 RICHARDS COMMUNITY ROOM
- 8 STOEVER PILATES STUDIO
- 9 YOGA & MOVEMENT STUDIO



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