



INSPIRED SENIOR LIVING

August 2023 - Independent Living Evergreen Retirement Community



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



National Friendship Day

SUNDAY
AUG
6

9:00 Gratitude Journaling (CK)
9:30 Go for Life Walk (TS)
10:30 One on One Exercises (LGE)
10:30 Art Canvases (CK)
1:00 Cribbage (GR)
2:00 Craft-Sun-Catchers (CK)
4:00 Go for Life Walk (TS)
6:30 Shuffle Board (GR)
7:00 Scrabble (CK)
7:00 Checkers (GR)
7:00 Movie Night-Classic-Oklahomat (WB)

7 Civic Holiday
9:00 Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
9:30 Clay Sculpting (CK)
10:00 Evergreen Strength & Balance Exercises (CK)
10:30 One on One Exercises (LGE)
1:00 Coffee Social (TS)
1:00 Canasta (GR)
2:00 Book Club-Without Mercy (Mystery novel) (CK)
2:00 Brandon's Travelogue-Iceland (T)
3:00 Knitting & Crochet (CK)
4:00 Go for Life Walk (TS)
4:30 Tech Time with Brandon (TS)
7:00 Black Jack (GR)
7:00 Euchre (GR)

13 **9:00** Gratitude Journaling (CK)
9:30 Go for Life Walk (TS)
10:30 One on One Exercises (LGE)
10:30 Art Canvases (CK)
1:00 Bridge (CK)
2:00 Craft-Bow-Tie Butterflies (CK)
4:00 Go for Life Walk (TS)
6:30 Shuffle Board (GR)
7:00 Scrabble (CK)
7:00 Checkers (GR)
7:00 Movie Night-Mrs. Doubtfire (WB)

14 **9:00** Outings for Medical Appointments (TS)
9:15 Lifemark-Exercises (MVS)
9:30 Summer-Themed Wreath Craft (CK)
10:00 Evergreen Strength & Balance Exercises (CK)
10:15 Life Marks- Falls Prevention Class (MVS)
10:30 One on One Exercises (LGE)
1:15 Coffee Social (TS)
1:00 Canasta (GR)
1:45 Quiddler & Racko Game (LGE)
2:00 Book Club-Without Mercy (Mystery novel) (CK)
2:00 Brandon's Travelogue-Columbia (T)
3:00 Knitting & Crochet (CK)
4:00 Go for Life Walk (TS)
4:30 Tech Time with Brandon (TS)
7:00 Black Jack (GR)
7:00 Euchre (GR)

1 **9:30** Go for Life Walk (TS)
9:30 Outing-Springridge Farms & Symposium Cafe (TS)
10:00 Evergreen Posture Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 TED Talks on Mental Health (WB)
10:30 Barbara's Line Dancing (MVS)
11:15 Coffee Social (TS)
1:15 Lifemark-Osteoporosis Program (MVS)
2:00 Artful Enrichment (CK)
2:00 Rummikub Game (GR)
2:00 Euchre (GR)
2:00 Seated Bowling (LL)
2:15 Lifemark-Osteoporosis Program (MVS)
3:00 Sangria Social (TS)
3:30 Shuffle Board (GR)
4:00 Go for Life Walk (TS)

2 **9:00** Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Painting (CK)
10:00 Evergreen Tai Chi Exercises (MVS)
10:30 One on One Exercises (LGE)
10:30 Themed Scavenger Hunt (TS)
11:15 Coffee Social (TS)
1:15 Lifemark-Falls Prevention (MVS)
2:00 Bingo with Brandon (GR)
2:15 Lifemark-Falls Prevention Classes (MVS)
3:00 Catholic Mass (T)
3:30 Drum Fit (MVS)
4:00 Potato Chip Taste-Testing (GR)
3:00 Name that Tune-Love Songs (FSL)
4:00 Go for Life Walk (TS)
7:00 Euchre (GR)

3 **9:00** Outings for Shopping (TS)
9:30 Go for Life Walk (TS)
10:00 Evergreen Leg Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 Java Music Club (CK)
10:30 Ted Talks-Alzheimer's Education and Awareness (MVS)
11:15 Coffee Social (TS)
2:00 Rummikub Game (GR)
2:00 Karaoke with Derrick (WB)
2:00 LLL- Peach Facts and Trivia (TS)
3:30 Drum Fit (MVS)
4:00 Go for Life Walk (TS)
4:30 Fit Minds (CK)
7:00 Chase The Ace Card Game (GR)

4 **9:00** Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
10:00 Summer-Themed Wreath Craft (CK)
10:30 Evergreen Yoga Exercises (MVS)
10:30 One on One Exercises (LGE)
10:30 Baking with Brandon (CK)
11:00 Meet Me at MOMA (CK)
11:15 Coffee Social (TS)
1:15 Life Marks-Osteoporosis Program (MVS)
2:00 Entertainment-Brucé Tourney served with Chocolate Chip Cookies (TS)
2:15 Lifemark-Osteoporosis Program (MVS)
3:00 What's in a Word? (CK)
3:00 International Beer Day-Beer Tasting (DPR)
4:30 Fit Minds (CK)
4:30 Fit Minds (CK)
7:00 Board Game-Pictionary (GR)

5 **9:30** Go for Life Walk (TS)
10:30 One on One Exercises (LGE)
11:00 Billards-Pool Table (GR)
1:00 Brain Teasers-Odd one Out (CK)
3:00 Rosary (T)
4:00 Go for Life Walk (TS)
6:00 Fit Minds (CK)
7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
7:00 Movie Night-Hairspray (WB)

8 **9:30** Go for Life Walk (TS)
9:30 Outing-Flamboro Downs Casino (TS)
10:00 Evergreen Posture Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 TED Talks on Mental Health (WB)
10:30 Barbara's Line Dancing (MVS)
11:15 Coffee Social (TS)
1:15 Lifemark-Osteoporosis Program (MVS)
2:00 Artful Enrichment (CK)
2:00 Rummikub Game (GR)
2:00 Euchre (GR)
2:00 International Cat Day-Cat Therapy (TS)
2:00 Seated Bowling (LL)
2:15 Lifemark-Osteoporosis Program (MVS)
3:00 Creamicle Social (TS)
3:30 Shuffle Board (GR)
4:00 Go for Life Walk (TS)

9 **9:00** Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Painting (CK)
10:00 Evergreen Tai Chi Exercises (MVS)
10:30 One on One Exercises (LGE)
10:30 Themed Scavenger Hunt (TS)
11:15 Coffee Social (TS)
1:15 Lifemark-Falls Prevention (MVS)
2:00 Bingo with Brandon (GR)
2:15 Lifemark-Falls Prevention Classes (MVS)
3:00 Book Lovers Day- Short Stories and Book Share (FSL)
4:00 Go for Life Walk (TS)
7:00 Euchre (GR)

10 **9:00** Outings for Shopping (TS)
9:30 Go for Life Walk (TS)
10:00 Evergreen Leg Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 Java Music Club (CK)
10:30 Ted Talks-Alzheimer's Education and Awareness (MVS)
11:15 Coffee Social (TS)
2:00 Rummikub Game (GR)
2:00 Karaoke with Derrick (WB)
3:00 Rosary with Mariah (CK)
3:00 LLL- Peach Cider Social (TS)
3:30 Drum Fit (MVS)
4:00 Go for Life Walk (TS)
4:30 Fit Minds (CK)
7:00 Chase The Ace Card Game (GR)

11 **9:00** Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Wreath Craft (CK)
10:00 Evergreen Yoga Exercises (MVS)
10:30 One on One Exercises (LGE)
10:30 Barbara's Exercise Class (MVS)
10:30 Baking with Brandon (CK)
11:00 Meet Me at MOMA (CK)
11:15 Coffee Social (TS)
1:15 Life Marks-Osteoporosis Program (MVS)
2:00 Entertainment-Prince Cave served with Watermelon & Mint Smoothies (DPR)
2:15 Lifemark-Osteoporosis Program (MVS)
3:00 What's in a Word? (CK)
4:00 Go for Life Walk (TS)
7:00 Board Game-Pictionary (GR)

12 **9:30** Go for Life Walk (TS)
9:30 World Elephant Day- Facts & Trivia (CK)
10:00 Evergreen Body Strength Exercises (MVS)
10:30 One on One Exercises (LGE)
1:00 Billards-Pool Table (GR)
1:00 Brain Teasers- Thesaurus Tree (FSL)
2:00 Travelogue-Brazil (CK)
3:00 Community Service with Deacon and Rosary (T)
4:00 Go for Life Walk (TS)
6:00 Fit Minds (CK)
7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
7:00 Movie Night-Casablanca (WB)

15 **9:30** Go for Life Walk (TS)
10:00 Evergreen Posture Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 TED Talks on Mental Health (WB)
10:30 Barbara's Line Dancing (MVS)
10:30 Outing-Brass Latin Food Restaurant (TS)
1:15 Coffee Social (TS)
1:15 Lifemark-Osteoporosis Program (MVS)
2:00 Artful Enrichment (CK)
2:00 Rummikub Game (GR)
2:00 Euchre (GR)
2:00 Seated Bowling (LL)
2:15 Lifemark-Osteoporosis Program (MVS)
3:00 Fruit Smoothie Social (TS)
3:30 Shuffle Board (GR)
4:00 Go for Life Walk (TS)

16 **9:00** Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Painting (CK)
10:00 Evergreen Tai Chi Exercises (MVS)
10:30 One on One Exercises (LGE)
10:30 Themed Scavenger Hunt (TS)
11:15 Coffee Social (TS)
1:15 Lifemark-Falls Prevention (MVS)
2:00 Bingo with Brandon (GR)
2:15 Lifemark-Falls Prevention Classes (MVS)
3:00 National Tell a Joke Day-Jokes & Riddles (TS)
4:00 Go for Life Walk (TS)
7:00 Euchre (GR)

17 **9:00** Outings for Shopping (TS)
9:30 Go for Life Walk (TS)
10:00 Evergreen Leg Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 Java Music Club (CK)
10:30 Ted Talks-Alzheimer's Education and Awareness (MVS)
11:15 Coffee Social (TS)
2:00 Rummikub Game (GR)
2:00 Karaoke with Derrick (WB)
2:00 National Thrift Shop Day- Show & Share Social (TS)
3:00 Rosary with Mariah (CK)
3:00 LLL- Peach Cobbler Social (TS)
3:30 Drum Fit (MVS)
4:00 Go for Life Walk (TS)
4:30 Fit Minds (CK)
7:00 Chase The Ace Card Game (GR)
7:00 Entertainment-JT Choir Band (TS)

18 **9:00** Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Wreath Craft (CK)
10:00 Evergreen Yoga Exercises (MVS)
10:30 One on One Exercises (LGE)
10:30 Barbara's Exercise Class (MVS)
11:00 Meet Me at MOMA (CK)
11:15 Coffee Social (TS)
1:15 Vender-Anita's Fashion Traditions (TS)
1:15 Life Marks-Osteoporosis Program (MVS)
2:00 Entertainment-Antonella Vrizini served with Trail Mix (DPR)
2:15 Lifemark-Osteoporosis Program (MVS)
3:00 What's in a Word? (CK)
4:00 Go for Life Walk (TS)
7:00 Board Game-Pictionary (GR)

19 **9:30** Go for Life Walk (TS)
10:30 One on One Exercises (LGE)
11:00 Billards-Pool Table (GR)
1:00 Brain Teasers- Fact or Fiction (CK)
3:00 Communion Service with Deacon and Rosary (T)
4:00 Go for Life Walk (TS)
6:00 Fit Minds (CK)
7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
7:00 Movie Night-POMS (WB)



INSPIRED SENIOR LIVING

August 2023 - Independent Living Evergreen Retirement Community



INSPIRED SENIOR LIVING WITH Lifemark

Sunday

9:00 Gratitude Journaling (CK) **20**
9:30 Go for Life Walk (TS)
10:30 One on One Exercises (LGE)
10:30 Art Canvas (CK)
1:00 Cribbage (GR)
2:00 Honey Bee Day- Honey Bee Facts & Trivia (CK)
4:00 Go for Life Walk (TS)
6:30 Shuffle Board (GR)
7:00 Scrabble (CK)
7:00 Checkers (GR)
7:00 Movie Night- An American in Paris (WB)

Monday

9:00 Outings for Medical Appointments (TS)
9:15 Lifemark-Exercises (MVS)
9:30 Go for Life Walk (TS)
9:30 Clay Sculpting (CK) & Balance Exercises
10:00 Evergreen Strength & Balance Exercises
10:15 Life Marks- Falls Prevention Class (MVS)
10:30 One on One Exercises (LGE)
11:15 Coffee Social (TS)
1:00 Canasta (GR)
2:00 Book Club- Without Mercy (Mystery novel)
2:00 Brandon's Travelogue- New York City (T)
3:00 Knitting & Crochet (CK)
3:00 Interpretations (TS)
4:00 Go for Life Walk (TS)
4:30 Tech Time with Brandon (TS)
7:00 Black Jack (GR)
7:00 Euchre (GR)

Tuesday

9:30 Go for Life Walk (TS)
10:00 Evergreen Posture Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 TED Talks on Mental Health (WB)
10:30 Barbara's Line Dancing (MVS)
11:00 Outing- Kalsey's Road House Restaurant (TS)
11:15 Coffee Social (TS)
11:15 Lifemark- Osteoporosis Program (MVS)
2:00 Artful Enrichment (CK)
2:00 Rummikub Game (GR)
2:00 Euchre (GR)
2:00 Seated Bowling (LL)
2:15 Lifemark- Osteoporosis Program (MVS)
3:00 Ice Cream Sandwich Social (TS)
3:30 Shuffle Board (GR)
4:00 Go for Life Walk (TS)

Wednesday

9:00 Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Painting (CK)
10:00 Evergreen Tai Chi Exercises (MVS)
10:30 One on One Exercises (LGE)
10:30 Themed Scavenger Hunt (TS)
11:15 Lifemark- Falls Prevention (MVS)
1:15 Lifemark- Falls Prevention (MVS)
2:00 Bingo with Brandon (GR)
2:00 Wine & Paint Social (CK)
2:15 Lifemark- Falls Prevention Classes (MVS)
3:00 Name that Tune- 40's (FSL)
4:00 Go for Life Walk (TS)
7:00 Euchre (GR)

Thursday

9:00 Outings for Shopping (TS)
9:30 Go for Life Walk (TS)
10:00 Evergreen Leg Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 Java Music Club (CK)
10:30 Ted Talks- Alzheimer's Education and Awareness (MVS)
11:15 Coffee Social (TS)
2:00 Rummikub Game (GR)
2:00 Afternoon Tea Social (WB)
2:30 LLL- Blueberry Facts & Trivia (TS)
3:00 Rosary with Mariah (CK)
3:30 Drum Fit (MVS)
3:30 820 Residents Meeting (T)
4:00 Go for Life Walk (TS)
4:30 Fit Minds (CK)
7:00 Chase The Ace Card Game

Friday

9:00 Outings for Medical Appointments (TS)
9:30 Sense of Hearing- Hearing Clinic (CK)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Weath Craft (CK)
10:00 Evergreen Yoga Exercises (MVS)
10:30 Barbara's Exercise Class (MVS)
10:30 Baking with Brandon (CK)
10:30 Meet Me at MCOMA (CK)
11:15 Coffee Social (TS)
2:00 Entertainment- Vietnam served with Whiffles (DPR)
3:00 What's in a Word? (CK)
4:00 Go for Life Walk (TS)
4:30 Carding- Doggie Dog Fashion Show (GR)
7:00 Board Game- Pictionary (GR)

Saturday

9:30 Go for Life Walk (TS)
10:00 Evergreen Body Strength Exercises (MVS)
10:30 One on One Exercises (LGE)
11:00 Billiards- Pool Table (GR)
1:00 Women's Equality Day- Facts & Figures (CK)
2:00 Travelogue- The Amazon Rainforest (CK)
3:00 Communion Service with Deacon and Rosary (T)
3:30 National Dog Day- Dog Visit (TS)
4:00 Go for Life Walk (TS)
6:00 Fit Minds (CK)
7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
7:00 Movie Night- A Dog's Purpose (WB)

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9:00 Gratitude Journaling (CK) **27**
9:30 Go for Life Walk (TS)
10:30 One on One Exercises (LGE)
10:30 Art Canvas (CK)
1:00 Bridge (CK)
2:00 Craft- Miniature Beach Scenes (CK)
3:00 Non-Denomination Service (T)
4:00 Go for Life Walk (TS)
6:30 Shuffle Board (GR)
7:00 Scrabble (CK)
7:00 Checkers (GR)
7:00 Movie Night- Grease (LGE)

28

9:00 Outings for Medical Appointments (TS)
9:15 Lifemark-Exercises (MVS)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Weath Craft (CK)
10:00 Evergreen Strength & Balance Exercises (CK)
10:15 Life Marks- Falls Prevention Class (MVS)
10:30 One on One Exercises (LGE)
11:15 Coffee Social (TS)
1:00 Canasta (GR)
2:00 Book Club- Without Mercy (Mystery novel) (CK)
2:00 Brandon's Travelogue- Japan (T)
3:00 Knitting & Crochet (CK)
3:00 National Red Wine Day- Red Wine Social with Facts and Trivia (TS)
4:00 Go for Life Walk (TS)
4:30 Tech Time with Brandon (TS)
7:00 Black Jack (GR)
7:00 Euchre (GR)

29

9:30 Go for Life Walk (TS)
10:00 Evergreen Posture Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 TED Talks on Mental Health (WB)
11:15 Coffee Social (TS)
11:15 Outing- Wind Japanese and Thai Restaurant (TS)
1:15 Lifemark- Osteoporosis Program (MVS)
2:00 Artful Enrichment (CK)
2:00 Rummikub Game (GR)
2:00 Euchre (GR)
2:00 Seated Bowling (LL)
2:15 Lifemark- Osteoporosis Program (MVS)
3:00 Book Bear Flight Social (TS)
3:30 Shuffle Board (GR)
4:00 Go for Life Walk (TS)

30

9:00 Outings for Medical Appointments (TS)
9:30 Go for Life Walk (TS)
9:30 Summer-Themed Painting (CK)
10:00 Evergreen Tai Chi Exercises (MVS)
10:30 One on One Exercises (LGE)
10:30 Themed Scavenger Hunt (TS)
11:15 Coffee Social (TS)
1:15 Lifemark- Falls Prevention (MVS)
2:00 Rummikub Game (GR)
2:00 Rosary with Derrick (WB)
2:15 Lifemark- Falls Prevention Classes (MVS)
3:00 Name that Tune- Rock & Roll (FSL)
4:00 Go for Life Walk (TS)
7:00 Euchre (GR)

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9:00 Outings for Shopping (TS)
9:30 Go for Life Walk (TS)
10:00 Evergreen Leg Exercises & Meditation (MVS)
10:30 One on One Exercises (LGE)
10:30 Java Music Club (CK)
10:30 Ted Talks- Alzheimer's Education and Awareness (MVS)
11:15 Coffee Social (TS)
2:00 Rummikub Game (GR)
2:00 Karaoke with Derrick (WB)
3:00 Rosary with Mariah (CK)
3:00 LLL- Blueberry Word Games (TS)
3:30 Drum Fit (MVS)
4:00 Go for Life Walk (TS)
4:30 Fit Minds (CK)
7:00 Chase The Ace Card Game (GR)

National Dog Day

WEDNESDAY
AUG 26

National Red Wine Day

WEDNESDAY
AUG 28

Be Social

Locations Legend

- Town Square (TS)
- Craft Kitchen (CK)
- Movement Studio (MVS)
- Games Room (GR)
- Lounge (LGE)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program

Locations Legend

- Window Bar (WB)
- Theatre (T)
- Lower Lanes (LL)
- Fireside Lounge (FSL)
- Dining Room Patio (DPR)