



INSPIRED SENIOR LIVING

October 2023 - Assisted Living Evergreen Retirement Community



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go for Life Walk Club (TS) 1</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Java Music Club (LGE)</p> <p>2:00 Hand-eye Coordination and Sensory Activity (LGE)</p> <p>3:00 Coffee Social and Horoscopes (LGE)</p> <p>3:30 Word Games Fill in the Blanks (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night with</p>	<p>9:30 Go for Life Walk Club (TS) 2</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Meditation Monday (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Lifemark- Exercises (LGE)</p> <p>1:00 Balloon Tennis (LGE)</p> <p>2:00 Charades (LGE)</p> <p>3:00 Art Canvas Painting (DR)</p> <p>3:00 Cards- Black Jack (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 What Happened in October Trivia (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 3</p> <p>10:00 Art Canvas Colouring (LGE)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Balancing Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Pictionary (LGE)</p> <p>3:00 National Kale Day- Green Smoothies (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Alphabet Challenge - Fall Themed (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 4</p> <p>10:00 Current Events & News (LGE)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Tai Chi Exercises (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Nail Care (LGE)</p> <p>1:00 Baking - Cinnamon Buns for National Cinnamon Bun Day (DR)</p> <p>2:00 Board Game-Scrabble (LGE)</p> <p>2:00 National Cinnamon Roll Day Social (TS)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>3:00 Lifemark- Exercises (LGE)</p> <p>3:00 Catholic Mass (T)</p> <p>3:30 Name that Tune - 40's Songs (LGE)</p> <p>3:30 Artfull Enrichment (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 5</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Foot Step Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Craft Corner - Fall Wreath (DR)</p> <p>3:00 LLL- Apples- Benefits and Trivia (TS)</p> <p>3:30 Word Games- Hangman (Thanksgiving Words) (LGE)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Why Do The Leaves Change? - Fall Trivia (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 6</p> <p>10:15 National Smile Day - Jokes and Riddles (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - New York City (LGE)</p> <p>1:00 Seated Bowling (LL)</p> <p>2:00 Entertainment- Filipa Sousa with Orange Cake (TS)</p> <p>3:00 Lifemark- Exercises (LGE)</p> <p>3:30 Artfull Enrichment (CK)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Short Stories (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 7</p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Artist Spotlight (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Brain Games - What's in the Word? (LGE)</p> <p>3:00 Rosary (T)</p> <p>3:30 Sing Along (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Word Games - Thanksgiving Word Unscramble (LGE)</p> <p>6:00 Fit Minds (CK)</p> <p>6:00 Movie Night with Popcorn- A Dog's Purpose (LGE)</p>
<p>9:30 Go for Life Walk Club (TS) 8</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Java Music Club (LGE)</p> <p>2:00 Piano with Lukas (LGE)</p> <p>2:00 Corn Hole (LGE)</p> <p>3:00 Coffee Social and Horoscopes - Libra Facts & Info (LGE)</p> <p>3:30 Word Games - Fill in the Blanks (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night with Popcorn- The Big Wedding (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 9</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Meditation Monday (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>1:00 Balloon Volleyball (LGE)</p> <p>2:00 Charades (LGE)</p> <p>3:00 Cards- War (LGE)</p> <p>3:00 Art Canvas Painting (DR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Opal Gemstone Trivia (October Birthstone) (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 10</p> <p>10:00 Art Canvas Colouring (LGE)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Balancing Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>11:30 Outing- Peter's on Eglinton (TS)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Brain Games - Odd One Out (LGE)</p> <p>2:30 New 820 Resident Orientation (T)</p> <p>3:00 'National Angel Food Cake' Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p>	<p>9:30 Go for Life Walk Club (TS) 11</p> <p>10:00 Current Events & News (LGE)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Tai Chi Exercises (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Nail Care (LGE)</p> <p>1:00 Baking - Apple Crisp (DR)</p> <p>2:00 Board Game-Scrabble (LGE)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>3:00 Lifemark- Exercises (LGE)</p> <p>3:30 Artfull Enrichment (LGE)</p> <p>3:30 Name that Tune - Elvis Songs (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Roll the Dice Break the Ice (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 12</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Foot Step Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Craft Corner - Fall Tree Finger Paint (DR)</p> <p>3:00 LLL- Apple Turnover Social (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Scattergories (GR)</p>	<p>9:30 Go for Life Walk Club (TS) 13</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Chicago (LGE)</p> <p>1:00 Seated Bowling (LL)</p> <p>2:00 Entertainment- Tim Godfrey with Pecan Pie (TS)</p> <p>3:00 Lifemark- Exercises (LGE)</p> <p>3:30 Artfull Enrichment (CK)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Short Stories (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 14</p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Meet Me at MOMA (GR)</p> <p>1:00 Shuffle Board (GR)</p> <p>2:00 Fact or Fiction - Old Wives Tales (LGE)</p> <p>3:00 Communion Service with Deacon and Rosary (T)</p> <p>3:30 Sing Along (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:15 Artfull Enrichment (LGE)</p> <p>6:00 Fit Minds (CK)</p> <p>6:00 Movie Night with Popcorn- Night at The Museum (LGE)</p>
<p>9:30 Go for Life Walk Club (TS) 15</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Java Music Club (LGE)</p> <p>2:00 Piano with Lukas (LGE)</p> <p>2:00 Horseshoes (LGE)</p> <p>3:00 Coffee Social and Horoscopes - Weekly Horoscope Reading (LGE)</p> <p>3:30 Brain Games - Word Blocks (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night with Popcorn- Tower Heist (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 16</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Meditation Monday (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Lifemark- Exercises (LGE)</p> <p>1:00 Table Hockey (LGE)</p> <p>2:00 Dictionary Day- Word Definitions Trivia (TS)</p> <p>2:00 Charades (LGE)</p> <p>3:00 Art Canvas Painting (DR)</p> <p>3:00 Cards- 31 (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Cosmos & Marigold Trivia (October Flowers) (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 17</p> <p>10:00 Art Canvas Colouring (LGE)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Balancing Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>11:30 Outing- Paradiso Restaurant (TS)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Brain Games - Matching Game (LGE)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Brain Games - Identify the Language (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 18</p> <p>10:00 Current Events & News (LGE)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Tai Chi Exercises (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Nail Care (LGE)</p> <p>1:00 Baking - Pumpkin Spice Cookies (DR)</p> <p>2:00 Board Game-Scrabble (LGE)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>3:00 Lifemark- Exercises (LGE)</p> <p>3:30 Artfull Enrichment (LGE)</p> <p>3:30 Name that Tune - Dean Martin Songs (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Jokes and Puns (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 19</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Foot Step Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Craft Corner - Pinecone Hedgehogs (DR)</p> <p>3:00 LLL- Baked Apple Social (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>3:30 Board Game- Wheel of Fortune (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Brain Games - Visual Memory Exercise (LGE)</p> <p>7:00 Entertainment- JT Choir Band (TS)</p>	<p>9:30 Go for Life Walk Club (TS) 20</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Las Vegas (LGE)</p> <p>1:00 Seated Bowling (LL)</p> <p>2:00 Entertainment- Shannon Graham with Nachos & Dip (TS)</p> <p>3:00 Lifemark- Exercises (LGE)</p> <p>3:30 Artfull Enrichment (CK)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Short Stories (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 21</p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Artist Spotlight (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Brain Games - What's in the Word? (LGE)</p> <p>2:00 National Apple Pie Day- Pie Social (TS)</p> <p>3:00 Communion Service with Deacon and Rosary (T)</p> <p>3:30 Sing Along (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Word Games - Halloween Theme (LGE)</p> <p>6:00 Fit Minds (CK)</p> <p>6:00 Movie Night with Popcorn- Grease (LGE)</p>



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<p>9:30 Go for Life Walk Club (TS) 22</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Java Music Club (LGE)</p> <p>2:00 Ring Toss (LGE)</p> <p>2:00 Piano with Lukas (LGE)</p> <p>3:00 Coffee Social and Horoscopes - Facts & Info about Scorpios (LGE)</p> <p>3:30 Brain Games - Group Puzzle (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night with Popcorn- Blended (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 23</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Meditation Monday (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Lifemark- Exercises (LGE)</p> <p>1:00 Beach Ball Soccer (LGE)</p> <p>2:00 Charades (LGE)</p> <p>2:00 Boston Cream Pie Day Doughnut Social (TS)</p> <p>3:00 Art Canvas Painting (DR)</p> <p>3:00 Cards- Go Fish (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Eye-Spy (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 24</p> <p>10:00 Art Canvas Colouring (LGE)</p> <p>10:00 Outing- Spring Ridge Farms & Swiss Chalet (TS)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Balancing Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Brain Games - What Came First? - Historical Events (LGE)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Word Unscramble (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 25</p> <p>10:00 Current Events & News (LGE)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Tai Chi Exercises (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Nail Care (LGE)</p> <p>1:00 Baking - Witches Hat Cookies (DR)</p> <p>2:00 Board Game-Scrabble (LGE)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>3:00 Lifemark- Exercises (LGE)</p> <p>3:30 Artfull Enrichment (LGE)</p> <p>3:30 Name that Tune - Female Artists (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Words from Images Game (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 26</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Foot Step Exercises (LGE)</p> <p>11:00 Vendor- Sylvia's Jewellery (TS)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Afternoon Tea with Pumpkin Pie (WB)</p> <p>2:00 Craft Corner - Painting Pumpkins (DR)</p> <p>3:00 LLL- Apple Cider Tasting (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Pumpkin Trivia - National Pumpkin Day (LGE)</p>	<p>9:00 Sense of Hearing- Hearing Clinic (CK) 27</p> <p>9:30 Go for Life Walk Club (TS)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - California (LGE)</p> <p>1:00 Seated Bowling (LL)</p> <p>2:00 Halloween Entertainment- Frank Baggetta with Brownies (TS)</p> <p>3:00 Lifemark- Exercises (LGE)</p> <p>3:30 Artfull Enrichment (CK)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Short Stories - Ghost & Scary Stories (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 28</p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Meet Me at MOMA (GR)</p> <p>1:00 Shuffle Board (GR)</p> <p>2:00 Brain Games - Halloween Word Web (LGE)</p> <p>2:30 October Folklore Stories (LGE)</p> <p>3:00 Communion Service with Deacon and Rosary (T)</p> <p>3:30 Sing Along (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:15 Artfull Enrichment (LGE)</p> <p>6:00 Fit Minds (CK)</p> <p>6:00 Movie Night with Popcorn- The Proposal (LGE)</p>
<p>9:30 Go for Life Walk Club (TS) 29</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Java Music Club (LGE)</p> <p>2:00 Hand-eye Coordination and Sensory Activity (LGE)</p> <p>2:00 Piano with Lukas (LGE)</p> <p>3:00 Coffee Social and Horoscopes - Weekly Horoscope Reading (LGE)</p> <p>3:30 Halloween Crossword Puzzle Challenge (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night with Popcorn- Classic- Singin' in the Rain (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 30</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Meditation Monday (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Lifemark- Exercises (LGE)</p> <p>1:00 Balloon Volleyball (LGE)</p> <p>2:00 Charades (LGE)</p> <p>3:00 Art Canvas Painting (DR)</p> <p>3:00 Cards- Crazy Eights (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 National Book Month - Book Trivia (LGE)</p>	<p>9:30 Go for Life Walk Club (TS) 31</p> <p>10:00 Art Canvas Colouring (LGE)</p> <p>10:00 Outing- Andrew's Farm Market (TS)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Balancing Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Halloween Pumpkin Carving (DR)</p> <p>2:15 Pet Therapy with Kosmo (LGE)</p> <p>3:00 Halloween Costume & Candy Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Halloween Night Trivia & Origins (LGE)</p>				

Be Grateful

Locations Legend

- Lounge (LGE)
- Town Square (TS)
- Dining Room (DR)
- Games Room (GR)
- Craft Kitchen (CK)
- Theatre (T)

- Computer Lounge (COM)
- Movement Studio (MVS)
- Lower Lanes (LL)
- Window Bar (WB)

Calendar Legend

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