




# December 2023 - Assisted Living

## Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>MONDAY</b> <b>DEC 25</b></p> <p><b>Christmas Day</b></p>	 <p><b>SUNDAY</b> <b>DEC 31</b></p> <p><b>New Years Eve</b></p>					
<p>9:30 Go for Life Walk (TS) <b>3</b></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>3:00 Coffee Social and Horoscopes - Sagittarius 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>4:15 Beginning of Advent - Meaning of Advent (LGE)</p> <p>6:00 Movie Night with Popcorn- A Christmas Story (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>4</b></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 Investors Group- Will &amp; Estate Planning Seminar (T)</p> <p>2:00 Prabhjot's Game - "Talent Show" (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 Trivia - Turquoise Gemstone (December Birthstone) (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>5</b></p> <p>10:00 Art Canvas Colouring (LGE)</p> <p>10:00 Outing- Mohawk Casino (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 Pet Therapy with Kosmo (LGE)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Categories Game (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>6</b></p> <p>10:00 Current Events &amp; 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 - Christmas Tree Brownies (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 Name that Tune - 40's Songs (LGE)</p> <p>3:30 Artfull Enrichment (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 All About St. Nicholas Day (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>7</b></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 - Paper Snowflakes (DR)</p> <p>3:00 LLL- Cranberry Benefits &amp; Trivia (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 (TS) <b>8</b></p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Colorado (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 Christmas Card Wreath-Making (CK)</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>7:00 Entertainment- All Nations Children's Choir (TS)</p>	<p>9:30 Go for Life Walk (TS) <b>9</b></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 Making Christmas Cards (LGE)</p> <p>3:00 Entertainment- Eden Bells aPeel (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>4:15 Fact or Fiction (LGE)</p> <p>5:30 Artfull Enrichment (LGE)</p> <p>6:00 Fit Minds (CK)</p> <p>6:00 Movie Night with Popcorn- Elf (LGE)</p>
<p>9:30 Go for Life Walk (TS) <b>10</b></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 Entertainment- Canada Children's Broadcasting Arts Group (TS)</p> <p>2:00 Piano with Lukas (TS)</p> <p>3:00 Coffee Social and Horoscopes - Weekly Reading (LGE)</p> <p>3:30 Deciphering Definitions (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>4:30 Hanukkah Facts and Trivia (LGE)</p> <p>6:00 Movie Night with Popcorn- Home Alone 2 (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>11</b></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- 31 (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Trivia - Holly &amp; Narcissus (December Flowers) (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>12</b></p> <p>10:00 Art Canvas Colouring (LGE)</p> <p>10:00 Outing- Distillery District Stroll &amp; Shopping (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>2:00 Gingerbread House Making (DR)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Jokes and Riddles (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>13</b></p> <p>10:00 Current Events &amp; 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 - Stuffed Croissants (DR)</p> <p>2:00 Board Game-Scrabble (LGE)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>2:00 Clarkson Christmas Cheer Choir (TS)</p> <p>3:00 Lifemark Exercises (LGE)</p> <p>3:30 Artfull Enrichment (LGE)</p> <p>3:30 Name that Tune - Christmas Songs (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Word Game - National Horse Day Themed (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>14</b></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 - Ornament Painting (DR)</p> <p>3:00 Word Games- Hangman (LGE)</p> <p>3:00 LLL- Cranberry Mocktails (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Memory Game (LGE)</p> <p>7:00 Entertainment- JT Choir Band (TS)</p>	<p>9:30 Go for Life Walk (TS) <b>15</b></p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Utah (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 Entertainment- Kelly Davies served with Chocolate 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 (TS) <b>16</b></p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Artist Spotlight - Raphael (LGE)</p> <p>11:00 Vendor- Kristina's Jewellery (TS)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Brain Games - What's in the Word? (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>4:30 Fit Minds (LGE)</p> <p>6:00 Movie Night with Popcorn- Classic- Miracle on 34th Street (LGE)</p>

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<p>9:30 Go for Life Walk (TS) <b>17</b></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 Ring Toss (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>4:30 Wright Brothers Day - Airplane Trivia (LGE)</p> <p>6:00 Movie Night with Popcorn-Miracle on 34th Street (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>18</b></p> <p>10:00 Entertainment-Meadowgreen Academy Children Choir (TS)</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 Christmas Tea Social (WB)</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 Trivia - Moments in History (December) (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>19</b></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 Brain Teasers- Sudoku (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>7:00 Outing- Christmas Lights Tour and Tim Horton's (TS)</p>	<p>9:30 Go for Life Walk (TS) <b>20</b></p> <p>10:00 Current Events &amp; 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 - Sugar Cookie Decorating (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>3:00 Christmas Mass (T)</p> <p>3:30 Artfull Enrichment (LGE)</p> <p>3:30 Christmas Caroling (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 (TS) <b>21</b></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 with Egg Nog (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Craft Corner - Paper Roll Santa (DR)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Winter Solstice Facts &amp; Winter Predictions (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>22</b></p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Oregon (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 Entertainment- Prince Cave served with Spiked Eggnog (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 - Christmas Classics (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>23</b></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 December Word Search Challenge (LGE)</p> <p>2:30 December Folklore (LGE)</p> <p>3:30 Sing Along (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:15 Artfull Enrichment - Christmas Sketching (LGE)</p> <p>6:00 Fit Minds (CK)</p> <p>6:00 Movie Night with Popcorn-Prancer (LGE)</p>	
<p>9:30 Go for Life Walk (TS) <b>24</b></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>2:30 Christmas Music Listening Session (LGE)</p> <p>3:00 Coffee Social and Horoscopes (LGE)</p> <p>3:30 Christmas Traditions Reminiscing (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>4:30 Christmas Word Puzzle (LGE)</p> <p>6:00 Movie Night with Popcorn- The Nutcracker and Realms (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>25</b></p> <p>10:30 Meditation Monday (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Evergreen Exercises (LGE)</p> <p>1:00 Christmas Movie Matinee with Hot Chocolate (LGE)</p> <p>2:00 Christmas Caroling with Hot Chocolate &amp; Shortbread (TS)</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 Christmas Themed Hangman (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>26</b></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 Candy Cane Social - National Candy Cane Day (LGE)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Boxing Day Origins and Info (LGE)</p>	<p>9:00 Outings for Medical Appointments (TS) <b>27</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Current Events &amp; 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 - Marshmallow Snowmen (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 - Jazz Songs (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Alphabet Challenge (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>28</b></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 - DIY Bookmarks (DR)</p> <p>3:00 Word Games- Hangman (LGE)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Categories Game (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>29</b></p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Washington (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 World Trivia served with Apple Cinnamon Mocktails (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 (TS) <b>30</b></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 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 Who/What am I? - Riddles (LGE)</p> <p>6:00 Fit Minds (CK)</p> <p>6:00 Movie Night with Popcorn-Mary Poppins (LGE)</p>	
<p>9:30 Go for Life Walk (TS) <b>31</b></p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Java Music Club (LGE)</p> <p>2:00 Reflections on 2023 - Share &amp; Tell (LGE)</p> <p>2:30 Ring Toss (LGE)</p> <p>3:00 Coffee Social and Horoscopes - Capricorn Facts &amp; 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>4:30 New Year's Eve Word Game (LGE)</p> <p>6:00 Movie Night with Popcorn- (LGE)</p> <p>7:00 Entertainment- BJ Szigeti served with Champagne &amp; Tuxedo Cake (TS)</p>				<h3>Locations Legend</h3> <p>Lounge (LGE) Town Square (TS) Dining Room (DR) Craft Kitchen (CK) Games Room (GR)</p>		<h3>Calendar Legend</h3> <p>Outing Special Program Living, Loving, Local Signature Program</p>	