

December 2023- Independent Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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MONDAY
DEC 25

Christmas Day



SUNDAY
DEC 31

New Years Eve

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December 2023- Independent Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Gratitude Journaling (CK) 17</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 Art Canvas (CK)</p> <p>1:00 Bridge (CK)</p> <p>1:00 Chess (GR)</p> <p>2:00 Craft- Painting Ornaments (CK)</p> <p>3:00 Piano with Lukas (TS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Shuffle Board (GR)</p> <p>7:00 Scrabble (CK)</p> <p>7:00 Movie Night- The Nutcracker & Four Realms (T)</p>	<p>9:00 Outings for Medical Appointments (TS) 18</p> <p>9:15 Lifemark Exercises (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength & Balance Exercises (CK)</p> <p>10:00 Entertainment- Meadowgreen Academy Children Choir (TS)</p> <p>10:15 Lifemark Fall Prevention (MVS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:30 Heart-warming Short stories (CK)</p> <p>1:45 Quiddler & Racko Game (LGE)</p> <p>2:00 Christmas Tea Social (WB)</p> <p>3:00 Knitting & Crochet (CK)</p> <p>3:30 Christmas Beer Tasting (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) 19</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 TED Talks- Santa Clause and Finding Meaning (WB)</p> <p>10:30 Balloon Volleyball (MVS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Lifemark- Osteo Program (MVS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Artfull Enrichment (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Seated Bowling (LL)</p> <p>2:00 Art Gallery of Mississauga- Painting Class with Cynthia (AS)</p> <p>2:15 Lifemark Osteo Program (MVS)</p> <p>3:00 Mexican Hot Chocolate Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Outing- Christmas Lights Tour and Tim Horton's (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) 20</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 Themed Scavenger Hunt (TS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:00 Canasta (GR)</p> <p>1:15 Lifemark Falls Prevention (MVS)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:15 Lifemark Fall Prevention (MVS)</p> <p>3:00 Christmas Mass (T)</p> <p>3:30 Christmas Carols with Brandon (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) 21</p> <p>9:30 Ted Talk- Journey through Loss & Sleep (WB)</p> <p>10:00 Outings for Shopping (TS)</p> <p>10:00 Evergreen Leg Exercises (MVS)</p> <p>10:30 Java Music Club (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 Rosary with Mariah (CK)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) 22</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:30 Baking with Barbara H. (CK)</p> <p>11:00 Meet Me at MOMA (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Lifemark Osteo Program (MVS)</p> <p>2:00 Entertainment- Prince Cave served with Spiked Eggnog (TS)</p> <p>2:15 Lifemark Osteo Program (MVS)</p> <p>3:00 What's in a Word? (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Board Game- Skipbo Card Game (GR)</p>	<p>9:30 Go for Life Walk (TS) 23</p> <p>11:00 Billards -Pool Table (GR)</p> <p>1:00 Brain Teasers- Christmas Around the world (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:00 Fit Minds (CK)</p> <p>7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)</p> <p>7:00 Movie Night- Miracle On 34th Street (T)</p>
<p>9:00 Gratitude Journaling (CK) 24</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 Art Canvas (CK)</p> <p>1:00 Cribbage (GR)</p> <p>1:00 Chess (GR)</p> <p>2:00 Craft- Paper-napkin Poinsettias (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:30 Shuffle Board (GR)</p> <p>7:00 Scrabble (CK)</p> <p>7:00 Movie Night- Classic- Miracle On 34th Street (T)</p>	<p>9:30 Go for Life Walk (TS) 25</p> <p>10:00 Evergreen Strength & Balance Exercises (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>1:30 Short stories on Christmas (CK)</p> <p>1:45 Quiddler & Racko Game (LGE)</p> <p>2:00 Christmas Caroling with Hot Chocolate & Shortbread (TS)</p> <p>3:00 Knitting & Crochet (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p> <p>7:00 Movie Night- A Christmas Carol (2019) (T)</p>	<p>9:30 Go for Life Walk (TS) 26</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 TED Talk- Helping others makes us Happier (WB)</p> <p>11:15 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Artfull Enrichment (CK)</p> <p>2:00 Euchre (GR)</p> <p>2:00 Seated Bowling (LL)</p> <p>3:00 National Candy Cane Day- Candy Cane White Hot Chocolate Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) 27</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 Themed Scavenger Hunt (TS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:00 Canasta (GR)</p> <p>1:15 Lifemark Falls Prevention (MVS)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:15 Lifemark Fall Prevention (MVS)</p> <p>3:00 Name that Tune- Doris Day (FSL)</p> <p>3:30 Fit Minds (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) 28</p> <p>9:30 Ted Talk- Simple Cure for Loneliness (WB)</p> <p>10:00 Outings for Shopping (TS)</p> <p>10:00 Evergreen Leg Exercises (MVS)</p> <p>10:30 Java Music Club (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 Rosary with Mariah (CK)</p> <p>3:30 820 Residents Meeting (T)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) 29</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:30 Baking with Brandon (Resident Recipe needed) (CK)</p> <p>11:00 Meet Me at MOMA (CK)</p> <p>11:00 Vendor- Anish's Fashion Traditions (TS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:15 Lifemark Osteo Program (MVS)</p> <p>2:00 World Trivia served with Apple Cinnamon Mocktails (TS)</p> <p>2:15 Lifemark Osteo Program (MVS)</p> <p>3:00 What's in a Word? (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Board Game- Skipbo Card Game (GR)</p>	<p>9:30 Go for Life Walk (TS) 30</p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>11:00 Billards -Pool Table (GR)</p> <p>1:00 Brain Teasers- New Year Resolutions (CK)</p> <p>3:00 Communion Service with Deacon and Rosary (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:00 Fit Minds (CK)</p> <p>7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)</p> <p>7:00 Movie Night- Wonder Woman 1984 (T)</p>

<p>9:00 Gratitude Journaling (CK) 31</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 Art Canvas (CK)</p> <p>1:00 Bridge (CK)</p> <p>1:00 Chess (GR)</p> <p>2:00 Travelogue- Czech Republic (FSL)</p> <p>2:00 Craft- Paper Snowflakes (CK)</p> <p>3:00 New Years Resolutions (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Shuffle Board (GR)</p> <p>7:00 Scrabble (CK)</p> <p>7:00 Entertainment- BJ Szigeti served with Champagne & Tuxedo Cake (TS)</p>
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Locations Legend	
Town Square (TS)	Fireside Lounge (FSL)
Craft Kitchen (CK)	Lounge (LGE)
Games Room (GR)	Lower Lanes (LL)
Movement Studio (MVS)	Computer Lounge (COM)
Theatre (T)	Art Studio (AS)
Window Bar (WB)	

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program