


January 2024 - Assisted Living Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:30 Go for Life Walk (TS) 1</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 Movie Matinee - An American in Paris (LGE)</p> <p>3:00 Art Canvas Painting (DR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 New Years Day Trivia (LGE)</p>	<p>9:30 Go for Life Walk (TS) 2</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>2:00 New Years Traditions Around the World (LGE)</p> <p>3:00 New Years Resolutions (LGE)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:15 Fit Minds (LGE)</p>	<p>9:30 Go for Life Walk (TS) 3</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 Group Painting Session - Winter Characters (DR)</p> <p>2:00 Board Game-Scrabble (LGE)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>3:00 Catholic Mass (T)</p> <p>3:00 Lifemark Exercises (LGE)</p> <p>3:30 Artfull Enrichment (LGE)</p> <p>3:30 Name that Tune (LGE)</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) 4</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 - Snowy Owls (DR)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 LLL- Carrot Benefits & 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) 5</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Arizona (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 Entertainment- Ron Russell served with Carrot 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 Twelfth Night Trivia & Facts (LGE)</p>	<p>9:30 Go for Life Walk (TS) 6</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 All About Epiphany - Trivia & Traditions (LGE)</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 Movie Night with Popcorn- Elvis' Blue Hawaii (LGE)</p>
<p>9:30 Go for Life Walk (TS) 7</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 - Capricorn Facts & Info (LGE)</p> <p>3:30 Word Games - Word Ladder (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night with Popcorn- Elvis' G.I. Blues (LGE)</p>	<p>9:30 Go for Life Walk (TS) 8</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 Elvis Day - Name that Elvis Tune (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 - Carnation & Snowdrop (January Flowers) (LGE)</p>	<p>9:30 Go for Life Walk (TS) 9</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>11:00 Outing- Great Canadian Casino (TS)</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>4:15 Fit Minds (LGE)</p>	<p>9:30 Go for Life Walk (TS) 10</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 - Chocolate Croissants (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 Prahjot's Game - "Talent Show" (LGE)</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) 11</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 - Popsicle Snowflakes (DR)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 Word Games- Hangman (LGE)</p> <p>3:00 LLL- Carrot Salad Social (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>9:30 Go for Life Walk (TS) 12</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Wyoming (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 Entertainment- Carla Gonzalez served with Apple 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 (TS) 13</p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Artist Spotlight - Albert Watson (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 Word Games - Winter Words (LGE)</p> <p>6:00 Movie Night with Popcorn- Parent Trap (LGE)</p>
<p>9:30 Go for Life Walk (TS) 14</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 This or That Game (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 (TS) 15</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 Afternoon Tea Social (WB)</p> <p>2:30 Martin Luther King Day Trivia (LGE)</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 (January) (LGE)</p>	<p>9:30 Go for Life Walk (TS) 16</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>11:00 Outing- Cineplex Cinema Movie Matinee (TS)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Brain Games - Group Sudoku (LGE)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:15 Fit Minds (LGE)</p>	<p>9:30 Go for Life Walk (TS) 17</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 Group Painting Session - Winter Forest (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 (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) 18</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 - Winter Tree Finger Painting (DR)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 LLL- Bean & Lentil Facts & Trivia (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Who/What am I? (LGE)</p>	<p>9:30 Go for Life Walk (TS) 19</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Montana (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 Entertainment- Vivianna served with Popcorn (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) 20</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 January Word Search Challenge (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 - Penguin Sketching (LGE)</p> <p>6:00 Movie Night with Popcorn- Classic- A Star is Born (LGE)</p>

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<p>9:30 Go for Life Walk (TS) 21</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 - Aquarius Facts & Info (LGE)</p> <p>3:30 Brain Games - Spot the Differences (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night with Popcorn-Flight (LGE)</p>	<p>9:00 Outings for Medical Appointments (TS) 22</p> <p>9:30 Go for Life Walk (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 Table Hockey (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 Trivia - January Astronomy (LGE)</p>	<p>9:30 Go for Life Walk (TS) 23</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- Red Lobster Restaurant (TS)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Brain Games - Identify the Country (LGE)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:15 Fit Minds (LGE)</p>	<p>9:30 Go for Life Walk (TS) 24</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 - Shortbread 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 (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) 25</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 - Snowmen (DR)</p> <p>2:00 Robbie Burns Day- Haggis and Mashed Turnip with Poetry Reading (TS)</p> <p>2:00 Karaoke with Derrick (WB)</p> <p>3:00 Word Games- Hangman (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:00 Drum Fit (MVS)</p> <p>4:30 Categories Game (LGE)</p> <p>7:00 Entertainment- JT Choir Band (TS)</p>	<p>9:00 Sense of Hearing Clinic (CK) 26</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Michigan (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 Entertainment- Frank Baggetta served 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 (LGE)</p>	<p>9:30 Go for Life Walk (TS) 27</p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Artist Spotlight - Cai Guo Qiang (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Brain Games - What's in the Word? - Worksheet (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 Word Games (LGE)</p> <p>6:00 Movie Night with Popcorn-Casablanca (LGE)</p>
<p>9:30 Go for Life Walk (TS) 28</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 Brain Games - Word Web (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night with Popcorn-My Fair Lady (LGE)</p>	<p>9:30 Go for Life Walk (TS) 29</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 National Puzzle Day - Group Puzzle (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 January Folklore & Forgotten Customs (LGE)</p>	<p>9:30 Go for Life Walk (TS) 30</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>11:00 Outing- Apricot Tree Cafe (TS)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Wheel of Fortune (LGE)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:15 Fit Minds (LGE)</p>	<p>9:30 Go for Life Walk (TS) 31</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 Group Painting Session - Snowflakes (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 (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Word Unscramble - Winter Theme (LGE)</p>	 <p>MONDAY JAN 1</p>		



MONDAY
JAN 15

Martin Luther King Jr. Day

Be your best self

Locations Legend

Lounge (LGE)	Window Bar (WB)
Town Square (TS)	Craft Kitchen (CK)
Dining Room (DR)	Theatre (T)
Games Room (GR)	Movement Studio (MVS)
Computer Lounge (COM)	

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program