



INSPIRED SENIOR LIVING

January 2024-Independent Living Evergreen Retirement Community



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Go for Life Walk (TS) 1:30 Heart-warming Short stories (CK) 1:45 Quiddler & Racko Game (LGE) 3:00 Knitting & Crochet (CK) 4:00 Go for Life Walk (TS) 7:00 Black Jack (GR) 7:00 Euchre (GR)	2 9:30 Go for Life Walk (TS) 10:00 Evergreen Posture Exercises (MVS) 10:30 Barbara's Line Dancing (MVS) 10:30 Balloon Volleyball (MVS) 10:30 TED Talk- Helping others makes us Happier (WB) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Euchre (GR) 2:00 Seated Bowling (LL) 3:00 Hazelnut Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (TS)	3 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Themed Scavenger Hunt (TS) 11:15 Coffee Social (TS) 1:00 Canasta (GR) 1:15 Lifemark Falls Prevention (MVS) 2:00 Non-Denomination Service (COM) 2:00 Bingo with Brandon (GR) 2:15 Lifemark Fall Prevention (MVS) 3:00 Catholic Mass (T) 3:30 820 Residents Meeting (T) 4:00 Go for Life Walk (TS) 7:00 Euchre (GR)	4 9:30 Go for Life Walk (TS) 9:30 TED Talk- Change Your Brain, Change Your Life (WB) 10:00 Outings for Shopping (TS) 10:00 Evergreen Leg Exercises (MVS) 10:30 National Trivia Day- General Trivia (CK) 11:00 Java Music (CK) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Potato Chip Taste-Testing (GR) 2:00 Karaoke with Derrick (WB) 3:00 Rosary with Mariah (CK) 3:00 LLL- Carrot Benefits & Trivia (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	5 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Barbara's Exercise Class (MVS) 10:30 Baking with Brandon (CK) 10:30 Balloon Volley Ball (MVS) 11:00 Meet Me at MOMA (CK) 11:15 Coffee Social (TS) 1:15 Lifemark Osteo Program (MVS) 2:00 Entertainment- Ron Russell served with Carrot Cake (TS) 2:15 Lifemark Osteo Program (MVS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Catan (GR)	6 9:30 Go for Life Walk (TS) 11:00 Billiards -Pool Table (GR) 1:00 Fit Minds (CK) 1:00 Brain Teasers- Common Themes (CK) 4:00 Go for Life Walk (TS) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- Hairspray (T)
7 9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 Art Canvas (CK) 1:00 Cribbage (GR) 1:00 Chess (GR) 2:00 Craft- Popsicle Stick Bumble Bees (CK) 3:00 Piano with Lukas (TS) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Scrabble (CK) 7:00 Movie Night- Mistaken Identity (T)	8 9:00 Outings for Medical Appointments (TS) 9:15 Lifemark Exercises (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (CK) 10:15 Lifemark Fall Prevention (MVS) 11:15 Coffee Social (TS) 1:30 Heart-warming Short stories (CK) 1:45 Quiddler & Racko Game (LGE) 2:00 Elvis Day - Name that Elvis Tune (FSL) 3:00 Knitting & Crochet (CK) 3:00 Elvis Day- Facts & Trivia on Elvis (FSL) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (TS) 7:00 Black Jack (GR) 7:00 Euchre (GR)	9 9:30 Go for Life Walk (TS) 10:00 Evergreen Posture Exercises (MVS) 10:30 Barbara's Line Dancing (MVS) 10:30 Balloon Volleyball (MVS) 10:30 Ted Talk- Simple Cure for Loneliness (WB) 11:00 Outing- Great Canadian Casino (TS) 11:15 Coffee Social (TS) 1:15 Lifemark- Osteo Program (MVS) 2:00 Rummikub Game (GR) 2:00 Euchre (GR) 2:00 Seated Bowling (LL) 2:15 Lifemark Osteo Program (MVS) 3:00 Peppermint Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS)	10 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Themed Scavenger Hunt (TS) 11:15 Coffee Social (TS) 1:00 Canasta (GR) 1:15 Lifemark Falls Prevention (MVS) 2:00 Non-Denomination Service (COM) 2:00 Bingo with Brandon (GR) 2:15 Lifemark Fall Prevention (MVS) 3:00 Name that Tune- Nat King Cole (FSL) 3:30 Fit Minds (CK) 4:00 Go for Life Walk (TS) 7:00 Euchre (GR)	11 9:30 Go for Life Walk (TS) 9:30 Ted Talk- Sleep is your Superpower (WB) 10:00 Outings for Shopping (TS) 10:00 Evergreen Leg Exercises (MVS) 10:30 Java Music Club (CK) 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- Carrot Salad Social (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	12 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Barbara's Exercise Class (MVS) 10:30 Baking with Brandon (CK) 10:30 Balloon Volley Ball (MVS) 11:00 Meet Me at MOMA (CK) 11:15 Coffee Social (TS) 1:15 Lifemark Osteo Program (MVS) 2:00 Entertainment- Carla Gonzalez served with Apple Pie (TS) 2:15 Lifemark Osteo Program (MVS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Catan (GR)	13 9:30 Go for Life Walk (TS) 10:00 Evergreen Body Strength Exercises (MVS) 11:00 Billiards -Pool Table (GR) 1:00 Fit Minds (CK) 1:00 Brain Teasers- Word Unscramble (CK) 2:00 Travelogue- Turkmenistan (CK) 3:00 Communion Service with Deacon and Rosary (T) 4:00 Go for Life Walk (TS) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- Cinderella Man (T)
14 9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 Art Canvas (CK) 1:00 Bridge (CK) 1:00 Chess (GR) 2:00 Craft- Sketching (CK) 3:00 Piano with Lukas (TS) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Scrabble (CK) 7:00 Movie Night- Book Club (T)	15 9:00 Outings for Medical Appointments (TS) 9:15 Lifemark Exercises (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (CK) 10:15 Lifemark Fall Prevention (MVS) 11:15 Coffee Social (TS) 1:30 Heart-warming Short stories (CK) 1:45 Quiddler & Racko Game (LGE) 2:00 Afternoon Tea Social (WB) 3:00 Knitting & Crochet (CK) 3:00 Martin Luther King Day Trivia (FSL) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (TS) 7:00 Black Jack (GR) 7:00 Euchre (GR)	16 9:30 Go for Life Walk (TS) 10:00 Evergreen Posture Exercises (MVS) 10:30 Barbara's Line Dancing (MVS) 10:30 Balloon Volleyball (MVS) 10:30 Ted Talk- Stomach Controls the Brain (WB) 11:00 Outing- Cineplex Cinema Movie Matinee (TS) 11:15 Coffee Social (TS) 1:15 Lifemark- Osteo Program (MVS) 2:00 Rummikub Game (GR) 2:00 Euchre (GR) 2:00 Seated Bowling (LL) 2:00 Art Gallery of Mississauga- Painting Class with Cynthia (AS) 2:15 Lifemark Osteo Program (MVS) 3:00 Chai Latte Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS)	17 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Themed Scavenger Hunt (TS) 11:15 Coffee Social (TS) 1:00 Canasta (GR) 1:15 Lifemark Falls Prevention (MVS) 2:00 Non-Denomination Service (COM) 2:00 Bingo with Brandon (GR) 2:15 Lifemark Fall Prevention (MVS) 3:00 Name that Tune- Perry Como (FSL) 3:30 Fit Minds (CK) 4:00 Go for Life Walk (TS) 7:00 Euchre (GR)	18 9:30 Go for Life Walk (TS) 9:30 Ted Talk- The Resistant Brain against Alzheimer's (WB) 10:00 Outings for Shopping (TS) 10:00 Evergreen Leg Exercises (MVS) 10:30 Java Music Club (CK) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 International Beer Tasting (GR) 2:00 Karaoke with Derrick (WB) 3:00 Rosary with Mariah (CK) 3:00 LLL- Bean & Lentil Facts & Trivia (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	19 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Barbara's Exercise Class (MVS) 10:30 Baking with Brandon (CK) 10:30 Balloon Volley Ball (MVS) 11:00 Meet Me at MOMA (CK) 11:15 Coffee Social (TS) 1:15 Lifemark Osteo Program (MVS) 2:00 Entertainment- Vivianna served with Popcorn (TS) 2:15 Lifemark Osteo Program (MVS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Catan (GR)	20 9:30 Go for Life Walk (TS) 11:00 Billiards -Pool Table (GR) 1:00 Fit Minds (CK) 1:00 Brain Teasers- Finish the Phrases (CK) 3:00 Communion Service with Deacon and Rosary (T) 4:00 Go for Life Walk (TS) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- West Side Story (T)



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INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:00 Gratitude Journaling (CK) 21</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 Snow Flakes (CK)</p> <p>3:00 Piano with Lukas (TS)</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- The Shop Around the Corner (T)</p>	<p>9:00 Outings for Medical Appointments (TS) 22</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>10:15 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>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>9:30 Go for Life Walk (TS) 23</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 Balloon Volleyball (MVS)</p> <p>10:30 Ted Talks- The Power of Vulnerability (WB)</p> <p>11:15 Coffee Social (TS)</p> <p>11:30 Outing- Red Lobster Restaurant (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 Hot Chocolate & Paint Social (CK)</p> <p>2:15 Lifemark Osteo Program (MVS)</p> <p>3:00 Marshmellow 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) 24</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 National Compliment Day Bingo (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- 60's (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) 25</p> <p>9:30 Ted Talk- You Can Grow Brain Cells (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 Robbie Burns Day- Haggis and Mashed Turnip with Poetry Reading (TS)</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>4:00 Go for Life Walk (TS)</p> <p>4:00 Drum Fit (MVS)</p> <p>7:00 Entertainment- JT Choir Band (TS)</p> <p>7:00 Chase The Ace Card Game</p>	<p>9:00 Sense of Hearing Clinic (CK) 26</p> <p>9:00 Outings for Medical Appointments (TS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:30 Barbara's Exercise Class (MVS)</p> <p>10:30 Baking with Brandon (CK)</p> <p>10:30 Balloon Volley Ball (MVS)</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- Frank Baggetta served with Brownies (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- Catan (GR)</p>	<p>9:30 Go for Life Walk (TS) 27</p> <p>11:00 Billards -Pool Table (GR)</p> <p>1:00 Fit Minds (CK)</p> <p>1:00 Brain Teasers- Riddles (CK)</p> <p>2:00 Travelogue- Jordan (CK)</p> <p>3:00 Communion Service with Deacon and Rosary (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)</p> <p>7:00 Movie Night- Annie (T)</p>	
<p>9:00 Gratitude Journaling (CK) 28</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 Bird Houses (CK)</p> <p>3:00 Piano with Lukas (TS)</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- Dolittle (T)</p>	<p>9:00 Outings for Medical Appointments (TS) 29</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>10:15 Lifemark Fall Prevention (MVS)</p> <p>11:00 Vendor- Anish's Fashion Traditions (TS)</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>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>9:30 Go for Life Walk (TS) 30</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 Balloon Volleyball (MVS)</p> <p>10:30 TED Talks- No Quick Fix for Cancer (WB)</p> <p>11:00 Outing- Apricot Tree Cafe (TS)</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>2:15 Lifemark Osteo Program (MVS)</p> <p>3:00 Caramel 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) 31</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- 50's (FSL)</p> <p>3:30 Fit Minds (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>				

MONDAY
JAN 15

Martin Luther King Jr. Day

Be your best self

Locations Legend

Town Square (TS)	Fireside Lounge (FSL)
Movement Studio (MVS)	Lounge (LGE)
Craft Kitchen (CK)	Lower Lanes (LL)
Games Room (GR)	Computer Lounge (COM)
Window Bar (WB)	Art Studio (AS)
Theatre (T)	

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program