

# February 2024 - Assisted Living

## Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h3>Black History Month</h3>		 <p>SATURDAY <b>FEB 10</b></p> <h3>Lunar Year Dragon</h3>			<p>9:30 Go for Life Walk (TS) <b>1</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 Karaoke with Derrick (WB)</p> <p>2:30 Craft Corner - Valentine's Wreath (DR)</p> <p>3:00 LLL- Beets 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 (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>2</b></p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Groundhog Day - Predictions &amp; History (LGE)</p> <p>1:00 Seated Bowling (LL)</p> <p>2:00 Entertainment- Heather Christine served with Tater Tots (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 - Black History Month (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>3</b></p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Shuffle Board (GR)</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>4:15 Artfull Enrichment (LGE)</p> <p>6:00 Movie Night with Popcorn- (LGE)</p>
<p>9:30 Go for Life Walk (TS) <b>4</b></p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Meet Me at MOMA (CK)</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 &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>6:00 Movie Night with Popcorn- (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>5</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 Ball Maze Game (LGE)</p> <p>2:00 Charades (LGE)</p> <p>3:00 Cards- 31 (LGE)</p> <p>3:00 Mindfulness Colouring (DR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Trivia - Violet &amp; Primrose (February Flowers) (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>6</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>10:30 Outing- Mohawk Casino (TS)</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>4:15 Fit Minds (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>7</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 Painting with Prabhjot (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 Periodic Table Day - Guess the Element (LGE)</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 Foot Step Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Craft Corner - Valentine's Day Foxes (DR)</p> <p>3:00 Word Games- Hangman (LGE)</p> <p>3:00 LLL- Beets Smoothie Social (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) <b>9</b></p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - North Carolina (LGE)</p> <p>11:00 National Chocolate Day - Hot Chocolate Social (LGE)</p> <p>1:00 Seated Bowling (LL)</p> <p>2:00 Entertainment- Jay Vazquez served with Pizza (DPR)</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 - Black History Month (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>10</b></p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Lunar New Year Facts &amp; Trivia (LGE)</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Brain Games - What's in the Word? (LGE)</p> <p>3:30 Sing Along (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Word Games - Valentine's Day Themed (LGE)</p> <p>6:00 Movie Night with Popcorn- (LGE)</p>	
<p>9:30 Go for Life Walk (TS) <b>11</b></p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Meet Me at MOMA (CK)</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 - Maze Puzzles (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>4:30 Brain Games - Pictionary (LGE)</p> <p>6:00 Movie Night with Popcorn- (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>12</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 Ping Pong Cup Game (LGE)</p> <p>2:00 Charades (LGE)</p> <p>3:00 Cards- Black Jack (LGE)</p> <p>3:00 Mindfulness Colouring (DR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Trivia - February Moments in History (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>13</b></p> <p>10:00 Art Canvas Colouring (LGE)</p> <p>10:15 All About Mardi Gras - Trivia &amp; Facts (LGE)</p> <p>10:30 Evergreen Balancing Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>11:30 Outing- East Side Mario's Restaurant (TS)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Brain Games - Group Sudoku (LGE)</p> <p>3:00 Shrove Tuesday- Pancake Social (TS)</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) <b>14</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 Painting with Prabhjot (DR)</p> <p>2:00 Board Game-Scrabble (LGE)</p> <p>2:00 Non-Denomination Service (COM)</p> <p>2:00 Valentine's Day Social &amp; Couples Game Show (TS)</p> <p>3:00 Lifemark Exercises (LGE)</p> <p>3:00 Ash Wednesday Mass (T)</p> <p>3:30 Name that Tune (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Valentine's Day Word Game (LGE)</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 Foot Step Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Bingo (LGE)</p> <p>2:00 Craft Corner - Making Cards for National Caregivers Day (DR)</p> <p>2:00 Lunar New Year Social (Serving Oolong Tea &amp; Almond Cookies) (TS)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 National Flag Day - All About Canada's Flag (LGE)</p> <p>7:00 Entertainment- JT Choir Band (TS)</p>	<p>9:30 Go for Life Walk (TS) <b>16</b></p> <p>10:15 Question of the Day Discussion (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Travelogue - Vermont (LGE)</p> <p>1:00 Seated Bowling (LL)</p> <p>2:00 Entertainment- The Taylor Academy for Young Artists served with Coconut Buns (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 - Black History Month (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>17</b></p> <p>10:30 Evergreen Body Strength Exercises (LGE)</p> <p>11:00 Meet Me at MOMA (GR)</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Shuffle Board (GR)</p> <p>2:00 Brain Games - February 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>4:30 Artfull Enrichment - Sketching (LGE)</p> <p>6:00 Movie Night with Popcorn- (LGE)</p>	



INSPIRED SENIOR LIVING

# February 2024 - Assisted Living Evergreen Retirement Community



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go for Life Walk (TS) <b>18</b></p> <p>10:00 Gratitude Journaling - Family Themed (LGE)</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Artful Enrichment (LGE)</p> <p>11:00 Meet Me at MOMA (CK)</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 - Pisces Facts (LGE)</p> <p>3:30 Brain Games - Spot the Differences (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>4:30 Family Day - Family Traditions and Customs Discussion (LGE)</p> <p>6:00 Movie Night with Popcorn-</p>	<p>9:30 Go for Life Walk (TS) <b>19</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 Charades (LGE)</p> <p>2:00 Afternoon Tea Social (CK)</p> <p>3:00 Cards- Crazy Eights (LGE)</p> <p>3:00 Mindfulness Colouring (DR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Trivia - Amethyst Stone (February Birthstone) (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>20</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>11:30 Outing- Mandarin Buffet (TS)</p> <p>1:00 Bingo (LGE)</p> <p>2:30 Brain Games - Identify the Language (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) <b>21</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 Painting with Prabhjot (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 (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>22</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 National Margarita Day Social (TS)</p> <p>3:00 Word Games- Hangman (Types of Cocktails) (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>9:00 Sense of Hearing Clinic (CK) <b>23</b></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 - New Mexico (LGE)</p> <p>1:00 Seated Bowling (LL)</p> <p>2:00 Entertainment- Tim Godfrey served with Banana Bread (TS)</p> <p>3:00 Lifemark Exercises (LGE)</p> <p>3:30 Artful Enrichment (CK)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Short Stories - Black History Month (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>24</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 Word Games (LGE)</p> <p>6:00 Movie Night with Popcorn- (LGE)</p>
<p>9:30 Go for Life Walk (TS) <b>25</b></p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Artful Enrichment (LGE)</p> <p>11:00 Meet Me at MOMA (CK)</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- (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>26</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 Table Hockey (LGE)</p> <p>2:00 Charades (LGE)</p> <p>3:00 Mindfulness Colouring (DR)</p> <p>3:00 Brain Games - Group Puzzle (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 February Folklore &amp; Forgotten Customs (LGE)</p>	<p>9:30 Go for Life Walk (TS) <b>27</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>11:30 Outing- Cineplex Cinema Movie Matinee (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) <b>28</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 Painting with Prabhjot (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 (LGE)</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 (TS) <b>29</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 - Jewelry Making (DR)</p> <p>3:00 Spelling Bee (LGE)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Leap Day - Trivia &amp; Facts (LGE)</p>	<p>MONDAY <b>FEB 19</b> Family Day</p>	

THURSDAY  
**FEB 22**  
National Margarita Day

Be your best self

- ### Locations Legend
- Lounge (LGE)
  - Town Square (TS)
  - Dining Room (DR)
  - Craft Kitchen (CK)
  - Games Room (GR)
  - Movement Studio (MVS)
  - Theatre (T)
  - Lower Lanes (LL)
  - Computer Lounge (COM)
  - Window Bar (WB)
  - Dining Room Patio (DPR)

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