

# February 2024- Independent Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>9:30 Go for Life Walk (TS) <b>1</b></p> <p>9:30 Ted Talk- The Role of Food in Health (CK)</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>3:00 LLL- Beets Benefits &amp; Trivia (TS)</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>
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<p>9:00 Outings for Medical Appointments (TS) <b>2</b></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 (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- Heather Christine served with Tater Tots (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- Tapple (GR)</p>
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<p>9:30 Go for Life Walk (TS) <b>3</b></p> <p>11:00 Billards -Pool Table (GR)</p> <p>1:00 Fit Minds (Worksheets) (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- Mandela (T)</p>
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<p>9:00 Gratitude Journaling (CK) <b>4</b></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- Lunar New Year Lanterns (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- Invictus (T)</p>
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<p>9:00 Outings for Medical Appointments (TS) <b>5</b></p> <p>9:15 Lifemark Exercises (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength &amp; Balance Exercises (CK)</p> <p>10:15 Lifemark Fall Prevention (MVS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:45 Quiddler &amp; Racko Game (LGE)</p> <p>2:00 Cards- 45's (GR)</p> <p>2:00 Brandon's Travelogue- South Korea (T)</p> <p>3:00 Knitting &amp; Crochet (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (CF)</p> <p>7:00 Black Jack (GR)</p>
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<p>9:30 Go for Life Walk (TS) <b>6</b></p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 Outing- Mohawk Casino (TS)</p> <p>10:30 Balloon Volleyball (CK)</p> <p>10:30 TED Talk- What Matters at the End of Life (CK)</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 Seated Bowling (LL)</p> <p>2:15 Lifemark Osteo Program (MVS)</p> <p>3:00 After Eight Hot Chocolate Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>
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<p>9:00 Outings for Medical Appointments (TS) <b>7</b></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 Catholic Mass (T)</p> <p>3:00 Name that Tune- Bing Crosby (FSL)</p> <p>3:45 Fit Minds (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>
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<p>9:30 Go for Life Walk (TS) <b>8</b></p> <p>9:30 Ted Talk- The Mission to Safeguard Black History (CK)</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 Belgian Beer Tasting (GR)</p> <p>3:00 Rosary with Mariah (CK)</p> <p>3:00 LLL- Beets Smoothie Social (TS)</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>
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<p>9:00 Outings for Medical Appointments (TS) <b>9</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:30 Baking with Brandon (CK)</p> <p>10:30 Balloon Volley Ball (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- Jay Vazquez served with Pizza (DPR)</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- Tapple (GR)</p>
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<p>9:30 Go for Life Walk (TS) <b>10</b></p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>11:00 Billards -Pool Table (GR)</p> <p>11:00 Lunar New Year Facts &amp; Trivia with Custard Buns (CK)</p> <p>1:00 Fit Minds (Worksheets) (CK)</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- Hidden Figures (T)</p>
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<p>9:00 Gratitude Journaling (CK) <b>11</b></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- Valentine's Day Wreaths (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- The Pink Panther (T)</p>
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<p>9:00 Outings for Medical Appointments (TS) <b>12</b></p> <p>9:15 Lifemark Exercises (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength &amp; Balance Exercises (CK)</p> <p>10:15 Lifemark Fall Prevention (MVS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:45 Quiddler &amp; Racko Game (LGE)</p> <p>2:00 Cards- 45's (GR)</p> <p>2:00 Brandon's Travelogue- Hong Kong (T)</p> <p>3:00 Knitting &amp; Crochet (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (CF)</p> <p>7:00 Black Jack (GR)</p>
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<p>9:30 Go for Life Walk (TS) <b>13</b></p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 Balloon Volleyball (CK)</p> <p>10:30 TED Talk- Colour Blind or Colour Brave (CK)</p> <p>11:15 Coffee Social (TS)</p> <p>11:30 Outing- East Side Mario's 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 Seated Bowling (LL)</p> <p>2:15 Lifemark Osteo Program (MVS)</p> <p>3:00 Shrove Tuesday- Pancake Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>
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<p>9:00 Outings for Medical Appointments (TS) <b>14</b></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>11:00 Vendor- Anish's Fashion Traditions (TS)</p> <p>11:00 Name that Tune- Love Songs (FSL)</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>2:00 Valentine's Day Social &amp; Couples Game Show (TS)</p> <p>2:15 Lifemark Fall Prevention (MVS)</p> <p>3:00 Ash Wednesday Mass (T)</p> <p>3:45 Fit Minds (CK)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>
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<p>9:30 Go for Life Walk (TS) <b>15</b></p> <p>9:30 Ted Talk- Can Art Amend History (CK)</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 Lunar New Year Social (Serving Oolong Tea &amp; Almond Cookies) (TS)</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 Entertainment- JT Choir Band (TS)</p> <p>7:00 Chase The Ace Card Game (GR)</p>
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<p>9:00 Outings for Medical Appointments (TS) <b>16</b></p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:30 Baking with Brandon (CK)</p> <p>10:30 Balloon Volley Ball (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- The Taylor Academy for Young Artists served with Coconut Buns (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- Tapple (GR)</p>
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<p>9:30 Go for Life Walk (TS) <b>17</b></p> <p>11:00 Billards -Pool Table (GR)</p> <p>1:00 Fit Minds (Worksheets) (CK)</p> <p>2:00 Lunar New Year Traditions Around the World (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- Blended (T)</p>
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# February 2024- Independent Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00 Gratitude Journaling (CK) 18</b> <b>9:30 Go for Life Walk (TS)</b> <b>10:30 Art Canvas (CK)</b> <b>1:00 Cribbage (GR)</b> <b>1:00 Chess (GR)</b> <b>2:00 Craft- Paper Dragons (CK)</b> <b>3:00 Piano with Lukas (TS)</b> <b>4:00 Go for Life Walk (TS)</b> <b>6:30 Shuffle Board (GR)</b> <b>7:00 Scrabble (CK)</b> <b>7:00 Movie Night- The Big Wedding (T)</b>	<b>9:00 Outings for Medical Appointments (TS) 19</b> <b>9:15 Lifemark Exercises (MVS)</b> <b>9:30 Go for Life Walk (TS)</b> <b>10:00 Evergreen Strength &amp; Balance Exercises (CK)</b> <b>10:15 Lifemark Fall Prevention (MVS)</b> <b>11:15 Coffee Social (TS)</b> <b>1:45 Quiddler &amp; Racko Game (LGE)</b> <b>2:00 Afternoon Tea Social (CK)</b> <b>2:00 Cards- 45's (GR)</b> <b>3:00 Knitting &amp; Crochet (CK)</b> <b>4:00 Go for Life Walk (TS)</b> <b>4:30 Tech Time with Brandon (CF)</b> <b>7:00 Black Jack (GR)</b>	<b>9:30 Go for Life Walk (TS) 20</b> <b>10:00 Evergreen Posture Exercises (MVS)</b> <b>10:30 Barbara's Line Dancing (MVS)</b> <b>10:30 Balloon Volleyball (CK)</b> <b>10:30 TED Talks- How to Build Power (CK)</b> <b>11:15 Coffee Social (TS)</b> <b>11:30 Outing- Mandarin Buffet (TS)</b> <b>1:15 Lifemark- Osteo Program (MVS)</b> <b>2:00 Rummikub Game (GR)</b> <b>2:00 Artfull Enrichment (CK)</b> <b>2:00 Seated Bowling (LL)</b> <b>2:00 Wine &amp; Paint Social (CK)</b> <b>2:15 Lifemark Osteo Program (MVS)</b> <b>3:00 Coffee Crisp Hot Chocolate Social (TS)</b> <b>3:30 Shuffle Board (GR)</b> <b>4:00 Go for Life Walk (TS)</b>	<b>9:00 Outings for Medical Appointments (TS) 21</b> <b>9:30 Go for Life Walk (TS)</b> <b>10:00 Evergreen Tai Chi Exercises (MVS)</b> <b>10:30 Themed Scavenger Hunt (TS)</b> <b>11:15 Coffee Social (TS)</b> <b>1:00 Canasta (GR)</b> <b>1:15 Lifemark Falls Prevention (MVS)</b> <b>2:00 Non-Denomination Service (COM)</b> <b>2:00 Bingo with Brandon (GR)</b> <b>2:15 Lifemark Fall Prevention (MVS)</b> <b>3:00 Name that Tune- Tom Jones (FSL)</b> <b>3:45 Fit Minds (CK)</b> <b>4:00 Go for Life Walk (TS)</b> <b>7:00 Euchre (GR)</b>	<b>9:30 Go for Life Walk (TS) 22</b> <b>9:30 Ted Talk- What Reading Teaches about Writing (CK)</b> <b>10:00 Outings for Shopping (TS)</b> <b>10:00 Evergreen Leg Exercises (MVS)</b> <b>10:30 Java Music Club (CK)</b> <b>11:15 Coffee Social (TS)</b> <b>2:00 Rummikub Game (GR)</b> <b>2:00 Black History Month Trivia with African Pound Cake (CK)</b> <b>3:00 Rosary with Mariah (CK)</b> <b>3:00 National Margarita Day Social (TS)</b> <b>3:30 820 Residents Meeting (T)</b> <b>4:00 Go for Life Walk (TS)</b> <b>4:00 Drum Fit (MVS)</b> <b>7:00 Chase The Ace Card Game (GR)</b>	<b>9:00 Outings for Medical Appointments (TS) 23</b> <b>9:00 Sense of Hearing Clinic (CK)</b> <b>9:30 Go for Life Walk (TS)</b> <b>10:00 Evergreen Yoga Exercises (MVS)</b> <b>10:30 Baking with Brandon (CK)</b> <b>10:30 Balloon Volley Ball (CK)</b> <b>11:00 Meet Me at MOMA (CK)</b> <b>11:15 Coffee Social (TS)</b> <b>1:15 Lifemark Osteo Program (MVS)</b> <b>2:00 Entertainment- Tim Godfrey served with Banana Bread (TS)</b> <b>2:15 Lifemark Osteo Program (MVS)</b> <b>3:00 What's in a Word? (CK)</b> <b>4:00 Go for Life Walk (TS)</b> <b>7:00 Board Game- Tapple (GR)</b>	<b>9:30 Go for Life Walk (TS) 24</b> <b>10:00 Evergreen Body Strength Exercises (MVS)</b> <b>11:00 Billiards -Pool Table (GR)</b> <b>1:00 Fit Minds (Worksheets) (CK)</b> <b>2:30 Travelogue- Kenya (CK)</b> <b>3:00 Communion Service with Deacon and Rosary (T)</b> <b>4:00 Go for Life Walk (TS)</b> <b>7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)</b> <b>7:00 Movie Night- Shall We Dance? (T)</b>
<b>9:00 Gratitude Journaling (CK) 25</b> <b>9:30 Go for Life Walk (TS)</b> <b>10:30 Art Canvas (CK)</b> <b>1:00 Bridge (CK)</b> <b>1:00 Chess (GR)</b> <b>2:00 Craft- Red Envelope Craft (CK)</b> <b>3:00 Piano with Lukas (TS)</b> <b>4:00 Go for Life Walk (TS)</b> <b>6:30 Shuffle Board (GR)</b> <b>7:00 Scrabble (CK)</b> <b>7:00 Movie Night- Wonder (T)</b>	<b>9:00 Outings for Medical Appointments (TS) 26</b> <b>9:15 Lifemark Exercises (MVS)</b> <b>9:30 Go for Life Walk (TS)</b> <b>10:00 Evergreen Strength &amp; Balance Exercises (CK)</b> <b>10:15 Lifemark Fall Prevention (MVS)</b> <b>11:15 Coffee Social (TS)</b> <b>1:45 Quiddler &amp; Racko Game (LGE)</b> <b>2:00 Cards- 45's (GR)</b> <b>2:00 Potato Chip Taste-Testing (GR)</b> <b>3:00 Knitting &amp; Crochet (CK)</b> <b>4:00 Go for Life Walk (TS)</b> <b>4:30 Tech Time with Brandon (CF)</b> <b>7:00 Black Jack (GR)</b>	<b>9:30 Go for Life Walk (TS) 27</b> <b>10:00 Evergreen Posture Exercises (MVS)</b> <b>10:30 Balloon Volleyball (CK)</b> <b>10:30 TED Talk- The Real Story of Rosa Parks (CK)</b> <b>11:15 Coffee Social (TS)</b> <b>11:30 Outing- Cineplex Cinema Movie Matinee (TS)</b> <b>1:15 Lifemark- Osteo Program (MVS)</b> <b>2:00 Rummikub Game (GR)</b> <b>2:00 Artfull Enrichment (CK)</b> <b>2:00 Seated Bowling (LL)</b> <b>2:15 Lifemark Osteo Program (MVS)</b> <b>3:00 Turtles Hot Chocolate Social (TS)</b> <b>3:30 Shuffle Board (GR)</b> <b>4:00 Go for Life Walk (TS)</b>	<b>9:00 Outings for Medical Appointments (TS) 28</b> <b>9:30 Go for Life Walk (TS)</b> <b>10:00 Evergreen Tai Chi Exercises (MVS)</b> <b>10:30 Themed Scavenger Hunt (TS)</b> <b>11:15 Coffee Social (TS)</b> <b>1:00 Canasta (GR)</b> <b>1:15 Lifemark Falls Prevention (MVS)</b> <b>2:00 Non-Denomination Service (COM)</b> <b>2:00 Bingo with Brandon (GR)</b> <b>2:15 Lifemark Fall Prevention (MVS)</b> <b>3:00 Name that Tune- 50's (FSL)</b> <b>3:45 Fit Minds (CK)</b> <b>4:00 Go for Life Walk (TS)</b> <b>7:00 Euchre (GR)</b>	<b>9:30 Go for Life Walk (TS) 29</b> <b>9:30 Ted Talk- Guerilla Gardener in Los Angeles (CK)</b> <b>10:00 Outings for Shopping (TS)</b> <b>10:00 Evergreen Leg Exercises (MVS)</b> <b>10:30 Java Music Club (CK)</b> <b>11:15 Coffee Social (TS)</b> <b>2:00 Rummikub Game (GR)</b> <b>3:00 Rosary with Mariah (CK)</b> <b>3:30 Drum Fit (MVS)</b> <b>4:00 Go for Life Walk (TS)</b> <b>7:00 Chase The Ace Card Game (GR)</b>	 <p>MONDAY <b>FEB 19</b> Family Day</p>	



THURSDAY  
**FEB 22**  
National Margarita Day

Be your best self

### Locations Legend

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

### Calendar Legend

Outing  
Special Program  
Living, Loving, Local  
Signature Program