



INSPIRED SENIOR LIVING

March 2024 - Assisted Living Evergreen Retirement Community



INSPIRED SENIOR LIVING WITH LifeWise

Sunday



FRIDAY
MAR
8

International Women's Day

- 9:30 Go for Life Walk (TS)
- 10:00 Gratitude Journaling (LGE)
- 10:30 Evergreen Exercises (LGE)
- 11:00 Meet Me at MOMA (CK)
- 1:00 Bingo (LGE)
- 2:00 Hand-eye Coordination and Sensory Activity (LGE)
- 3:00 Coffee Social and Horoscopes - Pizzas Facts (LGE)
- 3:30 Word Games Fill in the Blanks (LGE)
- 4:00 Go for Life Walk Club (LGE)
- 4:30 National Anthem Day - Guess the Country Anthem (LGE)
- 6:00 Movie Night with Popcorn- (LGE)

- 9:30 Go for Life Walk (TS)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Meditation Monday (LGE)
- 10:45 Prayers 1-1 (LGE)
- 11:00 Lifemark Exercises (LGE)
- 1:00 Ball Maze Game (LGE)
- 2:00 Charades (LGE)
- 2:00 Entertainment- Ron Russell served with Two-bite Brownies (TS) (DR)
- 3:00 Mindfulness Colouring (DR)
- 3:00 Cards - 31 (LGE)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Trivia - Daffodils (March Flower) (LGE)

- 9:30 Go for Life Walk (TS)
- 10:00 Art Canvas Colouring (LGE)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Evergreen Balancing Exercises (LGE)
- 10:30 Outing- Grandstand (Woodbine) Casino (TS)
- 11:00 Java Music (LGE)
- 1:00 Bingo (LGE)
- 2:30 Brain Games - Matching Game (LGE)
- 3:30 Shuffle Board (GR)
- 4:00 Go for Life Walk Club (TS)
- 4:15 Fit Minds (LGE)

- 9:30 Go for Life Walk (TS)
- 10:00 Current Events & News Discussion (LGE)
- 10:30 Evergreen Tai Chi Exercises (LGE)
- 10:45 Prayers 1-1 (LGE)
- 11:00 Nail Care (LGE)
- 1:00 Painting with Prabhjit (DR)
- 2:00 Board Game-Scrabble (LGE)
- 2:00 Non-Denomination Service (COM)
- 3:00 Catholic Mass (T)
- 3:00 Lifemark Exercises (LGE)
- 3:30 Name that Tune (LGE)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Dentist Day - Dental Trivia (LGE)

- 9:30 Go for Life Walk (TS)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Evergreen Foot Step Exercises (LGE)
- 11:00 Java Music (LGE)
- 11:00 Vendor- Little Lamb Designs (TS)
- 1:00 Bingo (LGE)
- 2:00 Karaoke with Derrick (WB)
- 2:00 LLL- Maple Benefits and Trivia (CK)
- 3:00 Craft Corner - Spring Wreath (DR)
- 3:30 Drum Fit (MVS)
- 4:00 Go for Life Walk Club (TS)
- 4:15 Word Games- Hangman (LGE)

- 9:30 Go for Life Walk (TS)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Evergreen Yoga Exercises (LGE)
- 11:00 Travelogue - Umuja Kenya - Women's Tribe (LGE)
- 1:00 Seated Bowling (LL)
- 2:00 Entertainment- Bruce Tournay served with Butter Tarts (TS)
- 3:00 Lifemark Exercises (LGE)
- 3:30 Artful Enrichment (CK)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Short Stories - Women Authors (International Women's Day) (LGE)

- 9:30 Go for Life Walk (TS)
- 10:30 Evergreen Exercises (LGE)
- 11:00 Artful Enrichment (LGE)
- 1:00 Bingo (LGE)
- 2:00 Brain Games - What's in the Word? (LGE)
- 3:30 Sing Along (LGE)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Word Games - March Word Search Challenge (LGE)
- 6:00 Movie Night with Popcorn- (LGE)

Monday

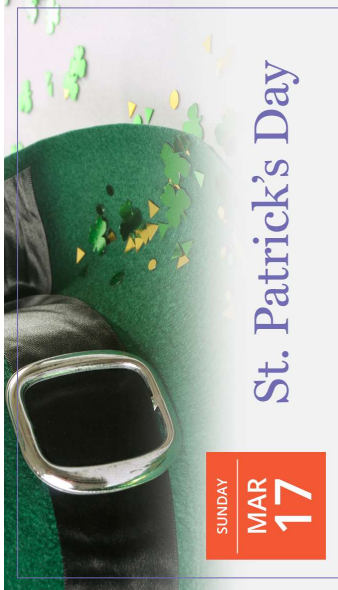
Tuesday

Wednesday

Thursday

Friday

Saturday



SUNDAY
MAR
17

St. Patrick's Day

- 9:30 Go for Life Walk (TS)
- 10:00 Current Events & News Discussion (LGE)
- 10:30 Evergreen Tai Chi Exercises (LGE)
- 10:45 Prayers 1-1 (LGE)
- 11:00 Nail Care (LGE)
- 1:00 Painting with Prabhjit (DR)
- 2:00 Board Game-Scrabble (LGE)
- 2:00 Non-Denomination Service (COM)
- 3:00 Catholic Mass (T)
- 3:00 Lifemark Exercises (LGE)
- 3:30 Name that Tune (LGE)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Dentist Day - Dental Trivia (LGE)

- 9:30 Go for Life Walk (TS)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Evergreen Foot Step Exercises (LGE)
- 11:00 Java Music (LGE)
- 11:00 Vendor- Little Lamb Designs (TS)
- 1:00 Bingo (LGE)
- 2:00 Karaoke with Derrick (WB)
- 2:00 LLL- Maple Benefits and Trivia (CK)
- 3:00 Craft Corner - Spring Wreath (DR)
- 3:30 Drum Fit (MVS)
- 4:00 Go for Life Walk Club (TS)
- 4:15 Word Games- Hangman (LGE)

- 9:30 Go for Life Walk (TS)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Evergreen Yoga Exercises (LGE)
- 11:00 Travelogue - Umuja Kenya - Women's Tribe (LGE)
- 1:00 Seated Bowling (LL)
- 2:00 Entertainment- Bruce Tournay served with Butter Tarts (TS)
- 3:00 Lifemark Exercises (LGE)
- 3:30 Artful Enrichment (CK)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Short Stories - Women Authors (International Women's Day) (LGE)

- 9:30 Go for Life Walk (TS)
- 10:30 Evergreen Exercises (LGE)
- 11:00 Artful Enrichment (LGE)
- 1:00 Bingo (LGE)
- 2:00 Brain Games - What's in the Word? (LGE)
- 3:30 Sing Along (LGE)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Word Games - March Word Search Challenge (LGE)
- 6:00 Movie Night with Popcorn- (LGE)

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- 9:30 Go for Life Walk (TS)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Meditation Monday (LGE)
- 10:45 Prayers 1-1 (LGE)
- 11:00 Lifemark Exercises (LGE)
- 1:00 Ping Pong Cup Game (LGE)
- 2:00 Charades (LGE)
- 3:00 Mindfulness Colouring (DR)
- 3:00 Cards - Black Jack (LGE)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Trivia - March Moments in History (LGE)

- 9:30 Go for Life Walk (TS)
- 10:00 Art Canvas Colouring (LGE)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Evergreen Balancing Exercises (LGE)
- 11:00 Java Music (LGE)
- 11:30 Outing- East Side Mario's Restaurant (TS)
- 1:00 Bingo (LGE)
- 2:30 Group Sudoku (LGE)
- 3:00 Gardening - Plant a Flower Day (LGE)
- 3:30 Shuffle Board (GR)
- 4:00 Go for Life Walk Club (TS)
- 4:15 Fit Minds (LGE)

- 9:30 Go for Life Walk (TS)
- 10:00 Current Events & News Discussion (LGE)
- 10:30 Evergreen Tai Chi Exercises (LGE)
- 10:45 Prayers 1-1 (LGE)
- 11:00 Nail Care (LGE)
- 1:00 Painting with Prabhjit (DR)
- 2:00 Board Game-Scrabble (LGE)
- 2:00 Non-Denomination Service (COM)
- 3:00 Lifemark Exercises (LGE)
- 3:30 Name that Tune (LGE)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Scattergories (LGE)

- 9:30 Go for Life Walk (TS)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Evergreen Foot Step Exercises (LGE)
- 11:00 Java Music (LGE)
- 1:00 Bingo (LGE)
- 2:00 Karaoke with Derrick (WB)
- 2:00 LLL- Maple Tea Social (CK)
- 2:00 Craft Corner - Shamrock Craft (DR)
- 3:00 Pi Day - Pie Social (LGE)
- 3:30 Drum Fit (MVS)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Who/What am I? (LGE)

- 9:30 Go for Life Walk (TS)
- 10:15 Question of the Day Discussion (LGE)
- 10:30 Evergreen Yoga Exercises (LGE)
- 11:00 Travelogue - West Virginia (LGE)
- 1:00 Seated Bowling (LL)
- 2:00 Entertainment- Tony Gray served with Green Beer (TS)
- 3:00 Lifemark Exercises (LGE)
- 3:30 Artful Enrichment (CK)
- 4:00 Go for Life Walk Club (TS)
- 4:30 Short Stories - Women Authors (LGE)

- 9:30 Go for Life Walk (TS)
- 10:30 Evergreen Exercises (LGE)
- 11:00 Artful Enrichment (LGE)
- 1:00 Shuffle Board (GR)
- 2:00 Brain Games - What's in the Word? (LGE)
- 3:00 Communication Service with Deacon and Rosary (T)
- 3:30 Sing Along (LGE)
- 4:00 Go for Life Walk Club (TS)
- 4:15 5 Senses Questionnaire Discussion (LGE)
- 6:00 Movie Night with Popcorn- (LGE)



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March 2024 - Assisted Living Evergreen Retirement Community



INSPIRED SENIOR LIVING WITH LifeWise

Sunday

9:30 Go for Life Walk (TS)
10:00 Gratitude Journaling (LGE)
10:30 Evergreen Exercises (LGE)
11:00 Meet Me at MOMA (CK)
1:00 Bingo (LGE)
2:00 Hand-eye Coordination and Sensory Activity (LGE)
3:00 Coffee Social and Horoscopes (LGE)
3:00 St. Patrick's Day Entertainment-Indigo Chimes (TS)
3:30 Brain Games - Spot the Differences (LGE)
4:00 Go for Life Walk Club (LGE)
4:30 St. Patrick's Day Trivia (LGE)
6:00 Movie Night with Popcorn- (LGE)

Monday

9:30 Go for Life Walk (TS)
10:15 Question of the Day Discussion (LGE)
10:30 Meditation Monday (LGE)
10:45 Prayers 1-1 (LGE)
11:00 Lifemark Exercises (LGE)
1:00 Balloon Volleyball (LGE)
2:00 Charades (LGE)
3:00 Mindfulness Colouring (DR)
3:00 Cards - Crazy Eights (LGE)
4:00 Go for Life Walk Club (TS)
4:15 FR Minds (LGE)
7:00 Pet Therapy with Kallie (TS)
Gemstone (LGE)

Tuesday

9:30 Go for Life Walk (TS)
10:00 Art Canvas Colouring (LGE)
10:15 Question of the Day Discussion (LGE)
10:30 Evergreen Balancing Exercises (LGE)
11:00 Java Music (LGE)
11:30 Outing-Spoon & Fork Restaurant (TS)
1:00 Bingo (LGE)
2:30 First Day of Spring Trivia (LGE)
3:30 Shuffle Board (GR)
4:00 Go for Life Walk Club (TS)
4:15 FR Minds (LGE)
7:00 Pet Therapy with Kallie (TS)

Wednesday

9:30 Go for Life Walk (TS)
10:00 Current Events & News (LGE)
10:15 International Day of Happiness Discussion (LGE)
10:30 Evergreen Tai Chi Exercises (LGE)
10:45 Prayers 1-1 (LGE)
11:00 Nail Care (LGE)
1:00 Painting with Prohibit (DR)
2:00 Board Game-Scrabble (LGE)
2:00 Non-Denomination Service (COM)
3:00 Lifemark Exercises (LGE)
3:30 Easter Sunday Mass (T)
4:00 Name that Tune (LGE)
4:30 Alphabet Challenge (LGE)

Thursday

Port of Call- Spain
9:30 Go for Life Walk (TS)
10:00 Armchair Travel- Spain (LGE)
10:30 Evergreen Foot Step Exercises (LGE)
11:00 Java Music (LGE)
1:00 Bingo (LGE)
1:00 Staff Game- Suitcase Scramble (TS)
2:00 Karaoke with Derrick (WB)
2:00 Entertainment-Cafis Gonzalez served with Sangria (TS)
2:00 Word Games- Hengman (LGE)
3:00 Craft Corner- Spanish Fan Craft (DR)
4:00 Go for Life Walk Club (TS)
4:00 Drum FR (MVS)
4:30 Categories Game - Spain Themed (LGE)

Friday

Port of Call- Morocco
9:30 Go for Life Walk (TS)
10:00 Armchair Travel- Morocco (LGE)
10:30 Evergreen Yoga Exercises (LGE)
1:00 Moroccan Themed Craft- Clay Coasters (LGE)
1:00 Staff Game- Guess The Aroma (TS)
2:00 Entertainments- Moroccan Dancers served with Mint Tea (TS)
3:00 Lifemark Exercises (LGE)
3:30 Artful Enrichment (CK)
4:00 Go for Life Walk Club (TS)
4:30 Short Stories -Women Authors (LGE)

Saturday

Port of Call- Italy
9:30 Go for Life Walk (TS)
10:00 Armchair Travel- Italy (LGE)
10:30 Evergreen Exercises (LGE)
11:00 Artful Enrichment (LGE)
1:00 Bingo (LGE)
1:30 Mediterranean Open House- Kelly Davias served with Peach Ballin's (TS)
2:00 Brain Games- What's in the Word? (LGE)
3:30 Afegato Social- Italian Dessert (LGE)
4:00 Go for Life Walk Club (TS)
4:15 5 Senses Questionnaire Discussion (LGE)
6:00 Movie Night with Popcorn- (LGE)

24

Port of Call- Turkey
9:30 Go for Life Walk (TS)
10:00 Armchair Travel- Turkey (LGE)
10:30 Evergreen Exercises (LGE)
11:00 Meet Me at MOMA (CK)
1:00 Bingo (LGE)
1:00 Staff Game-Mediterranean Take-Heat (CK)
2:00 Piano with Lukas (LGE)
2:00 Ring Toss (LGE)
3:00 Coffee Social and Horoscopes- (LGE)
3:30 Aries Facts (LGE)
4:00 Go for Life Walk Club (LGE)
4:30 Turkish Hot Air Balloon Painting (LGE)
6:00 Movie Night with Popcorn- (LGE)

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Port of Call- Greece
9:30 Go for Life Walk (TS)
10:00 Armchair Travel- Greece (LGE)
10:30 Meditation Monday (LGE)
10:45 Prayers 1-1 (LGE)
11:00 Lifemark Exercises (LGE)
1:00 National Waffle Day- Baking Waffles (LGE)
1:00 Staff Game- Greek Mythology Trivia (TS)
2:00 Charades (LGE)
2:00 Choronon Tea in Greece (WB)
3:00 Mindfulness Colouring (DR)
3:00 Greece Travelogue with Ouzo Cocktails (TS)
4:00 Go for Life Walk Club (TS)
4:30 Trivia- Greek Mythology (LGE)

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Port of Call- Croatia
9:30 Go for Life Walk (TS)
10:00 Art Canvas Colouring (LGE)
10:30 Armchair Travel- Croatia (LGE)
10:30 Evergreen Balancing Exercises (LGE)
11:00 Java Music (LGE)
1:00 Outing- Sing Harbour Restaurant (TS)
1:00 Bingo (LGE)
1:00 Staff Game- Guess the Currencies (TS)
2:00 Chef Karen's Cooking Demo- Squid Ink Risotto (CK)
2:30 Craft- Mediterranean Boat Origami (LGE)
3:30 Shuffle Board (GR)
4:00 Go for Life Walk Club (TS)
4:15 FR Minds (LGE)
7:00 Pet Therapy with Rudy (TS)

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Port of Call- France
9:30 Go for Life Walk (TS)
10:00 Armchair Travel- France (LGE)
10:30 Evergreen Tai Chi Exercises (LGE)
10:45 Prayers 1-1 (LGE)
11:00 Nail Care (LGE)
1:00 Baking- Pain au Choccolat (DR)
1:00 Staff Game- Guess The Language (CK)
2:00 Board Game-Scrabble (LGE) (COM)
3:00 Lifemark Exercises (LGE)
3:00 Brandon's France Travelogue with Kir Royale Cocktails (T) (MVS)
3:30 Name that Tune (LGE)
4:00 Go for Life Walk Club (TS)
4:30 Word Unscramble- French Themed (LGE)

28

Port of Call- Home (Canada)
9:30 Go for Life Walk (TS)
10:00 Armchair Travel- Canada (LGE)
10:30 Evergreen Foot Step Exercises (LGE)
11:00 Java Music (LGE)
1:00 Bingo (LGE)
1:00 Staff Game- Famous Canadian Trivia (TS)
2:00 Karaoke with Derrick (WB)
2:00 Table Hockey- Canadian Hockey Teams (LGE)
2:00 Canadian Trivia with Apple Cinnamon Mocktails (TS)
3:30 Drum Fire- Canadian Artists (MVS)
4:00 Go for Life Walk Club (TS)
4:30 Who/What am I? (LGE)
7:00 Entertainment- JT Choir Band (TS)

29

Good Friday
9:00 Sense of Hearing Clinic (CK)
9:30 Go for Life Walk (TS)
10:30 Evergreen Yoga Exercises (LGE)
11:00 Good Friday Online Mass (LGE)
1:00 Seated Bowling (LL)
2:00 Good Friday- Hot Cross Buns Social (TS)
3:30 Artful Enrichment (CK)
3:30 Chalky Love with Susan Franklin and Baby Chicks (CK)
4:00 Go for Life Walk Club (TS)
4:30 Short Stories -Women Authors (LGE)

30

Go for Life Walk (TS)
10:30 Evergreen Exercises (LGE)
11:00 Artful Enrichment (LGE)
1:00 Shuffle Board (GR)
2:00 Brain Games- What's in the Word? (LGE)
3:00 Communion Service with Deacon and Rosary (T)
3:30 Sing Along (LGE)
4:00 Go for Life Walk Club (TS)
4:15 5 Senses Questionnaire Discussion (LGE)
6:00 Movie Night with Popcorn- (LGE)

31

Easter Sunday
9:30 Go for Life Walk (TS)
10:00 Gratitude Journaling (LGE)
10:30 Evergreen Exercises (LGE)
11:00 Meet Me at MOMA (CK)
1:00 Bingo (LGE)
2:00 Hand-eye Coordination and Sensory Activity (LGE)
2:00 Piano with Lukas (LGE)
3:00 Coffee Social and Horoscopes (LGE)
4:00 Go for Life Walk Club (LGE)
4:30 Spelling Bee (LGE)
6:00 Movie Night with Popcorn- (LGE)



Easter

SUNDAY
MAR
31

Be your best self

Locations Legend

Lounge (LGE)
Town Square (TS)
Craft Kitchen (CK)
Dining Room (DR)
Games Room (GR)
Theatre (T)

Locations Legend

Window Bar (WB)
Lower Lanes (LL)
Computer Lounge (COM)
Movement Studio (MVS)

Calendar Legend

Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program