



INSPIRED SENIOR LIVING

March 2024- Independent Evergreen Retirement Community



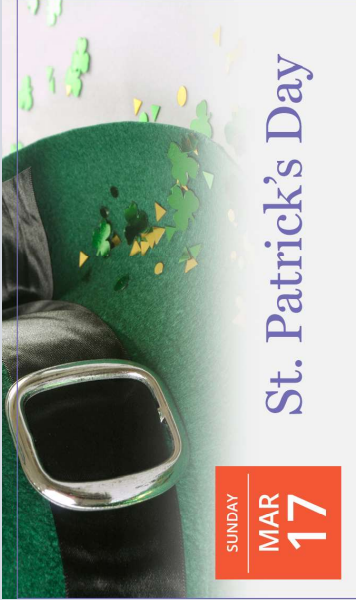
Sunday



FRIDAY
MAR
8

International Women's Day

Monday



SUNDAY
MAR
17

St. Patrick's Day

Tuesday

Wednesday

Thursday

Friday

Saturday

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- Pots of Gold (CK)

4:00 Go for Life Walk (TS)

6:30 Shuffle Board (GR)

7:00 Scrabble (CK)

7:00 Movie Night- On the Town (T)

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 (TS)

10:15 Lifemark Fall Prevention (MVS)

1:45 Quiddler & Racko Game (LGE)

2:00 Cards- 45's (GR)

2:00 Entertainment- Ron Russell served with Two-bite Brownies (TS)

3:00 Knitting & Crochet (CK)

4:00 Go for Life Walk (TS)

4:30 Tech Time with Brandon (CF)

7:00 Black Jack (GR)

9:30 Go for Life Walk (TS)

10:00 Evergreen Posture Exercises (MVS)

10:30 Barbara's Line Dancing (MVS)

10:30 Balloon Volleyball (CK)

10:30 Outings- Grandstand (Woodbine) Casino (TS)

10:30 TED Talk- Role of Food in Health (WB)

11:15 Coffee Social (TS)

1:15 Lifemark- Osteo Program (MVS)

2:00 Rummikub Game (GR)

2:00 Artfall Enrichment (CK)

2:00 Seated Bowling (LL)

2:15 Lifemark Osteo Program (MVS)

3:00 Snores- Hot Chocolate Social (TS)

3:30 Shuffle Board (GR)

4:00 Go for Life Walk (TS)

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 Fall Prevention (MVS)

2:00 Non-Denomination Service (COM)

2:15 Lifemark Fall Prevention (MVS)

3:00 Catholic Mass (T)

3:00 Name that Tune- 40's (FSL)

3:45 Fit Minds (CK)

4:00 Go for Life Walk (TS)

7:00 Euchre (GR)

9:30 Go for Life Walk (TS)

9:30 TED Talk- What Matters at the End of Life (CK)

10:00 Outings for Shopping (TS)

10:00 Evergreen Leg Exercises (MVS)

10:30 Java Music Club (CK)

11:00 Vendor- Little Lamb Designs (TS)

11:15 Coffee Social (TS)

2:00 Rummikub Game (GR)

2:00 Karaoke with Derrick (WB)

2:00 LLL- Maple Benefits and Trivia (CK)

3:00 Rosary with Mariah (CK)

3:30 Drum Fit (MVS)

4:00 Go for Life Walk (TS)

7:00 Chase The Ace Card Game (GR)

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 Balloon Volley Ball (CK)

11:00 Meet Me at MOMA (CK)

11:15 Coffee Social (TS)

1:15 Lifemark Osteo Program (MVS)

2:00 Entertainment- Bruce Tournay served with Butter Tarts (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- Lost in Translation (CK)

9:30 Go for Life Walk (TS)

11:00 Billiards -Pool Table (GR)

1:00 Fit Minds (CK)

1:00 Brain Teasers- Suduko (LGE)

2:00 Travelogue- Ecuador (Reading Material) (CK)

4:00 Go for Life Walk (TS)

7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)

7:00 Movie Night- Mamma Mia! (T)

Daylight Savings (Set Clock an Hour Ahead)

9:00 Gratitude Journaling (CK)

9:30 Go for Life Walk (TS)

1:00 Bridge (CK)

1:00 Chess (GR)

2:00 Craft- Spring Wreath (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- Mamma Mia! Here We Go Again (T)

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 (TS)

10:15 Lifemark Fall Prevention (MVS)

11:15 Coffee Social (TS)

1:45 Quiddler & Racko Game (LGE)

2:00 Cards- 45's (GR)

3:00 Knitting & Crochet (CK)

4:00 Go for Life Walk (TS)

4:30 Tech Time with Brandon (CF)

7:00 Black Jack (GR)

9:30 Go for Life Walk (TS)

10:00 Evergreen Posture Exercises (MVS)

10:30 Barbara's Line Dancing (MVS)

10:30 Balloon Volleyball (CK)

10:30 TED Talk- The Brain and Pain Management (WB)

11:15 Coffee Social (TS)

11:30 Outings- East Side Mario's Restaurant (TS)

2:00 Lifemark- Osteo Program (MVS)

2:00 Rummikub Game (GR)

2:00 Artfall Enrichment (CK)

2:00 Seated Bowling (LL)

2:15 Lifemark Osteo Program (MVS)

3:00 After Eight Hot Chocolate Social (TS)

3:30 Shuffle Board (GR)

4:00 Go for Life Walk (TS)

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 Fall Prevention (MVS)

2:00 Non-Denomination Service (COM)

2:15 Lifemark Fall Prevention (MVS)

3:00 Name that Tune- 50's Classics (TS)

3:45 Fit Minds (CK)

7:00 Euchre (GR)

9:30 Go for Life Walk (TS)

9:30 Ted Talk- Growing Old is a Blessing (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)

2:00 LLL- Maple Tea Social (CK)

3:00 Rosary with Mariah (CK)

3:30 Potato Chip Tasting (GR)

4:00 Go for Life Walk (TS)

7:00 Chase The Ace Card Game (GR)

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 (CK)

11:00 Meet Me at MOMA (CK)

11:15 Coffee Social (TS)

1:15 Lifemark Osteo Program (MVS)

2:00 Entertainment- Tony Gray served with Green Beer (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- Lost in Translation (CK)

9:30 Go for Life Walk (TS)

11:00 Billiards -Pool Table (GR)

1:00 Fit Minds (CK)

1:00 Brain Teasers- Riddles (CK)

3:00 Communication 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- An American in Paris (T)



INSPIRED SENIOR LIVING

March 2024- Independent Evergreen Retirement Community



INSPIRED SENIOR LIVING WITH Verve

Sunday

- 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)
- 3:00 St. Patrick's Day Entertainment-Indigo Chimes (TS)
- 4:00 Go for Life Walk (TS)
- 6:30 Shuffle Board (GR)
- 7:00 Scrabble (CK)
- 7:00 Movie Night- Shall We Dance? (T)

Monday

- 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 (TS)
- 10:15 Lifemark Fall Prevention (MVS)
- 11:15 Coffee Social (TS) (LGE)
- 1:45 Quiddler & Racko Game
- 2:00 Cards 45's (GR)
- 3:00 Knitting & Crochet (CK)
- 4:00 Go for Life Walk (TS)
- 4:30 Tech Time with Brandon (CF)
- 7:00 Black Jack (GR)

Tuesday

- 9:30 Go for Life Walk (TS)
- 10:00 Evergreen Posture Exercises (MVS)
- 10:30 Barbara's Line Dancing (MVS)
- 10:30 Ballroom Volleys (CK)
- 10:30 Ted Talk- The Brain and Neuroscience (WB)
- 10:30 Outing- Spoons & Fork Restaurant (TS)
- 11:15 Lifemark-Osteo Program (MVS)
- 2:00 Rummikub Game (GR)
- 2:00 Art-Hill Enrichment (CK)
- 2:00 Wine & Paint Social (Sign-Up Required) (CK)
- 2:15 Lifemark Osteo Program (MVS)
- 3:00 Laugh Day-CSI Hot Chocolate Social
- 3:30 Shuffle Board (GR)
- 4:00 Go for Life Walk (TS)
- 7:00 Pet Therapy with Kelly (TS)

Wednesday

- 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 Canada's (GR)
- 1:15 Lifemark Fall Prevention (MVS)
- 2:00 Non-Domination Service (COM)
- 2:00 Bingo with Brandon (GR)
- 2:15 Lifemark Fall Prevention (MVS)
- 3:00 Easter Sunday Mass (T)
- 3:00 National Proposal Day-Residents Proposal Stories (FSL)
- 3:45 Fit Minds (CK)
- 4:00 Go for Life Walk (TS)
- 7:00 Euchre (GR)

Thursday

- 9:30 Go for Life Walk (TS)
- 9:30 Ted Talk-Create Happiness-Not Find It (WB)
- 10:00 Outings for Shopping (TS)
- 10:00 Evergreen Leg Exercises (MVS)
- 10:30 Java Music Club (CK)
- 11:00 Brando's Tandoor on Spain (T)
- 11:15 Coffee Social (TS)
- 1:00 Staff Game-Subcase Scramble (TS)
- 2:00 Rummikub Game (GR)
- 2:00 Karaoke with Derrick (WB)
- 2:00 Entertainment-Carls Gonzalez served with Sangria (TS)
- 3:00 Rosary with Mariah (CK)
- 3:30 820 Residents Meeting (T)
- 4:00 Go for Life Walk (TS)
- 4:00 Drum Fit (MVS)
- 7:00 Chase The Ace Card Game (GR)

Friday

- 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 (CK)
- 10:30 Ballroom Volleys Ball (CK)
- 10:30 Baking-Moroccan Lemon Cake (Makouta) (CK)
- 11:00 Travelogue-Morocco (CK)
- 11:15 Coffee Social (TS)
- 1:00 Staff Game-Guess The Aroma (TS)
- 1:15 Lifemark Osteo Program (MVS)
- 2:00 Entertainment-Moroccan Dancers served with Mint Tea (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-Lost in Translation (CK)

Saturday

- 9:30 Port of Call-Italy Go for Life Walk (TS)
- 10:00 Evergreen Body Strength Exercises (MVS)
- 10:30 Italian Language Class (CK)
- 11:00 Brando's Travelogue-Italy (T)
- 1:30 Mediterranean Open House- Kelly, Davies served with Peach Bellini's (TS)
- 3:30 Art-Hill Enrichment-Mediterranean-Themed (CK)
- 4:00 Go for Life Walk (TS)
- 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
- 7:00 Movie Night-Anchors Aweigh (T)

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- 9:00 Port of Call-Turkey Gratitude Journaling (CK)
- 9:30 Go for Life Walk (TS)
- 10:30 Art Canvas (CK)
- 1:00 Bridge (CK)
- 1:00 Okey Board Game (GR)
- 1:00 Staff Game-Mediterranean Travelogue-Turkey with Taste-Test (CK)
- 2:00 Turkish Coffee (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-Out to Sea (T)

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- 9:00 Port of Call-Greece Outings for Medical Appointments (TS)
- 9:15 Lifemark Exercises (MVS)
- 9:30 Go for Life Walk (TS)
- 10:00 Evergreen Strength & Balance Exercises (TS)
- 10:15 Lifemark Fall Prevention (MVS)
- 11:00 Vendor-Anthi's Fashion Traditions (TS)
- 11:15 Coffee Social (TS)
- 1:45 Quiddler & Racko Game (LGE)
- 2:00 Cards 45's (GR)
- 2:00 Art-Hill Enrichment-Mediterranean Themed (CK)
- 2:00 Afternoon Tea in Greece (WB)
- 3:00 Knitting & Crochet (CK)
- 3:00 Greece Travelogue with Ouzo Cocktails (TS)
- 4:00 Go for Life Walk (TS)
- 4:00 Tail Board Game (GR)
- 7:00 Black Jack (GR)

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- 9:30 Port of Call-Creole Go for Life Walk (TS)
- 10:00 Evergreen Posture Exercises (MVS)
- 10:30 Barbara's Line Dancing (MVS)
- 10:30 Ballroom Volleys (CK)
- 10:30 TED Talk-Energy of Thought (WB)
- 11:00 Outing-Sung Harbour Restaurant (TS)
- 11:15 Coffee Social (TS)
- 1:00 Staff Game-Guess The Conure (TS)
- 1:15 Lifemark Fall Prevention (MVS)
- 1:45 Quiddler & Racko Game (LGE)
- 2:00 Art-Hill Enrichment-Mediterranean Themed (CK)
- 2:00 Chef Karen's Cooking Demo-Squid Ink Risotto (CK)
- 2:15 Lifemark Osteo Program (MVS)
- 3:00 Creole Travelogue with Rakipi Sunrise Cocktails (TS)
- 3:30 Shuffle Board (GR)
- 4:00 Go for Life Walk (TS)
- 7:00 Board Game-Unscramble- Conure Themed (CK)
- 7:00 Pet Therapy with Lucy (TS)

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- 9:00 Port of Call-France Outings for Medical Appointments (TS)
- 9:30 Go for Life Walk (TS)
- 10:00 Evergreen Tai Chi Exercises (MVS)
- 10:30 Paris Sight-Seeing Scavenger Hunt (TS)
- 11:00 Name that Tune- French Classics (CK)
- 11:15 Coffee Social (TS)
- 1:00 Staff Game-Guess The Language (CK)
- 1:15 Lifemark Fall Prevention (MVS)
- 1:45 Quiddler & Racko Game (LGE)
- 2:00 Board Game-Subcase Scramble (TS)
- 2:00 Brando's Tandoor on Spain (T)
- 3:00 Brando's France Travelogue with Kir Royale Cocktails (T)
- 3:45 Fit Minds (CK)
- 4:00 Go for Life Walk (TS)
- 7:00 Euchre (GR)

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- 9:30 Port of Call-Home (Canada) Go for Life Walk (TS)
- 9:30 Ted Talk-The Brain and Neuroscience (WB)
- 10:00 Outings for Shopping (TS)
- 10:00 Evergreen Leg Exercises (MVS)
- 10:30 Java Music Club (CK)
- 11:15 Coffee Social (TS)
- 1:00 Staff Game-Famous Canadians Trivia (TS)
- 2:00 Karaoke with Derrick (WB)
- 2:00 Canadian Trivia with Apple Cinnamon Mocktails (TS)
- 2:00 Pictionary (Canadian Game) (GR)
- 3:00 Rosary with Mariah (CK)
- 3:30 Drum Fire-Canadian Artists (MVS)
- 4:00 Go for Life Walk (TS)
- 7:00 Chase The Ace Card Game (GR)
- 7:00 Entertainment-JT Choir Band (TS)

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- 9:00 Good Friday Sense of Hearing Clinic (CK)
- 9:30 Go for Life Walk (TS)
- 10:00 Evergreen Yoga Exercises (MVS)
- 10:30 Barbara's Exercise Class (MVS)
- 11:00 Meet Me at MOMA (CK)
- 11:15 Coffee Social (TS)
- 2:00 Good Friday-Hot Cross Bun Social (TS)
- 3:00 What's in a Word? (CK)
- 3:30 Chicky Love with Susan Franklin and Baby Chicks (CK)
- 4:00 Go for Life Walk (TS)
- 7:00 Board Game-Lost in Translation (CK)
- 7:00 Movie Night-Son of God (WB)

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- 9:30 Go for Life Walk (TS)
- 11:00 Billiards-Pool Table (GR)
- 1:00 Fit Minds (CK)
- 1:00 Brain Teasers- Unscramble Words (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- The First Easter- The Story of Jesus Part 1 (T)

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- 9:00 Easter Sunday Gratitude Journaling (CK)
- 9:30 Go for Life Walk (TS)
- 10:30 Art Canvas (GR)
- 1:00 Cribbage (CK)
- 1:00 Chess (GR)
- 2:00 Craft- Easter Egg Decorating (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- The First Easter- The Story of Jesus Part 2 (T)

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SUNDAY
MAR
31
Easter

Be your best self

Locations Legend

- Town Square (TS)
- Craft Kitchen (CK)
- Movement Studio (MVS)
- Games Room (GR)
- Theatre (T)
- Window Bar (WB)

Locations Legend

- Lounge (LGE)
- Computer Lounge (COM)
- Cafe (CF)
- Lower Lanes (LL)
- Fireside Lounge (FSL)

Calendar Legend

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