



April 2024- Independent Living Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:00 Outings for Medical Appointments (TS) 1</p> <p>9:00 Lifemark Exercises with Navjot (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength & Balance Exercises (TS)</p> <p>10:00 Lifemark Fall Prevention with Navjot (MVS)</p> <p>10:30 April Fool's Day- Jokes & Riddles (CK)</p> <p>11:15 Coffee Social (TS)</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 (CF)</p> <p>7:00 Black Jack (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) 2</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 TED Talks- Happiness is all in your Mind (WB)</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>2:00 Lifemark Osteo Program (MVS)</p> <p>3:00 Hot Chocolate Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:45 Pet Therapy with Rudy (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) 3</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>2:00 Lifemark Fall Prevention (MVS)</p> <p>3:00 Catholic Mass (T)</p> <p>3:00 Name that Tune- Finish the Lyrics (FSL)</p> <p>3:45 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) 4</p> <p>9:30 Ted Talk- Indigenous Perspective on Humanity's Survival (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>2:00 Potato Chip Tasting (GR)</p> <p>3:00 Rosary with Mariah (CK)</p> <p>3:00 LLL- Egg Benefits and 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>	<p>9:00 Outings for Medical Appointments (TS) 5</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- Ron Russell served with Brownies (TS)</p> <p>2:00 Lifemark Osteo Program (MVS)</p> <p>3:00 What's in a Word? (CK)</p> <p>3:30 International Beer Tasting (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Board Game- Skipbo Card Game (GR)</p>	<p>9:30 Go for Life Walk (TS) 6</p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>11:00 Billiards -Pool Table (GR)</p> <p>1:00 Fit Minds (CK)</p> <p>2:00 Travelogue- Italy (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- The King & I (T)</p>
<p>9:00 Gratitude Journaling (CK) 7</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>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 Big Wedding (T)</p>	<p>9:00 Outings for Medical Appointments (TS) 8</p> <p>9:00 Lifemark Exercises with Navjot (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength & Balance Exercises (TS)</p> <p>10:00 Lifemark Fall Prevention with Navjot (MVS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:45 Quiddler & Racko Game (LGE)</p> <p>2:00 Brandon's Travelogue- Brazil & Argentina (T)</p> <p>3:00 Knitting & 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>	<p>9:30 Go for Life Walk (TS) 9</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:00 Outing- Mohawk Casino (TS)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 TED Talks- Restoring Nature's Biodiversity (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 Lifemark Osteo Program (MVS)</p> <p>2:00 Wine & Cheese Social (WB)</p> <p>3:00 Chocolatey Chai Social (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:45 Pet Therapy with Rudy (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) 10</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- Finish the Lyrics (FSL)</p> <p>3:45 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) 11</p> <p>9:30 Ted Talk- The Power of Volunteerism (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 Karaoke with Derrick (WB)</p> <p>2:00 LLL- Egg Salad Sandwich Social (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>4:00 National Pet Day- Puppy Therapy with Bella (TS)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) 12</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- Shannon Graham served with Grilled Cheese Sandwiches (TS)</p> <p>2:00 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- Skipbo Card Game (GR)</p>	<p>9:30 Go for Life Walk (TS) 13</p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>11:00 Billiards -Pool Table (GR)</p> <p>1:00 National Scrabble Day- Scrabble Board Game (GR)</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- Dirty Dancing (T)</p>
<p>9:00 Gratitude Journaling (CK) 14</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>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- Wimbledon (T)</p>	<p>9:00 Outings for Medical Appointments (TS) 15</p> <p>9:00 Lifemark Exercises with Navjot (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength & Balance Exercises (TS)</p> <p>10:00 Lifemark Fall Prevention with Navjot (MVS)</p> <p>11:15 Coffee Social (TS)</p> <p>1:45 Quiddler & Racko Game (LGE)</p> <p>2:00 Brandon's Travelogue- Japan (T)</p> <p>3:00 Knitting & 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>	<p>9:30 Go for Life Walk (TS) 16</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 Barbara's Line Dancing (MVS)</p> <p>10:30 TED Talks- Meaning & Happiness Through Volunteering (WB)</p> <p>11:00 Vendor- EZ Fit Shoes (TS)</p> <p>11:15 Coffee Social (TS)</p> <p>11:30 Outing- Apricot Tree Cafe (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>2:00 Lifemark Osteo Program (MVS)</p> <p>3:00 Chef Karen's Cooking Demo- Leche Flan (CK)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:45 Pet Therapy with Rudy (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) 17</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- Finish the Lyrics (FSL)</p> <p>3:45 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) 18</p> <p>9:30 Ted Talk- The History of Our World (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- Custard Bun Social (TS)</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>	<p>9:00 Outings for Medical Appointments (TS) 19</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Yoga Exercises (MVS)</p> <p>10:00 Vendor- Mobile Senior Shop (TS)</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 Lifemark Osteo Program (MVS)</p> <p>2:00 Entertainment- Emilio Zarris served with Garlic Bread (TS)</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- Skipbo Card Game (GR)</p>	<p>9:30 Go for Life Walk (TS) 20</p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>11:00 Billiards -Pool Table (GR)</p> <p>1:00 Fit Minds (CK)</p> <p>2:00 Travelogue- Portugal (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- Something's Gotta Give (T)</p>

April 2024- Independent Living Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Gratitude Journaling (CK) 21 9:30 Go for Life Walk (TS) 10:30 Art Canvas (CK) 1:00 Bridge (CK) 1:00 Chess (GR) 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- Grease (T)	9:00 Outings for Medical Appointments (TS) 22 9:00 Lifemark Exercises with Navjot (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:00 Lifemark Fall Prevention with Navjot (MVS) 11:15 Coffee Social (TS) 1:45 Quiddler & Racko Game (LGE) 2:00 Afternoon Tea Social (CK) 3:00 Knitting & Crochet (CK) 3:00 National Jelly Bean Day-Taste-test (WB) 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) 23 10:00 Evergreen Posture Exercises (MVS) 10:30 Barbara's Line Dancing (MVS) 10:30 TED Talks- Supporting a Loved One Through Cancer (WB) 11:15 Coffee Social (TS) 11:30 Outing- Milestones Restaurant (TS) 1:15 Lifemark- Osteo Program (MVS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Seated Bowling (LL) 2:00 Lifemark Osteo Program (MVS) 2:00 Art Gallery of Mississauga- Painting Class with Cynthia (AS) 3:00 London Fog Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 6:45 Pet Therapy with Rudy (TS)	9:00 Outings for Medical Appointments (TS) 24 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Themed Scavenger Hunt (TS) 11:00 Vendor- Express Fashions (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) 2:00 Lifemark Foot Care Self Check (MVS) 3:00 Name that Tune- Finish the Lyrics (FSL) 3:45 Fit Minds (CK) 4:00 Go for Life Walk (TS) 7:00 Euchre (GR)	9:30 Go for Life Walk (TS) 25 9:30 Ted Talk- Link Between Cancer & Stress (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- Word Unscramble (TS) 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)	9:00 Outings for Medical Appointments (TS) 26 9:00 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) 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- Tim Godfrey served with Soft Pretzels (TS) 2:00 Lifemark Osteo Program (MVS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Skipbo Card Game (GR)	9:30 Go for Life Walk (TS) 27 10:00 Evergreen Body Strength Exercises (MVS) 11:00 Billiards -Pool Table (GR) 1:00 Fit Minds (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)
9:00 Gratitude Journaling (CK) 28 9:30 Go for Life Walk (TS) 10:30 Art Canvas (CK) 11:00 Vendor- Anish's Fashion Traditions (TS) 1:00 Cribbage (GR) 1:00 Chess (GR) 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- Gigi (T)	9:00 Lifemark Exercises with Navjot (MVS) 29 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:00 Lifemark Fall Prevention with Navjot (MVS) 11:15 Coffee Social (TS) 1:45 Quiddler & Racko Game (LGE) 2:00 Brandon's Travelogue- Colombia (T) 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) 30 10:00 Evergreen Posture Exercises (MVS) 10:00 Outing- Cineplex Cinema Movie Matinee (TS) 10:30 Barbara's Line Dancing (MVS) 10:30 Compliment Bingo Game (TS) 11:15 Coffee Social (TS) 1:15 Lifemark- Osteo Program (MVS) 2:00 Rummikub Game (GR) 2:00 Lifemark Osteo Program (MVS) 2:00 Rose Sangria & Paint Social (CK) 3:00 Rose Sangria Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 6:45 Pet Therapy with Rudy (TS)	 <p>Parkinson's Awareness Month</p>		 <p>Tea Day</p>	



MONDAY
APR 29
Dance Day

Be Proud

Locations Legend

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

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program