



INSPIRED SENIOR LIVING

November 2022- Independent Living Evergreen Retirement Community



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Locations Legend</p> <p>Town Square (TS) Games Room (GR) Movement Studio (MVS) Lounge (LGE) Window Bar (WB) Fireside Lounge (FSL) Theatre (T) Lower Lanes (LL) Computer Lounge (COM) In Suite (IS) Wellness Clinic (WC)</p>	<p>9:30 Go for Life Walk (TS) 1</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Barbara's Line Dancing (MVS)</p> <p>11:30 Outing- Mo's Family Restaurant (TS)</p> <p>1:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:00 Artfull Enrichment (GR)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Euchre for Beginner's (GR)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:30 Bowling (LL)</p> <p>3:00 Hot Chocolate Social- White Hot Chocolate (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) 2</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>1:15 Lifemark- Falls Prevention (MVS)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:15 Lifemark- Falls Prevention Classes (MVS)</p> <p>3:00 Catholic Mass (T)</p> <p>3:00 Name that Tune- 30's (FSL)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:00 Outings for Shopping (TS) 3</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Leg Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Ted Talks- Alzheimer's Prevention & Understanding (MVS)</p> <p>11:00 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 LLL- Apple- Apple Turnover Social (TS)</p> <p>3:00 Rosary -Circle of Friends- Mariah (GR)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (TS)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) 4</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Barbara's Exercise Class (MVS)</p> <p>10:00 Evergreen Yoga Exercises (WB)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Meet Me at MOMA (GR)</p> <p>1:15 Life Marks- Osteoporosis Program (MVS)</p> <p>2:00 National Sandwich Day Entertainment- Loralee McGuirl (served with Cucumber Sandwiches) (TS)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 What's in a Word? (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Board Game- Scrabble (GR)</p>	<p>9:30 Go for Life Walk (TS) 5</p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Billiards -Pool Table (GR)</p> <p>1:00 Brain Teasers- Odd one Out (FSL)</p> <p>2:00 Travelogue- India- Served with Chai and Darjeeling Tea (TS)</p> <p>3:00 Communion Service with Deacon (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>5:00 Fit Minds (TS)</p> <p>7:00 Jack Pot Bingo (Bring Quarter and 1 Twoonie) (GR)</p> <p>7:00 Movie Night- Band of Brothers Part 1 (WB)</p>
<p>9:00 National Gratitude Month- Gratitude Journaling (GR) 6</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Art Canvas (GR)</p> <p>2:00 Craft- Remembrance Day Collage (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:30 Shuffle Board (GR)</p> <p>7:00 Chess (GR)</p> <p>7:00 Checkers (GR)</p> <p>7:00 Movie Night- Band of Brothers Part 2 (WB)</p>	<p>2:00 National Cancer Awareness Ted Talks- Cancer Prevention (WB) 7</p> <p>2:00 Quiddler & Racko Game (LGE)</p> <p>2:00 Canasta (GR)</p> <p>3:00 Knitting (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) 8</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Barbara's Line Dancing (MVS)</p> <p>11:00 Outing- Pure Spirits Oyster House & Distillery District Stroll (TS)</p> <p>1:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:00 Artfull Enrichment (GR)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Euchre for Beginner's (GR)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:30 Bowling (LL)</p> <p>3:00 Hot Chocolate Social- Mint Hot Chocolate (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) 9</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>1:15 Lifemark- Falls Prevention (MVS)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:15 Lifemark- Falls Prevention Classes (MVS)</p> <p>3:00 Non-Denomination Service (COM)</p> <p>3:00 Name that Tune- War Time Songs (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>	<p>9:00 Outings for Shopping (TS) 10</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Leg Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Ted Talks- Discussions on Remembrance Day (MVS)</p> <p>11:00 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 LLL- Apples- Benefits and Trivia (TS)</p> <p>3:00 Rosary -Circle of Friends- Mariah (GR)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (TS)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) 11</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Barbara's Exercise Class (MVS)</p> <p>10:00 Evergreen Yoga Exercises (WB)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Remembrance Day Ceremony (TS)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Meet Me at MOMA (GR)</p> <p>1:15 Life Marks- Osteoporosis Program (MVS)</p> <p>2:00 Remembrance Day Entertainment- Emilio Zarris (served with Maple Cookies) (TS)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 What's in a Word? (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (TS)</p> <p>7:00 Board Game- Scrabble (GR)</p>	<p>9:00 Christmas Bazaar (TS) 12</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Billiards -Pool Table (GR)</p> <p>1:00 Brain Teasers- Odd one Out (TS)</p> <p>3:00 Communion Service with Deacon (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>5:00 Fit Minds (TS)</p> <p>7:00 Jack Pot Bingo (Bring Quarter and 1 Twoonie) (GR)</p> <p>7:00 Movie Night- 1917 (WB)</p>
<p>9:00 National Gratitude Month- Gratitude Journaling (GR) 13</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Art Canvas (GR)</p> <p>1:00 Cribbage (GR)</p> <p>2:00 Craft- Fall Leaf Hedgehogs (GR)</p> <p>3:00 Mississauga Symphony Concert at Living Arts Centre (TS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:30 Shuffle Board (GR)</p> <p>7:00 Chess (GR)</p> <p>7:00 Checkers (GR)</p> <p>7:00 Movie Night- An American in Paris (WB)</p>	<p>2:00 Canasta (GR) 14</p> <p>2:00 Quiddler & Racko Game (LGE)</p> <p>3:00 Knitting (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p>	<p>9:30 Go for Life Walk (TS) 15</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Barbara's Line Dancing (MVS)</p> <p>11:45 Outing- Mandarin Buffet (TS)</p> <p>1:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:00 Artfull Enrichment (GR)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Euchre for Beginner's (GR)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:30 Bowling (LL)</p> <p>3:00 Hot Chocolate Social- Malted Milk (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>9:00 Outings for Medical Appointments (TS) 16</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>1:15 Lifemark- Falls Prevention (MVS)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:15 Lifemark- Falls Prevention Classes (MVS)</p> <p>3:00 Name that Tune- Rock and Roll (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>	<p>9:00 Outings for Shopping (TS) 17</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Leg Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Ted Talks- Why we may have a Cure for Alzheimer's (MVS)</p> <p>11:00 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 New Residents' Tea Social (WB)</p> <p>2:00 LLL- Honey- Benefits and Trivia (TS)</p> <p>3:00 Rosary -Circle of Friends- Mariah (GR)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (TS)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>9:00 Outings for Medical Appointments (TS) 18</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Barbara's Exercise Class (MVS)</p> <p>10:00 Evergreen Yoga Exercises (WB)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Meet Me at MOMA (GR)</p> <p>1:15 Life Marks- Osteoporosis Program (MVS)</p> <p>2:00 Entertainment- Shannon Graham (served with Pound Cake) (TS)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 What's in a Word? (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Board Game- Scrabble (GR)</p>	<p>9:30 Go for Life Walk (TS) 19</p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Billiards -Pool Table (GR)</p> <p>1:00 Brain Teasers- Odd one Out (TS)</p> <p>2:00 Travelogue- England (Served with London Fogs) (TS)</p> <p>3:00 Communion Service with Deacon (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>5:00 Fit Minds (TS)</p> <p>7:00 Jack Pot Bingo (Bring Quarters and 1 Twoonie) (GR)</p> <p>7:00 Movie Night- 7 Years in Tibet (WB)</p> <p>8:00 Mississauga Symphony Concert at Living Arts Centre (TS)</p>

November 2022- Independent Living Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>9:00 National Gratitude Month- Gratitude Journaling (GR)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>1:00 Cribbage (GR)</p> <p>2:00 Craft- Fall Leaf Rock Painting (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:30 Shuffle Board (GR)</p> <p>7:00 Chess (GR)</p> <p>7:00 Checkers (GR)</p> <p>7:00 Movie Night- The Breakfast Club (WB)</p>	<p>21</p> <p>9:00 Outings for Medical Appointments (TS)</p> <p>9:15 Lifemark- Exercises (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength & Balance Exercises (WB)</p> <p>10:15 Life Marks- Falls Prevention Class (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>1:00 Canasta (GR)</p> <p>1:45 Quiddler & Racko Game (LGE)</p> <p>3:00 Knitting (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p>	<p>22</p> <p>9:30 Go for Life Walk (TS)</p> <p>9:30 Outing- Fallsview Casino (TS)</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Barbara's Line Dancing (MVS)</p> <p>1:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:00 Artfull Enrichment (GR)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Euchre for Beginner's (GR)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:30 Bowling (LL)</p> <p>3:00 Hot Chocolate Social- Bicerin (Native to Turin, Italy) (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>23</p> <p>9:00 Outings for Medical Appointments (TS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>1:15 Lifemark- Falls Prevention (MVS)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:15 Lifemark- Falls Prevention Classes (MVS)</p> <p>3:00 Name that Tune- 40's (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>	<p>24</p> <p>9:00 Outings for Shopping (TS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Leg Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Ted Talks- Dementia is Preventable Through Lifestyle (IS)</p> <p>11:00 Coffee Social (TS)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Afternoon Tea Social (WB)</p> <p>3:00 Rosary -Circle of Friends- Mariah (GR)</p> <p>3:30 Drum Fit (MVS)</p> <p>3:30 820 Residents Meeting (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (TS)</p> <p>7:00 Chase The Ace Card Game (GR)</p>	<p>25</p> <p>9:00 Outings for Medical Appointments (TS)</p> <p>9:00 Sense of Hearing- Hearing Clinic (WC)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Barbara's Exercise Class (MVS)</p> <p>10:00 Evergreen Yoga Exercises (WB)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Meet Me at MOMA (GR)</p> <p>1:15 Life Marks- Osteoporosis Program (MVS)</p> <p>2:00 Entertainment- Laura Nashman (served with Chocolate Cake) (TS)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>3:00 What's in a Word? (FSL)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Fit Minds (TS)</p> <p>7:00 Board Game- Scrabble (GR)</p>	<p>26</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Body Strength Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Billiards -Pool Table (GR)</p> <p>1:00 Brain Teasers- Odd one Out (TS)</p> <p>3:00 Communion Service with Deacon (T)</p> <p>4:00 Go for Life Walk (TS)</p> <p>5:00 Fit Minds (TS)</p> <p>7:00 Jack Pot Bingo (Bring Quarters and 1 Twonie) (GR)</p> <p>7:00 Movie Night- The Graduate (WB)</p>
<p>27</p> <p>9:00 National Gratitude Month- Gratitude Journaling (GR)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>10:30 Art Canvas (GR)</p> <p>1:00 Cribbage (GR)</p> <p>2:00 Craft- Fall Sun Catchers (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>6:30 Shuffle Board (GR)</p> <p>7:00 Chess (GR)</p> <p>7:00 Checkers (GR)</p> <p>7:00 Movie Night- Catch Me If You Can (WB)</p>	<p>28</p> <p>9:00 Outings for Medical Appointments (TS)</p> <p>9:15 Lifemark- Exercises (MVS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Strength & Balance Exercises (WB)</p> <p>10:15 Life Marks- Falls Prevention Class (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Vendor- Nelly's Comfort Shoes (TS)</p> <p>1:00 Canasta (GR)</p> <p>1:45 Quiddler & Racko Game (LGE)</p> <p>3:00 Knitting (GR)</p> <p>4:00 Go for Life Walk (TS)</p> <p>4:30 Tech Time with Brandon (TS)</p> <p>7:00 Black Jack (GR)</p> <p>7:00 Euchre (GR)</p>	<p>29</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Posture Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>11:00 Barbara's Line Dancing (MVS)</p> <p>11:45 Outing- Red Lobster Restaurant (TS)</p> <p>1:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:00 Artfull Enrichment (GR)</p> <p>2:00 Rummikub Game (GR)</p> <p>2:00 Euchre for Beginner's (GR)</p> <p>2:15 Lifemark- Osteoporosis Program (MVS)</p> <p>2:30 Bowling (LL)</p> <p>3:00 Hot Chocolate Social- Hot Toddy's (TS)</p> <p>3:30 Shuffle Board (GR)</p> <p>4:00 Go for Life Walk (TS)</p>	<p>30</p> <p>9:00 Outings for Medical Appointments (TS)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Evergreen Tai Chi Exercises (MVS)</p> <p>10:30 One on One Exercises (LGE)</p> <p>11:00 Coffee Social (TS)</p> <p>1:15 Lifemark- Falls Prevention (MVS)</p> <p>2:00 Bingo with Brandon (GR)</p> <p>2:15 Lifemark- Falls Prevention Classes (MVS)</p> <p>3:00 Name that Tune- 70's (TS)</p> <p>4:00 Go for Life Walk (TS)</p> <p>7:00 Euchre (GR)</p>	<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Vendor</p> <p>Sign up Required</p> <p>Theme Day</p> <p>Signature Program</p>	<p>Dimensions Of Wellness Legend</p> <p>Physical</p> <p>Social</p> <p>Intellectual</p> <p>Purposeful</p> <p>Sensory</p> <p>Emotional</p> <p>Spiritual</p>	

