



INSPIRED SENIOR LIVING

March 2025- Assisted Evergreen Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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TUESDAY
MAR 04

Shrove Tuesday



FRIDAY
MAR 21

Elimination of Racial Discrimination Day



SATURDAY
MAR 22

Cruise Week Open House

9:30 Go for Life Walk (TS) **1**
 10:30 Evergreen Exercises (LGE)
 11:00 Artfull Enrichment (LGE)
 1:00 Shuffle Board (GR)
 2:00 Brain Games - March Word Unscramble (LGE)
 3:00 Holy Communion and Rosary (T)
 4:00 Go for Life Walk Club (TS)
 4:15 World Compliment Day - Compliment Bingo (LGE)
 6:00 Movie Night (LGE)

9:30 Go for Life Walk (TS) **2**
 10:00 Gratitude Journaling (LGE)
 11:00 Meet Me at MOMA (CK)
 1:00 Scrabble Board Game (GR)
 2:00 Hand-eye Coordination and Sensory Activity (LGE)
 3:00 Coffee Social and Horoscopes (LGE)
 3:00 Piano with Lukas (LGE)
 3:30 Word Games - Finishing Words (LGE)
 4:00 Go for Life Walk Club (LGE)
 6:00 Movie Night (LGE)

9:30 Go for Life Walk (TS) **3**
 10:00 Question of the Day (LGE)
 10:30 Meditation Monday (LGE)
 10:45 Prayers 1-1 (LGE)
 11:00 Lifemark- Movement Matters (LGE)
 1:00 Balloon Tennis (LGE)
 2:00 Artist Hour - Origami (DR)
 3:00 Cards - Crazy Eights (LGE)
 3:00 Entertainment- Auggie on Saxophone (TS)
 4:00 Go for Life Walk Club (TS)
 4:30 National Anthem Day - Guess the Country Anthem (LGE)

9:30 Go for Life Walk (TS) **4**
 10:00 Question of the Day (LGE)
 10:30 Evergreen Balancing Exercises (LGE)
 11:00 Java Music (LGE)
 12:00 Outing- Mambo Italiano Restaurant (TS)
 1:30 Bingo (LGE)
 3:00 Shrove Tuesday- Pancake Social (TS)
 3:45 Fit Minds (LGE)
 4:00 Go for Life Walk Club (TS)
 4:30 NYT Word Games (LGE)

9:30 Go for Life Walk (TS) **5**
 10:00 Prayers 1-1 (LGE)
 10:00 Question of the Day (LGE)
 10:30 Evergreen Tai Chi Exercises (LGE)
 11:00 Nail Care (LGE)
 1:30 Board Game-Scrabble (LGE)
 2:00 Non-Denomination Service (COM)
 3:00 Lifemark- Osteo Exercises (LGE)
 3:00 Ash Wednesday Mass (Catholic) (T)
 4:00 Go for Life Walk Club (TS)
 4:30 Categories Game (LGE)

9:30 Go for Life Walk (TS) **6**
 10:00 Question of the Day (LGE)
 10:30 Evergreen Foot Step Exercises (LGE)
 11:00 Java Music (LGE)
 1:30 Bingo (LGE)
 2:00 Derrick's Sing a Long (WB)
 3:00 Lifemark- Movement Matters (LGE)
 3:30 LLL - Maple Facts & Trivia (LGE)
 4:00 Go for Life Walk Club (TS)
 4:00 Shuffle Board (GR)
 4:15 Dentist Day - Dental Trivia (LGE)

9:30 Go for Life Walk (TS) **7**
 10:00 Question of the Day (LGE)
 10:30 Evergreen Yoga Exercises (LGE)
 11:00 Travelogue - St. Lucia (LGE)
 1:00 Seated Bowling (LGE)
 2:00 Entertainment- Filipa Sousa (with Maple Cookies) (TS)
 3:00 Lifemark- Osteo Exercises (LGE)
 3:30 Colouring & Conversation (DR)
 4:00 Go for Life Walk Club (TS)
 4:30 Short Stories (LGE)

9:30 Go for Life Walk (TS) **8**
 11:00 Artfull Enrichment (LGE)
 1:15 Bingo (LGE)
 2:30 Brain Games - What's in the Word? (LGE)
 3:30 Drum Fit (MVS)
 4:00 Go for Life Walk Club (TS)
 4:15 International Women's Day- Women's Accomplishments (LGE)
 4:30 Word Games - Hangman (Women Themed) (LGE)
 6:00 Movie Night (LGE)

9:30 Go for Life Walk (TS) **9**
 10:00 Gratitude Journaling (LGE)
 11:00 Meet Me at MOMA (CK)
 1:00 Genealogy Day - Making Family Trees (LGE)
 2:00 Ring Toss (LGE)
 3:00 Coffee Social and Horoscopes (LGE)
 3:00 Piano with Lukas (LGE)
 3:30 Word Games - Finish the Phrase (LGE)
 4:00 Go for Life Walk Club (LGE)
 6:00 Movie Night (LGE)

9:30 Go for Life Walk (TS) **10**
 10:00 Question of the Day (LGE)
 10:30 Meditation Monday (LGE)
 10:30 National Hug Your Dog Day- Pet Therapy with Ruby (TS)
 10:45 Prayers 1-1 (LGE)
 11:00 Lifemark- Movement Matters (LGE)
 1:00 Balloon Volleyball (LGE)
 2:00 Artist Hour - Colouring (DR)
 3:00 Cards - Flip It (LGE)
 3:00 Entertainment- Matteo & Auggie on Saxophone (TS)
 4:00 Go for Life Walk Club (TS)
 4:30 Trivia - What Happened in March (LGE)

9:30 Go for Life Walk (TS) **11**
 9:30 Outing- Elements Flamboro Casino (TS)
 10:00 Question of the Day (LGE)
 10:30 Evergreen Balancing Exercises (LGE)
 11:00 Java Music (LGE)
 1:30 Bingo (LGE)
 2:00 Entertainment- Matteo & Auggie on Violin (TS)
 3:00 Sip Social- Irish Coffee (TS)
 3:45 Fit Minds (LGE)
 4:00 Go for Life Walk Club (TS)

9:30 Go for Life Walk (TS) **12**
 10:00 Prayers 1-1 (LGE)
 10:00 Question of the Day (LGE)
 10:30 Evergreen Tai Chi Exercises (LGE)
 11:00 Gardening - Plant a Flower Day (LGE)
 1:30 Board Game-Scrabble (LGE)
 2:00 Bible Study (T)
 3:00 Lifemark- Osteo Exercises (LGE)
 4:00 Go for Life Walk Club (TS)
 4:30 Eye-Spy (LGE)

9:30 Go for Life Walk (TS) **13**
 10:00 Question of the Day (LGE)
 10:30 Evergreen Foot Step Exercises (LGE)
 11:00 Java Music (LGE)
 1:30 Bingo (LGE)
 2:00 Derrick's Sing a Long (WB)
 3:00 Lifemark- Movement Matters (LGE)
 3:30 LLL- Maple, Coffee & Cacao Smoothies (TS)
 4:00 Go for Life Walk Club (TS)
 4:00 Shuffle Board (GR)
 4:15 Scattergories (LGE)

9:30 Go for Life Walk (TS) **14**
 10:00 Question of the Day (LGE)
 10:30 Evergreen Yoga Exercises (LGE)
 11:00 Vendor- Express Fashions (TS)
 11:00 National Pie Day - Guess the Recipe (LGE)
 1:00 Seated Bowling (LGE)
 2:00 Entertainment- Emilio Zarris (with Maple Butter Tarts) (TS)
 3:00 Lifemark- Osteo Exercises (LGE)
 3:30 Colouring & Conversation (DR)
 4:00 Go for Life Walk Club (TS)
 4:30 Short Stories (LGE)

9:30 Go for Life Walk (TS) **15**
 11:00 Artfull Enrichment (LGE)
 1:00 Shuffle Board (GR)
 2:00 Brain Games - March Word Search Challenge (LGE)
 3:00 Holy Communion and Rosary (T)
 4:00 Go for Life Walk Club (TS)
 4:15 5 Senses Questionnaire Discussion (LGE)
 6:00 Movie Night (LGE)



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<p>9:30 Go for Life Walk (TS) 16</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Meet Me at MOMA (CK)</p> <p>1:00 Board Game - Scrabble (LGE)</p> <p>2:00 Hand-eye Coordination and Sensory Activity (LGE)</p> <p>3:00 Coffee Social and Horoscopes (LGE)</p> <p>3:00 Piano with Lukas (LGE)</p> <p>3:30 Word Games - Fill in the Blanks (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night (LGE)</p>	<p>9:30 Go for Life Walk (TS) 17</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Meditation Monday (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Lifemark- Movement Matters (LGE)</p> <p>1:00 Beach Ball Soccer (LGE)</p> <p>2:00 St. Patrick's Day- Traditions Around the World with Green Beer & Onion Rings (WB)</p> <p>2:00 Artist Hour - Shamrocks (DR)</p> <p>3:00 Cards - Crazy Eights (LGE)</p> <p>3:00 St. Patrick's Day- Brandon's Ireland Travelogue (T)</p> <p>3:00 Entertainment- Matteo & Auggie on Saxophone (TS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Trivia - St. Patrick's Day (LGE)</p>	<p>9:30 Go for Life Walk (TS) 18</p> <p>9:30 Outing- Bata Shoe Museum (TS)</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Evergreen Balancing Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:30 Bingo (LGE)</p> <p>2:00 Entertainment- Matteo & Auggie on Violin (TS)</p> <p>3:00 Sip Social- Maple Tea (TS)</p> <p>3:45 Fit Minds (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p>	<p>9:30 Go for Life Walk (TS) 19</p> <p>10:00 Prayers 1-1 (LGE)</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Evergreen Tai Chi Exercises (LGE)</p> <p>11:00 Fit Minds Cards (LGE)</p> <p>1:30 Board Game-Scrabble (LGE)</p> <p>2:00 Bible Study (T)</p> <p>3:00 Lifemark- Osteo Exercises (LGE)</p> <p>3:30 Name that Tune- International (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Spring Trivia (LGE)</p>	<p>Cruise Week Port: Monaco 20</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Evergreen Foot Step Exercises (LGE)</p> <p>11:00 Armchair Travel - Monaco (LGE)</p> <p>1:30 Bingo (LGE)</p> <p>2:00 Derrick's Sing a Long (WB)</p> <p>3:00 Lifemark- Movement Matters (LGE)</p> <p>3:00 Cruise Week Port: Monaco- An Afternoon at Monte Carlo Casino (TS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:00 Shuffle Board (GR)</p> <p>4:15 Casino Slot Machine Game (LGE)</p> <p>7:00 Entertainment- JT Choir Band (TS)</p>	<p>Cruise Week Port: Morocco 21</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Moroccan Tile Mosaic Craft (LGE)</p> <p>11:00 Vendor- Anish's Fashion Traditions (TS)</p> <p>11:00 Armchair Travel - Morocco (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 Staff Challenge- Aroma & Spices (TS)</p> <p>3:00 Entertainment- Moroccan Belly Dancer- Teria (with Moroccan Mint Tea) (TS)</p> <p>3:00 Lifemark- Osteo Exercises (LGE)</p> <p>3:30 Colouring & Conversation (DR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Short Stories (LGE)</p>	<p>Cruise Week Port: France 22</p> <p>9:30 Go for Life Walk (TS)</p> <p>11:00 Vendor- Sandra's Crochet Crafts & Sylvia's Mary Kay Cosmetics (TS)</p> <p>11:00 Armchair Travel - France (LGE)</p> <p>1:15 Bingo (LGE)</p> <p>1:30 Mediterranean Open House- Samira Yeo (with Kir Royale Cocktails) (TS)</p> <p>2:30 Brain Games - What's in the Word? (LGE)</p> <p>3:00 Holy Communion and Rosary (T)</p> <p>3:00 Port: France- Artfull Enrichment- Wine Glass Painting (CK)</p> <p>3:30 Drum Fit (MVS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:00 Trivia - French Inventions (LGE)</p> <p>6:00 Movie Night (LGE)</p>
<p>Cruise Week Port: Egypt 23</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Meet Me at MOMA (CK)</p> <p>1:00 Armchair Travel - Egypt (LGE)</p> <p>2:00 Ring Toss (LGE)</p> <p>2:00 Port of Egypt: Afternoon Tea with Egyptian Mythology (WB)</p> <p>2:00 Piano with Lukas (LGE)</p> <p>3:00 Coffee Social and Horoscopes (LGE)</p> <p>3:30 Ancient Egyptian Mysteries (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night (LGE)</p>	<p>Cruise Week Port: Greece 24</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:15 Armchair Travel - Greece (LGE)</p> <p>11:00 Lifemark- Movement Matters (LGE)</p> <p>1:00 Balloon Tennis (LGE)</p> <p>2:00 Artist Hour - Grecian Art Presentation (DR)</p> <p>3:00 Cards - UNO (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Trivia - Greek Mythology (LGE)</p>	<p>Cruise Week Port: Slovenia 25</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Evergreen Balancing Exercises (LGE)</p> <p>11:00 Armchair Travel - Slovenia (LGE)</p> <p>11:30 Outing- Clarkson Mediterranean Bistro (TS)</p> <p>1:30 Bingo - Mediterranean Themed (LGE)</p> <p>2:00 Port: Slovenia- Chef Demo with Karen (CK)</p> <p>3:45 Fit Minds (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p>	<p>Cruise Week Port: Italy 26</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Prayers 1-1 (LGE)</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Evergreen Tai Chi Exercises (LGE)</p> <p>11:00 Vendor- Adrian's Family Clothing (TS)</p> <p>11:00 Armchair Travel - Italy (LGE)</p> <p>1:30 Board Game-Scrabble (LGE)</p> <p>2:00 Bible Study (T)</p> <p>3:00 Lifemark- Osteo Exercises (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:00 Trivia - Guess the Pasta Shape (LGE)</p>	<p>Cruise Week Port: Canada 27</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Evergreen Foot Step Exercises (LGE)</p> <p>11:00 Armchair Travel - Canada (LGE)</p> <p>1:30 Bingo (LGE)</p> <p>2:00 Apple Cinnamon Mocktails with Derrick's Sing a Long (WB)</p> <p>3:00 Lifemark- Movement Matters (LGE)</p> <p>3:30 820 Residents Meeting (T)</p> <p>3:30 Maple Syrup Tasting (LGE)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:00 Canadian Trivia (LGE)</p>	<p>9:00 Sense of Hearing Clinic (CK)</p> <p>9:30 Go for Life Walk (TS)</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Evergreen Yoga Exercises (LGE)</p> <p>11:00 Java Music (LGE)</p> <p>1:00 Seated Bowling (LGE)</p> <p>2:00 International Destinations Trivia (TS)</p> <p>3:00 Lifemark- Osteo Exercises (LGE)</p> <p>3:30 Colouring & Conversation (DR)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Short Stories (LGE)</p>	<p>9:30 Go for Life Walk (TS) 29</p> <p>11:00 Artfull Enrichment (LGE)</p> <p>1:00 Shuffle Board (GR)</p> <p>2:00 Brain Games - Group Crossword Puzzle (LGE)</p> <p>3:00 Holy Communion and Rosary (T)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:15 5 Senses Questionnaire Discussion (LGE)</p> <p>6:00 Movie Night (LGE)</p>
<p>9:30 Go for Life Walk (TS) 30</p> <p>10:00 Gratitude Journaling (LGE)</p> <p>11:00 Meet Me at MOMA (CK)</p> <p>1:00 Music Therapy (LGE)</p> <p>2:00 Hand-eye Coordination and Sensory Activity (LGE)</p> <p>3:00 Coffee Social and Horoscopes (LGE)</p> <p>3:00 Piano with Lukas (LGE)</p> <p>3:30 Word Games - (LGE)</p> <p>4:00 Go for Life Walk Club (LGE)</p> <p>6:00 Movie Night (LGE)</p>	<p>9:30 Go for Life Walk (TS) 31</p> <p>10:00 Question of the Day (LGE)</p> <p>10:30 Meditation Monday (LGE)</p> <p>10:45 Prayers 1-1 (LGE)</p> <p>11:00 Lifemark- Movement Matters (LGE)</p> <p>1:00 Balloon Tennis (LGE)</p> <p>2:00 Artist Hour (DR)</p> <p>3:00 Cards - Crazy Eights (LGE)</p> <p>3:00 Entertainment- Matteo & Auggie on Saxophone (TS)</p> <p>4:00 Go for Life Walk Club (TS)</p> <p>4:30 Trivia (LGE)</p>	<p>Be Limitless</p>		<p>Locations Legend</p> <p>Lounge (LGE) Town Square (TS) Theatre (T) Dining Room (DR) Craft Kitchen (CK)</p> <p>Games Room (GR) Window Bar (WB) Movement Studio (MVS) Computer Lounge (COM)</p>		<p>Calendar Legend</p> <p>Outing Special Program Cruise Week Living, Loving, Local Signature Program</p>