INSPIRED SENIOR LIVING

September 2024- Independent
Evergreen Retirement Community

EVERGREEN RETIREMENT COMMUNITY
INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 Creative Colouring (CK) 1:00 Cribbage (GR) 2:00 Piano with Lukas (TS) 2:00 Craft- Pear Felt Craft (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Movie Night- The Big Wedding (WB) 7:00 Board Game- Pictionary (GR)	**2** Labour Day 9:30 Go for Life Walk (TS) 11:15 Coffee Social (TS) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 3:00 Knitting & Crochet (CK) 4:00 Go for Life Walk (TS) 7:00 Black Jack (GR)	**3** 9:30 Go for Life Walk (TS) 10:00 Evergreen Posture Exercises (MVS) 10:30 Balloon Volleyball (CK) 11:00 Vendor- EZ Fit Shoes (TS) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 2:00 Fit Minds (CK) 3:00 Cookies & Cream Ice Cream Sandwich Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (CF) 6:45 Pet Therapy with Rudy (TS)	**4** 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 11:15 Coffee Social (TS) 1:00 Canasta (WB) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Non-Denomination Service (COM) 2:00 Bingo with Brandon (GR) 2:00 Lifemark- Osteo Program (MVS) 3:00 Holy Mass (Catholic) (T) 3:30 Name that Tune (FSL) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR)	**5** 9:30 Go for Life Walk (TS) 10:00 Outings for Shopping (TS) 10:00 Evergreen Leg Exercises (MVS) 10:30 Java Music Club (CK) 11:15 Coffee Social (TS) 1:15 Lifemark- Pump it Up (MVS) 2:00 Rummikub Game (GR) 2:00 Sing a long with Derrick (WB) 2:00 Lifemark- Movement Matters (MVS) 3:00 Rosary with Joana (T) 3:00 LLL- Pear Benefits and Trivia (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	**6** 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Paraffin Wax Pampering (CK) 11:00 Meet Me at MOMA (CK) 11:15 Coffee Social (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- John Amato served with Coffee Ice Cream (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Jeopardy (CK)	**7** 9:30 Go for Life Walk (TS) 10:00 Evergreen Body Strength Exercises (MVS) 11:00 Billards -Pool Table (GR) 11:00 Vendor- Sandra's Crochet Crafts & Sylvia's Mary Kay Cosmetics (TS) 1:00 Brain Teasers- Hidden Equation (CK) 2:30 Beer Lovers Day- Beer Tasting (GR) 3:00 Rosary with Joana (T) 4:00 Go for Life Walk (TS) 7:00 Movie Night- Dirty Dancing (T) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
8 9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:00 Evergreen Arm Exercises (MVS) 10:30 Creative Colouring (CK) 1:00 Bridge (CK) 2:00 Piano with Lukas (TS) 2:00 Grandparent's Day- Story & Photo-sharing (FSL) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Pictionary (GR) 7:00 Movie Night- Maudie (WB)	**9** 9:00 Outings for Medical Appointments (TS) 9:00 Lifemark Movement Matters with Navjot (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention with Navjot (MVS) 11:15 Coffee Social (TS) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 2:00 Chianti Red Wine & Cheese Social (WB) 3:00 Knitting & Crochet (CK) 4:00 Go for Life Walk (TS) 7:00 Black Jack (GR)	**10** 9:30 Go for Life Walk (TS) 10:00 Evergreen Posture Exercises (MVS) 10:00 Outing- Grandstand Casino (Woodbine) (TS) 10:30 Balloon Volleyball (CK) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Brandon's Japan Travelogue (T) 3:00 Caramel Blondie Ice Cream Sandwich Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (CF) 6:45 Pet Therapy with Rudy (TS)	**11** 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 11:15 Coffee Social (TS) 1:00 Canasta (WB) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Non-Denomination Service (COM) 2:00 Bingo with Brandon (GR) 2:00 Lifemark- Osteo Program (MVS) 3:30 Name that Tune (FSL) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR)	**12** 9:30 Go for Life Walk (TS) 10:00 Outings for Shopping (TS) 10:00 Evergreen Leg Exercises (MVS) 10:30 Java Music Club (CK) 11:15 Coffee Social (TS) 1:15 Lifemark- Pump it Up (MVS) 2:00 Rummikub Game (GR) 2:00 Sing a long with Derrick (WB) 2:00 Lifemark- Movement Matters (MVS) 3:00 Rosary with Joana (T) 3:00 LLL- Pear Lychee Mocktails (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	**13** 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 11:00 Meet Me at MOMA (CK) 11:15 Coffee Social (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Megan Gilbey served with Chocolate Bars (International Chocolate Day) (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Jeopardy (CK)	**14** 9:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Finishing Words (CK) 2:00 Green House Gardening (HR) 3:00 Holy Communion and Rosary (T) 3:00 Scrabble Board Game (GR) 4:00 Go for Life Walk (TS) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- Uncle Buck (T)
15 9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 Creative Colouring (CK) 1:00 Cribbage (GR) 2:00 Piano with Lukas (TS) 2:00 Craft- Painting Birdhouses (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Pictionary (GR) 7:00 Movie Night- Fletch (WB)	**16** 9:00 Outings for Medical Appointments (TS) 9:00 Lifemark Movement Matters with Navjot (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention with Navjot (MVS) 11:15 Coffee Social (TS) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 3:00 Knitting & Crochet (CK) 3:00 Brandon's Japanese Snack Social (GR) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (CF) 7:00 Black Jack (GR)	**17** 9:30 Go for Life Walk (TS) 9:30 Outing- McMichael Canadian Art Collection (TS) 10:00 Evergreen Posture Exercises (MVS) 10:30 Balloon Volleyball (CK) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 3:00 Apple Dumpling Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 6:45 Pet Therapy with Rudy (TS)	**18** 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 11:15 Coffee Social (TS) 1:00 Canasta (WB) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Non-Denomination Service (COM) 2:00 Bingo with Brandon (GR) 2:00 Lifemark- Osteo Program (MVS) 3:30 Name that Tune (FSL) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR)	**19** 9:30 Go for Life Walk (TS) 10:00 Outings for Shopping (TS) 10:00 Evergreen Leg Exercises (MVS) 10:30 Java Music Club (CK) 11:15 Coffee Social (TS) 1:15 Lifemark- Pump it Up (MVS) 2:00 Rummikub Game (GR) 2:00 Sing a long with Derrick (WB) 2:00 Lifemark- Movement Matters (MVS) 3:00 Rosary with Joana (T) 3:00 LLL- Grilled Bartlett Pears a la Mode (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR) 7:00 Entertainment- JT Choir Band (TS)	**20** 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Paraffin Wax Pampering (CK) 11:00 Meet Me at MOMA (CK) 11:15 Coffee Social (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Lucy Borland served with Pear Punch (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Jeopardy (CK)	**21** 9:30 Go for Life Walk (TS) 10:00 Evergreen Body Strength Exercises (MVS) 11:00 Billards -Pool Table (GR) 1:00 Open House- Sunset to Summer- Entertainment- Diamond Trio served with Chocolate Chai Cocktails (TS) 2:30 Sip & Paint with Artfull Enrichment (CK) 3:00 Holy Communion and Rosary (T) 3:00 Scrabble Board Game (GR) 4:00 Go for Life Walk (TS) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- Almost Famous (T)

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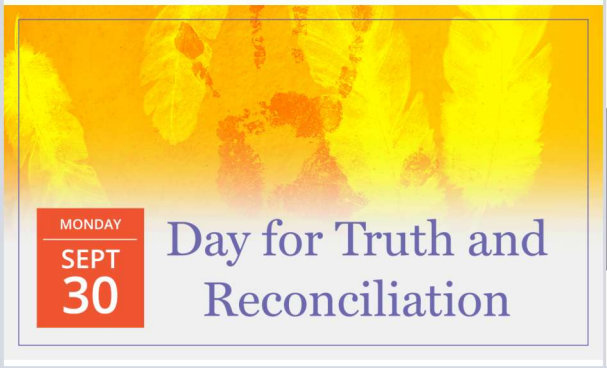
Verve INSPIRED SENIOR LIVING

EVERGREEN RETIREMENT COMMUNITY
INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 Creative Colouring (CK) 1:00 Bridge (CK) 2:00 Piano with Lukas (TS) 2:00 Craft- Origami Flowers (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Pictionary (GR) 7:00 Movie Night- Freedom Writers (WB)	**23** 9:00 Outings for Medical Appointments (TS) 9:00 Lifemark Movement Matters with Navjot (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention with Navjot (MVS) 11:00 Vendor- Anish's Fashion Traditions (TS) 11:15 Coffee Social (TS) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 2:00 Fall-themed Afternoon Tea Social (WB) 3:00 Knitting & Crochet (CK) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (CF) 7:00 Black Jack (GR)	**24** 9:30 Go for Life Walk (TS) 9:30 Outing- African Lion Safari (TS) 10:00 Evergreen Posture Exercises (MVS) 10:30 Balloon Volleyball (CK) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Chef's Demo- Pear & Goat Cheese Pizza (CK) 3:00 Craft- Fall-themed Wreaths (CK) 3:00 Horchata Day Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 6:45 Pet Therapy with Rudy (TS)	**25** 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Food Service Worker Day- Card-Making for Dining Staff (CK) 11:15 Coffee Social (TS) 1:00 Canasta (WB) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Non-Denomination Service (COM) 2:00 Bingo with Brandon (GR) 2:00 Lifemark- Osteo Program (MVS) 3:30 Name that Tune (FSL) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR)	**26** 9:30 Go for Life Walk (TS) 10:00 Outings for Shopping (TS) 10:00 Evergreen Leg Exercises (MVS) 10:30 Java Music Club (CK) 11:15 Coffee Social (TS) 1:15 Lifemark- Pump it Up (MVS) 2:00 Rummikub Game (GR) 2:00 Sing a long with Derrick (WB) 2:00 Lifemark- Movement Matters (MVS) 3:00 Rosary with Joana (T) 3:00 LLL- Pear Smoothies (TS) 3:30 820 Residents Meeting (T) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	**27** 9:00 Outings for Medical Appointments (TS) 9:00 Sense of Hearing Clinic (CK) 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 World Tourism Day- Souvenir Show & Tell (CK) 11:00 Meet Me at MOMA (CK) 11:00 Vendor- Mary Kay Cosmetics (TS) 11:15 Coffee Social (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Zach Erickson served with Date Squares (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Jeopardy (CK)	**28** 9:30 Go for Life Walk (TS) 10:00 Evergreen Body Strength Exercises (MVS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Odd one Out (CK) 2:00 Green House Gardening (HR) 3:00 Holy Communion and Rosary (T) 3:00 Scrabble Board Game (GR) 4:00 Go for Life Walk (TS) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- The Perfect Storm (T)
29 9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 Creative Colouring (CK) 1:00 Cribbage (GR) 2:00 Piano with Lukas (TS) 2:00 Craft- Fall Leaf Mason Jars (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Pictionary (GR) 7:00 Movie Night- Mr. Right (WB)	**30** 9:00 Outings for Medical Appointments (TS) 9:00 Lifemark Movement Matters with Navjot (MVS) 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention with Navjot (MVS) 11:15 Coffee Social (TS) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 3:00 Knitting & Crochet (CK) 3:00 Orange Shirt Day- Discussions, Stories and Trivia (FSL) 4:00 Go for Life Walk (TS) 7:00 Black Jack (GR)					







Be Vibrant

Locations Legend

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

Calendar Legend

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