

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FRIDAY NOV 1 National Family Caregivers Month		MONDAY NOV 11 Remembrance Day		1 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Travelogue - Denmark (LGE) 1:00 Seated Bowling (LL) 2:00 Brain Games - Matching Memory Exercise (LGE) 3:30 Mindfulness Colouring (DR) 4:00 Go for Life Walk Club (TS) 4:30 Short Stories (LGE)	2 9:30 Go for Life Walk (TS) 10:30 Evergreen Exercises (LGE) 11:00 Artfull Enrichment (LGE) 1:15 Bingo (LGE) 2:30 Brain Games - What's in the Word? (LGE) 3:00 Holy Communion and Rosary (T) 3:30 Sing Along (LGE) 4:00 Go for Life Walk Club (TS) 4:15 5 Senses Questionnaire Discussion (LGE) 4:30 Word Games (LGE) 6:00 Movie Night (LGE)
3 9:30 Go for Life Walk (TS) 10:00 Gratitude Journaling (LGE) 10:30 Evergreen Exercises (LGE) 11:00 Meet Me at MOMA (CK) 1:00 Music Therapy (LGE) 2:00 Ring Toss (LGE) 3:00 Coffee Social and Horoscopes - Scorpio Facts (LGE) 3:30 Brain Games - Maze Puzzles (LGE) 4:00 Go for Life Walk Club (LGE) 6:00 Movie Night (LGE)	4 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Meditation Monday (LGE) 10:45 Prayers 1-1 (LGE) 1:00 Balloon Tennis (LGE) 2:00 Group Painting (DR) 3:00 Cards - Crazy Eights (LGE) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - Candy Themed (LGE)	5 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Balancing Exercises (LGE) 11:00 Java Music (LGE) 11:00 Outing- Brasas Latin Food Restaurant & Fall Leaf Tour (TS) 1:15 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:30 Fit Minds (LGE) 3:00 National Doughnut Day- Coffee & Doughnut Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk Club (TS) 4:30 National Redhead Day - All about Redheads (LGE) 6:45 Pet Therapy with Rudy (TS)	6 9:30 Go for Life Walk (TS) 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 Holy Mass (Catholic) (T) 3:00 Lifemark- Osteo Exercises with Navjot (LGE) 3:30 Name that Tune (LGE) 4:00 Go for Life Walk Club (TS) 4:30 Word Games - NYT Wordle (LGE) 7:00 National Saxophone Day- Entertainment- Auggie on Saxophone (TS)	7 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Foot Step Exercises (LGE) 11:00 Java Music (LGE) 1:15 Bingo (LGE) 2:00 Derrick's Sing a Long (WB) 3:00 Lifemark- Movement Matters with Vishwa (LGE) 3:30 LLL - Honeyed Apple Cider (LGE) 3:30 Linnie's Bollywood Chair Dancing (MVS) 4:00 Go for Life Walk Club (TS) 4:15 Scattergories (LGE)	8 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Travelogue - Singapore (LGE) 1:00 Seated Bowling (LL) 2:00 Entertainment- Vivianna served with Vanilla Cupcakes (TS) 3:00 Lifemark- Osteo Exercises with Tap (LGE) 3:30 Mindfulness Colouring (DR) 4:00 Go for Life Walk Club (TS) 4:30 Short Stories (LGE)	9 9:30 Go for Life Walk (TS) 10:30 Evergreen Exercises (LGE) 11:00 Artfull Enrichment (LGE) 1:00 Shuffle Board (GR) 2:00 November Word Search Challenge (LGE) 3:30 Sing Along (LGE) 4:00 Go for Life Walk Club (TS) 4:15 5 Senses Questionnaire Discussion (LGE) 6:00 Movie Night (LGE)
10 9:30 Go for Life Walk (TS) 10:00 Gratitude Journaling (LGE) 10:30 Evergreen Exercises (LGE) 11:00 Meet Me at MOMA (CK) 1:00 Music Therapy (LGE) 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)	11 Remembrance Day 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Meditation Monday (LGE) 10:30 Remembrance Day Ceremony (T) 10:45 Prayers 1-1 (LGE) 11:00 Lifemark- Movement Matters (LGE) 11:00 Vendor- EZ Fit Shoes (TS) 1:00 Balloon Tennis (LGE) 2:00 Group Painting (DR) 3:00 Cards - UNO (LGE) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - Remembrance Day (LGE)	12 9:30 Go for Life Walk (TS) 9:30 Outing- Georgian Downs Casino (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Balancing Exercises (LGE) 11:00 Java Music (LGE) 1:15 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:00 Brandon's Japanese Snack Social Round. 2 (GR) 2:30 Fit Minds (LGE) 3:00 Peppermint Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk Club (TS) 6:45 Pet Therapy with Rudy (TS)	13 9:30 Go for Life Walk (TS) 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 with Navjot (LGE) 3:30 World Kindness Day - Compliment Circle (LGE) 4:00 Go for Life Walk Club (TS) 4:30 Deciphering Definitions (LGE) 7:00 Entertainment- Auggie on Saxophone (TS)	14 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Foot Step Exercises (LGE) 11:00 Java Music (LGE) 1:15 Bingo (LGE) 2:00 Word Games- Hangman (LGE) 2:00 Derrick's Sing a Long (WB) 3:00 Lifemark- Movement Matters with Vishwa (LGE) 3:30 Drum Fit (MVS) 3:30 LLL - Honey Benefits & Trivia (LGE) 4:00 Go for Life Walk Club (TS) 4:15 Diabetes Month - Awareness & Facts (LGE)	15 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Vendor- Mary Kay Cosmetics (TS) 11:00 Travelogue - Dubai (LGE) 1:00 Seated Bowling (LL) 2:00 Entertainment- Tim Godfrey served with Brownies (TS) 3:00 Lifemark- Osteo Exercises with Tap (LGE) 3:30 Mindfulness Colouring (DR) 4:00 Go for Life Walk Club (TS) 4:30 Short Stories (LGE)	16 9:30 Go for Life Walk (TS) 10:30 Evergreen Exercises (LGE) 11:00 Artfull Enrichment (LGE) 1:15 Bingo (LGE) 2:30 Brain Games - What's in the Word? (LGE) 3:00 Holy Communion and Rosary (T) 3:30 Sing Along (LGE) 4:00 Go for Life Walk Club (TS) 4:15 5 Senses Questionnaire Discussion (LGE) 4:30 Word Games - Fast Food Themed (LGE) 6:00 Movie Night (LGE)

November 2024 Assisted Living Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Go for Life Walk (TS) 17 10:00 Gratitude Journaling (LGE) 10:30 Evergreen Exercises (LGE) 11:00 Meet Me at MOMA (CK) 11:00 Vendor- Anish's Fashion Traditions (TS) 1:00 Music Therapy (LGE) 2:00 Ring Toss (LGE) 3:00 Coffee Social and Horoscopes (LGE) 3:00 Piano with Lukas (LGE) 3:30 Brain Games - Odd One Out (LGE) 3:30 Entertainment- Indigo Chimes (TS) 4:00 Go for Life Walk Club (LGE) 6:00 Movie Night (LGE)	9:30 Go for Life Walk (TS) 18 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 Basketball (LGE) 2:00 Group Painting (DR) 3:00 Cards - UNO (LGE) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - Topaz (November Gemstone) (LGE)	9:30 Go for Life Walk (TS) 19 10:00 Question of the Day (LGE) 10:30 Evergreen Balancing Exercises (LGE) 10:30 Outing- Pure Spirits Oyster House & Distillery District Stroll (TS) 11:00 Java Music (LGE) 1:15 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:30 Fit Minds (LGE) 3:00 Snicker Doodle Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk Club (TS) 4:30 Categories Game (LGE) 6:45 Pet Therapy with Rudy (TS)	9:30 Go for Life Walk (TS) 20 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 with Navjot (LGE) 3:30 Name that Tune (LGE) 4:00 Go for Life Walk Club (TS) 4:30 New York Times Spelling Game (LGE) 7:00 Entertainment- Auggie on Saxophone (TS)	9:30 Go for Life Walk (TS) 21 10:00 Question of the Day (LGE) 10:30 Evergreen Foot Step Exercises (LGE) 11:00 Java Music (LGE) 1:15 Bingo (LGE) 2:00 Derrick's Sing a Long (WB) 3:00 Lifemark- Movement Matters with Vishwa (LGE) 3:30 Drum Fit (MVS) 3:30 LLL - Honey Cookies (LGE) 4:00 Go for Life Walk Club (TS) 4:15 World Hello Day - Hello Around the World (LGE) 7:00 Entertainment- JT Choir Band (TS)	9:00 Sense of Hearing Clinic (CK) 22 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Travelogue - Japan (LGE) 1:00 Seated Bowling (LL) 2:00 Entertainment- Davis Steven served with Marble Pound Cake (TS) 3:00 Lifemark- Osteo Exercises with Tap (LGE) 3:30 Mindfulness Colouring (DR) 4:00 Go for Life Walk Club (TS) 4:30 Short Stories (LGE)	9:30 Go for Life Walk (TS) 23 10:30 Evergreen Exercises (LGE) 11:00 Artfull Enrichment (LGE) 1:00 Shuffle Board (GR) 2:00 Brain Games (LGE) 3:00 Holy Communion and Rosary (T) 3:30 Sing Along (LGE) 4:00 Go for Life Walk Club (TS) 4:15 5 Senses Questionnaire Discussion (LGE) 6:00 Movie Night (LGE)
9:30 Go for Life Walk (TS) 24 10:00 Gratitude Journaling (LGE) 10:30 Evergreen Exercises (LGE) 11:00 Meet Me at MOMA (CK) 1:00 Music Therapy (LGE) 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 - Word Unscramble (LGE) 4:00 Go for Life Walk Club (LGE) 6:00 Movie Night (LGE)	9:30 Go for Life Walk (TS) 25 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 Seated Soccer (LGE) 2:00 Group Painting (DR) 2:00 Afternoon Tea Social (CK) 3:00 Cards - UNO (LGE) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - What Happened in November (LGE)	9:30 Go for Life Walk (TS) 26 10:00 Question of the Day (LGE) 10:30 Evergreen Balancing Exercises (LGE) 11:00 Java Music (LGE) 11:00 Vendor- Voxx Life (TS) 11:00 Outing- Wicked Movie & Denny's Restaurant (TS) 1:15 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:30 Fit Minds (LGE) 3:00 Spiced Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk Club (TS) 4:30 Famous Places & Faces: Actors (LGE) 6:45 Pet Therapy with Rudy (TS)	9:30 Go for Life Walk (TS) 27 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 with Navjot (LGE) 3:30 Name that Tune (LGE) 4:00 Go for Life Walk Club (TS) 4:30 Alphabet Challenge - National Tree Week (LGE) 7:00 Entertainment- Auggie on Saxophone (TS)	9:30 Go for Life Walk (TS) 28 10:00 Question of the Day (LGE) 10:30 Evergreen Foot Step Exercises (LGE) 11:00 Java Music (LGE) 1:15 Bingo (LGE) 2:00 Word Games- Hangman (LGE) 2:00 Derrick's Sing a Long (WB) 3:00 Lifemark- Movement Matters with Vishwa (LGE) 3:30 820 Residents Meeting (T) 3:30 LLL - Home-made Bread & Honey (LGE) 4:00 Go for Life Walk Club (TS) 4:15 Scattergories (LGE)	9:30 Go for Life Walk (TS) 29 10:00 Question of the Day (LGE) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Vendor- Classy Jewellery By Maria (TS) 11:00 Travelogue - Austria (LGE) 1:00 Seated Bowling (LL) 2:00 Entertainment- Ron Russell served with Coffee Cake (TS) 3:00 Lifemark- Osteo Exercises with Tap (LGE) 3:30 Mindfulness Colouring (DR) 4:00 Go for Life Walk Club (TS) 4:30 November Folklore (LGE)	9:30 Go for Life Walk (TS) 30 10:00 Christmas Bazaar (10am-2pm) (TS) 10:30 Evergreen Exercises (LGE) 11:00 Artfull Enrichment (LGE) 1:15 Bingo (LGE) 2:30 Brain Games - What's in the Word? (LGE) 3:00 Holy Communion and Rosary (T) 3:30 Sing Along (LGE) 4:00 Go for Life Walk Club (TS) 4:15 5 Senses Questionnaire Discussion (LGE) 4:30 Word Games - Word Ladder (LGE) 6:00 Movie Night (LGE)



Locations Legend	
Lounge (LGE)	Lower Lanes (LL)
Town Square (TS)	Movement Studio (MVS)
Dining Room (DR)	Computer Lounge (COM)
Theatre (T)	Window Bar (WB)
Games Room (GR)	
Craft Kitchen (CK)	

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program