

November 2024- Independent
Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FRIDAY NOV 1 National Family Caregivers Month	MONDAY NOV 11 Remembrance Day			9:00 Outings for Medical Appointments (TS) 1 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 11:00 Meet Me at MOMA (CK) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Tapple (GR)	9:30 Go for Life Walk (TS) 2 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Remembrance Day Trivia (CK) 3:00 Holy Communion and Rosary (T) 3:00 Scrabble Board Game (GR) 4:00 Go for Life Walk (TS) 7:00 Movie Night- South Pacific (T)
9:00 Gratitude Journaling (CK) 3 9:30 Go for Life Walk (TS) 10:30 Creative Colouring (CK) 1:00 Bridge (CK) 2:00 Craft- Remembrance Day Poppies (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Movie Night- Flyboys (T) 7:00 Board Game- Skipbo Card Game (GR)	9:00 Outings for Medical Appointments (TS) 4 9:30 Go for Life Walk (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 11:15 Coffee Social (TS) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 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)	9:30 Go for Life Walk (TS) 5 10:00 Evergreen Posture Exercises (MVS) 10:30 Balloon Volleyball (CK) 11:00 Outing- Brasas Latin Food Restaurant & Fall Leaf Tour (TS) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 2:00 Entertainment- Auggie on Violin (TS) 3:00 National Doughnut Day- Coffee & Doughnut 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) 6 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) 7:00 National Saxophone Day- Entertainment- Auggie on Saxophone (TS)	9:30 Go for Life Walk (TS) 7 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 Lifemark- Movement Matters (MVS) 2:00 Derrick's Sing a Long (WB) 3:00 Rosary with Joana (T) 3:00 LLL- Honeyed Apple Cider (TS) 3:30 Linnie's Bollywood Chair Dancing (MVS) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	9:00 Outings for Medical Appointments (TS) 8 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Barbara's Exercise Class (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- Vivianna served with Vanilla Cupcakes (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Tapple (GR)	9:30 Go for Life Walk (TS) 9 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Remembrance Day Word Search (CK) 2:00 Fall-themed Flower Pot Painting (CK) 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- Bridge of Spies (T)
9:00 Gratitude Journaling (CK) 10 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- Remembrance Day Collage (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Movie Night- Snows of Kilimanjaro (T) 7:00 Board Game- Skipbo Card Game (GR)	Remembrance Day 11 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) 10:30 Remembrance Day Ceremony (T) 11:00 Vendor- EZ Fit Shoes (TS) 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) 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) 12 9:30 Outing- Georgian Downs Casino (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) 2:00 Entertainment- Auggie on Violin (TS) 2:00 Brandon's Japanese Snack Social Round. 2 (GR) 3:00 Peppermint Hot Chocolate 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) 13 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 Lifemark- Osteo Program (MVS) 2:00 Bingo (GR) 3:30 Name that Tune (FSL) 4:00 Go for Life Walk (TS) 7:00 Entertainment- Auggie on Saxophone (TS) 7:00 Euchre Club (GR)	9:30 Go for Life Walk (TS) 14 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 Lifemark- Movement Matters (MVS) 2:00 Derrick's Sing a Long (WB) 3:00 Rosary with Joana (T) 3:00 LLL- Honey Benefits & Trivia (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	9:00 Outings for Medical Appointments (TS) 15 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Barbara's Exercise Class (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- Tim Godfrey served with Brownies (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Tapple (GR)	9:30 Go for Life Walk (TS) 16 10:00 Evergreen Body Strength Exercises (MVS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Finishing Words (CK) 2:30 Travelogue- Guyana (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- Quartet (T)

Verve

INSPIRED
SENIOR LIVING

November 2024- Independent
Evergreen Retirement Community

EVERGREEN
RETIREMENT COMMUNITY

INSPIRED SENIOR LIVING WITH

Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Gratitude Journaling (CK) 17 9:30 Go for Life Walk (TS) 10:30 Creative Colouring (CK) 11:00 Vendor- Anish's Fashion Traditions (TS) 1:00 Bridge (CK) 2:00 Piano with Lukas (TS) 2:00 Craft- Pumpkin Lanterns (CK) 3:30 Entertainment- Indigo Chimes (TS) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Movie Night- Classic- A Fistful of Dollars (T) 7:00 Board Game- Skipbo Card Game (GR)	9:00 Outings for Medical Appointments (TS) 18 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) 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) 19 10:00 Evergreen Posture Exercises (MVS) 10:30 Balloon Volleyball (CK) 10:30 Outing- Pure Spirits Oyster House & Distillery District Stroll (TS) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 2:00 Entertainment- Auggie on Violin (TS) 2:00 Potato Chip Tasting (GR) 3:00 Snicker Doodle Hot Chocolate 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) 20 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 Entertainment- Auggie on Saxophone (TS) 7:00 Euchre Club (GR)	9:30 Go for Life Walk (TS) 21 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 Lifemark- Movement Matters (MVS) 2:00 Derrick's Sing a Long (WB) 3:00 Rosary with Joana (T) 3:00 LLL- Honey Cookies (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)	9:00 Outings for Medical Appointments (TS) 22 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) 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- Davis Steven served with Marble Pound Cake (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Tapple (GR)	9:30 Go for Life Walk (TS) 23 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- What's in a Word (Worksheet) (CK) 2:00 Christmas-themed Flower Pot Painting (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- The Da Vinci Code (T)
9:00 Gratitude Journaling (CK) 24 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 Movie Night- Rudy (T) 7:00 Board Game- Skipbo Card Game (GR)	9:00 Outings for Medical Appointments (TS) 25 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 Afternoon Tea Social (CK) 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)	9:30 Go for Life Walk (TS) 26 10:00 Evergreen Posture Exercises (MVS) 10:30 Balloon Volleyball (CK) 11:00 Vendor- Voxx Life (TS) 11:00 Outing- Wicked Movie & Denny's Restaurant (TS) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 2:00 Entertainment- Auggie on Violin (TS) 2:00 Spiced Hot Chocolate & Paint Social (CK) 3:00 Spiced Hot Chocolate 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) 27 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 Entertainment- Auggie on Saxophone (TS) 7:00 Euchre Club (GR)	9:30 Go for Life Walk (TS) 28 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 Lifemark- Movement Matters (MVS) 2:00 Derrick's Sing a Long (WB) 2:30 LLL- Home-made Bread & Honey (TS) 3:00 Rosary with Joana (T) 3:30 820 Residents Meeting (T) 4:00 Go for Life Walk (TS) 7:00 Chase The Ace Card Game (GR)	9:00 Outings for Medical Appointments (TS) 29 9:30 Go for Life Walk (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Barbara's Exercise Class (MVS) 11:00 Meet Me at MOMA (CK) 11:00 Vendor- Classy Jewellery By Maria (TS) 11:15 Coffee Social (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Ron Russell served with Coffee Cake (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Tapple (GR)	9:30 Go for Life Walk (TS) 30 10:00 Evergreen Body Strength Exercises (MVS) 10:00 Christmas Bazaar (10am-2pm) (TS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Spot the Difference (CK) 2:30 Travelogue- French Guiana (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- Standup Guys (T)

Be joyful

Movember

Locations Legend

Town Square (TS)
Games Room (GR)
Movement Studio (MVS)
Craft Kitchen (CK)
Theatre (T)

Window Bar (WB)
Lounge (LGE)
Cafe (CF)
Computer Lounge (COM)
Fireside Lounge (FSL)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program