

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Go for Life Walk (TS) 1 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 (LGE) 3:00 Piano with Lukas (LGE) 3:30 Word Games - Advent Themed (LGE) 4:00 Go for Life Walk Club (LGE) 6:00 Movie Night (LGE)	9:30 Go for Life Walk (TS) 2 10:00 Question of the Day (LGE) 10:30 Craft Corner - Paper Snowflakes (LGE) 10:45 Prayers 1-1 (LGE) 11:00 Lifemark- Movement Matters (LGE) 1:00 Balloon Tennis (LGE) 2:00 Group Painting (DR) 3:00 Cards - Crazy Eights (LGE) 3:00 Entertainment- Auggie on Saxophone (TS) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - Holly (December Flower) (LGE)	9:30 Go for Life Walk (TS) 3 10:00 Question of the Day (LGE) 10:30 Evergreen Balancing Exercises (LGE) 11:00 Java Music (LGE) 11:30 Outing- Mandarin Restaurant (TS) 1:30 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:30 Fit Minds (LGE) 3:00 Apple Cider Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk Club (TS) 4:30 Categories Game - Christmas Decor (LGE) 6:45 Pet Therapy with Rudy (TS)	9:30 Go for Life Walk (TS) 4 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 - Christmas Songs (LGE) 4:00 Go for Life Walk Club (TS) 4:30 Word Games - NYT Wordle (LGE)	9:30 Go for Life Walk (TS) 5 10:00 Question of the Day (LGE) 10:30 Evergreen Foot Step Exercises (LGE) 11:00 Java Music (LGE) 1:30 Bingo (LGE) 3:00 Lifemark- Movement Matters with Vishwa (LGE) 3:00 LLL- Cranberry Benefits & Trivia (TS) 3:30 LLL - Cranberry Trivia & Benefits (LGE) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk Club (TS) 4:15 Scattergories (LGE)	9:30 Go for Life Walk (TS) 6 10:00 Question of the Day (LGE) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Travelogue - Philippines (LGE) 1:00 Seated Bowling (LL) 2:00 Entertainment- Kelly Davies served with Eggnog (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) 7 10:30 Evergreen Exercises (LGE) 11:00 Artfull Enrichment (LGE) 1:00 Shuffle Board (GR) 2:00 Bingo (LGE) 3:00 Rosary with Joana (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) 8 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 Piano with Lukas (LGE) 3:00 Coffee Social and Horoscopes - Sagittarius Info (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) 9 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 Volleyball (LGE) 2:00 Group Painting (DR) 3:00 Cards - UNO (LGE) 3:00 Entertainment- Auggie on Saxophone (TS) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - Turquoise Gemstone (December Birthstone) (LGE)	9:30 Go for Life Walk (TS) 10 10:00 Question of the Day (LGE) 10:00 Outing- Mohawk Casino (TS) 10:30 Evergreen Balancing Exercises (LGE) 11:00 Java Music (LGE) 1:30 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:30 Fit Minds (LGE) 3:00 'Turtles' Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk Club (TS) 6:45 Pet Therapy with Rudy (TS)	9:30 Go for Life Walk (TS) 11 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) 2:00 Clarkson Christmas Cheer Choir (TS) 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)	9:30 Go for Life Walk (TS) 12 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 Gingerbread House Day - Decorating (CK) 3:00 Lifemark- Movement Matters with Vishwa (LGE) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk Club (TS) 4:15 Scattergories (LGE)	9:30 Go for Life Walk (TS) 13 10:00 Question of the Day (LGE) 10:00 Entertainment- Meadowgreen Academy Children Choir (TS) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Travelogue - Alaska (LGE) 1:00 Seated Bowling (LL) 2:00 Entertainment- Zack Erickson served with Panettone (TS) 3:00 Lifemark- Osteo Exercises with Tap (LGE) 3:00 Lager Beer Tasting (GR) 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) 14 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 - Monkey Day Hangman (LGE) 6:00 Movie Night (LGE)
9:30 Go for Life Walk (TS) 15 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) 2:00 Entertainment- Canada Children's Broadcasting Arts Group (TS) 3:00 Coffee Social and Horoscopes (LGE) 3:30 Brain Games - Odd One Out (LGE) 4:00 Go for Life Walk Club (LGE) 6:00 Movie Night (LGE)	9:30 Go for Life Walk (TS) 16 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 Beach Ball Soccer (LGE) 2:00 Group Painting (DR) 3:00 Cards - Crazy Eights (LGE) 3:00 Entertainment- Auggie on Saxophone (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - Winter Folklore (LGE)	9:30 Go for Life Walk (TS) 17 10:00 Question of the Day (LGE) 10:30 Evergreen Balancing Exercises (LGE) 11:00 Java Music (LGE) 11:30 Outing- The Tea Room (TS) 1:30 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:00 Christmas Afternoon Tea Social (WB) 2:30 Fit Minds (LGE) 3:00 'Aero Smores' Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk Club (TS) 6:45 Pet Therapy with Rudy (TS)	9:30 Go for Life Walk (TS) 18 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) 11:00 Vendor- Adrian's Family Clothing (TS) 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 Fact or Fiction (LGE)	9:30 Go for Life Walk (TS) 19 10:00 Question of the Day (LGE) 10:30 Evergreen Foot Step Exercises (LGE) 11:00 Java Music (LGE) 1:30 Bingo (LGE) 3:00 Lifemark- Movement Matters with Vishwa (LGE) 3:30 820 Residents Meeting (T) 3:30 LLL - Spiced Cranberry Mocktails (LGE) 4:00 Go for Life Walk Club (TS) 4:15 Scattergories (LGE) 7:00 Entertainment- JT Choir Band (TS)	9:30 Go for Life Walk (TS) 20 10:00 Question of the Day (LGE) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Travelogue - Belgium (LGE) 1:00 Seated Bowling (LL) 2:00 Entertainment- Diamond Trio served with Festive Sangria (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) 21 10:30 Evergreen Exercises (LGE) 11:00 Artfull Enrichment (LGE) 11:00 Vendor- Sandra's Crochet Crafts & Sylvia's Mary Kay Cosmetics (TS) 1:00 Shuffle Board (GR) 2:00 Entertainment- Christmas Carolers & Santa Photo Op (TS) 2:00 Word Games - Christmas Word Unscramble (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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Go for Life Walk (TS) 22 10:00 Gratitude Journaling - Christmas Wishes (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 Hand-eye Coordination and Sensory Activity (LGE) 3:00 Piano with Lukas (LGE) 3:00 Coffee Social and Horoscopes - Capricorn Facts & Info (LGE) 3:30 Word Games - Christmas Hangman (LGE) 4:00 Go for Life Walk Club (LGE) 6:00 Movie Night (LGE)	9:30 Go for Life Walk (TS) 23 10:00 Question of the Day (LGE) 10:30 Pet Therapy with Alfie (LGE) 10:45 Prayers 1-1 (LGE) 11:00 Lifemark- Movement Matters (LGE) 1:00 Group Basketball (LGE) 2:00 Group Painting (DR) 3:00 Cards - UNO (LGE) 3:00 Entertainment- Auggie on Saxophone (TS) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - What Happened in December (LGE)	9:30 Go for Life Walk (TS) 24 10:00 Question of the Day (LGE) 10:30 Evergreen Balancing Exercises (LGE) 11:00 Java Music - Christmas Caroling (LGE) 11:00 Outing- Paradiso Restaurant (TS) 1:30 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:30 Fit Minds (LGE) 3:00 Horchata Social (TS) 3:30 Shuffle Board (GR) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk Club (TS)	9:30 Go for Life Walk (TS) 25 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) 1:00 Christmas Movie Matinee with Hot Chocolate (LGE) 1:30 Board Game-Scrabble (LGE) 2:00 Non-Denomination Service (COM) 3:30 Name that Tune - Christmas Songs (LGE) 4:00 Go for Life Walk Club (TS) 4:30 Alphabet Challenge - Christmas Treats (LGE)	9:30 Go for Life Walk (TS) 26 10:00 Question of the Day (LGE) 10:30 Evergreen Foot Step Exercises (LGE) 11:00 Java Music (LGE) 1:30 Bingo (LGE) 2:30 Word Games - Hangman (Hanukkah Themed) (LGE) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk Club (TS) 4:15 Scattergories (LGE)	9:00 Sense of Hearing Clinic (CK) 27 9:30 Go for Life Walk (TS) 10:00 Question of the Day (LGE) 10:30 Evergreen Yoga Exercises (LGE) 11:00 Travelogue - Sweden (LGE) 1:00 Seated Bowling (LL) 2:00 Entertainment- Tim Godfrey served with Fruit 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) 28 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 Trivia - Kwanzaa Themed (LGE) 6:00 Movie Night (LGE)
9:30 Go for Life Walk (TS) 29 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 Piano with Lukas (LGE) 3:00 Coffee Social and Horoscopes - Predictions for 2025 (LGE) 4:00 Go for Life Walk Club (LGE) 4:30 Word Games - Word Ladder (LGE) 6:00 Movie Night (LGE)	9:30 Go for Life Walk (TS) 30 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 Volleyball (LGE) 2:00 Group Painting (DR) 3:00 Lynnies Bollywood Chair Dancing (MVS) 3:00 Cards - Crazy Eights (LGE) 3:00 Entertainment- Auggie on Saxophone (TS) 4:00 Go for Life Walk Club (TS) 4:30 Trivia - New Years Superstitions (LGE)	9:30 Go for Life Walk (TS) 31 10:00 Question of the Day & 2024 Gratitude Journal (LGE) 10:30 Evergreen Balancing Exercises (LGE) 11:00 Java Music (LGE) 1:30 Bingo (LGE) 2:00 Entertainment- Auggie on Violin (TS) 2:30 Fit Minds (LGE) 3:30 NYE Champagne Celebration (non-alcoholic) (LGE) 4:00 Go for Life Walk Club (TS) 4:00 Shuffle Board (GR) 4:30 New Years Eve - 2024 Memory Sharing (LGE) 7:00 New Years Eve Celebration- Entertainment- Claudia Corazon with Champagne & Tuxedo Cake (TS)	WEDNESDAY DEC 25 Christmas Day		SATURDAY DEC 7 Tree Dressing Day	



WEDNESDAY
DEC 25

Hanukkah

Be joyful

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

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