Verve INSPIRED SENIOR LIVING

December 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 Bridge (CK) 2:00 Piano with Lukas (TS) 2:00 Craft- Paper-plate Christmas Trees (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Skipbo Card Game (GR) 7:00 Movie Night- The Man Who Saved Christmas (WB)	**2** 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) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 3:00 Knitting & Crochet (CK) 3:00 Entertainment- Auggie on Saxophone (TS) 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) 11:30 Outing- Mandarin Restaurant (TS) 2:00 Rummikub Game (GR) 2:00 Scrabble Board Game (GR) 2:00 Entertainment- Auggie on Violin (TS) 2:00 Christmas Card Wreath with Danielle (CK) 3:00 Apple Cider Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 4:30 Tech Time (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) 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) 3:00 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) 1:15 Lifemark- Pump it Up (MVS) 2:00 Rummikub Game (GR) 2:00 Lifemark- Movement Matters (MVS) 3:00 Rosary with Joana (T) 3:00 LLL- Cranberry Benefits & Trivia (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS)	**6** 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) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Kelly Davies served with Eggnog (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Lost in Translation (GR)	**7** 9:30 Go for Life Walk (TS) 10:00 Evergreen Body Strength Exercises (MVS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Winter Sports Trivia (CK) 2:00 Christmas-themed Artfull Enrichment (CK) 3:00 Scrabble Board Game (GR) 3:00 Rosary with Joana (T) 4:00 Go for Life Walk (TS) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- Prancer (T)
8 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- Christmas Collage (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Skipbo Card Game (GR) 7:00 Movie Night- A Christmas Carol (T)	**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) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 3:00 Knitting & Crochet (CK) 3:00 Entertainment- Auggie on Saxophone (TS) 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- Mohawk Casino (TS) 10:30 Balloon Volleyball (CK) 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 'Turtles' Hot Chocolate Social (TS) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS) 4:30 Tech Time (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) 1:00 Canasta (WB) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Non-Denomination Service (COM) 2:00 Lifemark- Osteo Program (MVS) 2:00 Clarkson Christmas Cheer Choir (TS) 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) 1:15 Lifemark- Pump it Up (MVS) 2:00 Rummikub Game (GR) 2:00 Lifemark- Movement Matters (MVS) 3:00 Rosary with Joana (T) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS)	**13** 9:00 Outings for Medical Appointments (TS) 9:30 Go for Life Walk (TS) 10:00 Entertainment- Meadowgreen Academy Children Choir (TS) 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- Zack Erickson served with Panettone (TS) 3:00 What's in a Word? (CK) 3:00 Lager Beer Tasting (GR) 4:00 Go for Life Walk (TS) 7:00 Board Game- Lost in Translation (GR)	**14** 9:30 Go for Life Walk (TS) 10:00 Evergreen Body Strength Exercises (MVS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Nutrition Trivia (CK) 2:00 Christmas-themed Artfull Enrichment (CK) 2:30 Travelogue- El Salvador (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- Elf (T)
15 9:00 Gratitude Journaling (CK) 9:30 Go for Life Walk (TS) 10:30 Creative Colouring (CK) 1:00 Bridge (CK) 2:00 Entertainment- Canada Children's Broadcasting Arts Group (TS) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Skipbo Card Game (GR) 7:00 Movie Night- White Christmas (T)	**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) 10:30 Christmas Traditions Baking (CK) 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 Entertainment- Auggie on Saxophone (TS) 3:30 Drum Fit (MVS) 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) 10:00 Evergreen Posture Exercises (MVS) 10:30 Balloon Volleyball (CK) 11:15 Coffee Social (TS) 11:30 Outing- The Tea Room (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 Christmas Afternoon Tea Social (WB) 3:00 'Aero Smores' Hot Chocolate 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) 10:30 Christmas Traditions Baking (CK) 11:00 Vendor- Adrian's Family Clothing (TS) 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 Lifemark- Movement Matters (MVS) 2:00 Potato Chip Tasting (GR) 3:00 Rosary with Joana (T) 3:00 LLL- Spiced Cranberry Mocktails (TS) 3:30 820 Residents Meeting (T) 4:00 Go for Life Walk (TS) 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 Christmas Traditions Baking (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- Diamond Trio served with Festive Sangria (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Lost in Translation (GR)	**21** 9:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 11:00 Vendor- Sandra's Crochet Crafts & Sylvia's Mary Kay Cosmetics (TS) 1:00 Brain Teasers- Christmas Trivia (CK) 2:00 Entertainment- Christmas Carolers & Santa Photo Op (TS) 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- Miracle On 34th Street (1947) (T)

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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) 11:00 Vendor- Anish's Fashion Traditions (TS) 1:00 Cribbage (GR) 2:00 Piano with Lukas (TS) 2:00 Craft- Christmas Ornament Painting (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Skipbo Card Game (GR) 7:00 Movie Night- Miracle On 34th Street (T)	**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) 11:15 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 Entertainment- Auggie on Saxophone (TS) 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) 10:00 Evergreen Posture Exercises (MVS) 10:30 Balloon Volleyball (CK) 11:00 Outing- Paradiso 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) 3:00 Horchata Social (TS) 3:30 Shuffle Board (GR) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Movie Night- The Nutcracker (T)	**25** 9:30 Go for Life Walk (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 11:15 Coffee Social (TS) 1:00 Canasta (WB) 2:00 Non-Denomination Service (COM) 2:00 Christmas Carols with Brandon (TS) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR) 7:00 Movie Night- Comfort & Joy (T)	**26** 9:30 Go for Life Walk (TS) 10:00 Evergreen Leg Exercises (MVS) 10:30 Java Music Club (CK) 11:15 Coffee Social (TS) 2:00 Rummikub Game (GR) 3:00 Rosary with Joana (T) 3:30 Shuffle Board (GR) 4:00 Go for Life Walk (TS)	**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) 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 Fruit Cake (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Lost in Translation (GR)	**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- New Years Traditions & Trivia (CK) 2:30 Travelogue- Bolivia (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- Last Vegas (T)
29 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- Celebration Hats (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Board Game- Skipbo Card Game (GR) 7:00 Movie Night- My Fair Lady (T)	**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 Lynnie's Bollywood Chair Dancing (MVS) 3:00 Entertainment- Auggie on Saxophone (TS) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (CF) 7:00 Black Jack (GR)	**31** 9:30 Go for Life Walk (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) 3:00 'After Eight' Hot Chocolate Social (TS) 4:00 Go for Life Walk (TS) 4:00 Shuffle Board (GR) 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	

Be joyful

Locations Legend

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