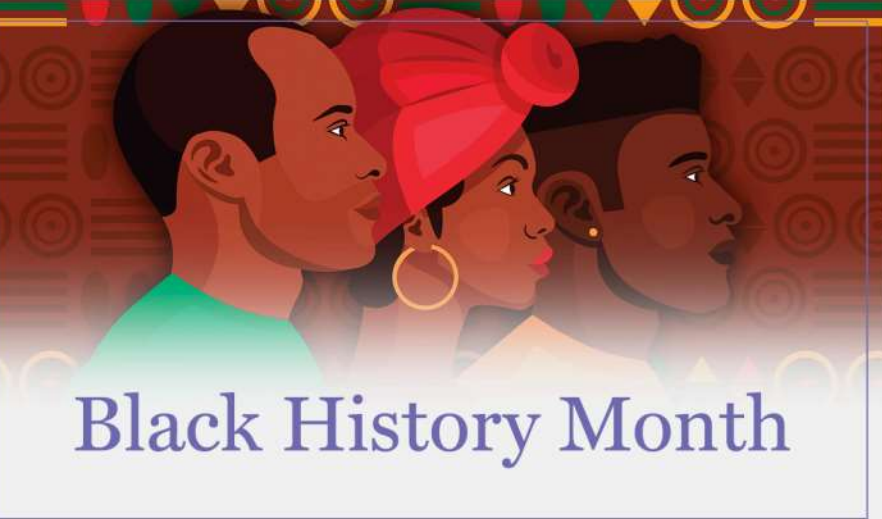




INSPIRED  
SENIOR LIVING

# February 2025 - Assisted Evergreen Retirement Community



| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <div><p>Black History Month</p></div>                                                                                                                                                                                                                                                                                                                                                                   | <div><p>MONDAY<br/>FEB 17<br/>Family Day</p></div>                                                                                                                                                                                                                                                                                                                                           | <div><p>FRIDAY<br/>FEB 21<br/>National Caregiver's Day</p></div>                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <div>9:30 Go for Life Walk (TS) <b>2</b><br/>10:00 Gratitude Journaling (LGE)<br/>10:30 Evergreen Exercises (LGE)<br/>11:00 Meet Me at MOMA (CK)<br/>1:00 Groundhog Day - Predictions &amp; History (LGE)<br/>2:00 Hand-eye Coordination and Sensory Activity (LGE)<br/>3:00 Coffee Social and Horoscopes (LGE)<br/>3:00 Piano with Lukas (LGE)<br/>3:30 Word Games - Groundhog Day Hangman (LGE)<br/>4:00 Go for Life Walk Club (LGE)<br/>6:00 Movie Night (LGE)</div>                 | <div>9:30 Go for Life Walk (TS) <b>3</b><br/>10:00 Question of the Day (LGE)<br/>10:30 Meditation Monday (LGE)<br/>10:45 Prayers 1-1 (LGE)<br/>11:00 Lifemark- Movement Matters (LGE)<br/>1:00 Balloon Tennis (LGE)<br/>2:00 Artist Hour (DR)<br/>3:00 Cards - Flip It (LGE)<br/>4:00 Go for Life Walk Club (TS)<br/>4:30 Trivia - Black History Month (LGE)</div>                                                                                                             | <div>9:30 Go for Life Walk (TS) <b>4</b><br/>10:00 Question of the Day (LGE)<br/>10:30 Evergreen Balancing Exercises (LGE)<br/>11:00 Java Music (LGE)<br/>11:30 Outing- Sushi Omigoto (TS)<br/>1:30 Bingo (LGE)<br/>2:30 Fit Minds (LGE)<br/>3:00 Sip Social- Lemon &amp; Ginger Tea (TS)<br/>3:30 Jig Saw Puzzles (LGE)<br/>4:00 Go for Life Walk Club (TS)<br/>4:30 Group Games - 5 Second Rule (LGE)</div>                                                                                    | <div>9:30 Go for Life Walk (TS) <b>5</b><br/>10:00 Prayers 1-1 (LGE)<br/>10:00 Question of the Day (LGE)<br/>10:30 Evergreen Tai Chi Exercises (LGE)<br/>11:00 Nail Care (LGE)<br/>11:00 Fit Minds Cards (LGE)<br/>1:30 Board Game-Scrabble (LGE)<br/>2:00 Non-Denomination Service (COM)<br/>3:00 Holy Mass (Catholic) (T)<br/>3:00 Lifemark- Osteo Exercises with Navjot (LGE)<br/>4:00 Go for Life Walk Club (TS)<br/>4:30 Eye-Spy (LGE)</div> | <div>9:30 Go for Life Walk (TS) <b>6</b><br/>10:00 Question of the Day (LGE)<br/>10:30 Evergreen Foot Step Exercises (LGE)<br/>11:00 Java Music (LGE)<br/>1:30 Bingo (LGE)<br/>2:00 Wine &amp; Cheese Tasting (WB)<br/>3:00 Lifemark- Movement Matters with Vishwa (LGE)<br/>3:30 LLL - Beet Benefits &amp; Trivia (LGE)<br/>4:00 Go for Life Walk Club (TS)<br/>4:00 Shuffle Board (GR)<br/>4:15 Scattergories (LGE)</div>                      | <div>9:30 Go for Life Walk (TS) <b>7</b><br/>10:00 Question of the Day (LGE)<br/>10:30 Evergreen Yoga Exercises (LGE)<br/>10:30 Black History Month- TED Talks- African History a Tool for Change (FSL)<br/>11:00 Vendor- Arbonne Cosmetics (TS)<br/>11:00 Travelogue - Saskatchewan (LGE)<br/>1:00 Seated Bowling (LGE)<br/>2:00 Entertainment- Shannon Graham with Coconut Buns (TS)<br/>3:00 Lifemark- Osteo Exercises with Tap (LGE)<br/>3:30 Colouring &amp; Conversation (DR)<br/>4:00 Go for Life Walk Club (TS)<br/>4:30 Periodic Table Day - Guess the Element (LGE)</div>                                    | <div>9:30 Go for Life Walk (TS) <b>8</b><br/>10:30 Evergreen Exercises (LGE)<br/>11:00 Artfull Enrichment (LGE)<br/>1:15 Bingo (LGE)<br/>2:00 Entertainment- Dave Thierry (Pianist) (TS)<br/>2:30 Brain Games - What's in the Word? (LGE)<br/>3:00 Rosary with Joana (T)<br/>3:30 Drum Fit (MVS)<br/>4:00 Go for Life Walk Club (TS)<br/>4:15 5 Senses Questionnaire Discussion (LGE)<br/>4:30 Word Games - Finishing Words (LGE)<br/>6:00 Movie Night (LGE)</div> |
| <div>9:30 Go for Life Walk (TS) <b>9</b><br/>10:00 Gratitude Journaling (LGE)<br/>10:30 Evergreen Exercises (LGE)<br/>11:00 Meet Me at MOMA (CK)<br/>1:00 Board Game - Scrabble (LGE)<br/>2:00 Ring Toss (LGE)<br/>3:00 Coffee Social and Horoscopes (LGE)<br/>3:00 Piano with Lukas (LGE)<br/>3:00 Super Bowl Football Trivia, Beer &amp; Wings (TS)<br/>3:30 Word Games - Pizza Theme Hangman (Pizza Day) (LGE)<br/>4:00 Go for Life Walk Club (LGE)<br/>6:00 Movie Night (LGE)</div> | <div>9:30 Go for Life Walk (TS) <b>10</b><br/>10:00 Question of the Day (LGE)<br/>10:30 Meditation Monday (LGE)<br/>10:45 Prayers 1-1 (LGE)<br/>11:00 Lifemark- Movement Matters (LGE)<br/>1:00 Group Basketball (LGE)<br/>2:00 Artist Hour (DR)<br/>2:00 Japanese Snack Social (GR)<br/>3:00 Cards - Crazy Eights (LGE)<br/>3:00 Lynnies Bollywood Chair Dancing (MVS)<br/>4:00 Go for Life Walk Club (TS)<br/>4:30 Trivia - Amethyst Stone (February Birthstone) (LGE)</div> | <div>9:30 Go for Life Walk (TS) <b>11</b><br/>10:00 Question of the Day (LGE)<br/>10:30 Evergreen Balancing Exercises (LGE)<br/>11:00 Java Music (LGE)<br/>11:30 Outing- Summit Garden Chinese Restaurant (TS)<br/>1:30 Bingo (LGE)<br/>2:00 Chef Karen's Cooking Demo- Baked Sushi (CK)<br/>2:30 Fit Minds (LGE)<br/>3:00 Make a Friend Day- Friendship Bingo (TS)<br/>3:30 Jig Saw Puzzles (LGE)<br/>4:00 Go for Life Walk Club (TS)<br/>4:30 Brain Games - Group Crossword Puzzle (LGE)</div> | <div>9:30 Go for Life Walk (TS) <b>12</b><br/>10:00 Prayers 1-1 (LGE)<br/>10:00 Question of the Day (LGE)<br/>10:30 Evergreen Tai Chi Exercises (LGE)<br/>11:00 Vendor- Anish's Fashion Traditions (TS)<br/>11:00 Roll A Word (LGE)<br/>1:30 Board Game-Scrabble (LGE)<br/>2:00 Non-Denomination Service (COM)<br/>3:00 Lifemark- Osteo Exercises with Navjot (LGE)<br/>4:00 Go for Life Walk Club (TS)<br/>4:30 Darwin Day Trivia (LGE)</div>    | <div>9:30 Go for Life Walk (TS) <b>13</b><br/>10:00 Question of the Day (LGE)<br/>10:30 Evergreen Foot Step Exercises (LGE)<br/>11:00 Java Music (LGE)<br/>1:30 Bingo (LGE)<br/>2:00 Derrick's Sing a Long (WB)<br/>2:00 Afternoon Tea Social (CK)<br/>3:00 Lifemark- Movement Matters with Vishwa (LGE)<br/>3:30 LLL - Beet Smoothie (LGE)<br/>4:00 Go for Life Walk Club (TS)<br/>4:00 Shuffle Board (GR)<br/>4:15 Categories Game (LGE)</div> | <div>9:30 Go for Life Walk (TS) <b>14</b><br/>10:00 Question of the Day (LGE)<br/>10:30 Evergreen Yoga Exercises (LGE)<br/>10:30 Black History Month- TED Talks- Diversity, Equity &amp; Inclusion (FSL)<br/>11:00 Travelogue - Paris (LGE)<br/>1:00 Seated Bowling (LGE)<br/>2:00 Entertainment- The Taylor Academy for Young Artists with Red Velvet Cupcakes (TS)<br/>3:00 Lifemark- Osteo Exercises with Tap (LGE)<br/>3:00 Not So Newlywed Game Show (volunteers needed) (TS)<br/>3:30 Colouring &amp; Conversation (DR)<br/>4:00 Go for Life Walk Club (TS)<br/>4:30 Short Stories - Stories of Love (LGE)</div> | <div>9:30 Go for Life Walk (TS) <b>15</b><br/>10:30 Evergreen Exercises (LGE)<br/>11:00 Artfull Enrichment (LGE)<br/>11:00 Vendor- Sandra's Crochet Crafts &amp; Sylvia's Mary Kay Cosmetics (TS)<br/>1:00 Shuffle Board (GR)<br/>2:00 Hangman - Black History Month Figures (LGE)<br/>3:00 Holy Communion and Rosary (T)<br/>4:00 Go for Life Walk Club (TS)<br/>4:15 5 Senses Questionnaire Discussion (LGE)<br/>6:00 Movie Night (LGE)</div>                    |

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Gratitude Journaling (LGE)</div> <div>10:30 Evergreen Exercises (LGE)</div> <div>11:00 Meet Me at MOMA (CK)</div> <div>1:00 Family Traditions and Customs Discussion (LGE)</div> <div>2:00 Hand-eye Coordination and Sensory Activity (LGE)</div> <div>3:00 Coffee Social and Horoscopes (LGE)</div> <div>3:00 Piano with Lukas (LGE)</div> <div>3:30 Word Games - Family Themed Hangman (LGE)</div> <div>4:00 Go for Life Walk Club (LGE)</div> <div>6:00 Movie Night (LGE)</div> <div>16</div> | <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Random Acts of Kindness - Appreciation Sticky Notes (LGE)</div> <div>10:30 Meditation Monday (LGE)</div> <div>10:45 Prayers 1-1 (LGE)</div> <div>11:00 Vendor- EZ Fit Shoes (TS)</div> <div>1:00 Beach Ball Soccer (LGE)</div> <div>2:00 Artist Hour (DR)</div> <div>3:00 Cards - UNO (LGE)</div> <div>3:00 Lynnies Bollywood Chair Dancing (MVS)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:30 Trivia - Violets (February Flowers) (LGE)</div> <div>17</div> | <div>9:30 Go for Life Walk (TS)</div> <div>9:30 Outing- Great Canadian Casino (TS)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Evergreen Balancing Exercises (LGE)</div> <div>11:00 Java Music (LGE)</div> <div>1:30 Bingo (LGE)</div> <div>2:30 Fit Minds (LGE)</div> <div>3:00 Heart &amp; Stroke Community Training (T)</div> <div>3:00 Sip Social- Red Wine for National Wine Day (TS)</div> <div>3:30 Jig Saw Puzzles (LGE)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:30 Word Games - NYT Wordle (LGE)</div> <div>18</div>                        | <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Prayers 1-1 (LGE)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Evergreen Tai Chi Exercises (LGE)</div> <div>11:00 Fit Minds Cards (LGE)</div> <div>1:30 Board Game-Scrabble (LGE)</div> <div>2:00 Non-Denomination Service (COM)</div> <div>3:00 Lifemark- Osteo Exercises with Navjot (LGE)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:30 Magazine Scavenger Hunt (LGE)</div> <div>19</div>   | <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Evergreen Foot Step Exercises (LGE)</div> <div>11:00 Java Music (LGE)</div> <div>1:30 Bingo (LGE)</div> <div>2:00 Derrick's Sing a Long (WB)</div> <div>3:00 Lifemark- Movement Matters with Vishwa (LGE)</div> <div>3:30 820 Residents Meeting (T)</div> <div>3:30 LLL - Beet Salad Social (LGE)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:00 Shuffle Board (GR)</div> <div>4:30 Scattergories (LGE)</div> <div>20</div>                                           | <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Evergreen Yoga Exercises (LGE)</div> <div>10:30 Black History Month- TED Talks- The Danger of a Single Story (FSL)</div> <div>11:00 Travelogue - Northwest Territories (LGE)</div> <div>1:00 Seated Bowling (LGE)</div> <div>2:00 Entertainment- Ron Russell with Cherry Pie (TS)</div> <div>3:00 Lifemark- Osteo Exercises with Tap (LGE)</div> <div>3:30 Colouring &amp; Conversation (DR)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:00 Craft Corner - Cards for National Caregivers Day (LGE)</div> <div>21</div> | <div>9:30 Go for Life Walk (TS)</div> <div>10:30 Evergreen Exercises (LGE)</div> <div>11:00 Artfull Enrichment (LGE)</div> <div>1:15 Bingo (LGE)</div> <div>2:30 Brain Games - What's in the Word? (LGE)</div> <div>3:00 Holy Communion and Rosary (T)</div> <div>3:30 Drum Fit (MVS)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:15 5 Senses Questionnaire Discussion (LGE)</div> <div>4:30 Word Games - Word Ladder (LGE)</div> <div>6:00 Movie Night (LGE)</div> <div>22</div> |
| <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Gratitude Journaling (LGE)</div> <div>10:30 Evergreen Exercises (LGE)</div> <div>11:00 Meet Me at MOMA (CK)</div> <div>1:00 Bingo (GR)</div> <div>2:00 Ring Toss (LGE)</div> <div>3:00 Coffee Social and Horoscopes (LGE)</div> <div>3:30 Brain Teasers - Word Association (LGE)</div> <div>4:00 Go for Life Walk Club (LGE)</div> <div>6:00 Movie Night (LGE)</div> <div>23</div>                                                                                                               | <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Meditation Monday (LGE)</div> <div>10:45 Prayers 1-1 (LGE)</div> <div>11:00 Lifemark- Movement Matters (LGE)</div> <div>2:00 Artist Hour (DR)</div> <div>2:00 Estate Planning with Oliver of Brampton Funeral Home (T)</div> <div>3:00 Cards - Crazy Eights (LGE)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:30 Trivia - What Happened in February (LGE)</div> <div>24</div>                                       | <div>9:30 Go for Life Walk (TS)</div> <div>9:30 Outing- Centennial Park Conservatory &amp; Arkady Restaurant (TS)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Evergreen Balancing Exercises (LGE)</div> <div>10:30 Brandon's Peru &amp; Ecuador Travelogue (T)</div> <div>11:00 Java Music (LGE)</div> <div>1:30 Bingo (LGE)</div> <div>2:30 Fit Minds (LGE)</div> <div>3:00 Sip Social- Caramel Lattes (TS)</div> <div>3:30 Jig Saw Puzzles (LGE)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:30 New York Times Spelling Game (LGE)</div> <div>25</div> | <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Prayers 1-1 (LGE)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Evergreen Tai Chi Exercises (LGE)</div> <div>11:00 Fit Minds Cards (LGE)</div> <div>1:30 Board Game-Scrabble (LGE)</div> <div>2:00 Non-Denomination Service (COM)</div> <div>3:00 Lifemark- Osteo Exercises with Navjot (LGE)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:30 Pink Shirt Day Discussion (LGE)</div> <div>26</div> | <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Evergreen Foot Step Exercises (LGE)</div> <div>11:00 Java Music (LGE)</div> <div>1:30 Bingo (LGE)</div> <div>2:00 Derrick's Sing a Long (WB)</div> <div>3:00 Lifemark- Movement Matters with Vishwa (LGE)</div> <div>3:30 LLL - Beet Brownies (LGE)</div> <div>3:30 Drum Fit (MVS)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:00 Shuffle Board (GR)</div> <div>4:15 Polar Bear Day Craft (LGE)</div> <div>7:00 Entertainment- JT Choir Band (TS)</div> <div>27</div> | <div>9:00 Sense of Hearing Clinic (CK)</div> <div>9:30 Go for Life Walk (TS)</div> <div>10:00 Question of the Day (LGE)</div> <div>10:30 Evergreen Yoga Exercises (LGE)</div> <div>11:00 Travelogue - (LGE)</div> <div>11:00 Black History Month- TED Talks- Can Art Amend History? (FSL)</div> <div>1:00 Seated Bowling (LGE)</div> <div>2:00 Entertainment- Tim Godfrey with Chili (TS)</div> <div>3:00 Lifemark- Osteo Exercises with Tap (LGE)</div> <div>3:30 Colouring &amp; Conversation (DR)</div> <div>4:00 Go for Life Walk Club (TS)</div> <div>4:30 Science Day Trivia (LGE)</div> <div>28</div>                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

FRIDAY

FEB

28

Ramadan

(Feb 28 - Mar 29)

Be Limitless

Locations Legend

Lounge (LGE)

Town Square (TS)

Theatre (T)

Games Room (GR)

Dining Room (DR)

Craft Kitchen (CK)

Movement Studio (MVS)

Computer Lounge (COM)

Window Bar (WB)

Fireside Lounge (FSL)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program