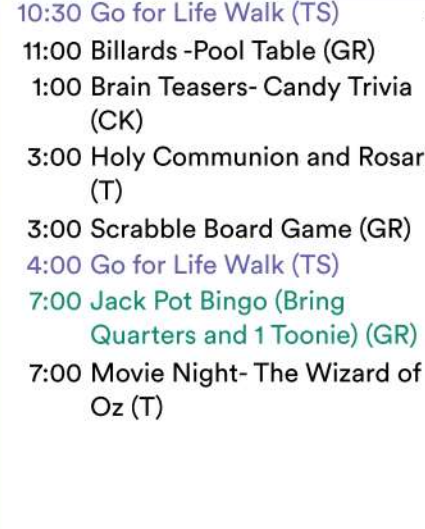


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Black History Month	 MONDAY FEB 17 Family Day	 FRIDAY FEB 21 National Caregiver's Day		 10:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Candy Trivia (CK) 3:00 Holy Communion and Rosary (T) 3:00 Scrabble Board Game (GR) 4:00 Go for Life Walk (TS) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR) 7:00 Movie Night- The Wizard of Oz (T)		
9:00 Gratitude Journaling (CK) 2 10:30 Creative Colouring (CK) 10:30 Go for Life Walk (TS) 1:00 Cribbage (GR) 2:00 Piano with Lukas (TS) 2:00 Ground Hog Day- Facts & Trivia (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Bridge (CK) 7:00 Movie Night- Going My Way (T)	9:00 Outings for Medical Appointments (TS) 3 9:00 Lifemark Movement Matters with Navjot (MVS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention with Navjot (MVS) 10:30 Go for Life Walk (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)	10:00 Evergreen Posture Exercises (MVS) 4 10:30 Go for Life Walk (TS) 10:30 Themed Trivia (CK) 11:30 Outing- Sushi Omigoto (TS) 1:45 Aqua Fit Class (PL) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 3:00 Sip Social- Lemon & Ginger Tea (TS) 3:30 Technology Info Session w/ Danielle (iPhones) (FSL) 4:00 Go for Life Walk (TS)	9:00 Outings for Medical Appointments (TS) 5 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Go for Life Walk (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) 3:00 Holy Mass (Catholic) (T) 3:30 Name that Tune (FSL) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR)	10:00 Outings for Shopping (TS) 6 10:00 Evergreen Leg Exercises (MVS) 10:30 Go for Life Walk (TS) 1:15 Lifemark- Pump it Up (MVS) 2:00 Rummikub Game (GR) 2:00 Lifemark- Movement Matters (MVS) 2:00 Wine & Cheese Tasting (WB) 3:00 Rosary with Joana (T) 3:00 LLL- Beets Benefits & Trivia (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS)	9:00 Outings for Medical Appointments (TS) 7 10:00 Evergreen Yoga Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Black History Month- TED Talks- African History a Tool for Change (FSL) 11:00 Meet Me at MOMA (CK) 11:00 Vendor- Arbonne Cosmetics (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Shannon Graham with Coconut Buns (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Monopoly (GR)	10:00 Evergreen Body Strength Exercises (MVS) 8 10:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 1:00 Short Stories on Love (CK) 2:00 Entertainment- Dave Thierry (Pianist) (TS) 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- High Plains Drifter (T)
9:00 Gratitude Journaling (CK) 9 10:30 Creative Colouring (CK) 10:30 Go for Life Walk (TS) 1:00 Bridge (CK) 2:00 Piano with Lukas (TS) 2:00 Craft- Wooden Hearts with Heartfelt Messages (CK) 3:00 Super Bowl Football Trivia, Beer & Wings (TS) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Bridge (CK) 7:00 Movie Night- Music & Lyrics (T)	9:00 Outings for Medical Appointments (TS) 10 9:00 Lifemark Movement Matters with Navjot (MVS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention with Navjot (MVS) 10:30 Go for Life Walk (TS) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 2:00 Japanese Snack Social (GR) 3:00 Knitting & Crochet (CK) 3:00 Lynnies Bollywood Chair Dancing (MVS) 4:00 Go for Life Walk (TS)	10:00 Evergreen Posture Exercises (MVS) 11 10:30 Go for Life Walk (TS) 10:30 Themed Trivia (CK) 11:30 Outing- Summit Garden Chinese Restaurant (TS) 1:45 Aqua Fit Class (PL) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 2:00 Chef Karen's Cooking Demo- Baked Sushi (CK) 3:00 Make a Friend Day- Friendship Bingo (TS) 3:30 Technology Info Session w/ Danielle (Androids) (FSL) 4:00 Go for Life Walk (TS)	9:00 Outings for Medical Appointments (TS) 12 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Go for Life Walk (TS) 11:00 Vendor- Anish's Fashion Traditions (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)	10:00 Outings for Shopping (TS) 13 10:00 Evergreen Leg Exercises (MVS) 10:30 Go for Life Walk (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) 2:00 Afternoon Tea Social (CK) 3:00 Rosary with Joana (T) 3:00 LLL- Beets Smoothie Social (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS)	9:00 Outings for Medical Appointments (TS) 14 10:00 Evergreen Yoga Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Barbara's Exercise Class (MVS) 10:30 Black History Month- TED Talks- Diversity, Equity & Inclusion (FSL) 11:00 Meet Me at MOMA (CK) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- The Taylor Academy for Young Artists with Red Velvet Cupcakes (TS) 3:00 Not So Newlywed Game Show (volunteers needed) (TS) 4:00 Go for Life Walk (TS) 7:00 Board Game- Monopoly (GR)	10:30 Go for Life Walk (TS) 15 11:00 Billards -Pool Table (GR) 11:00 Vendor- Sandra's Crochet Crafts & Sylvia's Mary Kay Cosmetics (TS) 1:00 Short Stories on Family (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- Something's Gotta Give (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Gratitude Journaling (CK) 16 10:30 Creative Colouring (CK) 10:30 Go for Life Walk (TS) 1:00 Cribbage (GR) 2:00 Piano with Lukas (TS) 2:00 Craft- Family Day Picture Frames (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Bridge (CK) 7:00 Movie Night- Wimbledon (T)	Family Day 17 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:30 Go for Life Walk (TS) 11:00 Vendor- EZ Fit Shoes (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 Lynnies Bollywood Chair Dancing (MVS) 4:00 Go for Life Walk (TS)	9:30 Outing- Great Canadian Casino (TS) 18 10:00 Evergreen Posture Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Themed Trivia (CK) 1:45 Aqua Fit Class (PL) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 2:00 Wine & Paint Social with Artfull Enrichment (CK) 3:00 Heart & Stroke Community Training (T) 3:00 Sip Social- Red Wine for National Wine Day (TS) 4:00 Go for Life Walk (TS) 4:00 Technology Info Session w/ Danielle (iPads) (FSL)	9:00 Outings for Medical Appointments (TS) 19 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Go for Life Walk (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)	10:00 Outings for Shopping (TS) 20 10:00 Evergreen Leg Exercises (MVS) 10:30 Go for Life Walk (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- Beet Salad Social (TS) 3:30 820 Residents Meeting (T) 4:00 Go for Life Walk (TS)	9:00 Outings for Medical Appointments (TS) 21 10:00 Evergreen Yoga Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Barbara's Exercise Class (MVS) 10:30 Black History Month- TED Talks- The Danger of a Single Story (FSL) 11:00 Meet Me at MOMA (CK) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Ron Russell with Cherry Pie (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Monopoly (GR)	10:00 Evergreen Body Strength Exercises (MVS) 22 10:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Black History Month Trivia (CK) 2:30 Travelogue- Malta (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- Harvey (T)
9:00 Gratitude Journaling (CK) 23 10:30 Creative Colouring (CK) 10:30 Go for Life Walk (TS) 1:00 Bridge (CK) 2:00 Craft- Folding Envelope Hearts (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Bridge (CK) 7:00 Movie Night- Hitch (T)	9:00 Outings for Medical Appointments (TS) 24 9:00 Lifemark Movement Matters with Navjot (MVS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention with Navjot (MVS) 10:30 Go for Life Walk (TS) 1:00 Cards- Mexican Train (GR) 1:00 Balloon Volleyball (CK) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 2:00 Estate Planning with Oliver of Brampton Funeral Home (T) 3:00 Knitting & Crochet (CK) 3:00 World Bartender Day- International Cocktail-making & Tasting (WB) 4:00 Go for Life Walk (TS) 4:30 Tech Time with Brandon (CF)	9:30 Outing- Centennial Park Conservatory & Arkady Restaurant (TS) 25 10:00 Evergreen Posture Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Brandon's Peru & Ecuador Travelogue (T) 1:45 Aqua Fit Class (PL) 2:00 Rummikub Game (GR) 2:00 Artfull Enrichment (CK) 2:00 Scrabble Board Game (GR) 3:00 Sip Social- Caramel Lattes (TS) 3:30 Drum Fit (MVS) 3:30 Technology Info Session w/ Danielle (OPEN) (FSL) 4:00 Go for Life Walk (TS)	9:00 Outings for Medical Appointments (TS) 26 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Go for Life Walk (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)	10:00 Outings for Shopping (TS) 27 10:00 Evergreen Leg Exercises (MVS) 10:30 Go for Life Walk (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- Beet Brownies (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Entertainment- JT Choir Band (TS)	9:00 Outings for Medical Appointments (TS) 28 9:00 Sense of Hearing Clinic (CK) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Barbara's Exercise Class (MVS) 11:00 Meet Me at MOMA (CK) 11:00 Black History Month- TED Talks- Can Art Amend History? (FSL) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Tim Godfrey with Chili (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Monopoly (GR)	



FRIDAY
FEB
28

Ramadan
(Feb 28 - Mar 29)

Be Limitless

Locations Legend

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

Window Bar (WB)
Lounge (LGE)
Pool (PL)
Computer Lounge (COM)
Cafe (CF)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program