

March 2025- Independent
Evergreen Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TUESDAY MAR 04 Shrove Tuesday		FRIDAY MAR 21 Elimination of Racial Discrimination Day		SATURDAY MAR 22 Cruise Week Open House		1 10:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Flower Trivia (CK) 2:00 Artfull Enrichment (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- In Harm's Way (T)
2 9:00 Gratitude Journaling (CK) 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- Friendship Bracelets (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Movie Night- Bruce Almighty (T) 7:00 Uno Card Game (CK)	3 9:00 Lifemark Movement Matters (MVS) 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention (MVS) 10:30 Go for Life Walk (TS) 10:30 Men's Social Club (WB) 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 10:00 Evergreen Posture Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Shrove Tuesday Trivia (CK) 12:00 Outing- Mambo Italiano Restaurant (TS) 1:45 Aqua Fit Class (PL) 2:00 Rummikub Game (GR) 2:00 Scrabble Board Game (GR) 3:00 Shrove Tuesday- Pancake Social (TS) 4:00 Go for Life Walk (TS)	5 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Men's Social Club (WB) 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 Ash Wednesday Mass (Catholic) (T) 3:30 Name that Tune- Hymns (FSL) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR)	6 10:00 Evergreen Leg Exercises (MVS) 10:00 Outings for Shopping (TS) 10:30 Go for Life Walk (TS) 10:30 Java Music Club (CK) 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- Maple Facts and Trivia (CK) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS)	7 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Barbara's Exercise Class (MVS) 10:30 Souvenir Show & Tell (CK) 11:00 Meet Me at MOMA (CK) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Filipa Sousa (with Butter Tarts) (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Lost in Translation (GR)	8 10:00 Evergreen Body Strength Exercises (MVS) 10:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Odd one Out (CK) 2:00 International Women's Day- Important Women in Society (CK) 2:00 Artfull Enrichment (CK) 3:00 Scrabble Board Game (GR) 3:00 Rosary with Joana (T) 4:00 Go for Life Walk (TS) 7:00 Movie Night- Dirty Dancing (T) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
9 9:00 Gratitude Journaling (CK) 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- Leprechaun Hats (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Movie Night- Jumanj: Welcome to the Jungle (T) 7:00 Uno Card Game (CK)	10 9:00 Lifemark Movement Matters (MVS) 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention (MVS) 10:30 Go for Life Walk (TS) 10:30 National Hug Your Dog Day- Pet Therapy with Ruby (TS) 10:30 Men's Social Club (WB) 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- Matteo & Auggie on Saxophone (TS) 4:00 Go for Life Walk (TS)	11 9:30 Outing- Elements Flamboro Casino (TS) 10:00 Evergreen Posture Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Name the Flag Trivia (CK) 1:45 Aqua Fit Class (PL) 2:00 Rummikub Game (GR) 2:00 Scrabble Board Game (GR) 2:00 Entertainment- Matteo & Auggie on Violin (TS) 3:00 Sip Social- Irish Coffee (TS) 4:00 Go for Life Walk (TS)	12 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Men's Social Club (WB) 1:00 Canasta (WB) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Bingo with Brandon (GR) 2:00 Lifemark- Osteo Program (MVS) 2:00 Bible Study (T) 3:30 Name that Tune- Irish Classics (TS) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR)	13 10:00 Evergreen Leg Exercises (MVS) 10:00 Outings for Shopping (TS) 10:30 Go for Life Walk (TS) 10:30 Java Music Club (CK) 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- Maple, Coffee & Cacao Smoothies (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS)	14 9:00 Outings for Medical Appointments (TS) 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 Vendor- Express Fashions (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Entertainment- Emilio Zarris (with Apple Pie) (TS) 3:00 What's in a Word? (CK) 3:00 National Potato Chip Day- Potato Chip Tasting (GR) 4:00 Go for Life Walk (TS) 7:00 Board Game- Lost in Translation (GR)	15 10:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- St. Patrick's Day Trivia (CK) 2:00 Artfull Enrichment (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- Last Vegas (T) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)

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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- "Shamrocks" (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Uno Card Game (CK) 7:00 Movie Night- Till The Clouds Roll By (T)	9:00 Lifemark Movement Matters (MVS) 17 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention (MVS) 10:30 Go for Life Walk (TS) 10:30 Men's Social Club (WB) 1:00 Cards- Mexican Train (GR) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 2:00 St. Patrick's Day- Traditions Around the World with Green Beer & Onion Rings (WB) 3:00 Knitting & Crochet (CK) 3:00 St. Patrick's Day- Brandon's Ireland Travelogue (T) 3:00 Entertainment- Matteo & Auggie on Saxophone (TS) 4:00 Go for Life Walk (TS)	9:30 Outing- Bata Shoe Museum (TS) 18 10:00 Evergreen Posture Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Car Trivia (CK) 1:45 Aqua Fit Class (PL) 2:00 Rummikub Game (GR) 2:00 Scrabble Board Game (GR) 2:00 Entertainment- Matteo & Auggie on Violin (TS) 3:00 Sip Social- Maple Tea (TS) 4:00 Go for Life Walk (TS)	9:00 Outings for Medical Appointments (TS) 19 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Men's Social Club (WB) 1:00 Canasta (WB) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Bingo with Brandon (GR) 2:00 Lifemark- Osteo Program (MVS) 2:00 Bible Study (T) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR)	Cruise Week Port: Monaco 20 10:00 Evergreen Leg Exercises (MVS) 10:00 Outings for Shopping (TS) 10:30 Go for Life Walk (TS) 10:30 Staff Challenge- Guess the Currency (CK) 10:30 Java Music Club (CK) 1:15 Lifemark- Pump it Up (MVS) 1:30 Port: Italy- Brandon's Travelogue on Monaco, France & Italy (T) 2:00 Rummikub Game (GR) 2:00 Lifemark- Movement Matters (MVS) 2:00 Derrick's Sing a Long (WB) 2:30 Sip Social- 'The Monaco' Beer Cocktails (TS) 3:00 Rosary with Joana (T) 3:00 Cruise Week Port: Monaco- An Afternoon at Monte Carlo Casino (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 7:00 Entertainment- JT Choir Band (TS) 7:00 Movie Night- Casino Royale (T)	Cruise Week Port: Morocco 21 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Yoga Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Barbara's Exercise Class (MVS) 10:30 Moroccan Tile Mosaic Craft (CK) 11:00 Meet Me at MOMA (CK) 11:00 Vendor- Anish's Fashion Traditions (TS) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 Staff Challenge- Aroma & Spices (TS) 3:00 What's in a Word? (CK) 3:00 Entertainment- Moroccan Belly Dancer- Teria (with Moroccan Mint Tea) (TS) 4:00 Go for Life Walk (TS) 7:00 Board Game- Lost in Translation (GR) 7:00 Movie Night- Casablanca (T)	Cruise Week Port: France 22 10:00 Evergreen Body Strength Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 French Language Class (CK) 11:00 Billards -Pool Table (GR) 11:00 Vendor- Sandra's Crochet Crafts & Sylvia's Mary Kay Cosmetics (TS) 1:30 Mediterranean Open House- Samira Yeo (with Kir Royale Cocktails) (TS) 2:00 Artfull Enrichment (CK) 3:00 Holy Communion and Rosary (T) 3:00 Port: France- Artfull Enrichment- Wine Glass Painting (CK) 3:30 Staff Challenge- Flight-Time Trivia (TS) 4:00 Go for Life Walk (TS) 7:00 Movie Night- Moulin Rouge (T) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
Cruise Week Port: Egypt 23 9:00 Gratitude Journaling (CK) 10:30 Creative Colouring (CK) 10:30 Go for Life Walk (TS) 10:30 Staff Challenge- Building Miniature Pyramid (CK) 1:00 Cribbage (GR) 2:00 Port of Egypt: Afternoon Tea with Egyptian Mythology (WB) 3:00 Piano with Lukas (TS) 3:00 Craft- Hieroglyphic Art (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Uno Card Game (CK) 7:00 Movie Night- Land of the Pharaohs (1955) (T)	Cruise Week Port: Greece 24 9:00 Lifemark Movement Matters (MVS) 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention (MVS) 10:30 Go for Life Walk (TS) 10:30 Men's Social Club (WB) 11:00 Greek Mythology Story-telling (T) 1:00 Cards- Mexican Train (GR) 1:30 Port: Greece- Olympic Games (MVS) 1:45 Quiddler & Racko Game (LGE) 2:00 Fit Minds (CK) 3:00 Knitting & Crochet (CK) 3:00 Sip Social- Ouzo Cocktails (TS) 3:30 Drum Fit (MVS) 4:00 Go for Life Walk (TS) 4:00 Staff Challenge- Greek Mythology Trivia (TS) 7:00 Movie Night- Mamma Mia! (T)	Cruise Week Port: Slovenia 25 10:00 Evergreen Posture Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Staff Challenge- 'Scenic Picnic' Scavenger Hunt (TS) 11:30 Outing- Clarkson Mediterranean Bistro (TS) 1:45 Aqua Fit Class (PL) 2:00 Rummikub Game (GR) 2:00 Scrabble Board Game (GR) 2:00 Port: Slovenia- Chef Demo with Karen (CK) 3:00 Sip Social- Rakija Cocktails (TS) 3:30 Port Slovenia- Slovenian Cave Virtual Tour with Honey Tasting (FSL) 4:00 Go for Life Walk (TS) 7:00 Movie Night- Anchors Aweigh (T)	Cruise Week Port: Italy 26 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Tai Chi Exercises (MVS) 10:30 Go for Life Walk (TS) 10:30 Men's Social Club (WB) 10:30 Staff Challenge- Guess the Pasta (CK) 11:00 Vendor- Adrian's Family Clothing (TS) 1:00 Canasta (WB) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Bingo with Brandon (GR) 2:00 Lifemark- Osteo Program (MVS) 2:00 Port: Italy- Wine & Paint with Artfull Enrichment (CK) 2:00 Bible Study (T) 3:30 Port: Italy- Italian Wine & Cheese Tasting (WB) 3:30 Name that Tune- Italian Classics (FSL) 4:00 Go for Life Walk (TS) 7:00 Euchre Club (GR) 7:00 Movie Night- Roman Holiday (T)	Cruise Week Port: Canada 27 10:00 Evergreen Leg Exercises (MVS) 10:00 Outings for Shopping (TS) 10:30 Go for Life Walk (TS) 10:30 Staff Challenge- Suitcase Scramble (TS) 10:30 Java Music Club (CK) 1:15 Lifemark- Pump it Up (MVS) 2:00 Rummikub Game (GR) 2:00 Lifemark- Movement Matters (MVS) 2:00 Apple Cinnamon Mocktails with Derrick's Sing a Long (WB) 3:00 Rosary with Joana (T) 3:00 Maple Syrup Tasting (TS) 3:30 820 Residents Meeting (T) 4:00 Go for Life Walk (TS)	9:00 Sense of Hearing Clinic (CK) 28 9:00 Outings for Medical Appointments (TS) 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) 1:15 Lifemark- Falls Prevention (MVS) 2:00 Lifemark- Osteo Program (MVS) 2:00 International Destinations Trivia (TS) 3:00 What's in a Word? (CK) 4:00 Go for Life Walk (TS) 7:00 Board Game- Lost in Translation (GR)	10:00 Evergreen Body Strength Exercises (MVS) 29 10:30 Go for Life Walk (TS) 11:00 Billards -Pool Table (GR) 1:00 Brain Teasers- Dessert Trivia (CK) 2:00 Artfull Enrichment (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- A Star of Born (Classic) (T) 7:00 Jack Pot Bingo (Bring Quarters and 1 Toonie) (GR)
9:00 Gratitude Journaling (CK) 30 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- Tissue Paper Flowers (CK) 4:00 Go for Life Walk (TS) 6:30 Shuffle Board (GR) 7:00 Uno Card Game (CK) 7:00 Movie Night- Catch Me If You Can (T)	9:00 Lifemark Movement Matters (MVS) 31 9:00 Outings for Medical Appointments (TS) 10:00 Evergreen Strength & Balance Exercises (TS) 10:15 Lifemark Fall Prevention (MVS) 10:30 Go for Life Walk (TS) 10:30 Men's Social Club (WB) 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- Matteo & Auggie on Saxophone (TS) 4:00 Go for Life Walk (TS)	Be Limitless		Locations Legend Town Square (TS) Craft Kitchen (CK) Movement Studio (MVS) Games Room (GR) Theatre (T) Window Bar (WB) Lounge (LGE) Pool (PL) Fireside Lounge (FSL) Computer Lounge (COM)		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program