

Sunday

Monday


















Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Locations: 1st Floor, 2nd Floor, 3rd Floor, Offsite</p> <p>DR Dining Room B Bistro MS Movement Studio TH Theatre CK Country Kitchen GR Games Room (Pub)</p> <p>CY Courtyard L Library FR Fitness Equipment Room CH Chapel SMM St. Marguerite Manor HCM Holy Cross Manor</p>		<p>10:00am Exercise class (MS) 1:30pm Bus sign up (Victoria's desk) 2:30pm Tile Rummy (GR)</p>	<p>8:00am Hot Breakfast (DR) 9:00am Bus outing to Sage Hill Walmart & Dollarama (LB) 10:00am Chair Yoga with Jenny class (MS) 1:00pm Bingo (MS) 6:30pm Wii Games Group #1 (TH)</p>	<p>1:20pm Exercise class (MS) 2:30pm Coffee & Good News (MS) 6:15pm Interdenominational Service with De-Anne (CH) 7:00pm Wii Games Group #2 (TH)</p>	<p>9:30am Bus outing to Field of Crosses on Memorial Drive (LB) 10:30am Rosary Group (CH) 2:30pm Happy Hour with Matt Beatty (DR)</p> 	<p>10:30am Baptist Church Service (HC) 1:30pm Baptist Church Service (SMM) 6:30pm Wii Games Group #1 (TH)</p>
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 9:30am Royal Oak Victory Church Service (HC) 10:15am Royal Oak Victory Church Service (SMM) 6:30pm Movie (Theatre)</p>  <p>Daylight Saving Time Ends</p>	<p>10:00am Chair Yoga with Jenny class (MS) 12:30pm (approximate) The Nut Man (LB) 1:30pm Craft Circle (CK) 6:30pm Bible Study with Bea (CH)</p>	<p>10:00am Exercise class (MS) 2:30pm Tile Rummy (GR)</p>	<p>8:00am Hot Breakfast (DR) 9:00am Bus outing to Country Hills Michael's & Superstore (LB) 10:00am Chair Yoga with Jenny class (MS) 1:00pm Bingo (MS) 6:30pm Wii Games Group #1 (TH)</p>	<p>1:00pm Bus outing to Studio Bell Music Centre for Tour & Health Song Therapy: 1960's Edition (LB) 1:20pm Exercise class (MS) 6:15pm Interdenominational Service with De-Anne (CH) 7:00pm Wii Games Group #2 (TH)</p> 	<p>10:00am Remembrance Day Service (DR) 10:30am Rosary Group (CH) 2:30pm Pub Friday (DR)</p> 	<p>10:00am-2:00pm Personal Touch Clothing Racks (MS) 6:30pm Wii Games Group #1 (TH)</p> 
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Movie (Theatre)</p> 	<p>10:00am Chair Yoga with Jenny class (MS) 1:30pm Craft Circle (CK) 2:30pm Ice Cream Treats (BR) 2:30pm Paris Travelogue (TH) 6:30pm Bible Study with Bea (CH)</p> 	<p>10:00am Exercise class (MS) 1:30pm Tea cup flower arrangement craft with Bea (MS) 2:30pm Tile Rummy (GR)</p> 	<p>8:00am Hot Breakfast (DR) 10:00am – 1:00pm Bus outing to North Hill Mall (LB) 10:00am Chair Yoga with Jenny class (MS) 1:00pm Bingo (MS) 6:30pm Wii Games Group #1 (TH)</p>	<p>10:00am Exercise class (MS) 1:45pm Monthly Resident General Meeting (DR) 6:15pm Interdenominational Service with De-Anne (CH) 7:00pm Wii Games Group #2 (TH)</p>	<p>9:00am-12:00pm Walker & Wheelchair Clinic (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 2:30pm Paris Themed Happy Hour with Jane Tetley & Birthday Celebrations (DR)</p> 	<p>10:30am Baptist Church Service (HC) 1:30pm Baptist Church Service (SMM) 1:30pm Performance by violin students by ZK Music Studio (MS) 6:30pm Wii Games Group #1 (TH)</p> 
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Movie (Theatre)</p> 	<p>10:00am Chair Yoga with Jenny class (MS) 12:30pm (approximate) The Nut Man (LB) 1:30pm Craft Circle (CK) 6:30pm Bible Study with Bea (CH)</p>	<p>10:00am Exercise class (MS) 10:30am Fifth Avenue Collection Jewelry (LB) 2:30pm Tile Rummy (GR)</p> 	<p>8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny class (MS) 1:00pm Bingo (MS) 6:30pm Wii Games Group #1 (TH)</p>	<p>10:45am Bus outing for gourmet lunch & visit with mini horses (LB) 11:00am Catholic Mass (SMM) 2:30pm Presentation with Devon (MS) 6:15pm Interdenominational Service with De-Anne (CH) 7:00pm Wii Games Group #2 (TH)</p>	<p>10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 1:30pm Bus outing to Creekside Co-op & Dollarama (LB) 2:30pm Happy Hour & Karaoke with Devon (DR)</p> 	<p>9:45am Bus outing to Kenneth D. Taylor Christmas Market (LB) 1:30pm Resident showcase: Phyllis Voll – Scrapbooking collection (MS) 6:30pm Wii Games Group #1 (TH)</p> 
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Movie (Theatre)</p> 	<p>10:00am Chair Yoga with Jenny class (MS) 1:30pm Craft Circle (CK) 2:30pm Ice Cream Treats (BR) 6:30pm Bible Study with Bea (CH)</p> 	<p>10:00am Exercise class (MS) 2:30pm Tile Rummy (GR)</p>	<p>8:00am Hot Breakfast (DR) 10:00am – 1:00pm Bus outing to Cross Iron Mills & Casino (LB) 10:00am Chair Yoga with Jenny class (MS) 1:00pm Bingo (MS) 6:30pm Wii Games Group #1 (TH)</p>	<h1>November 2022</h1> 		

Please watch for posters for updates to calendar.



WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Additional Resources	
	DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment		DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment		<u>FOOT CARE</u> Rose Llewelyn - 403-971-8379 Foot Care by Rose Liliana Vargas -403-714-4111 Lily's Happy Feet	<u>DENTURIST</u> Anthony Lanzl, DD - 403-269-3503 Smile Denture Clinic
<div style="border: 1px solid black; padding: 5px;"> <p>Please book Doctor's appointments through Concierge. Here are their phone numbers for your reference:</p> <p>Dr. Marcel Adam (403) 726-8955</p> <p>Dr. Collins Omondigbe (403) 269-9488</p> </div>	DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment		DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment		<u>MOBILE MASSAGE THERAPY</u> May Rakthamhansa - 403-998-0941 Rainbow Thai Massage	<u>MOBILE PHYSIOTHERAPY</u> David Ridgewell - 403-703-9967 Ridgewell Wellness
	DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	WELLNESS WEDNESDAY WITH DEVON 8:00 Am to 4:00 pm See concierge to book an appointment	DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment			
	DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment		DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment			
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