




















Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

|   |  |   |   |   |   |  |
|---|--|---|---|---|---|--|
| <p>1<br/>9:15am Shuttle to Ascension<br/>Catholic Parish Mass (LB)<br/>6:30pm Movie (Theatre)</p>    | <p>2<br/>10:00am Chair Yoga with Jenny<br/>class (MS)<br/>1:30pm Craft Circle (CK)<br/>6:30pm Bible Study with Bea<br/>(CH)</p>  | <p>3<br/>10:00am Exercise Class (MS)<br/>10:30am Bus sign up (Concierge<br/>desk)<br/>1:00pm Tile Rummy (GR)<br/>2:30pm Thank you card writing for<br/>Christmas boxes<br/>(MS)</p>  | <p>4<br/>8:00am Hot Breakfast (DR)<br/>10:00am Chair Yoga with Jenny<br/>1:00pm Bingo (MS)<br/>6:30pm Wii Games Group #1 (TH)</p>   | <p>5<br/>1:20pm Exercise class (MS)<br/>2:30pm Coffee &amp; Good News<br/>(MS)<br/>6:15pm Interdenominational<br/>Service with De-Anne (CH)</p>             | <p>6<br/>10:30am Rosary Group (CH)<br/>1:30pm Country Hills Michael's &amp;<br/>Superstore (LB)<br/>2:30pm Happy Hour<br/>&amp; Karaoke with<br/>Devon (DR)<br/>6:00pm Wii Games<br/>Group #2 (TH)</p>   | <p>7<br/>6:30pm Wii Games Group #1 (TH)</p>  |
| <p>8<br/>9:15am Shuttle to Ascension<br/>Catholic Parish Mass (LB)<br/>9:30am Royal Oak Victory<br/>Church Service (HC)<br/>10:15am Royal Oak Victory<br/>Church Service<br/>(SMM)<br/>6:30pm Movie<br/>(Theatre)</p>  | <p>9<br/>10:00am Chair Yoga with Jenny<br/>class (MS)<br/>1:30pm Craft Circle (CK)<br/>2:30pm Ice Cream Treats (BR)<br/>6:30pm Bible Study with Bea<br/>(CH)</p>                                        | <p>10<br/>10:00am Exercise class (MS)<br/>1:00pm Tile Rummy (CK)<br/>1:30pm Afternoon Social by<br/>invitation (GR)</p>    | <p>11<br/>8:00am Hot Breakfast (DR)<br/>10:00am – 1:00pm Bus outing to<br/>Cross Iron Mills &amp; Casino (LB)<br/>10:00am Chair Yoga with Jenny<br/>class (MS)<br/>1:00pm Bingo (MS)<br/>6:30pm Wii Games Group #1 (TH)</p>   | <p>12<br/>1:20pm Exercise class (MS)<br/>6:15pm Interdenominational<br/>Service with De-Anne (CH)</p>   | <p>13<br/>10:30am Rosary Group (CH)<br/>11:00am Catholic Mass (HC)<br/>2:30pm Birthday Celebrations &amp;<br/>Happy Hour with Russ Eldon<br/>(DR)<br/>6:00pm Wii Games Group #2 (TH)</p>   | <p>14<br/>1:30pm Resident Showcase:<br/>Phyllis Voll – Scrapbooking<br/>Collection (MS)<br/>6:30pm Wii Games Group #1 (TH)</p>  |
| <p>15<br/>9:15am Shuttle to Ascension<br/>Catholic Parish Mass (LB)<br/>6:30pm Movie (Theatre)</p>   | <p>16<br/>10:00am Chair Yoga with Jenny<br/>class (MS)<br/>1:30pm Craft Circle (CK)<br/>1:30pm Deaf &amp; Hear Presentation<br/>&amp; Equipment Demos (MS)<br/>6:30pm Bible Study with Bea<br/>(CH)</p> <p>Martin Luther King Jr. Day</p>  | <p>17<br/>10:00am Exercise class (MS)<br/>1:00pm Tile Rummy (GR)</p>  | <p>18<br/>8:00am Hot Breakfast (DR)<br/>10:00am Bus outing to Sage Hill<br/>Walmart &amp; Dollarama (LB)<br/>10:00am Chair Yoga with Jenny<br/>class (MS)<br/>1:00pm Bingo (MS)<br/>6:30pm Wii Games Group #1 (TH)</p>  | <p>19<br/>10:00am Exercise class (MS)<br/>1:45pm Monthly Resident<br/>General Meeting (DR)<br/>6:15pm Interdenominational<br/>Service with De-Anne (CH)</p> | <p>20<br/>8:45am Bus outing to Calgary<br/>Philharmonic Orchestra for Saint-<br/>Saens Organ Symphony &amp; Lunch<br/>at Milestones (LB)<br/>10:30am Rosary Group (CH)<br/>11:00am Catholic Mass (SMM)<br/>2:30pm Happy Hour &amp; Karaoke<br/>with Devon (DR)<br/>6:00pm Wii<br/>Games Group #2<br/>(TH)</p>  | <p>21<br/>6:30pm Wii Games Group #1 (TH)</p>   |
| <p>22<br/>9:15am Shuttle to Ascension<br/>Catholic Parish Mass (LB)<br/>6:30pm Movie (Theatre)</p>  <p>Chinese New Year (Year of the Rabbit)</p>   | <p>23<br/>10:00am Chair Yoga with Jenny<br/>class (MS)<br/>1:30pm Craft Circle (CK)<br/>2:30pm Ice Cream Treats (BR)<br/>6:30pm Bible Study with Bea<br/>(CH)</p>  <p>Activity Professionals Week</p> | <p>24<br/>10:00am Exercise class (MS)<br/>1:00pm Tile Rummy (GR)<br/>1:30pm Elvis Presley's Graceland<br/>dvd (Theatre)</p>    | <p>25<br/>8:00am Hot Breakfast (DR)<br/>10:00am Bus outing to Creekside<br/>Co-op &amp; Dollarama (LB)<br/>10:00am Chair Yoga with Jenny<br/>class (MS)<br/>12:30pm (approximate) The Nut<br/>Man (LB)<br/>1:00pm Robbie Burns Presentation<br/>(DR)<br/>6:30pm Wii Games Group #1 (TH)</p> | <p>26<br/>11:00am Catholic Mass (SMM)<br/>1:20pm Exercise Class (MS)</p> <p>Australia Day (observed)</p>  | <p>27<br/>10:30am Rosary Group (CH)<br/>11:00am Catholic Mass (HC)<br/>2:30pm Happy Hour with Elvis<br/>Impersonator Will Reeb (DR)<br/>6:00pm Wii Games Group #2 (TH)</p>   | <p>28<br/>10:00am-2:00pm Personal Touch<br/>Clothing Racks (MS)<br/>6:30pm Wii Games Group #1 (TH)</p>                        |
| <p>29<br/>9:15am Shuttle to Ascension<br/>Catholic Parish Mass (LB)<br/>6:30pm Movie (Theatre)</p>   | <p>30<br/>10:00am Chair Yoga with Jenny<br/>class (MS)<br/>1:30pm Craft Circle (CK)<br/>6:30pm Bible Study with Bea<br/>(CH)</p>   | <p>31<br/>10:00am Exercise class (MS)<br/>1:00pm Tile Rummy (GR)</p>  | <h1>January 2023</h1>    |   |   |  |

Please watch for posters for updates to calendar.





# WELLNESS CALENDAR

| Monday  | Tuesday   | Wednesday | Thursday   | Friday | Additional Resources   |   |
|---|---|-----------|--|--------|--|---|
| 2   | 3<br><b>DR. MARCEL ADAM</b><br>1:00 pm to 4:00 pm<br>See concierge to book an appointment   | 4         | 5  | 6      | <b>FOOT CARE</b><br>Rose Llewelyn - 403-971-8379<br>Foot Care by Rose<br>Liliana Vargas -403-714-4111<br>Lily's Happy Feet   | <b>DENTURIST</b><br>Anthony Lanzl, DD - 403-269-3503<br>Smile Denture Clinic        |
| Please book Doctor's appointments through Concierge. Here are their phone numbers for your reference:<br><br><b>Dr. Marcel Adam</b><br>(403) 726-8955<br><br><b>Dr. Collins Omondigbe</b><br>(403) 269-9488 | 10<br><b>DR. MARCEL ADAM</b><br>1:00 pm to 4:00 pm<br>See concierge to book an appointment  | 11        | 12<br><b>DR. COLLINS OMONDIAGBE</b><br>9:00 am to 12:00 pm<br>See concierge to book an appointment | 13     | <b>MOBILE MASSAGE THERAPY</b><br>May Rakthamhansa - 403-998-0941<br>Rainbow Thai Massage<br>Kelly Chatwin - 403-200-2890<br>KC Massage Services  | <b>MOBILE PHYSIOTHERAPY</b><br>David Ridgewell - 403-703-9967<br>Ridgewell Wellness |
|   | 17<br><b>DR. MARCEL ADAM</b><br>1:00 pm to 4:00 pm<br>See concierge to book an appointment<br><br><b>DEAF &amp; HEAR</b> Presentation & Equipment Demos 1:30pm (MS) | 18        | 19   | 20     |  |   |
|   | 24<br><b>DR. MARCEL ADAM</b><br>1:00 pm to 4:00 pm<br>See concierge to book an appointment  | 25        | 26<br><b>DR. COLLINS OMONDIAGBE</b><br>9:00 am to 12:00 pm<br>See concierge to book an appointment | 27     |  |   |
|   |   |           |  |        | <b>Location Abbreviations:</b><br><b>DR</b> Dining Room <b>CY</b> Courtyard<br><b>B</b> Bistro <b>L</b> Library<br><b>MS</b> Movement Studio <b>FR</b> Fitness Equipment Room<br><b>TH</b> Theatre <b>CH</b> Chapel<br><b>CK</b> Country Kitchen <b>SMM</b> St. Marguerite Manor<br><b>GR</b> Games Room (Pub) <b>HCM</b> Holy Cross Manor |   |