

Sunday

Monday

Tuesday

















Wednesday

Thursday

Friday

Saturday

March 2023

			<p>8:00am Hot Breakfast (DR) 10:00am Bus outing to Stage West for "Elvis Has Left the Building" & Brunch (LB) 10:00am Chair Yoga with Jenny class (MS) 1:15pm Bingo (MS) 3:15pm Bus sign up (Concierge) (*Includes Prairie Mountain Fiddlers in April*)</p>	<p>1:20pm Exercise class (MS) 2:30pm Coffee & Good News (MS) 6:15pm Interdenominational Service with De-Anne (CH)</p>	<p>10:30am Rosary Group (CH) 1:30pm Bus outing to Sage Hill Walmart (LB) 2:30pm Happy Hour & Karaoke with Devon (DR) 6:00pm Wii Games Group #2 (TH)</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) 1:45pm Musical Entertainment with Country Singer Bobby Wills to Celebrate Carl's 100th Birthday (DR) 6:30pm Movie (Theatre)</p> 	<p>9:00am Brown Bagging (SMM) 10:00am Chair Yoga with Jenny class (MS) 1:30pm Craft Circle (CK) 2:30pm Ice Cream Treats (BR) 6:15pm Bible Study with Bea (CH)</p>  <small>Purim Begins</small>	<p>Happy 100th Birthday Carl!! 10:00am Kenneth D. Taylor Choir Visit (DR) 10:30am Fire Department Birthday Drive by (LB) 1:00pm Tile Rummy (GR) 6:30pm Carl's Birthday Celebration with Happy Hour and Entertainment with Jane Tetley (DR)</p> 	<p>8:00am Hot Breakfast (DR) 10:00am - 1:00pm Bus outing to Dollar Tree & Sunridge Mall (LB) 10:00am Chair Yoga with Jenny class (MS) 1:15pm Bingo (MS) 2:00pm Kitchen Tour (DR) 6:30pm Wii Games Group #1 (TH)</p>	<p>1:20pm Exercise class (MS) 2:30pm Horse Racing (MS) 6:15pm Interdenominational Service with De-Anne (CH)</p>	<p>10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 2:30pm Birthday Celebrations & Happy Hour with Jerry Proppe (DR) 6:00pm Wii Games Group #2 (TH)</p> 	<p>6:30pm Wii Games Group #1 (TH)</p>
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Movie (Theatre)</p>  <small>+1h Spring Forward</small>	<p>9:00am Brown Bagging (SMM) 10:00am Chair Yoga with Jenny class (MS) 1:30pm Craft Circle (CK) 1:30pm Advanced Care Planning (Green Sleeve) Information Session (MS) 6:15pm Bible Study with Bea (CH)</p>  <small>bb4ck.org</small>	<p>Wear Green 10:00am Exercise with Lorraine (MS) 1:00pm Tile Rummy (CK) 2:30pm St. Patrick's Day Celebration Happy Hour with High Mileage (DR)</p> 	<p>8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny class (MS) 11:00am Bus outing to Award-Winning Martin Orchestra and Choir from Texas (LB) 1:15pm Bingo (MS) 6:30pm Wii Games Group #1 (TH)</p> 	<p>1:45pm Monthly Resident General Meeting with wine and cheese (DR) 2:30pm St. Patrick's Day Craft (MS) 6:15pm Interdenominational Service with De-Anne (CH)</p>	<p>Wear Green 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 1:30pm Bus outing to No Frills (LB) 2:30pm Happy Hour & Karaoke with Devon (DR) 4:30 or 5:30pm St. Patrick's Day Themed Dinner (DR) 6:00pm Wii Games Group #2 (TH)</p>  <small>St. Patrick's Day</small>	<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) 1:30pm Symons Valley Church Service (HC) 2:15pm Symons Valley Church Service (SMM) 6:30pm Movie (Theatre)</p> 	<p>9:00am Brown Bagging (SMM) 10:00am Chair Yoga with Jenny class (MS) 1:30pm Craft Circle (CK) 2:30pm Ice Cream Treats (BR) 6:15pm Bible Study with Bea (CH)</p>  <small>Spring Begins</small>	<p>10:00am Exercise class (MS) 1:00pm Tile Rummy (GR) 2:30pm Crokinole (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) 1:15pm Bingo (MS) 6:30pm Wii Games Group #1 (TH)</p> <small>Ramadan Begins</small>	<p>11:00am Catholic Mass (SMM) 1:20pm Exercise class (MS) 2:30pm Afternoon Social by Invitation (GR) 6:15pm Interdenominational Service with De-Anne (CH)</p>	<p>10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 2:30pm Happy Hour with Roli Mack (DR) 6:00pm Wii Games Group #2 (TH)</p> 	<p>6:30pm Wii Games Group #1 (TH)</p>
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:45pm Performance by Violin Students by ZK Music Studio (DR) 6:30pm Movie (Theatre)</p> 	<p>9:00am Brown Bagging (SMM) 10:00am Chair Yoga with Jenny class (MS) 1:30pm Craft Circle (CK) 6:15pm Bible Study with Bea (CH)</p>  <small>bb4ck.org</small>	<p>10:00am Exercise class (MS) 1:00pm Tile Rummy (GR) 3:00pm Trivia (GR)</p>	<p>8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny class (MS) 1:15pm Bingo (MS) 6:30pm Wii Games Group #1 (TH)</p>	<p>10:30am Fifth Avenue Collection Jewelry (LB) 1:20pm Exercise class (MS) 2:30pm Garden Planning Meeting (MS) 6:15pm Interdenominational Service with De-Anne (CH)</p>	<p>8:45am Bus outing to Calgary Philharmonic Orchestra for Diana Cohen Violin Concert & Lunch TBD (LB) 10:30am Rosary Group (CH) 2:30pm Happy Hour & Karaoke with Devon (DR) 6:00pm Wii Games Group #2 (TH)</p> 	

Please watch for posters for updates to calendar.



WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Additional Resources																									
		1	2	3	<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																								
6 Please book Doctor's appointments through Concierge. Here are their phone numbers for your reference: Dr. Marcel Adam (403) 726-8955 Dr. Collins Omondiagbe (403) 269-9488	7 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	8	9 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	10	<u>MOBILE MASSAGE THERAPY</u> May Rakthamhansa - 403-998-0941 Rainbow Thai Massage Kelly Chatwin - 403-200-2890 KC Massage Services	<u>MOBILE PHYSIOTHERAPY</u> David Ridgewell - 403-703-9967 Ridgewell Wellness																								
	14 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	15	16	17																										
20	21 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	22	23 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	24																										
27	28 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	29	30	31	Location Abbreviations: <table border="0"> <tr> <td>DR</td> <td>Dining Room</td> <td>CY</td> <td>Courtyard</td> </tr> <tr> <td>B</td> <td>Bistro</td> <td>L</td> <td>Library</td> </tr> <tr> <td>CH</td> <td>Chapel</td> <td>FR</td> <td>Fitness Equipment Room</td> </tr> <tr> <td>TH</td> <td>Theatre</td> <td>MS</td> <td>Movement Studio</td> </tr> <tr> <td>CK</td> <td>Country Kitchen</td> <td>SMM</td> <td>St. Marguerite Manor</td> </tr> <tr> <td>GR</td> <td>Games Room (Pub)</td> <td>HCM</td> <td>Holy Cross Manor</td> </tr> </table>		DR	Dining Room	CY	Courtyard	B	Bistro	L	Library	CH	Chapel	FR	Fitness Equipment Room	TH	Theatre	MS	Movement Studio	CK	Country Kitchen	SMM	St. Marguerite Manor	GR	Games Room (Pub)	HCM	Holy Cross Manor
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