

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



April 2023

10:30am Baptist Church Service (HC)
 11:00am-3:00pm Personal Touch Clothing Racks (MS)
 1:30pm Baptist Church Service (SMM)
 6:30pm Wii Games Group #1 (TH)

April Fools' Day

2
 9:15am Shuttle to Ascension Catholic Parish Mass (LB)
 6:30pm Movie (TH)

3
 8:50am Brown Bagging (SMM)
 10:15am Chair Yoga with Jenny Class (MS)
 1:30pm Bus sign up (Concierge)
 1:30pm Craft Circle (CK)
 2:30pm Ice Cream Treats (BR)
 6:15pm Bible Study with Bea (CH)

4
 10:00am Exercise Class (MS)
 1:00pm Tile Rummy (GR)
 3:00pm Trivia (GR)
 6:30pm Spring Craft (CK)

5
 8:00am Hot Breakfast (DR)
 10:00am Bus Outing to Sage Hill Walmart & Dollarama (LB)
 10:15am Chair Yoga with Jenny class (MS)
 1:15pm Super Lucky Bingo (MS)
 6:30pm Wii Games Group #1 (TH)

Passover Begins

6
 1:20pm Exercise Class (MS)
 2:30pm Happy Hour with Harmonicas Tableau (DR)
 6:15pm Interdenominational Service with De-Anne (CH)

7
 10:30am Rosary Group (CH)
 6:00pm Wii Games Group #2 (TH)

8
 11:00am Rosary Group Ascension Parish (HOLY SATURDAY) (CH)
 11:45am Bus Outing Bert Church Theatre for Prairie Mountain Fiddlers & lunch at Ricky's (LB)
 1:45pm Volunteer Choir singing from Ascension Parish (CH)
 6:30pm Wii Games Group #1 (TH)

9
 9:15am Shuttle to Ascension Catholic Parish Mass (LB)
 11:30 or 12:30pm Easter Lunch (DR)
 6:30pm Movie (TH)

10
 10:30am Coffee & Good News (MS)
 1:30pm Craft Circle (CK)
 6:15pm Bible Study with Bea (CH)

11
 8:50am Brown Bagging (SMM)
 1:00pm Tile Rummy (GR)
 1:20pm Exercise Class (MS)
 3:00pm Trivia (GR)

12
 8:00am Hot Breakfast (DR)
 1:15pm Bingo (MS)
 6:30pm Wii Games Group #1 (TH)

13
 10:00am Exercise Class (MS)
 10:45am Bus Outing for Lunch & Visit with Mini Horses (LB)
 2:30pm Afternoon Social by Invitation (GR)
 6:15pm Interdenominational Service with De-Anne (CH)

14
 10:30am Rosary Group (CH)
 12:30pm The Nutman (LB)
 1:30pm Bus Outing to Country Hills Michaels & Superstore (LB)
 2:30pm Happy Hour & Karaoke with Devon (DR)
 6:00pm Wii Games Group #2 (TH)

15
 10:30am Baptist Church Service (HC)
 1:30pm Baptist Church Service (SMM)
 6:30pm Wii Games Group #1 (TH)

16
 9:15am Shuttle to Ascension Catholic Parish Mass (LB)
 6:30pm Movie (TH)

17
 8:50am Brown Bagging (SMM)
 10:15am Chair Yoga with Jenny Class (MS)
 1:30pm Craft Circle (CK)
 1:30pm Bus Outing to Sage Hill Walmart & Dollarama (LB)
 2:30pm Ice Cream Treats (BR)
 6:15pm Bible Study with Bea (CH)

18
 10:00am Exercise Class (MS)
 1:00pm Tile Rummy (GR)
 3:00pm Trivia (GR)

19
 8:00am Hot Breakfast (DR)
 10:00am - 1:00pm Bus Outing to Cross Iron Mills & Casino (LB)
 10:15am Chair Yoga with Jenny class (MS)
 1:15pm Bingo (MS)
 6:30pm Wii Games Group #1 (TH)

20
 10:00am Exercise class (MS)
 1:45pm Monthly Resident General Meeting with Wine and Cheese (DR)
 6:15pm Interdenominational Service with De-Anne (CH)

21
 10:30am Rosary Group (CH)
 11:00am Catholic Mass (HC)
 2:30pm Birthday Celebrations & Happy Hour with Johnston Phillip (DR)
 6:00pm Wii Games Group #2 (TH)

22
 1:00pm Bus Outing to Cinderella at Pumphouse Theatre (LB)
 6:30pm Wii Games Group #1 (TH)

23
 9:15am Shuttle to Ascension Catholic Parish Mass (LB)
 6:30pm Movie (TH)

24
 8:50am Brown Bagging (SMM)
 10:15am Chair Yoga with Jenny class (MS)
 1:30pm Craft Circle (CK)
 6:15pm Bible Study with Bea (CH)

25
 10:00am Exercise Class (MS)
 1:00pm Tile Rummy (GR)
 3:00pm Trivia (GR)

26
 8:00am Hot Breakfast (DR)
 10:00am Bus Outing to Country Hills Michaels & Superstore (LB)
 10:15am Chair Yoga with Jenny class (MS)
 1:15pm Bingo (MS)

Administrative Professionals Day

27
 11:00am Catholic Mass (SMM)
 1:20pm Exercise Class (MS)
 2:30pm FreshCo Pharmacy Presentation (MS)
 6:15pm Interdenominational Service with De-Anne (CH)

28
 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)
 6:00pm Wii Games Group #2 (TH)

29
 6:30pm Wii Games Group #1 (TH)

30
 9:15am Shuttle to Ascension Catholic Parish Mass (LB)
 6:30pm Movie (Theatre)

Locations: 1st Floor, 2nd Floor, 3rd Floor, Offsite

DR Dining Room	CY Courtyard
B Bistro	L Library
CH Chapel	FR Fitness Equipment Room
TH Theatre	CH Movement Studio
CK Country Kitchen	SMM St. Marguerite Manor
GR Games Room (Pub)	HCM Holy Cross Manor

Please watch for posters for updates to calendar.



WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Additional Resources																									
3	4 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	5	6 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	7	FOOT CARE Rose Llewelyn - 403-971-8379 Foot Care by Rose Liliana Vargas -403-714-4111 Lily's Happy Feet	DENTURIST Anthony Lanzl, DD - 403-269-3503 Smile Denture Clinic																								
10 Please book Doctor's appointments through Concierge. Here are their phone numbers for your reference: Dr. Marcel Adam (403) 726-8955 Dr. Collins Omondigbe (403) 269-9488	11 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	12	13	14	MOBILE MASSAGE THERAPY May Rakthamhansa - 403-998-0941 Rainbow Thai Massage Kelly Chatwin - 403-200-2890 KC Massage Services	MOBILE PHYSIOTHERAPY David Ridgewell - 403-703-9967 Ridgewell Wellness																								
	18 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	19	20 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	21	PRIVATE HOME CARE Janeth Denis – 403-667-9740 One-on-One Health Care	PRIVATE TRANSPORTATION Desiree Kennedy – 403-701-1885 Kennedy Senior Services Inc.																								
24	25 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	26	27	28	PHYSIOTHERAPY MASSAGE THERAPY CHRIOPRACTOR Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)	NOTARY & LEGAL SERVICES Grace Akpan – 587-969-1626 Grace George Law Barristers & Solicitors																								
					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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