

Sunday

Monday

Tuesday




















Wednesday

Thursday

Friday

Saturday

November 2023

			8:00am Hot Breakfast (DR) 10:00am – 12:30pm Bus Outing to Market Mall (LB) 10:15am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH) 	10:00am Ukulele class (MS) 1:20pm Exercise class (MS) 2:00pm Nutman (LB) 6:15pm Interdenominational Service with De-Anne (CH) 	8:45am Bus outing to Calgary Philharmonic Orchestra for Classically Jazzed and lunch TBD (LB) 10:30am Rosary Group (CH) 2:30pm Flower Power themed Happy Hour and Hippy Shakers Performance (DR) 6:00pm Wii Games Group #2 (TH) 	4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games Group #1 (TH)
6:30pm Movie (TH) 	10:15am Chair Yoga with Jenny (MS) 1:30pm Craft Circle (Suite #322) 6:15pm Bible Study (CH) 	1:00pm Tile Rummy (GR) 1:20pm Exercise Class (MS) 3:00pm Trivia (GR) 6:30pm Christmas card making craft with Mikee (MS) 	8:00am Hot Breakfast (DR) 10:15am Chair Yoga with Jenny (MS) 1:15pm Super Lucky Bingo (MS) 6:00pm Wii Games Group #1 (TH) 	10:00am Ukulele class (MS) 1:20pm Exercise Class (MS) 6:15pm Interdenominational Service with De-Anne (CH) 	10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 1:30pm Bus Outing to Military Museum (LB) 2:30pm Happy Hour (DR) 6:00pm Wii Games Group #2 (TH) 	Wear Red 10:00am Remembrance Day Ceremony (DR) 6:30pm Wii Games Group #1 (TH)  REMEMBRANCE DAY <i>Let No One Forget</i> Remembrance Day (Canada)
9:15am Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Movie (TH)  Diwali (Hindi)	10:15am Chair Yoga with Jenny (MS) 1:30pm Craft Circle (Suite #322) 1:30pm Singing for fun (CH) 2:30pm Ice Cream Treats (B) 	1:00pm Tile Rummy (GR) 1:20pm Exercise Class (MS) 2:00pm Fire Drill (LB) 3:00pm Trivia (GR) 6:30pm Victoria's Ireland Travelogue (TH) 	8:00am Hot Breakfast (DR) 10:00am – 1:00pm Bus Outing to Cross Iron Mills and Casino (LB) 10:15am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH) 	10:00am Ukulele class (MS) 1:20pm Exercise class (MS) 2:00pm Nutman (LB) 6:15pm Interdenominational Service with De-Anne (CH) 	10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 2:30pm Birthday Celebrations Happy Hour with Not Exactly Serious Band (DR) 6:00pm Wii Games Group #2 (TH) 	4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games Group #1 (TH) 
6:30pm Movie (TH) 	10:15am Chair Yoga with Jenny (MS) 1:30pm Craft Circle (Suite #322) 6:15pm Bible Study (CH) 	1:00pm Tile Rummy (GR) 1:20pm Exercise Class (MS) 3:00pm Trivia (GR) 6:30pm Tree lighting ceremony and carols (LB & DR) 	8:00am Hot Breakfast (DR) 10:15am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH) 6:30pm Craft – Christmas wreaths with Mikee (MS) 	10:00am Ukulele class (MS) 11:00am Catholic Mass (SMM) 1:20pm Exercise Class (MS) 6:15pm Interdenominational Service with De-Anne (CH)  Thanksgiving Day (US)	10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 1:30pm Bus Outing to Errands in NW area (LB) 2:30pm Happy Hour (DR) 6:00pm Wii Games Group #2 (TH) 	9:45am Bus outing to Kenneth D. Taylor Christmas Market (LB) 6:30pm Wii Games Group #1 (TH) 
9:15am Shuttle to Ascension Catholic Parish Mass (LB) 2:00pm Performance by violin students by ZK Music Studio (MS) 6:30pm Movie (TH) 	10:15am Chair Yoga with Jenny (MS) 1:30pm Craft Circle (Suite #322) 1:30pm Singing for fun (CH) 2:30pm Ice Cream Treats (B) 	1:00pm Tile Rummy (GR) 1:20pm Exercise Class (MS) 3:00pm Trivia (GR) 	8:00am Hot Breakfast (DR) 10:00am – 12:30pm Bus Outing to Sage Hill Walmart (LB) 10:15am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH) 	10:00am Ukulele class (MS) 1:20pm Exercise class (MS) 2:00pm Nutman (LB) 6:15pm Interdenominational Service with De-Anne (CH) 	Location Abbreviations: 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	

Please watch for updates in the weekly activity memo

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Additional Resources	
		1	2 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	3	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
6	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	MOBILE MASSAGE THERAPY May Rakthamhansa - 403-998-0941 Rainbow Thai Massage	PRIVATE TRANSPORTATION Desiree Kennedy 403-701-1885 Kennedy Senior Services Inc.
<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 Omondiagbe (403) 269-9488</p> <p>Dr. Mahmood Al-Rubaiee (403) 930-1005</p>	14 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	15	16	17	SALON Casey-Lee Willson 403-923-2505 PRIVATE HOME CARE Janeth Denis 403-667-9740 One-on-One Health Care	NOTARY & LEGAL SERVICES Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors
	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	PHYSIOTHERAPY MASSAGE THERAPY CHRIOPRACTOR Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)	COMPANIONSHIP SERVICES PAMpered Services Pam 403-690-7116 AUDIOLOGIST Zen Hearing Nikki 587-534-0437
	27	28 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	29	30		Location Abbreviations: 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