

Sunday

Monday

Tuesday






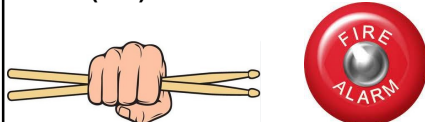





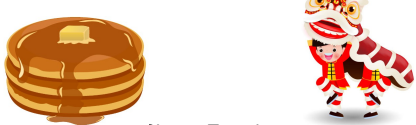














Wednesday

Thursday

Friday

Saturday

February 2024

February 2024				1 10:00 am Exercise Class (MS) 2:30pm Bus sign up (Concierge desk) 6:15pm Interdenominational Service with De-Anne (CH) 	2 10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 1:30pm Errand Outing to Beacon Hill, Sage Hill and Creekside Shopping Centers (LB) 2:30pm Happy Hour (DR) 6:00pm Wii Games Group #2 (TH)  Groundhog Day	3 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games Group #1 (TH) 
4 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	5 10:00am Exercise Class (MS) 1:30pm Craft Circle (Suite #322) 2:30pm Ice Cream Social (B) 6:15pm Bible Readings and Discussions (CK) 	6 10:00am Drum Fit (MS) 1:00pm Tile Rummy (GR) 2:00pm Fire Drill (LB) 3:00pm Trivia (GR) 6:30pm Valentine's Cards with Mikee (MS) 	7 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 10:00am-1:00pm Bus Outing to Casino & Cross Iron Mills (LB) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH)	8 10:00am Exercise Class (MS) 1:30pm Reflexology information session with Cindy (MS) 2:00pm Nutman (LB) 6:15pm Interdenominational Service with De-Anne (CH) 	9 10:00 am Exercise Class (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 2:30pm Birthday Celebrations Happy Hour with Dario Ficaccio (DR) 6:00pm Wii Games Group #2 (TH) 	10 6:30pm Wii Games Group #1 (TH)  Lunar New Year (Year of the Dragon)
11 9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  The Notebook	12 10:00am Exercise Class (MS) 1:30pm Craft Circle (Suite #322) 2:30pm Craft with Mikee: paper quilling 6:15pm Bible Readings and Discussions (CK) 	13 10:00am Drum Fit (MS) 1:00pm Tile Rummy (GR) 3:00pm Trivia (GR) 7:00pm Chinese New Year Lion Dance (DR)  Shrove Tuesday	14 Wear Red or Pink 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH)  Valentine's Day	15 10:00am Exercise class (MS) 1:30-3:30pm Walker clinic (MS) 6:15pm Interdenominational Service with De-Anne (CH) 	16 10:00am Exercise Class (MS) 10:00am Errand Outing to Country Hills Michaels & Superstore (LB) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 2:30pm Happy Hour with Jerry Proppe (DR) 6:00pm Wii Games Group #2 (TH)	17 10:00am-4:00pm Resident Activities Photoshoot 2:00pm Church of Christ's Choir performance (DR) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games Group #1 (TH)
18 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  The Lake House	19 10:00am Exercise Class (MS) 1:30pm Craft Circle (Suite #322) 2:30pm Ice Cream Social (B) 6:15pm Bible Readings and Discussions (CK) 	20 10:00am Drum Fit (MS) 1:00pm Tile Rummy (GR) 3:00pm Trivia (GR) 	21 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 10:00am-1:00pm Bus Outing to North Hill Mall (LB) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH) 	22 10:00 am Exercise Class (MS) 11:00am Catholic Mass (SMM) 2:00pm Nutman (LB) 6:15pm Interdenominational Service with De-Anne (CH) 	23 10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 6:00pm Wii Games Group #2 (TH) 	24 10:00am-3:00pm Open House 6:30pm Mary Makuk's Hawaiian themed 100 th birthday celebration with Harmonica's Tableau (DR) 
25 9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	26 10:00am Exercise Class (MS) 10:30am KDT School Choir performance for Mary (DR) 1:30pm Craft Circle (Suite #322) 2:30pm Craft with Mikee: macramé keychain 6:15pm Bible Readings and Discussions (CK)	27 10:00am Drum Fit (MS) 1:00pm Tile Rummy (GR) 3:00pm Trivia (GR) 6:30pm Let's Talk About Dementia presentation with Cindy (DR) 	28 Wear Pink Shirts 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH) 	29 10:00 am Exercise Class (MS) 6:15pm Interdenominational Service with De-Anne (CH)  Leap Day!	 Covenant Living Evanston Summit	

Please watch for updates in the weekly activity memo.

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Additional Resources	
			1 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	2	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
<div>Please book Doctor's appointments through Concierge. Here are their office phone numbers for your reference:</div> <div>Dr. Marcel Adam (403) 726-8955</div> <div>Dr. Collins Omondiagbe (403) 269-9488</div> <div>Dr. Mahmood Al-Rubaiee (403) 930-1005</div>	6 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	7	8	9	MOBILE MASSAGE THERAPY May Rakthamhansa - 403-998-0941 Rainbow Thai Massage	PRIVATE TRANSPORTATION Desiree Kennedy – 403-701-1885 Kennedy Senior Services Inc.
	13 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	14	15 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	16	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
	20 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	21	22	23	PHYSIOTHERAPY MASSAGE THERAPY CHRIOPRACTOR Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)	
	27 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	28	29 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment		Location Abbreviations: <div><div><div>DR Dining Room</div><div>B Bistro</div><div>CH Chapel</div><div>TH Theatre</div><div>CK Country Kitchen</div><div>GR Games Room (Pub)</div></div><div><div>CY Courtyard</div><div>L Library</div><div>FR Fitness Equipment Room</div><div>MS Movement Studio</div><div>SMM St. Marguerite Manor</div><div>HCM Holy Cross Manor</div></div></div>	