































Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>1 10:00am Exercise Class (MS) 1:30pm Craft Circle (Suite #322) 1:30pm Bus Sign up (Concierge desk) 3:00pm Drum Fit - Group B (MS) 6:15pm Bible Readings and Discussions (CK)</p>  <p>April Fools' Day</p>	<p>2 10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Medication Information session by Co-op Pharmacy (CH) 3:00pm Oldies Dancing (MS) 3:00pm Trivia (GR)</p> 	<p>3 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH)</p> 	<p>4 10:00am Exercise Class (MS) 6:15pm Interdenominational Service with De-Anne (CH)</p> 	<p>5 10:00am Exercise Class (MS) 10:00am Bus Outing to Errands at Beacon Hill, Sage Hill and Creekside Shopping Centers (LB) 10:30am Rosary Group (CH) 2:30pm Happy Hour Birthday Celebrations with Jerry Proppe (DR) 6:00pm Wii Games Group #2 (TH)</p> 	<p>6 11:00am-2:00pm Girl Guide Cookie Sales (LB) 10:00am-3:00pm Open House 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games Group #1 (TH) 7:00pm Violin recital & Introduction to singing for fun session (DR)</p> 
<p>7 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>8 10:00am Exercise Class (MS) 1:30pm Craft Circle (Suite #322) 2:00pm Ice Cream Social (B) 3:00pm Drum Fit - Group B (MS) 6:15pm Bible Readings and Discussions (CK)</p> 	<p>9 10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 3:00pm Trivia (GR)</p> 	<p>10 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 10:00am-1:00pm Bus Outing to Okotoks to 94 Take the Cake coffee shop and vintage store (LB) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH)</p>	<p>11 10:00am Exercise Class (MS) 1:30pm Brown Bagging Program Presentation (MS) 3:00pm Craft: button canvas (CK) 6:15pm Interdenominational Service with De-Anne (CH)</p> 	<p>12 10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 2:30pm Happy Hour with McCool and the Fools (DR) 6:00pm Wii Games Group #2 (TH)</p> 	<p>13 10:00am-1:00pm Bus Outing to Casino & Cross Iron Mills (LB) 6:30pm Wii Games Group #1 (TH)</p> 
<p>14 9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>15 10:00am Exercise Class (MS) 11:30am-2:00pm If the Shoe Fits Sale (MS) 1:30pm Craft Circle (Suite #322) 3:00pm Drum Fit - Group B (MS) 6:15pm Bible Readings and Discussions (CK)</p> 	<p>16 10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 3:00pm Trivia (GR)</p> 	<p>17 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH)</p> 	<p>18 10:00am Exercise Class (MS) 2:00pm Nut Man (LB) 2:00pm Let's Talk Physio for Seniors: Energize Health Presentation (MS) 6:15pm Interdenominational Service with De-Anne (CH)</p> 	<p>19 10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 2:00pm Group photo with Victoria (LB) 2:30pm Farewell Victoria Happy Hour (DR) 6:00pm Wii Games Group #2 (TH)</p> <p><i>we will miss you</i></p>	<p>20 10:00am Bus Outing to Country Hills Michaels & Superstore (LB) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games Group #1 (TH)</p> 
<p>21 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>22 10:00am Exercise Class (MS) 1:30pm Craft Circle (Suite #322) 3:00pm Drum Fit - Group B (MS) 6:15pm Bible Readings and Discussions (CK)</p>  <p>Earth Day</p>	<p>23 10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 3:00pm Trivia (GR)</p> 	<p>24 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games Group #1 (TH)</p>  <p>Administrative Professionals Day</p>	<p>25 10:00am Exercise Class (MS) 11:00am Catholic Mass (SMM) 6:15pm Interdenominational Service with De-Anne (CH)</p> 	<p>26 10:00am Exercise Class (MS) 10:00am-1:00pm Bus Outing to Market Mall (LB) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 2:30pm Happy Hour Travelogue - Paris (DR) 6:00pm Wii Games Group #2 (TH)</p>	<p>27 6:30pm Wii Games Group #1 (TH)</p> 
<p>28 9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>29 10:00am Exercise Class (MS) 1:30pm Craft Circle (Suite #322) 3:00pm Drum Fit - Group B (MS) 6:15pm Bible Readings and Discussions (CK)</p> 	<p>30 10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 3:00pm Trivia (GR)</p> 	<h1>April 2024</h1>			<p>COLOUR LEGEND</p> <ul style="list-style-type: none"> ■ Bus Outings ■ Special Events ■ Wellness Events



WELLNESS CALENDAR

1 Please book Doctor's appointments through Concierge. Here are their office phone numbers for your reference: Dr. Marcel Adam (403) 726-8955 Dr. Collins Omondiagbe (403) 269-9488 Dr. Mahmood Al-Rubaiee (403) 930-1005	2 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	3	4	5	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																								
	9 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	10	11 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	12	MOBILE MASSAGE THERAPY Jessica Clark 587-839-6788 massage.clark@gmail.com	PRIVATE TRANSPORTATION Desiree Kennedy – 403-701-1885 Kennedy Senior Services Inc.																								
	16 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	17	18	19	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																								
22	23 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	24	25 DR. COLLINS OMONDIAGBE 9:00 am to 12:00 pm See concierge to book an appointment	26	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 AUDIOLOGY Zen Hearing Nikki 587-534-0437																								
29	30				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</td> <td>HC</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	HC	Holy Cross Manor
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