

Sunday

Monday

Tuesday



































Wednesday

Thursday

Friday

Saturday

May 2024

<p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p>  <p>Red Dress Day</p>	<p>9:00am Catholic Mass (CH) 10:00am Exercise (Sub) (MS) 1:30pm Craft Circle (Suite #322) 6:15pm Bible Readings and Discussions (CK)</p> 	<p>10:00am Exercise (Sub) (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS)</p> 	<p>8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 10:30am Bus Sign up (Concierge desk) 1:15pm Bingo (MS) 6:00pm Wii Games (TH)</p> 	<p>10:00am Exercise Class (MS) 2:00pm Nut Man (LB) 2:30pm Singing for Fun with Jennifer (CH)</p> 	<p>10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 2:30pm Happy Hour with Jim Burns (DR)</p> 	<p>4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p> 
<p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p>  <p>Mother's Day National Skilled Nursing Care Week</p>	<p>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>10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 2:00pm Foot Care Presentation - Ohana Care (CH) 3:00pm Trivia (GR)</p> 	<p>8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games (TH)</p> 	<p>10:00am Exercise (Sub) (MS) 11:00am - 2:00pm Vaccination Clinic (MS) - assigned times 2:30pm Singing for Fun with Jennifer (CH)</p> 	<p>10:00am Exercise Class (MS) 10:00am Bus Outing to Lina's Italian Market Deerfoot City (LB) 10:30am Rosary Group (CH) 2:30pm Happy Hour Mother's Day Tea (DR)</p> 	<p>4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p> 
<p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>1:30pm Craft Circle (Suite #322) 6:15pm Bible Readings and Discussions (CK)</p>  <p>Victoria Day (Stat Holiday)</p>	<p>10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 2:00pm Canadian Dental Care Plan Benefits - Presented by Kerri Bratvold from Service Canada (DR) 3:00pm Trivia (GR)</p> 	<p>8:00am Hot Breakfast (DR) 9:00am Homecare Professionals Footcare - by Appointment 10:00am Chair Yoga with Jenny (MS) 10:00am-1:00pm Bus Outing to Creekside, Sage Hills and Garden Centre (LB) 1:15pm Bingo (MS) 6:00pm Wii Games (TH)</p> 	<p>10:00am Exercise Class (MS) 1:30pm - Advanced Care Planning (Green Sleeve) (MS) 2:00pm Nut Man (LB) 2:30pm Singing for Fun with Jennifer (CH)</p> 	<p>10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 2:30pm Happy Hour with Dwayne Fettig and birthday celebrations (DR)</p> 	<p>4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p> 
<p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>1:30pm Craft Circle (Suite #322) 6:15pm Bible Readings and Discussions (CK)</p>  <p>Victoria Day (Stat Holiday)</p>	<p>10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 2:00pm Canadian Dental Care Plan Benefits - Presented by Kerri Bratvold from Service Canada (DR) 3:00pm Trivia (GR)</p> 	<p>8:00am Hot Breakfast (DR) 9:00am Homecare Professionals Footcare - by Appointment 10:00am Chair Yoga with Jenny (MS) 10:00am-1:00pm Bus Outing to Creekside, Sage Hills and Garden Centre (LB) 1:15pm Bingo (MS) 6:00pm Wii Games (TH)</p> 	<p>10:00am Exercise Class (MS) 11:00am Catholic Mass (SMM) 2:30pm Singing for Fun with Jennifer (CH)</p> 	<p>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 and Singing for Fun presentation (DR)</p> 	<p>10:00am - 3:00pm Open House 6:30pm Wii Games (TH)</p> 
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>10:00am Exercise Class (MS) 1:30pm Craft Circle (Suite #322) 2:00pm Craft with Mikee TBD (MS) 3:00pm Drum Fit - Group B (MS) 6:15pm Bible Readings and Discussions (CK)</p> 	<p>10:00am Drum Fit - Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 3:00pm Trivia (GR)</p> 	<p>8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 1:15pm Bingo (MS) 6:00pm Wii Games (TH)</p> 	<p>10:00am Exercise Class (MS) 2:00pm Nut Man (LB) 2:30pm Singing for Fun with Jennifer (CH)</p> 	<p>10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 2:30pm Happy Hour with High Mileage (DR)</p> 	<p>COLOUR LEGEND</p> <p>Bus Outings Special Events Wellness Events</p>

WELLNESS CALENDAR

<p>Please book Doctor's appointments through Concierge. Here are their office 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>		1	2	3	<p>FOOT CARE</p> <p>Rose Llewelyn 403-971-8379 Foot Care by Rose</p> <p>Liliana Vargas 403-714-4111 Lily's Happy Feet</p>	<p>DENTURIST</p> <p>Anthony Lanzl, DD - 403-269-3503 Smile Denture Clinic</p>																								
	7	8	9	10	<p>MOBILE MASSAGE THERAPY</p> <p>Jessica Clark 587-839-6788 massage.clark@gmail.com</p>	<p>PRIVATE TRANSPORTATION</p> <p>Desiree Kennedy 403-701-1885 Kennedy Senior Services Inc.</p>																								
	14	15	16	17	<p>SALON</p> <p>Casey-Lee Willson 403-923-2505</p> <p>PRIVATE HOME CARE</p> <p>Janeth Denis 403-667-9740 One-on-One Health Care</p>	<p>NOTARY & LEGAL SERVICES</p> <p>Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors</p>																								
20	21	22	23	24	<p>PHYSIOTHERAPY MASSAGE THERAPY CHRIOPRACTOR</p> <p>Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)</p>	<p>COMPANIONSHIP SERVICES</p> <p>PAMpered Services Pam 403-690-7116</p> <p>AUDIOLOGY</p> <p>Zen Hearing Nikki 587-534-0437</p>																								
27	28	29	30	31	<p>Location Abbreviations:</p> <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
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																											