

Sunday

Monday

Tuesday


















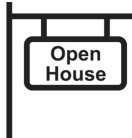






Wednesday

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# June 2024

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<div></div> <div>Covenant Living Evanston Summit</div>						

# WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div> <div> <b>FOOT CARE</b>   Rose Llewelyn 403-971-8379 Foot Care by Rose   Liliana Vargas 403-714-4111 Lily's Happy Feet </div> <div> <b>DENTURIST</b>   Anthony Lanzl, DD - 403-269-3503 Smile Denture Clinic </div> </div>
<div> 3   Please book Doctor's appointments through Concierge. Here are their office phone numbers for your reference:   <b>Dr. Marcel Adam</b> (403) 726-8955   <b>Dr. Collins Omondiagbe</b> (403) 269-9488 </div>	<div> 4   <b>DR. MARCEL ADAM</b> 1:00 pm to 4:00 pm See concierge to book an appointment </div>	<div> 5 </div>	<div> 6   <b>DR. COLLINS OMONDIAGBE</b> 9:00 am to 12:00 pm See concierge to book an appointment </div>	<div> 7 </div>	<div> <b>MOBILE MASSAGE THERAPY</b>   Jessica Clark 587-839-6788 massage.clark@gmail.com </div> <div> <b>PRIVATE TRANSPORTATION</b>   Desiree Kennedy 403-701-1885 Kennedy Senior Services Inc. </div>
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<div> 24 </div>	<div> 25   <b>DR. MARCEL ADAM</b> 1:00 pm to 4:00 pm See concierge to book an appointment </div>	<div> 26 </div>	<div> 27 </div>	<div> 28 </div>	<div> <b>PHYSIOTHERAPY</b> <b>MASSAGE THERAPY</b> <b>CHRIOPRACTOR</b> <b>Energize Health</b> 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo) </div> <div> <b>COMPANIONSHIP SERVICES</b> PAMpered Services Pam 403-690-7116   <b>AUDIOLOGY</b> Zen Hearing Nikki 587-534-0437 </div>
<div> JULY 1  </div>					<b>Location Abbreviations:</b>  <div> <div> <b>DR</b> Dining Room  <b>B</b> Bistro  <b>CH</b> Chapel  <b>TH</b> Theatre  <b>CK</b> Country Kitchen  <b>GR</b> Games Room </div> <div> <b>CY</b> Courtyard  <b>L</b> Library  <b>FR</b> Fitness Equipment Room  <b>MS</b> Movement Studio  <b>SMM</b> St. Marguerite Manor  <b>HC</b> Holy Cross Manor </div> </div>



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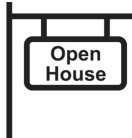





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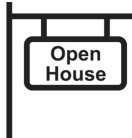





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<div> 3   Please book Doctor's appointments through Concierge. Here are their office phone numbers for your reference:   <b>Dr. Marcel Adam</b> (403) 726-8955   <b>Dr. Collins Omondiagbe</b> (403) 269-9488 </div>	<div> 4   <b>DR. MARCEL ADAM</b> 1:00 pm to 4:00 pm See concierge to book an appointment </div>	<div> 5 </div>	<div> 6   <b>DR. COLLINS OMONDIAGBE</b> 9:00 am to 12:00 pm See concierge to book an appointment </div>	<div> 7 </div>	<div> <b>MOBILE MASSAGE THERAPY</b>   Jessica Clark 587-839-6788 massage.clark@gmail.com </div> <div> <b>PRIVATE TRANSPORTATION</b>   Desiree Kennedy 403-701-1885 Kennedy Senior Services Inc. </div>
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Sunday

Monday

Tuesday


















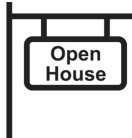






Wednesday

Thursday

Friday

Saturday

# June 2024

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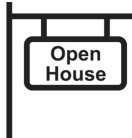






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# WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FOOT CARE	DENTURIST
<b>3</b> <div>Please book Doctor's appointments through Concierge. Here are their office phone numbers for your reference:</div> <div> <b>Dr. Marcel Adam</b>  (403) 726-8955   <b>Dr. Collins Omondiagbe</b>  (403) 269-9488 </div>	<b>4</b> <b>DR. MARCEL ADAM</b> 1:00 pm to 4:00 pm See concierge to book an appointment	<b>5</b>	<b>6</b> <b>DR. COLLINS OMONDIAGBE</b> 9:00 am to 12:00 pm See concierge to book an appointment	<b>7</b>	<b>Rose Llewelyn</b> 403-971-8379 Foot Care by Rose  <b>Liliana Vargas</b> 403-714-4111 Lily's Happy Feet	<b>Anthony Lanzl, DD -</b> 403-269-3503 Smile Denture Clinic
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	<b>18</b> <b>DR. MARCEL ADAM</b> 1:00 pm to 4:00 pm See concierge to book an appointment	<b>19</b>	<b>20</b> <b>DR. COLLINS OMONDIAGBE</b> 9:00 am to 12:00 pm See concierge to book an appointment	<b>21</b>	<b>SALON</b>  Casey-Lee Willson 403-923-2505  <b>PRIVATE HOME CARE</b>  Janeth Denis 403-667-9740 One-on-One Health Care	<b>NOTARY &amp; LEGAL SERVICES</b>  Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors
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<b>JULY 1</b> 					<b>Location Abbreviations:</b>  <div> <b>DR</b> Dining Room      <b>CY</b> Courtyard  <b>B</b> Bistro              <b>L</b> Library  <b>CH</b> Chapel            <b>FR</b> Fitness Equipment Room  <b>TH</b> Theatre           <b>MS</b> Movement Studio  <b>CK</b> Country Kitchen   <b>SMM</b> St. Marguerite Manor  <b>GR</b> Games Room      <b>HC</b> Holy Cross Manor </div>	



Sunday

Monday

Tuesday


















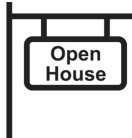





Wednesday

Thursday

Friday

Saturday

# June 2024

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<b>2</b> 9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	<b>3</b> 9:00am Catholic Mass (CH) 10:00am Exercise (MS) 10:30am Bus Sign up (Concierge desk) 1:30pm Craft Circle (Suite #322) 3:00pm Drum Fit - Group B (MS) 6:15pm Bible Readings and Discussions (CK)	<b>4</b> 10:00am Drum Fit – Group A (MS) 1:00pm Tile Rummy (GR) 1:30pm Oldies Dancing (MS) 3:00pm Trivia (GR) 	<b>5</b> 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Jenny (MS) 10:00am-1:00pm Outing to Cross Iron Mills Mall and Casino 1:15pm Bingo (MS) 6:00pm Wii Games (TH)	<b>6</b> 10:00am Exercise (MS) 2:30pm Singing for Fun with Jennifer (CH) 	<b>7</b> 10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 2:00pm Craft with Mikee – Tea Cup Arrangements (MS) 	<b>8</b> SENIORS WEEK FUNDRAISER 2:00 Ice Cream Social Fundraiser (B and CY) 2:30pm Happy Hour featuring CC Poodle Hop Gang dancers (DR) 6:30pm Wii Games (TH) 
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Tuesday


















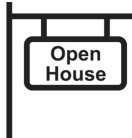





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Tuesday


















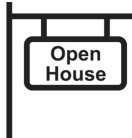





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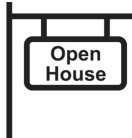






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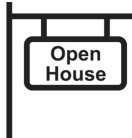






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Sunday

Monday

Tuesday


















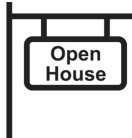






Wednesday

Thursday

Friday

Saturday

# June 2024

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Sunday

Monday

Tuesday


















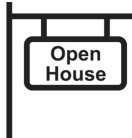





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Sunday

Monday

Tuesday


















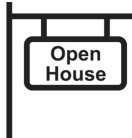





Wednesday

Thursday

Friday

Saturday

# June 2024

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# WELLNESS CALENDAR

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3	4	5	6	7	Rose Llewelyn 403-971-8379 Foot Care by Rose  Liliana Vargas 403-714-4111 Lily's Happy Feet	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>	11	12	13	14	<u>MOBILE MASSAGE THERAPY</u>  Jessica Clark 587-839-6788 massage.clark@gmail.com	<u>PRIVATE TRANSPORTATION</u>  Desiree Kennedy 403-701-1885 Kennedy Senior Services Inc.
	18	19	20	21	<u>SALON</u>  Casey-Lee Willson 403-923-2505  <u>PRIVATE HOME CARE</u>  Janeth Denis 403-667-9740 One-on-One Health Care	<u>NOTARY &amp; LEGAL SERVICES</u>  Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors
	24	25	26	27	28	<u>PHYSIOTHERAPY</u> <u>MASSAGE THERAPY</u> <u>CHRIOPRACTOR</u> Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)
JULY 1 					<b>Location Abbreviations:</b> <div><div>DRDining Room</div><div>BBistro</div><div>CHChapel</div><div>THTheatre</div><div>CKCountry Kitchen</div><div>GRGames Room</div><div>CYCourtyard</div><div>LLibrary</div><div>FRFitness Equipment Room</div><div>MSMovement Studio</div><div>SMMSt. Marguerite Manor</div><div>HCHoly Cross Manor</div></div>	



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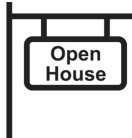






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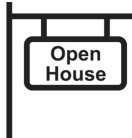






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Sunday

Monday

Tuesday


















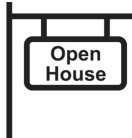






Wednesday

Thursday

Friday

Saturday

# June 2024

<h1>June 2024</h1>						<div><div>11:00am-3:00pm Personal Touch Clothing Racks (MS)</div><div>2:30pm Seventh Day Adventist Religious Service (CH)</div><div>6:30pm Wii Games (TH)</div></div> <div></div>
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<div></div> <div>Covenant Living Evanston Summit</div>						

# WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<u>FOOT CARE</u>	<u>DENTURIST</u>																								
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Sunday

Monday

Tuesday


















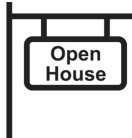





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Friday

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# June 2024

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Please book Doctor's appointments through Concierge. Here are their office phone numbers for your reference:  <b>Dr. Marcel Adam</b> (403) 726-8955  <b>Dr. Collins Omondiagbe</b> (403) 269-9488	11	12	13	14	<u>MOBILE MASSAGE THERAPY</u>  Jessica Clark 587-839-6788 massage.clark@gmail.com	<u>PRIVATE TRANSPORTATION</u>  Desiree Kennedy 403-701-1885 Kennedy Senior Services Inc.																								
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JULY 1 					<b>Location Abbreviations:</b>  <table><tr><td><b>DR</b></td><td>Dining Room</td><td><b>CY</b></td><td>Courtyard</td></tr><tr><td><b>B</b></td><td>Bistro</td><td><b>L</b></td><td>Library</td></tr><tr><td><b>CH</b></td><td>Chapel</td><td><b>FR</b></td><td>Fitness Equipment Room</td></tr><tr><td><b>TH</b></td><td>Theatre</td><td><b>MS</b></td><td>Movement Studio</td></tr><tr><td><b>CK</b></td><td>Country Kitchen</td><td><b>SMM</b></td><td>St. Marguerite Manor</td></tr><tr><td><b>GR</b></td><td>Games Room</td><td><b>HC</b></td><td>Holy Cross Manor</td></tr></table>		<b>DR</b>	Dining Room	<b>CY</b>	Courtyard	<b>B</b>	Bistro	<b>L</b>	Library	<b>CH</b>	Chapel	<b>FR</b>	Fitness Equipment Room	<b>TH</b>	Theatre	<b>MS</b>	Movement Studio	<b>CK</b>	Country Kitchen	<b>SMM</b>	St. Marguerite Manor	<b>GR</b>	Games Room	<b>HC</b>	Holy Cross Manor
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Sunday

Monday

Tuesday


















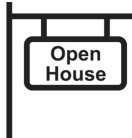






Wednesday

Thursday

Friday

Saturday

# June 2024

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Monday

Tuesday


















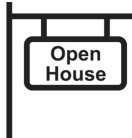






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<div><div>9:15am Shuttle to Ascension Catholic Parish Mass (LB)</div><div>1:30pm Card Bingo (MS)</div><div>6:30pm Movie (TH)</div></div> <div></div>	<div>23</div> <div><div>10:00am Exercise Class (MS)</div><div>1:30pm Craft Circle (Suite #322)</div><div>2:00pm Craft with Mikee – Summer Door Wreaths (CK)</div><div>3:00pm Drum Fit - Group B (MS)</div><div>6:15pm Bible Readings and Discussions (CK)</div></div> <div></div>	<div>24</div> <div><div>10:00am Drum Fit - Group A (MS)</div><div>1:00pm Tile Rummy (GR)</div><div>1:30pm Oldies Dancing (MS)</div><div>3:00pm Trivia (GR)</div></div> <div></div>	<div>25</div> <div><div>8:00am Hot Breakfast (DR)</div><div>10:00am Chair Yoga with Jenny (MS)</div><div>1:15pm Bingo (MS)</div><div>6:00pm Wii Games (TH)</div></div> <div></div>	<div>26</div> <div><div>10:00am Exercise Class (MS)</div><div>1:00pm Free Reflexology (Suite #244) – Sign up required</div><div>2:00pm Nut Man (LB)</div><div>2:30pm Singing for Fun with Jennifer (CH)</div><div>3:30pm Non-denominational services (CH)</div></div>	<div>27</div> <div><div>10:00am Exercise Class (MS)</div><div>10:30am Rosary Group (CH)</div><div>11:00am Catholic Mass (HC)</div><div>10:00am – 1:00pm Bus Outing to Market Mall</div><div>2:30pm Happy Hour with Good Timers Band</div></div>	<div>28</div> <div><div>2:30pm Seventh Day Adventist Religious Service (CH)</div><div>4:15pm Shuttle to Ascension Catholic Parish Mass (LB)</div><div>6:30pm Wii Games (TH)</div></div>
<div><div>1:30pm Card Bingo (MS)</div><div>6:30pm Movie (TH)</div></div> <div></div>	<div>30</div> <div>COLOUR LEGEND</div> <div><div>Bus Outings</div><div>Special Events</div><div>Wellness Events</div></div>					
<div></div> <div>Covenant Living Evanston Summit</div>						

# WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<u>FOOT CARE</u>	<u>DENTURIST</u>																								
3	4	5	6	7	Rose Llewelyn 403-971-8379 Foot Care by Rose  Liliana Vargas 403-714-4111 Lily's Happy Feet	Anthony Lanzl, DD - 403-269-3503 Smile Denture Clinic																								
Please book Doctor's appointments through Concierge. Here are their office phone numbers for your reference:  <b>Dr. Marcel Adam</b> (403) 726-8955  <b>Dr. Collins Omondiagbe</b> (403) 269-9488	11	12	13	14	<u>MOBILE MASSAGE THERAPY</u>  Jessica Clark 587-839-6788 massage.clark@gmail.com	<u>PRIVATE TRANSPORTATION</u>  Desiree Kennedy 403-701-1885 Kennedy Senior Services Inc.																								
	18	19	20	21	<u>SALON</u>  Casey-Lee Willson 403-923-2505  <u>PRIVATE HOME CARE</u>  Janeth Denis 403-667-9740 One-on-One Health Care	<u>NOTARY &amp; LEGAL SERVICES</u>  Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors																								
	24	25	26	27	28	<u>PHYSIOTHERAPY</u> <u>MASSAGE THERAPY</u> <u>CHRIOPRACTOR</u> <b>Energize Health</b> 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)	<u>COMPANIONSHIP SERVICES</u> PAMpered Services Pam 403-690-7116  <u>AUDIOLOGY</u> Zen Hearing Nikki 587-534-0437																							
JULY 1 					<b>Location Abbreviations:</b>  <table><tr><td><b>DR</b></td><td>Dining Room</td><td><b>CY</b></td><td>Courtyard</td></tr><tr><td><b>B</b></td><td>Bistro</td><td><b>L</b></td><td>Library</td></tr><tr><td><b>CH</b></td><td>Chapel</td><td><b>FR</b></td><td>Fitness Equipment Room</td></tr><tr><td><b>TH</b></td><td>Theatre</td><td><b>MS</b></td><td>Movement Studio</td></tr><tr><td><b>CK</b></td><td>Country Kitchen</td><td><b>SMM</b></td><td>St. Marguerite Manor</td></tr><tr><td><b>GR</b></td><td>Games Room</td><td><b>HC</b></td><td>Holy Cross Manor</td></tr></table>		<b>DR</b>	Dining Room	<b>CY</b>	Courtyard	<b>B</b>	Bistro	<b>L</b>	Library	<b>CH</b>	Chapel	<b>FR</b>	Fitness Equipment Room	<b>TH</b>	Theatre	<b>MS</b>	Movement Studio	<b>CK</b>	Country Kitchen	<b>SMM</b>	St. Marguerite Manor	<b>GR</b>	Games Room	<b>HC</b>	Holy Cross Manor
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