

















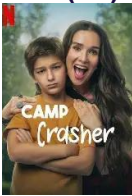






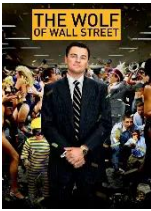








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July 2025</div> <div>See backside for room location abbreviation list</div>		<div>1</div> <div>WEAR RED TODAY!</div> <div></div>	<div>2</div> <div>8:00am Hot Breakfast (DR) 9:45 Morning Walk- Tim Hortons 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</div> <div></div>	<div>3</div> <div>10:00am Exercise (MS) 1:30pm Craft Circle – (Suite 246) 1:30pm Let's Paint & Color the Stampede Spirit 2:30pm Pool & Billiard Fun with Chef (GR) 3:00pm Singing for Fun (CH)</div> <div></div>	<div>4</div> <div>9:00am Stampede Parade Viewing (DR) 10:00am Exercise Class (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass with Father John 11:30 & 12:30 – Stampede Lunch 2:30pm Happy Hour with Birthday Celebrations with Carol Banks (DR)</div> <div></div>	<div>5</div> <div>2:30pm Drum & Sing a long performance by our young student volunteers (LB) 3:30pm Lemonade Days with Mandy and her cool crew (B) 6:30pm Wii Games (TH)</div> <div></div>
<div>6</div> <div>9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</div> <div></div>	<div>7</div> <div>10:00am Exercise (CY) 10:35 Pool & Billiard Lesson by Les (GR)</div> <div></div>	<div>8</div> <div>9:00am Bus Outing: Stampede Senior's Day 10:30am Exercises (CY) 2:30pm Stampede Horse Racing Games</div> <div></div>	<div>9</div> <div>8:00-10:00am Stampede Breakfast (DR) 10:00am Bus Outing: Country Hills Superstore, Michaels & Dollar Store (LB) 10:00am Exercise (CY) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</div> <div></div>	<div>10</div> <div>10:00am Exercise (CY) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun with Chef (GR)</div> <div></div>	<div>11</div> <div>10:00am Exercise- Seated Cloggers Step (CY) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 3:00 Stampede Theme: Special Singing for Fun (LB)</div> <div></div>	<div>12</div> <div>10:00am - 4:00pm Open House 2:30pm Happy Hour Performance by Michael Hope from Calgary Philharmonic Orchestra (DR) 4:15pm Bus Outing: Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</div> <div></div>
<div>13</div> <div>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</div> <div></div>	<div>14</div> <div>10:00am Exercise (MS) 10:35 Pool & Billiard Lesson by Les (GR)</div> <div></div>	<div>15</div> <div>10:00am Exercise (MS) 10:35am Gentle Stretching (MS) 2:00pm Cookin' in July: Virgin Pina Colada 3:00pm Team Trivia (GR)</div> <div></div>	<div>16</div> <div>8:00am Hot Breakfast (DR) 10:00am Bus Outing: Market Mall 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:30pm Wii Games (TH)</div>	<div>17</div> <div>10:00am Exercise (MS) 1:45pm Quarterly Residents Meeting (DR) 2:30pm Pool & Billiard Fun with Chef (GR) 3:00pm Singing for Fun (CH)</div> <div></div>	<div>18</div> <div>10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Happy Hour by Dario Ficaccio (DR)</div> <div></div>	<div>19</div> <div>10:30am Bus Outing: Brunch Buffet at Casino Ace 6:30pm Wii Games (TH)</div> <div></div>
<div>20</div> <div>9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</div> <div></div>	<div>21</div> <div>10:00am Exercise (MS) 10:35 Pool & Billiard Lesson by Les (GR)</div> <div></div> <div></div>	<div>22</div> <div>10:00am Exercise (MS) 10:35am Gentle Stretching (MS) 2:30pm Scotiabank Presentation Fraud & Prevention Awareness (MS) 3:00pm Team Trivia (GR)</div>	<div>23</div> <div>8:00am Hot Breakfast (DR) 10:00am Bus Outing: Picnic at Bowness Park (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:30pm Wii Games (TH)</div> <div></div>	<div>24</div> <div>10:00am Exercise (MS) 1:30pm Craft Circle – (Suite 246) 1:30pm Wellness Coordinator Visit (CK) 2:30pm Pool & Billiard Fun with Chef (GR)</div> <div></div>	<div>25</div> <div>10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Happy Hour Travelogue to Cologne, Germany (DR)</div> <div></div>	<div>26</div> <div>4:15pm Bus Outing: Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</div> <div></div>
<div>27</div> <div>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</div> <div></div>	<div>28</div> <div>10:00am Exercise (MS) 10:35 Pool & Billiard Lesson by Les (GR) 2:30pm Bus Outing to Love at First Scoop Ice Cream in Carrington (LB)</div> <div></div> <div></div>	<div>29</div> <div>10:00am Exercise (MS) 10:35am Gentle Stretching (MS) 2:00pm Cookin' in July: Flora Schmea Cracker 3:00pm Team Trivia (GR)</div> <div></div>	<div>30</div> <div>8:00am Hot Breakfast (DR) 9:00am - Bus Outing: Bar U Ranch Historic Site (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 3:00pm bagged dinner items will be delivered to your ledge 4:30pm Staff Function (DR)</div> <div></div>	<div>31</div> <div>10:00am Exercise (MS) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun with Chef (GR) 3:00pm Singing for Fun (CH)</div> <div></div>	<div>  <div>Covenant Living Evanston Summit</div> <div>150 Evanspark Manor NW (587) 538-7511</div> </div>	

30 MONDAY	1 TUESDAY	2 WEDNESDAY	3 THURSDAY	4 FRIDAY	FOOTCARE	AUDIOLOGY
Please book doctor's appointments through Concierge. Here are their office phone numbers for your reference:				DR. COLLINS OMONDIAGBE 12:00 nn to 3:00 pm See concierge to book an appointment	Homecare Professionals 403-909-7688	Zen Hearing Nikki 587-534-0437 Ears to You 403-970-7201
14 Dr. Marcel Adam (403) 726-8955 Dr. Collins Omondiagbe (403) 269-9488	8 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	9	10	11 DR. COLLINS OMONDIAGBE 12:00 nn to 3:00 pm See concierge to book an appointment	MOBILE MASSAGE THERAPY	SALON
					Jessica Clark 587-839-6788 massage.clark@gmail.com	Casey-Lee Wilson 403-923-2505 .
14	15	16	17	18 DR. COLLINS OMONDIAGBE AWAY	PRIVATE HOME CARE	NOTARY & LEGAL SERVICES
					Janeth Denis 403-667-9740 One-on-One Health Care	Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors
21	22 DR. MARCEL ADAM 1:00 pm to 4:00 pm See concierge to book an appointment	23	24	25 DR. COLLINS OMONDIAGBE 12:00 nn to 3:00 pm See concierge to book an appointment	PHYSIOTHERAPY MASSAGE THERAPY CHIROPRACTOR Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)	COMPANIONSHIP SERVICES
						PAMpered Services Pam 403-690-7116
28	29	30	31	COLOR CODING: ORANGE - Exercise PURPLE – Special Events NAVY – Vendors GREEN – Bus Outing PINK - Craft BLUE – Wellness	Location Abbreviations:	
					B Bistro CH Chapel CK Country Kitchen CY Courtyard DR Dining Room FR Fitness Equipment Room	GR Games Room L Library LB Lobby TH Theatre MS Movement Studio HCM Holy Cross Manor SMM St. Marguerite Manor