






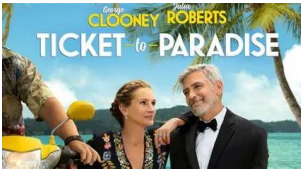















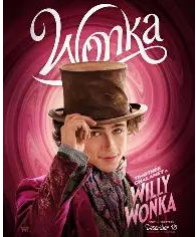












| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|--|
| August 31 9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  | Statutory Holiday 1  Labor Day | Cristina- Away 2 10:00am Exercise Session Video (MS) 3:00pm Team Trivia (GR)  | 3 8:00am Hot Breakfast (DR) 10:00am Exercise (MS) 10:00am Bus Outing: Creekside Shopping Centre & Walmart Sage Hill (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)  | 4 10:00am Exercise (MS) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)  | 5 9:30am Bus Outing: Silver Spring Botanical Garden (LB) 10:30am Rosary Group (CH) 2:30pm Happy Hour Birthday Celebration with Doc Wade (DR)  | 6 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)  |
| 7 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  Grandparents Day | 8 10:00am Exercise (MS) 1:30pm- “Back in Action”-Table Horse Racing (B)  | 9 10:00am Exercise (MS) 3:00pm Team Trivia (GR)  | 10 8:00am Hot Breakfast (DR) 9:45 am Morning Walk 10:00am Bus Outing: Market Mall (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)   | 11 10:00am Exercise (MS) 1:30pm Arts & Craft: Personalized Jar (CK) 2:30pm Pool & Billiard Fun (GR)  | 12 8:45am Bus Outing: Calgary Philharmonic Orchestra- Gil Shaham plays Beethoven (LB) 10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Seated Laughter Yoga (DR)  | 13 1:30pm Table Horse Racing (B) 2:30pm Happy Hour by Adults Learning Music Support Group (ALMSG) DR 6:30pm Wii Games (TH)  |
| 14 9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  | 15 10:00am Exercise (MS) 1:30pm Craft Circle – Ruffle & Pancake Deco Style Mesh Wreath (Suite 246)  | 16 10:00am Exercise (MS) 1:30pm Arts & Craft: Ruffle & Pancake Deco Style Mesh Wreath 3:00pm Team Trivia (GR)  | 17 8:00am Hot Breakfast (DR) 9:30am Bus Outing: Picnic at North Glenmore Park 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)   | Cristina-Away/Training 10:00am Exercise Session Video (MS) 10:00am Bus Outing: Cowboys Casino (LB) 2:30pm Pool & Billiard Fun (GR)  | Cristina-Away/Training 10:00am Exercise Session Video (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM)  | 20 10:00am-4:00pm Open House 1:30pm Table Horse Racing (B) 2:30pm Happy Hour with Carol Banks 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)  |
| 21 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  | 22 10:00am Exercise (MS) 11:00am Watch & Learn: National Day for Truth & Reconciliation “Surviving the Residential School System” (TH)  Rosh Hashanah Begins Autumn Begins | 23 10:00am Exercise (MS) 11:00am Watch & Learn: National Day for Truth & Reconciliation “Uncovering the Truth: Ground Searches” (TH) 3:00pm Team Trivia (GR)  | 24 8:00am Hot Breakfast (DR) 9:30am Bus Outing: Central Public Library Tour 11:00am Watch & Learn: National Day for Truth & Reconciliation “The Ongoing Legacy of the Residential School System through Child Welfare” (TH) 1:30pm Bingo (MS) 3:00pm Non- Denominational Services by Michael (CH) 6:00pm Wii Games (TH)  | 25 10:00am Exercise (MS) 11:00am Catholic Mass (SMM) 11:00am Lunch & Learn Webinars: “Reflecting on the TRC’s Calls to Action 10 Years Later” (TH) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)   | 26 10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 11:00am Lunch & Learn Webinars: “Confronting Residential School Denialism” (TH) 2:30pm Happy Hour Welcome Residents & Travelogue to (DR)  | 27 1:30pm Table Horse Racing (B) 11am-3pm Personal Touch Clothing (MS) 6:30pm Wii Games (TH)   |
| 28 9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  | 29 10:00am Exercise (MS) 2:30pm National Day for Truth & Reconciliation Presentation by Cheryle Chagnon-Greyeyes (DR)  | 30 Statutory Holiday Orange Shirt Day  No Housekeeping | <div> <h1>September 2025</h1> <p>See backside for room location abbreviation list.</p> </div> | | | |

WELLNESS CALENDAR



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|---|------------------------|--------------------|----------------------|---|--|--|---|---|-----------|------------|-----------|--------|----------|---------|-----------|-----------------|-----------|-------|-----------|-----------|-----------|---------|-----------|-------------|-----------|-----------------|-----------|------------------------|------------|------------------|--|--|------------|----------------------|
| 1 <i>MONDAY</i> | 2 <i>TUESDAY</i> | 3 <i>WEDNESDAY</i> | 4 <i>THURSDAY</i> | 5 <i>FRIDAY</i> | <u>FOOTCARE</u> Homecare Professionals 403-909-7688 | <u>AUDIOLOGY</u> Zen Hearing Nikki 587-534-0437 Ears to You 403-970-7201 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Please book doctor’s appointments through Concierge. Here are their office phone numbers for your reference: Dr. Collins Omondiagbe (403) 269-9488 | 9 | 10 | 11 | 12 | DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm See concierge to book an appointment | <u>MOBILE MASSAGE THERAPY</u> Jessica Clark 587-839-6788 massage.clark@gmail.com | <u>SALON</u> Casey-Lee Wilson 403-923-2505 . | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 16 | 17 | 18 | 19 | DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm See concierge to book an appointment | <u>PRIVATE HOME CARE</u> Janeth Denis 403-667-9740 One-on-One Health Care | <u>NOTARY & LEGAL SERVICES</u> Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 22 | 23 | 24 | 25 | 26 | DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm See concierge to book an appointment | <u>PHYSIOTHERAPY MASSAGE THERAPY CHIROPRACTOR</u> Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo) | <u>COMPANIONSHIP SERVICES</u> PAMpered Services Pam 403-690-7116 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | 30 | 31 | | COLOR CODING: ORANGE - Exercise PURPLE – Special Events NAVY – Vendors GREEN – Bus Outing PINK - Craft BLUE – Wellness | Location Abbreviations: <table><tr><td>B</td><td>Bistro</td><td>GR</td><td>Games Room</td></tr><tr><td>CH</td><td>Chapel</td><td>L</td><td>Library</td></tr><tr><td>CK</td><td>Country Kitchen</td><td>LB</td><td>Lobby</td></tr><tr><td>CY</td><td>Courtyard</td><td>TH</td><td>Theatre</td></tr><tr><td>DR</td><td>Dining Room</td><td>MS</td><td>Movement Studio</td></tr><tr><td>FR</td><td>Fitness Equipment Room</td><td>HCM</td><td>Holy Cross Manor</td></tr><tr><td></td><td></td><td>SMM</td><td>St. Marguerite Manor</td></tr></table> | | B | Bistro | GR | Games Room | CH | Chapel | L | Library | CK | Country Kitchen | LB | Lobby | CY | Courtyard | TH | Theatre | DR | Dining Room | MS | Movement Studio | FR | Fitness Equipment Room | HCM | Holy Cross Manor | | | SMM | St. Marguerite Manor |
| B | Bistro | GR | Games Room | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CH | Chapel | L | Library | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CK | Country Kitchen | LB | Lobby | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CY | Courtyard | TH | Theatre | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DR | Dining Room | MS | Movement Studio | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FR | Fitness Equipment Room | HCM | Holy Cross Manor | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | SMM | St. Marguerite Manor | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |