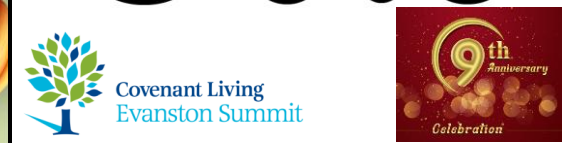


October 2025



See backside for room location abbreviation list

				8:00am Hot Breakfast (DR) 10:00am Exercise (MS) 10:00am Bus Outing: Beacon Hill, Sage Hill & Creekside Shopping Centre (LB) 11:00 Hearing Clinic by appointment only 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH) Yom Kippur Begins	10:00am Morning Walk (LB) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)	10:00am Exercise (MS) 10:30am Rosary Group (CH) 4:30-7:30pm Fun Money Casino 6:30-7:30pm Happy Hour Anniversary: Southern Stardust Big Band (DR) “Harvesting 9 Years of Memories”	11:00am-3:00pm – Girl Guide Cookies Sale (LB) 1:30pm Tabletop Horse Racing (B) 1:15pm Bus Outing: Jack Singer Concert Hall “Beethoven’s Fifth Symphony (LB) 6:30pm Wii Games (TH)
1:30pm Card Bingo (MS) 6:30pm Movie (TH) 9:15am Bus Outing: Shuttle to Ascension Catholic Parish Mass (LB)		10:00am Exercise (MS) 1:30-4:0pm Calgary 2025 General Election (GR)	10:00am Exercise (MS) 10:35am Exercise 2 (MS) 3:00pm Team Trivia (GR)	8:00am Hot Breakfast (DR) 10:00am Bus Outing: Farmer’s Market West (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)	10:00am Morning Walk (LB) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)	10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Happy Hour with Roy Poirier (DR)	9:00am Bus Outing: Banff 1:30pm Table Horse Racing (B) 6:30pm Wii Games (TH)
9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)			10:00am Exercise (MS) 10:35am Exercise 2 (MS) 3:00pm Team Trivia (GR)	8:00am Hot Breakfast (DR) 10:00am Bus Outing: Cross Iron Mall 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH) Cristina Away	10:00am Morning Walk- Tim Hortons (LB) 1:30pm Quarterly Resident Meeting (DR) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)	10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM)	10:00am-3:00pm Open House 1:30pm Tabletop Horse Racing (B) 2:30pm Happy Hour with Wild Rose Duo (DR) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH) Open House
1:30pm Card Bingo (MS) 6:30pm Movie (TH)		10:00am Exercise (MS) 10:35am Exercise 2 (MS)	3:00pm Team Trivia (GR)	8:00am Hot Breakfast (DR) 10:00am Bus Outing: Grey Eagle Casino (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH) Cristina Away	9:00am Seasonal Immunization: Flu & COVID (MS) 10:00am Exercise (Games Room) 11:00am Catholic Mass (SMM) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)	10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Happy Hour with Noel Burles & Vicki-“Everything Country” (DR)	1:30pm Tabletop Horse Racing (B) 6:30pm Wii Games (TH)
9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)		10:00am Exercise (MS) 10:30am Wellness “Nurse” Visits (CK) 1:30pm Crafternoon with Cristina “Party Streamer Poppy Pin” (Suite 246)	10:00am Exercise (MS) 10: 35am Exercise 2 (MS) 3:00pm Team Trivia (GR)	8:00am Hot Breakfast (DR) 10:00am Bus Outing: Country Hills Superstore, Michaels, Shoppers, Dollarama & Staples (LB) 10:00am Exercise (MS) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)	10:00am Morning Walk (MS) 1:30pm Craft Circle – Party Streamer Poppy Pin” (Suite 246) 2:30pm Pool & Billiard Fun (GR)	10:00am Kenneth Taylor School Halloween Visits (LB) 10:30am Rosary Group (CH) 2:30pm Happy Hour: Halloween Around the World (DR)	COLOR CODING: ORANGE - Exercise PURPLE – Special Events NAVY – Vendors GREEN – Bus Outing PINK - Craft BLUE – Wellness

WELLNESS CALENDAR



29 MONDAY	30 TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY	<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 Dr. Ifeju Omojuwa (403) 236-0211				DR. COLLINS OMONDIAGBE 1:00pm 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 .																												
	7	8	9	10 DR. IFEJU OMOJUWA 9:30 am – 12:00nn DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm See concierge to book an appointment																														
	14	15 DR. COLLINS OMONDIAGBE 12:00 Noon to 5:00 pm See concierge to book an appointment	16	17 Away DR. COLLINS OMONDIAGBE	<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																												
20	21	22	23	24 DR. IFEJU OMOJUWA 9:30 am – 12:00nn DR. COLLINS OMONDIAGBE 1:00pm 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																												
27	28	29	30	31	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
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