



November 2025

See backside for room location abbreviation list

Fall Back TURN CLOCKS BACK 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  Daylight Saving Time Ends 2	10:00am Exercise (Weights/Resistance Band) MS 2:00pm Fire Drill  3	10:00am Exercise (Weights/Resistance Band) MS 3:00pm Team Trivia (GR)  4	8:00am Hot Breakfast (DR) 10:00am Bus Outing: Devonian Garden, & Shopping Mall (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)  5	10:00am Exercise (Weights/Resistance Band) MS 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)  6	10:00am Bus Outing: Errands to Sage Hill (Walmart, Dollarama) (LB) 10:00am Exercise (Weights/Resistance Band) MS 10:30am Rosary Group (CH) 2:30pm Happy Hour with Joel Spire (DR) 7	1:30pm Tabletop Horse Racing (B) 6:30pm Wii Games (TH)  8
9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 1:30pm Bus Outing – Memorial Drive Field of Crosses (LB) 6:30pm Movie (TH)  9	10:00am Exercise (Weights/Resistance Band) MS  10	10:00am Remembrance Day Presentation  REMEMBRANCE DAY <i>Let's We Forget</i> Remembrance Day (Canada) 11	8:00am Hot Breakfast (DR) 10:00 Military Museum (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)  12	10:00am Exercise (Weights/Resistance Band) MS 11:00am -Ears to You (By appointment) (MS) 1:30pm Craft Circle/Ribbon Christmas Wreath (Suite 246) 2:30pm Pool & Billiard Fun (GR)  13	8:45am Bus Outing: Jack Singer Concert Hall (LB) 10:00am Exercise (Weights/Resistance Band) MS 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 1:30pm Christmas Jar Craft (CK)  14	10:00am-3:00pm Open House 1:30pm Tabletop Horse Racing (B) 2:30pm Happy Hour with Dario Ficaccio (DR) 4:15pm Bus Outing: Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)  15
1:30pm Card Bingo (MS) 6:30pm Movie (TH)  16	10:00am Exercise (Weights/Resistance Band) MS 1:30pm Christmas Wreath (CK)  17	10:00am Exercise (Weights/Resistance Band) MS 1:30pm Photo Digitization/Preservation (MS) 3:00pm Team Trivia (GR)  18	8:00am Hot Breakfast (DR) 10:00am Bus Outing: University of Calgary-Nickle Galleries Tour-Munnings- "The War Years" (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)  19	10:00am Exercise (Weights/Resistance Band) MS 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR) 6:30pm Tree Lighting Ceremony (LB)  20	10:00am Exercise (Weights/Resistance Band) MS 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 11:30-1:30PM Buffet Lunch (DR) 2:00pm –100% Occupancy Party-Program Start (DR) 2:30pm Happy Hour with David Hirschman (DR)  21	10:00am CHRISTMAS (LB) 1:30pm Tabletop Horse Racing (MS) 2:30pm Happy Hour with Roy Poirier (DR) 6:30pm Wii Games (TH)  22
9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  23	10:00am Bus Outing: North Hill Mall (LB) 10:30am Wellness (Nurse) Visits (CK) Cristina Away 24	10:00am Bus Outing: Cross Iron Mall & Casino (LB) 3:00pm Team Trivia (GR) Cristina Away 25	8:00am Hot Breakfast (DR) Exercise (Weights/Resistance Band) MS 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)  26	10:00am Exercise (Weights/Resistance Band) MS 11:00am Catholic Mass (SMM) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)  Thanksgiving Day (U.S.) 27	10:00am Exercise (Weights/Resistance Band) MS 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm 100th Birthday Celebration (everyone invited) DR 28	1:30pm Tabletop Horse Racing (B) 4:15pm Bus Outing: Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)  29
12:45pm Bus Outing: Mary Coulson 100th Birthday Party-Watergrove Community Clubhouse (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)  30	“Kindly keep your pendant on at all times. It’s there to help us respond right away if you ever need a hand. Your safety and comfort mean a lot to us!” 					

WELLNESS CALENDAR



3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 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	11	12	13	14	<u>MOBILE MASSAGE THERAPY</u> Jessica Clark 587-839-6788 massage.clark@gmail.com	<u>SALON</u> Casey-Lee Wilson 403-923-2505 .																												
	18	19	20	21	<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																												
	24	25	26	27	28	<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																											
					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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