



























Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>1<div>10:00am Catholic Mass (CH) 10:35 In-Home Physio Presentation (MS) 3:00pm Exercise (MS)</div><div></div></div>	<div>2<div>10:00am Exercise (MS) 2:30pm Gameshow Style &amp; Compete for Prizes: Right Bin for the Win with The City of Calgary (DR)</div><div></div></div>	<div>3<div>8:00am Hot Breakfast (DR) 10:00am Complimentary Hearing Test by Costco (CK) 10:00am Exercise (MS) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Alvin (CH) 6:00pm Wii Games (TH)</div><div></div></div>	<div>4<div>10:00am Bus Outing: Errands to Beacon Hill (LB) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool &amp; Billiard Fun (GR)</div><div></div><div>Cristina Away</div></div>	<div>5<div>10:00am Bus Outing: Military Museum (LB) 10:30am Rosary Group (CH)</div><div>Cristina Away</div></div>	<div>6<div>10:00am-4:00pm Open House 1:30p Horse Racing (B) 2:30pm Happy Hour with Carol Banks (DR) 6:30pm Wii Games (TH)</div><div></div></div>
<div>7<div>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</div><div></div></div>	<div>8<div>10:00am Exercise (MS)</div></div>	<div>9<div>10:00am Exercise (MS) 3:00pm Team Trivia - “Name that Tune” (GR)</div><div></div></div>	<div>10<div>8:00am Hot Breakfast (DR) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</div><div></div><div>Cristina Away</div></div>	<div>11<div>10:00am Exercise (MS) 10:00am Bus Outing: Market Mall 1:30pm Craft Circle – (Suite 246) 2:30pm Pool &amp; Billiard Fun (GR)</div><div></div></div>	<div>12<div>10:00am Exercise (MS) 10:30am Rosary Group (CH) 1:30pm Staff Christmas Lunch 2:30pm Happy Hour with Barge in Band, Birthday Celebrations &amp; Special Greetings (DR)</div></div>	<div>13<div>10:00am Personal Touch Fashions (MS) 1:30pm Horse Racing (B) 2:30pm Couples for Christ “Christmas Carol” (DR) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</div><div></div></div>
<div>14<div>1:30pm Bus Outing: A Canadian Christmas by Calgary Wind Symphony (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</div><div></div><div>Hanukkah Begins</div></div>	<div>15<div>10:00am Exercise (MS) 1:30pm At Home Chiropractic Care by Dr. Michael Siciak Presentation (MS)</div><div></div></div>	<div>16<div>10:00am Exercise (MS)</div><div>Cristina Away</div></div>	<div>17<div>8:00am Hot Breakfast (DR) 10:00am Bus Outing – Creekside/Sage Hill Areas (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</div><div></div><div>Cristina Away</div></div>	<div>18<div>10:00am Exercise (MS) 10:00am Bus Outing: Ace Casino (LB) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool &amp; Billiard Fun (GR)</div><div></div></div>	<div>19<div>10:00am Exercise (MS) 10:30am Rosary Group (CH) 2:30pm Resident’s Christmas Party &amp; Christmas Card Box Handout with Michael Hope (DR)</div><div>Christmas Dinner Buffet (Guests are welcome with a Fee) 4:00-5:15pm &amp; 5:00-6:15pm</div></div>	<div>20<div>1:30pm Horse Racing (B) 2:30pm ZK Violin Students 6:30pm Wii Games (TH)</div><div></div></div>
<div>21<div>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</div><div></div><div>Winter Begins</div></div>	<div>22<div>10:00am Exercise (MS) 1:30 Walker Clinic by Calgary Coop Health (MS)</div><div></div></div>	<div>23<div>10:00am Exercise (MS) 10:45am Bus Outing: Fenyk Coffee &amp; Social (LB) 3:00pm Team Trivia – “Name that Tune” (GR)</div><div></div></div>	<div>24<div>8:00am Hot Breakfast (DR) 10:00am Exercise (MS) 1:30pm Bingo (MS) 3:15pm Bus Outing – Ascension Catholic Parish Mass (LB) 6:00pm Wii Games (TH)</div><div></div></div>	<div>25<div>Regular meals will be served as usual. 2:30pm Pool &amp; Billiard Fun (GR)</div><div></div></div>	<div>26<div>10:30am Rosary Group (CH) 2:30-3PM Sing-along with Residents by Eva (LB)</div><div></div><div>Boxing Day (Canada) Kwanzaa Begins</div></div>	<div>27<div>1:30pm Horse Racing (B) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</div></div>
<div>28<div>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</div><div></div></div>	<div>29<div>10:00am Exercise (MS)</div><div></div></div>	<div>30<div>10:00am Exercise (MS) Special New Year’s Dinner (Guests are welcome with a Fee) 4:00-5:15pm &amp; 5:00-6:15pm 6:30pm Happy Hour New Year Celebrations with Cole Briggs (Father &amp; Son) DR</div><div></div></div>	<div>31<div>8:00am Hot Breakfast (DR) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</div><div></div><div>Cristina Away New Year’s Eve</div></div>	<div>December 2025  See backside for room location abbreviation list</div>		

# WELLNESS CALENDAR



1 <i>MONDAY</i>	2 <i>TUESDAY</i>	3 <i>WEDNESDAY</i>	4 <i>THURSDAY</i> DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients)  See concierge to book an appointment	5 <i>FRIDAY</i>  DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm See concierge to book an appointment	<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	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  DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients)  See concierge to book an appointment	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 &amp; LEGAL SERVICES</u>  Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors																												
22	23	24	25	26  DR. COLLINS OMONDIAGBE 1:00pm to 5:00 pm See concierge to book an appointment	<u>PHYSIOTHERAPY</u> <u>MASSAGE THERAPY</u> <u>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
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