

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026



## Bringing Tropical Rhythms Together

<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> <p></p>	<p>4 10:00am Exercise (MS) 2:30pm Coffee Social by Invited (CK)</p> <p></p>	<p>5 10:00am Exercise (MS) 2:30pm Drum Circle – “just for fun try-out” (MS)</p> <p></p>	<p>6 8:00am Hot Breakfast (DR) 10:00am Deerfoot City Shopping Centre, 64<sup>th</sup> Ave NE (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p> <p></p>	<p>7 Cristina Away</p> <p>10:00am Exercise (MS) 11:00am &amp; onwards- Christmas Décor Take Down 1:30pm Craft Circle – (Suite 246) 2:30pm Pool &amp; Billiard Fun (GR) 3:00pm Singing Fun Group (LB)</p> <p></p>	<p>8 10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 11:00am &amp; onwards-Christmas Décor Take Down &amp; Setting-up Tropical Theme Decor</p> <p></p>	<p>9 10:00am-4:00pm Open House 1:30pm Table Horse Racing (B) 2:30pm Happy Hour with Jazz Bandits (DR) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p> <p></p>	<p>10 1:30pm Table Horse Racing (B) 6:30pm Wii Games (TH)</p> <p></p>
<p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> <p></p>	<p>11 10:00am Exercise (MS) 11:00am Bus Outing: Lunch at Swiss Chalet (LB) 1:30pm Beads Friendship Bracelet Making with Light Refreshment Treat (Suite 246)</p> <p></p>	<p>12 10:00am Exercise (MS) 1:45pm Resident General Meeting (DR) 3:00pm Team Trivia (GR)</p> <p></p>	<p>13 8:00am Hot Breakfast (DR) 10:00am Bus Outing: Northland Shopping Centre, Northland DR NW (LB) 1:30pm Bingo (MS) 3:00pm Non- Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p> <p></p>	<p>14 10:00am Exercise (MS) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool &amp; Billiard Fun (GR)</p> <p></p>	<p>15 10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 2:30pm Happy Hour with Greg Rumpel (DR)</p> <p></p>	<p>16 1:30pm Table Horse Racing (B) 6:30pm Wii Games (TH)</p> <p></p>	<p>17 1:30pm Table Horse Racing (B) 6:30pm Wii Games (TH)</p> <p></p>
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> <p></p>	<p>18 10:00am Exercise (MS) 1:30pm Thread Friendship Bracelet Making with Light Refreshment Treat (Suite 246)</p> <p></p>	<p>19 10:00am Exercise (MS) 2:30pm Drum Circle – “just for fun try-out” (LB)</p> <p></p>	<p>20 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)</p> <p></p>	<p>21 Cristina Away</p> <p>10:00am Bus Outing: Bow Habitat Station-“Feed the Fish” (LB) 11:00am Catholic Mass (SMM) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool &amp; Billiard Fun (GR)</p> <p></p>	<p>22 10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Happy Hour, Welcome New Residents &amp; Birthday Celebrations with The Singing Fun Group (DR)</p> <p></p>	<p>23 1:30pm Horse Racing (B) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p> <p></p>	<p>24 1:30pm Horse Racing (B) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p> <p></p>
<p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> <p></p>	<p>25 10:00am Video Exercise (MS) 2:00pm Robbie Burns Presentation (St Andrews Caledonian Society) DR</p> <p></p>	<p>26 10:00am Video Exercise (MS) 3:00pm Team Trivia (GR)</p> <p></p>	<p>27 Cristina Away</p> <p>10:00am Hot Breakfast (DR) 10:00am Tour at Studio Bell (LB) 1:30pm Bingo (MS) 3:00pm Non- Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p> <p></p>	<p>28 Cristina Away</p> <p>10:00am Exercise (MS) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool &amp; Billiard Fun (GR) 3:00pm Singing Fun Group (LB)</p> <p></p>	<p>29 10:00am Exercise (MS) 10:30am Rosary Group (CH) 2:30pm Happy Hour with High Mileage (DR)</p> <p></p>	<p>30 1:30pm Horse Racing (B) 6:30pm Wii Games (TH)</p> <p></p>	<p>31 1:30pm Horse Racing (B) 6:30pm Wii Games (TH)</p> <p></p>

# WELLNESS CALENDAR



Covenant Living  
Evanston Summit

<b>1 MONDAY</b>	<b>2 TUESDAY</b>	<b>3 WEDNESDAY</b>	<b>4 THURSDAY</b> <b>DR. IFEJU OMOJUWA</b> 10:00 am – 12:00nn (Accepting New Patients)  See concierge to book an appointment	<b>5 FRIDAY</b> <b>DR. COLLINS OMONDIAGBE</b> 12:00nn to 5:00 pm See concierge to book an appointment	<b>FOOTCARE</b> Homecare Professionals 403-909-7688	<b>AUDIOLOGY</b> 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:  <b>Dr. Collins Omondiagbe</b> (403) 269-9488  <b>Dr. Ifeju Omojuwa</b> (403) 236-0211	9	10	11	12 <b>DR. COLLINS OMONDIAGBE</b> 12:00nn to 5:00 pm See concierge to book an appointment	<b>MOBILE MASSAGE THERAPY</b> Jessica Clark 587-839-6788 massage.clark@gmail.com	<b>SALON</b> Casey-Lee Wilson 403-923-2505																												
	16	17	18 <b>DR. IFEJU OMOJUWA</b> 10:00 am – 12:00nn (Accepting New Patients)  See concierge to book an appointment	19 <b>DR. COLLINS OMONDIAGBE</b> 12:00nn to 5:00 pm See concierge to book an appointment	<b>PRIVATE HOME CARE</b> Janeth Denis 403-667-9740 One-on-One Health Care	<b>NOTARY &amp; LEGAL SERVICES</b> Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors																												
22	23	24	25	26 <b>DR. COLLINS OMONDIAGBE</b> 1:00pm to 5:00 pm See concierge to book an appointment	<b>PHYSIOTHERAPY</b> <b>MASSAGE THERAPY</b> <b>CHIROPRACTOR</b> Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)	<b>COMPANIONSHIP SERVICES</b> PAMpered Services Pam 403-690-7116																												
29	30	31		<b>COLOR CODING:</b>  <b>ORANGE - Exercise</b> <b>PURPLE - Special Events</b> <b>NAVY - Vendors</b> <b>GREEN - Bus Outing</b> <b>PINK - Craft</b> <b>BLUE - Wellness</b>	<b>Location Abbreviations:</b>  <table> <tbody> <tr> <td><b>B</b></td> <td>Bistro</td> <td><b>GR</b></td> <td>Games Room</td> </tr> <tr> <td><b>CH</b></td> <td>Chapel</td> <td><b>L</b></td> <td>Library</td> </tr> <tr> <td><b>CK</b></td> <td>Country Kitchen</td> <td><b>LB</b></td> <td>Lobby</td> </tr> <tr> <td><b>CY</b></td> <td>Courtyard</td> <td><b>TH</b></td> <td>Theatre</td> </tr> <tr> <td><b>DR</b></td> <td>Dining Room</td> <td><b>MS</b></td> <td>Movement Studio</td> </tr> <tr> <td><b>FR</b></td> <td>Fitness Equipment Room</td> <td><b>HCM</b></td> <td>Holy Cross Manor</td> </tr> <tr> <td></td> <td></td> <td><b>SMM</b></td> <td>St. Marguerite Manor</td> </tr> </tbody> </table>	<b>B</b>	Bistro	<b>GR</b>	Games Room	<b>CH</b>	Chapel	<b>L</b>	Library	<b>CK</b>	Country Kitchen	<b>LB</b>	Lobby	<b>CY</b>	Courtyard	<b>TH</b>	Theatre	<b>DR</b>	Dining Room	<b>MS</b>	Movement Studio	<b>FR</b>	Fitness Equipment Room	<b>HCM</b>	Holy Cross Manor			<b>SMM</b>	St. Marguerite Manor	
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