

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026



Bringing Tropical Rhythms Together



Happy
New year
2026

"WISHING YOU HEALTH, WEALTH,
AND NEW BLESSINGS TO COUNT
EACH DAY IN 2026."

New Year's Day

1

10:00am Bus Outing – Creekside/
Sage Hill Areas (LB)
10:00am Exercise (MS)
10:30am Rosary Group (CH)
2:30pm Happy Hour with Acacio
Pereira (Goan Musician,
singer/songwriter) (DR)



2

1:30pm Table Horse Racing (B)
6:30pm Wii Games (TH)



3

9:15am Shuttle to Ascension
Catholic Parish Mass (LB)
1:30pm Card Bingo (MS)
6:30pm Movie (TH)



4

10:00am Exercise (MS)
2:30pm Coffee Social by Invited
(CK)



5

10:00am Exercise (MS)
2:30pm Drum Circle – "just for
fun try-out" (MS)



6

8:00am Hot Breakfast (DR)
10:00am Deerfoot City Shopping
Centre, 64th Ave NE (LB)
1:30pm Bingo (MS)
3:00pm Non-
Denominational Services
by Michael (CH)
6:00pm Wii Games (TH)



Cristina Away

7

10:00am Exercise (MS)
11:00am & onwards- Christmas
Décor Take Down
1:30pm Craft Circle – (Suite 246)
2:30pm Pool & Billiard Fun (GR)
3:00pm Singing Fun Group (LB)



8

10:00am Exercise (MS)
10:30am Rosary Group (CH)
11:00am Catholic Mass (HCM)
11:00am & onwards-Christmas
Décor Take Down & Setting-up
Tropical Theme Decor



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)



10

1:30pm Card Bingo (MS)
6:30pm Movie (TH)



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)



12

10:00am Exercise (MS)
1:45pm Resident General
Meeting (DR)
3:00pm Team Trivia (GR)



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)



14

10:00am Exercise (MS)
1:30pm Craft Circle – (Suite 246)
2:30pm Pool & Billiard Fun (GR)



15

10:00am Exercise (MS)
10:30am Rosary Group (CH)
11:00am Catholic Mass (SMM)
2:30pm Happy Hour with Greg
Rumpel (DR)



16

1:30pm Table Horse Racing (B)
6:30pm Wii Games (TH)



17

9:15am Shuttle to Ascension
Catholic Parish Mass (LB)
1:30pm Card Bingo (MS)
6:30pm Movie (TH)



18

10:00am Exercise (MS)
1:30pm Thread Friendship
Bracelet Making with Light
Refreshment Treat (Suite 246)



Martin Luther King Jr. Day

19

10:00am Exercise (MS)
2:30pm Drum Circle – "just for
fun try-out" (LB)



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)



Cristina Away

21

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 & Billiard Fun (GR)



22

10:00am Exercise (MS)
10:30am Rosary Group (CH)
11:00am Catholic Mass (HCM)
2:30pm Happy Hour, Welcome
New Residents & Birthday
Celebrations with The Singing
Fun Group (DR)



23

1:30pm Horse Racing (B)
4:15pm Shuttle to Ascension
Catholic Parish Mass (LB)
6:30pm Wii Games (TH)



24

1:30pm Card Bingo (MS)
6:30pm Movie (TH)



25

10:00am Video Exercise (MS)
2:00pm Robbie Burns Presentation
(St Andrews Caledonian Society) DR



Cristina Away
Australia Day (Observed)

26

10:00am Video Exercise (MS)
3:00pm Team Trivia (GR)



Cristina Away

27

8:00am 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)



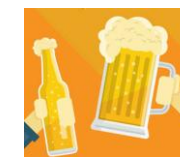
28

10:00am Exercise (MS)
1:30pm Craft Circle – (Suite 246)
2:30pm Pool & Billiard Fun (GR)
3:00pm Singing Fun Group (LB)



29

10:00am Exercise (MS)
10:30am Rosary Group (CH)
2:30pm Happy Hour with High
Mileage (DR)



30

1:30pm Horse Racing (B)
6:30pm Wii Games (TH)



31

WELLNESS CALENDAR



1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	FOOTCARE	AUDIOLOGY
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. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) See concierge to book an appointment	DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm See concierge to book an appointment	Homecare Professionals 403-909-7688	Zen Hearing Nikki 587-534-0437 Ears to You 403-970-7201
	9	10	11	12	MOBILE MASSAGE THERAPY	SALON
				DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm See concierge to book an appointment	Jessica Clark 587-839-6788 massage.clark@gmail.com	Casey-Lee Wilson 403-923-2505
	16	17	18	19	PRIVATE HOME CARE	NOTARY & LEGAL SERVICES
			DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) See concierge to book an appointment	DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm See concierge to book an appointment	Janeth Denis 403-667-9740 One-on-One Health Care	Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors
22	23	24	25	26	PHYSIOTHERAPY MASSAGE THERAPY CHIROPRACTOR	COMPANIONSHIP SERVICES
				DR. COLLINS OMONDIAGBE 1:00pm to 5:00 pm See concierge to book an appointment	Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)	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:	
					B Bistro CH Chapel CK Country Kitchen CY Courtyard DR Dining Room FR Fitness Equipment Room	GR Games Room L Library LB Lobby TH Theatre MS Movement Studio HCM Holy Cross Manor SMM St. Marguerite Manor