

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

"Love Lives Here"

<p>1</p> <p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> <p>Tu B'Shevat Begins</p>	<p>2</p> <p>10:00am Exercise (MS) 10:00am Winners, Michaels, Staples, Shoppers, Dollarama & Superstore Country Hills (LB) 1:30pm Valentine Mini Valentine Cards (CK) 2:30pm Drum Circle (DR)</p> <p>Groundhog Day</p>	<p>3</p> <p>10:00am Exercise (MS) 2:00pm Quarterly Fire Drill</p>	<p>4</p> <p>8:00am Hot Breakfast (DR) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p>	<p>5</p> <p>10:00am Exercise (MS) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)</p>	<p>6</p> <p>10:00am Exercise (MS) 10:00am Bus Outing: Market Mall (LB) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Happy Hour with Gord Barge-In Band & Birthday Celebrations (DR)</p>	<p>7</p> <p>10:00am Shape Optical (LB) 1:30pm Table Horse Racing (B) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p>
<p>8</p> <p>1:30pm Genie Take Away Day-Spring Cleaning-Garbage Room 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p>	<p>9</p> <p>10:00am Exercise (MS) 1:30pm Heart Art Painting (CK) 2:30pm Drum Circle (DR)</p>	<p>10</p> <p>10:00am Exercise (MS) 1:30pm Easter Tulle & Ribbon Wreath, Session 1(CK) 3:00pm Team Trivia (GR)</p>	<p>11</p> <p>8:00am Hot Breakfast (DR) 10:00am Building Tour (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p>	<p>12</p> <p>10:00 Exercise (MS) 11:00am-3pm Mira Jewelry (LB) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)</p>	<p>13</p> <p>Red Day 10:00am Exercise (MS) 10:30am Catholic Mass (CH) 11:00am Catholic Mass (SMM) 6:30 Lion Dance Presentation (DR)</p>	<p>14</p> <p>Red Day 1:30pm Table Horse Racing (B) 2:30pm Happy Hour & Valentine Party with Sox & Sax (DR) 6:30pm Wii Games (TH)</p> <p>Valentine's Day</p>
<p>15</p> <p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p>	<p>16</p> <p>family day</p> <p>Presidents' Day (U.S.)</p>	<p>17</p> <p>10:00am Exercise (MS) 10:00am Tour at Studio Bell-Home of the National Music Centre (LB) 2:30pm Coffee Social with Chef Joao (DR)</p> <p>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>18</p> <p>8:00am Hot Breakfast (DR) 10:00am Nose Creek Valley Museum (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p>	<p>19</p> <p>10:00am Exercise (MS) 11:00am Catholic Mass (SMM) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)</p>	<p>20</p> <p>10:00am Exercise (MS) 10:00am Bus Outing: Ace Casino (LB) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM)</p>	<p>21</p> <p>10:00am- Shape Optical (LB) 10:00am-4:00pm Open House 1:30pm Horse Racing (B) 2:30pm Happy Hour with Acting Our Age (DR) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p>
<p>22</p> <p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p>	<p>23</p> <p>10:00am Exercise (MS) 10:35am Buffet Lunch at Yangtze (LB) 2:30pm Drum Circle with Robin & Recreation Team at SMM (DR)</p>	<p>24</p> <p>10:00am Creekside & Sage Hill for Errands (LB) 10:00am Exercise (MS) 1:30pm Easter Tulle & Ribbon Wreath, Session 2(CK) 3:00pm Team Trivia (GR)</p>	<p>25</p> <p>Wear Pink Shirts 8:00am Hot Breakfast (DR) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p> <p>Pink Shirt Day</p>	<p>26</p> <p>10:00am Exercise (MS) 1:30pm Craft Circle – (Suite 246) 2:30pm Pool & Billiard Fun (GR)</p>	<p>27</p> <p>8:45am Calgary Philharmonic Orchestra- IX: Shostakovich (LB) 10:00am Video Exercise (MS) 10:30am Rosary Group (CH) 2:30pm Happy Hour Travelogue to Saskatchewan by Diane D. & Shared Memories (DR)</p>	<p>28</p> <p>1:30pm Horse Racing (B) 6:30pm Wii Games (TH)</p>

WELLNESS CALENDAR



2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 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 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment	DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) See concierge to book an appointment	DR. COLLINS OMONDIAGBE AWAY																														
	10	11	12	13 DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm <i>schedule may change</i> 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 .																												
	17	18	19 DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) See concierge to book an appointment	20 DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm <i>schedule may change</i> See concierge to book an appointment	<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																												
23	24	25	26	27 DR. COLLINS OMONDIAGBE 12:00nn to 5:00 pm <i>schedule may change</i> 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																												
				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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