

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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



2  
10:00am Exercise (MS)  
2:30pm Drumming Circle (DR)



Purim Begins

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



4  
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)



5  
10:00am Exercise (MS)  
1:30pm Craft Circle - (Suite 246)  
2:30pm Pool & Billiard Fun (GR)



6  
10:00am Exercise (MS)  
10:00am Creekside & Sage Hill for Errands (LB)  
10:30am Rosary Group (CH)  
11:00am Catholic Mass (HCM)  
2:30pm Happy Hour with James Thurgood & Birthday Celebrations (DR)



7  
1:30pm Table1 Horse Racing (MS)  
1:30pm Table2 Car Racing (MS)  
6:30pm Carl's 103rd Birthday Celebrations & Happy Hour with Cole & Jon Briggs (DR)



8  
9:15am Shuttle to Ascension  
Catholic Parish Mass (LB)  
1:30pm Card Bingo (MS)  
6:30pm Movie (TH)




Daylight Saving Time FORWARD

9  
10:00am Exercise (MS)  
2:30pm Drumming Circle (DR)



10  
10:00am Exercise (MS)  
2:30pm Cecil's 100th Birthday Celebrations Happy Hour with Linda & Company (DR)



11  
8:00am Hot Breakfast (DR)  
10:00am Devonian Garden (LB)  
1:30pm Bingo (MS)  
3:00pm Non-Denominational Services by Michael (CH)  
6:00pm Wii Games (TH)



12  
10:00am Exercise (MS)  
1:30pm Craft Circle - (Suite 246)  
2:30pm Pool & Billiard Fun (GR)



13  
10:00am Exercise (MS)  
10:30am Rosary Group (CH)  
11:00am Catholic Mass (SMM)  
1:30PM Arts & Craft: Lucky Charm (CK)



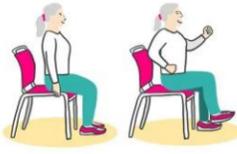
14  
10:00am - 4:00pm Open House  
1:30pm Table1 Horse Racing (MS)  
1:30pm Table2 Car Racing (MS)  
2:30pm High Tea with Alberta Symphony Orchestra (Virtual Music Event) DR  
4:15pm Shuttle to Ascension Catholic Parish Mass (LB)  
6:30pm Wii Games (TH)




15  
1:30pm Card Bingo (MS)  
4:00pm Bus Outing: Jubilations Dinner Theatre  
6:30pm Movie (TH)



16  
10:00am Exercise (MS)  
2:30pm Drumming Circle (DR)



17  
WEAR GREEN  
10:00am Exercise (MS)  
2:30pm "Green & Cheery Hour" Happy Hour (DR) with a Very Special Musicians



St. Patrick's Day

18  
8:00am Hot Breakfast (DR)  
10:00am Bus Outing: Elbow River Casino (LB)  
1:30pm Bingo (MS)  
3:00pm Non-Denominational Services by Michael (CH)  
6:00pm Wii Games (TH)



19  
10:00am Exercise (MS)  
1:30pm Craft Circle - (Suite 246)  
2:30pm Pool & Billiard Fun (GR)



20  
10:00am Exercise (MS)  
10:30am Rosary Group (CH)  
11:00am Catholic Mass (HCM)  
2:30pm Happy Hour with Paul Michael Stoia (DR)




Spring Begins

21  
1:30pm Table1 Horse Racing (MS)  
1:30pm Table2 Car Racing (MS)  
6:30pm Wii Games (TH)  
4:15pm Shuttle to Ascension Catholic Parish Mass (LB)



22  
1:30pm Card Bingo (MS)  
6:30pm Movie (TH)



23  
10:00am Exercise (MS)  
11:00am Lunch at Olive Garden (LB)  
2:30pm Drumming Circle (DR)



24  
10:00am Exercise (MS)  
1:30pm Easter Tulle & Ribbon Wreath Sessions (CK)  
3:00pm Team Trivia (GR)



25  
8:00am Hot Breakfast (DR)  
10:00am Studio Bell -National Music Centre -Fee: \$8.00 (LB)  
1:30pm Bingo (MS)  
3:00pm Non-Denominational Services by Michael (CH)  
6:00pm Wii Games (TH)



26  
10:00am Exercise (MS)  
11:00am Catholic Mass (HCM)  
1:30pm Craft Circle - (Suite 246)  
2:30pm Pool & Billiard Fun (GR)



27  
10:00am Exercise (MS)  
10:30am Rosary Group (CH)  
11:00am Catholic Mass (HCM)  
2:30pm Happy Hour with Val Hudson (DR)



28  
1:30pm Table1 Horse Racing (MS)  
1:30pm Table2 Car Racing (MS)  
6:30pm Wii Games (TH)



29  
9:15am Shuttle to Ascension  
Catholic Parish Mass (LB)  
1:30pm Card Bingo (MS)  
2:30pm ZK Violin (DR)  
6:30pm Movie (TH)




Palm Sunday

30  
10:00am Exercise (MS)  
1:45pm Quarterly Resident Meeting (DR)  
2:30pm Drumming Circle (DR)



31  
10:00am Exercise (MS)  
10:00am Bus Outing: Cross Iron Mill (LB)



Covenant Living  
Evanston Summit

# March 2026

"A Month of Milestone and Memories"

# WELLNESS CALENDAR



<p><b>2 MONDAY</b></p> <p>Please book doctor's appointments through Concierge. Here are their office phone numbers for your reference:</p> <p><b>Dr. Collins Omondiagbe</b> (403) 269-9488</p> <p><b>Dr. Ifeju Omojuwa</b> (403) 236-0211</p>	<p><b>3 TUESDAY</b></p>	<p><b>4 WEDNESDAY</b></p>	<p><b>5 THURSDAY</b></p> <p><b>DR. IFEJU OMOJUWA</b> 10:00 am – 12:00nn (Accepting New Patients)</p> <p>See concierge to book an appointment</p>	<p><b>6 FRIDAY</b></p> <p><b>DR. COLLINS OMONDIAGBE</b> 9:00am to 2:00 pm <i>schedule may change</i></p> <p>See concierge to book an appointment</p>	<p><b>FOOTCARE</b></p> <p>Homecare Professionals 403-909-7688</p>	<p><b>AUDIOLOGY</b></p> <p>Zen Hearing Nikki 587-534-0437</p> <p>Ears to You 403-970-7201</p>														
	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p> <p><b>DR. COLLINS OMONDIAGBE</b> 9:00am to 2:00 pm <i>schedule may change</i></p> <p>See concierge to book an appointment</p>	<p><b>MOBILE MASSAGE THERAPY</b></p> <p>Jessica Clark 587-839-6788 massage.clark@gmail.com</p>	<p><b>SALON</b></p> <p>Casey-Lee Wilson 403-923-2505</p>														
	<p>17</p>	<p>18</p>	<p>19</p> <p><b>DR. IFEJU OMOJUWA</b> 10:00 am – 12:00nn (Accepting New Patients)</p> <p>See concierge to book an appointment</p>	<p>20</p> <p><b>DR. COLLINS OMONDIAGBE</b> 9:00am to 2:00 pm <i>schedule may change</i></p> <p>See concierge to book an appointment</p>	<p><b>PRIVATE HOME CARE</b></p> <p>Janeth Denis 403-667-9740 One-on-One Health Care</p>	<p><b>NOTARY &amp; LEGAL SERVICES</b></p> <p>Grace Akpan 587-969-1626 Grace George Law Barristers &amp; Solicitors</p>														
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p> <p><b>DR. COLLINS OMONDIAGBE</b> 9:00am to 2:00 pm <i>schedule may change</i></p> <p>See concierge to book an appointment</p>	<p><b>PHYSIOTHERAPY MASSAGE THERAPY CHIROPRACTOR</b></p> <p><b>Energize Health</b> 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)</p>	<p><b>COMPANIONSHIP SERVICES</b></p> <p>PAMpered Services Pam 403-690-7116</p>														
<p>30</p>	<p>31</p>			<p><b>COLOR CODING:</b></p> <p><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></p>	<p><b>Location Abbreviations:</b></p> <table border="0"> <tr> <td><b>B</b> Bistro</td> <td><b>GR</b> Games Room</td> </tr> <tr> <td><b>CH</b> Chapel</td> <td><b>L</b> Library</td> </tr> <tr> <td><b>CK</b> Country Kitchen</td> <td><b>LB</b> Lobby</td> </tr> <tr> <td><b>CY</b> Courtyard</td> <td><b>TH</b> Theatre</td> </tr> <tr> <td><b>DR</b> Dining Room</td> <td><b>MS</b> Movement Studio</td> </tr> <tr> <td><b>FR</b> Fitness Equipment Room</td> <td><b>HCM</b> Holy Cross Manor</td> </tr> <tr> <td></td> <td><b>SMM</b> St. Marguerite Manor</td> </tr> </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
<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																			