

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026

"April in Bloom: Wellness for Mind, Body & Spirit"

SILLY HAT DAY! 1
 8:00am Hot Breakfast (DR)
 1:30pm Bingo (MS)
 3:00pm Non-Denominational Services by Michael (CH)
 6:00pm Wii Games (TH)



All Fools' Day
Passover Begins


2
 10:00am Exercise (MS)
 10:00am Creekside & Sage Hill for Errands (LB)
 1:30pm Craft Circle – (Suite 246)
 2:30pm Pool & Billiard Fun (GR)
 2:30pm Happy Hour Johnson Philip (DR)



3
 11:00am Bus Outing: Ascension Catholic Parish Mass (LB)



4
 11:00am-2:00pm Girl Guide Cookies (LB)
 11:00am Personal Clothing (MS)
 1:30pm Table Horse Racing (B)
 6:30pm Wii Games (TH)



5
 9:15am Shuttle to Ascension Catholic Parish Mass (LB)
 1:30pm Card Bingo (MS)
 6:30pm Movie (TH)




Easter Sunday

6
 10:00am Video Exercise (MS)
 2:30pm Drum Circle (MS)




7
 10:00am Exercise (MS)
 10:00am North Hill Mall (LB)
 2:30pm Ice Cream Social (B)




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



9
 10:00am Exercise (MS)
 1:30pm Craft Circle – (Suite 246)
 2:30pm Pool & Billiard Fun (GR)
 6:30pm Family Volunteers Singing for Fun (CH)




10
 10:00am Exercise (MS)
 10:30am Rosary Group (CH)
 10:45am Loughheed House (LB)
 11:00am Catholic Mass (SMM)




11
 10:00am - 4:00pm Open House
 1:30pm Table Horse Racing (B)
 2:30pm Happy Hour with Doc Wade (DR)
 4:1pam Shuttle to Ascension Catholic Parish Mass (LB)
 6:30pm Wii Games (TH)




12
 1:30pm Card Bingo (MS)
 6:30pm Movie (TH)



13
 10:00am Exercise (MS)
 2:30pm Drum Circle (MS)



14
 10:00am Exercise (MS)
 3:00pm Team Trivia (GR)



15
 8:00am Hot Breakfast (DR)
 10:00am Bus Outing: Bell Studio-National Music Centre (LB)
 1:30pm Bingo (MS)
 3:00pm Non-Denominational Services by Michael (CH)
 6:00pm Wii Games (TH)



16
 10:00am Exercise (MS)
 10:30am Grey Eagle Casino (LB)
 1:30pm Craft Circle – (Suite 246)
 2:30pm Coffee Social by invite (CK)
 2:30pm Pool & Billiard Fun (GR)



17
 10:00am Exercise (MS)
 10:30am Rosary Group (CH)
 11:00am Catholic Mass (HCM)
 Lunch Buffet
 11:00am-12:00 & 12:15-1:15
 2:30pm Happy Hour with Dario Ficaccio & Birthday Celebrations (DR)




18
 1:00pm Wellness Fair
 1:30pm Table Horse Racing (B)
 6:30pm Wii Games (TH)



19
 9:15am Shuttle to Ascension Catholic Parish Mass (LB)
 1:30pm Card Bingo (MS)
 6:30pm Movie (TH)




20
 10:00am Exercise (MS)
 2:30pm Drum Circle (MS)



21
 10:00am Exercise (MS)
 2:30pm Volunteer Appreciation Tea by Invite (DR)




22
 8:00am Hot Breakfast (DR)
 9:30am- 12:00pm Ears to You
 10:00am Central Public Library (LB)
 1:30pm Bingo (MS)
 3:00pm Non-Denominational Services by Michael (CH)
 6:00pm Wii Games (TH)



Earth Day
Administrative Professionals Day

23
 10:00am Exercise (MS)
 11:00am Catholic Mass (HCM)
 1:30pm Craft Circle – (Suite 246)
 2:30pm Pool & Billiard Fun (GR)




24
 10:00am Exercise (MS)
 10:30am Catholic Mass (CH)
 11:00am Catholic Mass (HCM)
 2:30pm Happy Hour Travelogue: Nova Scotia by Carol B (DR)




Arbor Day


25
 1:30pm Table Horse Racing (B)
 4:15am Shuttle to Ascension Catholic Parish Mass (LB)
 6:30pm Wii Games (TH)



26
 1:30pm Card Bingo (MS)
 6:30pm Movie (TH)




27
 10:00am Exercise (MS)
 3:00pm Drum Circle (MS)



28
 10:00am Exercise (MS)
 10:00am Deerfoot City Mall & Walmart, Winners (LB)
 3:00pm Team Trivia (GR)



29
 8:00am Hot Breakfast (DR)
 9:00am Vaccine Clinic (MS)
 1:30pm Bingo (MS)
 3:00pm Non-Denominational Services by Michael (CH)
 6:00pm Wii Games (TH)



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



 Covenant Living
Evanston Summit

WELLNESS CALENDAR



<p>30 MONDAY</p> <p>Please book doctor's appointments through Concierge. Here are their office phone numbers for your reference:</p> <p>Dr. Collins Omondigbe (403) 269-9488</p> <p>Dr. Ifeju Omojuwa (403) 236-0211</p>	<p>31 TUESDAY</p> <p>7</p> <p>14</p>	<p>1 WEDNESDAY</p> <p>DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment</p> <p>8</p> <p>15</p>	<p>2 THURSDAY</p> <p>DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) See concierge to book an appointment</p> <p>9</p> <p>16</p> <p>DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) See concierge to book an appointment</p>	<p>3 FRIDAY</p> <p>DR. COLLINS OMONDIAGBE</p> <p>AWAY</p> <p>10</p> <p>DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment</p> <p>17</p> <p>DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment</p>	<p>FOOTCARE</p> <p>Homecare Professionals 403-909-7688</p>	<p>AUDIOLOGY</p> <p>Zen Hearing Nikki 587-534-0437</p> <p>Ears to You 403-970-7201</p>															
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p> <p>DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment</p>	<p>SALON</p> <p>Casey-Lee Wilson 403-923-2505</p>	<p>PRIVATE HOME CARE</p> <p>Janeth Denis 403-667-9740 One-on-One Health Care</p>	<p>NOTARY & LEGAL SERVICES</p> <p>Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors</p>														
<p>27</p>	<p>28</p>	<p>29</p>	<p>30s</p>	<p>COLOR CODING:</p> <p>ORANGE - Exercise PURPLE – Special Events NAVY – Vendors GREEN – Bus Outing PINK - Craft BLUE – Wellness</p>	<p>PHYSIOTHERAPY MASSAGE THERAPY CHIROPRACTOR</p> <p>Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)</p>		<p>COMPANIONSHIP SERVICES</p> <p>PAMpered Services Pam 403-690-7116</p>														
						<p>Location Abbreviations:</p> <table border="0"> <tr> <td>B Bistro</td> <td>GR Games Room</td> </tr> <tr> <td>CH Chapel</td> <td>L Library</td> </tr> <tr> <td>CK Country Kitchen</td> <td>LB Lobby</td> </tr> <tr> <td>CY Courtyard</td> <td>TH Theatre</td> </tr> <tr> <td>DR Dining Room</td> <td>MS Movement Studio</td> </tr> <tr> <td>FR Fitness Equipment Room</td> <td>HCM Holy Cross Manor</td> </tr> <tr> <td></td> <td>SMM 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
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																				