

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

"Soak Up the Sun, Share the Fun, and Celebrate Summer Together!"

<p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>10:00am Exercise (MS) 10:00am Bus Outing: Market Mall (LB) 1:45pm Drum Circle (CY)</p> 	<p>10:00am Exercise (MS) 9:30am Bus Outing to Stampede Seniors day (LB) 10:45am Catholic Mass (CH) 3:00pm Team Trivia (GR)</p>  	<p>8:00-9:30am Stampede Breakfast (Open Seating) (DR) 10:00am Morning Walk (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p>  	<p>10:00am Exercise (MS) 2:30pm Pool & Billiard Fun (GR)</p> 	<p>10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am-1:15pm Resident Stampede Lunch (DR) 1:30pm- 3:30pm – Staff Appreciation (DR)</p> 	<p>10:00am - 4:00pm Open House (MS) 1:30pm Table Horse Racing (MS) 2:30pm Happy Hour with James Parker (DR) 6:30pm Wii Games (TH)</p>  
<p>9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>10:00am Exercise (MS) 1:45pm Drum Circle (CY)</p>  	<p>10:00am Exercise (MS) 10:35am Bus Outing: Canmore Visits & Lunch at Chez Francois Restaurant & Patio (LB)</p> 	<p>8:00am Hot Breakfast (DR) 10:00am Bus Outing: Morning Walk at Peace Bridge (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p>  	<p>10:00am Exercise (MS) 10:00am Bus Outing: Stoney Nakoda Resort & Casino (LB) 1:30pm Art & Craft: Fairy Garden Mushroom Craft (CK) 2:30pm Pool & Billiard Fun (GR)</p>  	<p>10:00am Exercise (MS) 10:35am Bus Outing: Picnic at Sheppard Family Park (LB) 10:30am Rosary Group (CH)</p> 	<p>1:30pm Table Horse Racing (MS) 2:30pm Happy Hour Birthday Celebrations with Dario Ficaccio (DR) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH)</p>
<p>1:30pm Card Bingo (MS) 6:30pm Movie (TH)</p> 	<p>10:00am Exercise (MS) 10:00am Bus Outing: Creekside Shopping Centre and Sage Hill Walmart (LB) 1:45pm Drum Circle (CY)</p> 	<p>10:00am Exercise (MS) 1:45pm-3:30pm Habits for Happiness Program by Covenant Health with light refreshments (MS)</p> 	<p>8:00am Hot Breakfast (DR) 9:30am Bus Outing to Ghost Lake: Handi Boat Tour (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH)</p> 	<p>10:00am Exercise (MS) 2:30pm Pool & Billiard Fun (GR)</p> 	<p>10:00am Exercise (MS) 10:30am Rosary Group (CH) 2:30pm Happy Hour: Canada Day Spectacular: Exploring Ottawa (DR)</p>	<p>1:30pm Table Horse Racing (MS) 6:30pm Wii Games (TH)</p> 
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Please watch for posters for updates to calendar.

See backside for room location abbreviation list

WELLNESS CALENDAR



MONDAY	TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY	FOOTCARE	AUDIOLOGY																												
<p>Please book doctor's appointments through Concierge. Here are their office phone numbers for your reference:</p>	<p>Dr. Collins Omondiagbe (403) 269-9488</p> <p>Dr. Ifeju Omojuwa (403) 236-0211</p>			<p>DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment</p>	<p>Homecare Professionals 403-909-7688</p>	<p>Zen Hearing Nikki 587-534-0437</p> <p>Ears to You 403-970-7201</p>																												
6	7	8	9	10	MEDICAL CLINIC	SALON																												
			<p>DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) <i>schedule may change</i> See concierge to book an appointment</p>	<p>DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment</p>	<p>Evanston Medical Clinic (8120, 2060 Symons Valley Parkway NW, Calgary) Tel No: (403) 454-5580 Clinic Hours: Mon-Fri 9:00am to 5pm</p>	<p>Casey-Lee Wilson 403-923-2505</p>																												
13	14	15	16	17	PRIVATE HOME CARE	NOTARY & LEGAL SERVICES																												
				<p>DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment</p>	<p>Janeth Denis 403-667-9740 One-on-One Health Care</p>	<p>Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors</p>																												
20	21	22	23	24	PHYSIOTHERAPY MASSAGE THERAPY CHIROPRACTOR	COMPANIONSHIP SERVICES																												
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27	28	29	30	31	Location Abbreviations:																													
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