

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Garden of Gratitude
Covenant Foundation's Seniors Month
Add a flower. Share a memory. Celebrate every moment.

Presented by BLUE CROSS

10:00am Exercise (MS)
12:30pm-1:30pm Grade 4 Visits (Kenneth D. Taylor School) LB
1:45pm Drum Circle (DR)
2:30pm Seniors Day Chai Tea Social (DR)

10:00am Exercise (MS)
10:35am Studio Bell-Free Admission-Senior's Week (LB)

8:00am Hot Breakfast (DR)
10:00am Bus Outing: Errands to Creekside & Sage Hill Walmart (LB)
9:00am Mount Royal Students Volunteer a Day- Gardening/Walkers Detailing (CY)
1:30pm Bingo (MS)
3:00pm Non-Denominational services by Alvin (CH)
6:30pm Wii Games (TH)

10:00am Exercise (MS)
10:35am Unison at Kerby Centre-Light lunch provided at the Centre (LB)
2:30pm Pool & Billiard Fun (GR)
6:30pm Singing for Fun with Shinney & Family (CH)

9:00am Bus Outing: Royal Tyrell Museum-Free Admission (LB)
10:00am Exercise (MS)
10:30am Rosary Group (CH)
2:30pm Happy Hour, Birthday Celebrations & Welcome New Residents with David Hirschman (DR)

1:00PM-4:00PM Residents Families Visits & Kids Playdate/Various Games/Prizes (CY)
1:30pm Table Horse Racing (MS)
2:30pm Ice Cream Social & Fund Raising (B)
3:00pm Raffle Draw (LB)
6:30pm Wii Games (TH)

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

10:00am Bus Outing: Core Shopping Centre & Devonian Garden with Volunteer Naheed-Wellness Attendant (LB)
1:45pm Drum Circle (DR)

Cristina Away

10:00am Exercise (MS)
11:00am Catholic Mass (CH)
3:00pm Team Trivia (GR)

8:00am Hot Breakfast (DR)
10:00am Morning Walk -Park (MS)
1:30pm Bingo (MS)
3:00pm Non-Denominational Services by Gerry (CH)
6:30pm Wii Games (TH)

10:00am Exercise (MS)
2:30pm Pool & Billiard Fun (GR)
4:30-6:30pm Caregiving Event BBQ Dinner with "The Six Quartet Band" (HCM-SMM parking lot)

9:30am Ears to You (CK)
10:00am Exercise (MS)
10:30am Rosary Group (CH)
11:00am Catholic Mass (HCM)

10:00am - 4:00pm Open House (MS)
11:00-3:00pm Personal Clothing (MS)
1:30pm Table Horse Racing (B)
2:30pm Happy Hour with Joel Spire (DR)
4:15pm Shuttle to Ascension Catholic Parish Mass (LB)
6:30pm Wii Games (TH)

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

Flag Day (U.S.)

10:00am Bus Outing: Scenic Drive to Big Hill Spring Provincial Park & McKay's Ice Cream with Volunteer Naheed Virk-Wellness Attendant (LB)
1:45pm Drum Circle (DR)

Cristina Away

10:00am Video Exercise (MS)
1:45PM Quarterly Resident Meeting with Wine & Cheese (DR)

Cristina Away

8:00am Hot Breakfast (DR)
10:00am Bus Outing to North Hill Mall (LB)
10:00am Morning Walk -Park (MS)
1:30pm Bingo (MS)
3:00pm Non-Denominational Services by Gerry CH)
6:30pm Wii Games (TH)

10:00am Exercise (MS)
2:30pm Pool & Billiard Fun (GR)
6:30pm Singing for Fun with Shinney & Family (CH)

10:00am Bus Outing: Grey Eagle Casino (LB)
10:00am Exercise (MS)
10:30am Rosary Group (CH)
11:00am Catholic Mass (SMM)

Juneteenth

10:00am-4:00pm Father's Day Game Fest, Hotdogs & Happy Hour with Cappy Smart Band (LB)
6:30pm Wii Games (TH)

11:15 -1:30PM BBQ Lunch with Free Beer
9:15am Shuttle to Ascension Catholic Parish Mass (LB)

Father's Day Summer Begins

10:00am Exercise (MS)
1:45pm Drum Circle (DR)

Covenant Brand Filming
10:00am Bus Outing: Errands to Creekside & Sage Hill Walmart (LB)
10:00am Exercise (MS)
10:30am Coffee Social (B)
1:30-3:00pm Service Canada: Canadian Dental Care Plan (DR)
1:45pm Drum Circle (CY)
2:30pm Ice Cream Social (B)
3:00pm Team Trivia (GR)

8:00am Hot Breakfast (DR)
10:00am Morning Walk -Park (MS)
1:30pm Bingo (MS)
3:00pm Non-Denominational Services by Michael (CH)
6:30pm Wii Games (TH)

10:00am Exercise (MS)
11:00am Catholic Mass (SMM)
2:30pm Pool & Billiard Fun (GR)

10:00am Exercise (MS)
10:30am Rosary Group (CH)
11:00am Catholic Mass (HCM)
2:30pm Happy Hour Travelogue to the Capital of British Columbia with Rick Delaney (DR)

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

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

Cristina Away

10:00am Bus Outing: Scenic Drive to Okotoks Erratic with Volunteer Naheed Virk-Wellness Attendant (LB)
10:00am Video Exercise (MS)
1:45pm Drum Circle (DR)

Cristina Away

10:00am Bus Outing Cross Iron Mall & Casino
10:00am Video Exercise (MS)

Cristina Away

June 2026

"Honoring Life's Journey"

WELLNESS CALENDAR



1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	<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>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>MEDICAL CLINIC</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>SALON</p> <p>Casey-Lee Wilson 403-923-2505</p>													
	9	10	11	12					<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>											
	16	17	18	19	<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>															
22	23	24	25	26			<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
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29	30			<p>COLOR CODING:</p> <p>ORANGE - Exercise</p> <p>PURPLE - Special Events</p> <p>NAVY - Vendors</p> <p>GREEN - Bus Outing</p> <p>PINK - Craft</p> <p>BLUE - Wellness</p>																	