

Sunday

Monday

Tuesday

Wednesday

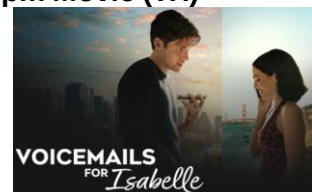
Thursday

Friday

Saturday

August 2026

"Summer Adventure: Fun, Friends & Sunshine"

						1 1:30pm Table Horse Racing (MS) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH) 
2 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	3 	4 10:00am Exercise (CY) 1:45pm-3:30pm Habits for Happiness Program by Covenant Health with light refreshments (MS) 	5 8:00am Hot Breakfast (DR) 8:30am E-Bike Ride 9:30am Bus Outing: Saskatoon Farm (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH) 	6 10:00am Exercise (CY) 2:30pm Pool & Billiard Fun (GR) 2:30pm Coffee with the Chef (DR) 	7 10:00am Exercise (CY) 10:30am Rosary Group (CH) 2:30pm Happy Hour with Dwayne Fettig (DR) 	8 1:30pm Table Horse Racing (MS) 6:30pm Wii Games (TH) 
9 9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	10 10:00am Video Exercise (MS) 9:30am Bus Outing: William Watson Lodge & BBQ 2:00pm Quarterly Fire Drill 	11 10:00am Exercise (CY) 1:45pm-3:30pm Habits for Happiness Program by Covenant Health with light refreshments (MS) 	12 8:00am Hot Breakfast (DR) 8:30am E-Bike Ride 9:45am Morning Walk to the Pond (LB) 1:30pm Bingo (MS) 3:00pm Non-Denominational Services by Michael (CH) 6:00pm Wii Games (TH) 	13 10:00am Exercise (CY) 1:30pm Flower Pot Painting Activity (CK) 2:30pm Pool & Billiard Fun (GR) 	14 10:00am Bus Outing: Beacon Hill (Costco/Home Depot, etc.) and Sage Hill Walmart (LB) 10:00am Exercise (CY) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Happy Hour & Birthday Celebrations with Doc Wade (DR) 	15 1:30pm Table Horse Racing (MS) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH) 
16 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	17 10:00am Exercise (CY) 1:45pm Drum Circle (CY) 	18 10:00am Exercise (CY) 10:45am Catholic Mass (CH) 1:45pm-3:30pm Habits for Happiness Program by Covenant Health with light refreshments (MS) 	19 8:00am Hot Breakfast (DR) 8:30am E-Bike Ride 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) 	20 10:00am Exercise (CY) 10:00am Bus Outing: Ace Casino Blackfoot (LB) 1:30pm Flower Arrangement with a Painted Flower Pot (CK) 2:30pm Pool & Billiard Fun (GR) 	21 10:00am Exercise (CY) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 2:30pm Happy Hour & Travelogue to Okanagan & Rocky Mountains (LB) 	22 10:00am - 4:00pm Open House 1:30pm Table Horse Racing (MS) 2:30pm Happy Hour with Victor Navos (DR) 6:30pm Wii Games (TH) 
23 9:15am Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	24 10:00am Exercise (CY) 10:00 Bus Outing: Market Mall (LB) 1:45pm Drum Circle (CY) 	25 10:00am Exercise (CY) 1:45pm-3:30pm Habits for Happiness Program by Covenant Health with light refreshments (MS) 	26 18:00am Hot Breakfast (DR) 8:30am E-Bike Ride 9:45am Morning Walk to the Park (LB) 3:00pm Non-Denominational Services by Michael (CH) 4:00pm Bus Outing: Jubilation Theatre (LB) 1:30pm Bingo (MS) 6:00pm Wii Games (TH) 	27 10:00am Exercise (CY) 11:00am Catholic Mass (SMM) 2:30pm Pool & Billiard Fun (GR)  	28 10:00am Exercise (CY) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 6:30pm Roast Pig Happy Hour with Razzama Jazz Band (CY) 	29 1:30pm Table Horse Racing (MS) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 6:30pm Wii Games (TH) 
30 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	31 10:00am Exercise (CY) 10:45am Creekside Shopping Centre & Sage Hill Walmart (LB) 1:45pm Drum Circle (CY) 					

Please watch for posters for updates to calendar.

Covenant Living
Evanston Summit

See backside for room location abbreviation list

WELLNESS CALENDAR



3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY	FOOTCARE		AUDIOLOGY																													
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	Homecare Professionals 403-909-7688		Zen Hearing Nikki 587-534-0437 Ears to You 403-970-7201																													
	11	12	13 DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) <i>schedule may change</i> See concierge to book an appointment	14 DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment	MEDICAL CLINIC Evanston Medical Clinic (8120, 2060 Symons Valley Parkway NW, Calgary) Tel No: (403) 454-5580 Clinic Hours: Mon-Fri 9:00am to 5pm		SALON Casey-Lee Wilson 403-923-2505 .																													
	18	19	20	21 DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment	PRIVATE HOME CARE Janeth Denis 403-667-9740 One-on-One Health Care		NOTARY & LEGAL SERVICES Grace Akpan 587-969-1626 Grace George Law Barristers & Solicitors																													
24	25	26	27 DR. IFEJU OMOJUWA 10:00 am – 12:00nn (Accepting New Patients) <i>schedule may change</i> See concierge to book an appointment	28 DR. COLLINS OMONDIAGBE 9:00am to 2:00 pm <i>schedule may change</i> See concierge to book an appointment	PHYSIOTHERAPY MASSAGE THERAPY CHIROPRACTOR Energize Health 403-455-8220 #8230 - 2060 Symons Valley Parkway NW (Located beside FreshCo)		COMPANIONSHIP SERVICES 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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Covenant Living-Evanston Summit 150 Evanspark Manor NW Calgary (587)538-7511