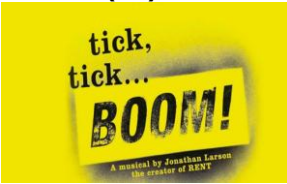


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00am Exercise (CY) 1:45pm-3:30pm Habits for Happiness Program by Covenant Health with light refreshments (MS) 	2 8:00am Hot Breakfast (DR) 9:00am Accessible Bike Ride 1:30pm Bingo (MS) 3:00pm Non- Denominational Services by Michael (CH) 6:00pm Wii Games (TH) 	3 10:00am Exercise (CY) 2:30pm Pool & Billiard Fun (GR) 	4 10:00am Morning Walk at Tim Hortons 10:30am Rosary Group (CH) 2:30pm Happy Hour with Bob Accordion (DR) 	5 9:30am Bus Outing: William Watson Lodge & BBQ 1:30pm Table Horse Racing (MS) 6:30pm Wii Games (TH) 
6 9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm DVD- Movie (TH) 	7  Labor Day	8 10:00am Exercise (MS) 1:45pm-3:30pm Last Session: Habits for Happiness Program by Covenant Health with light refreshments (MS) 	9 8:00am Hot Breakfast (DR) 10:00am Bus Outing: Morning Walk and Lunch at Sams Centre (LB) 1:30pm Bingo (MS) 3:00pm Non- Denominational Services by Michael (CH) 6:00pm Wii Games (TH) 	10 10:00am Exercise (MS) 2:30pm Pool & Billiard Fun (GR) 	11 10:00am Exercise (MS) 10:45am Bus Outing: Country Hills Superstore, Michaels, Winners, Dollarama (LB) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 4:30-6:30PM Grandparent's Day Dinner Buffet  Rosh Hashanah begins	12 2:30pm Happy Hour Grandparents Day with Mind Guy (Magician) DR 4:15pm Shuttle to Ascension Catholic Parish Mass (LB) 1:30pm Table Horse Racing (MS) 6:30pm Wii Games (TH) 
13 12:45pm Bus Outing: Calgary Philharmonic at the Park (LB) 1:30pm Card Bingo (MS) 6:30pm DVD-Movie (TH)  Grandparents Day	14 10:00am Exercise (MS) 1:45pm Drum Circle (CY) 	15 10:00am Exercise (MS) 10:45am Catholic Mass (CH) 	16 8:00am Hot Breakfast (DR) 9:00am Accessible Bike Ride 1:30pm Bingo (MS) 3:00pm Non- Denominational Services by Michael (CH) 6:00pm Wii Games (TH) 	17 10:00am Exercise (MS) 10:45am Cross Iron Mall & Casino (LB) 2:30pm Pool & Billiard Fun (GR) 	18 10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (SMM) 11:00am Walk & Lunch at Cora's (LB) 	19 10:00am - 4:00pm Open House 1:30pm Table Horse Racing (MS) 2:30pm Happy Hour with Kaylene Dutchmen & Alberta Group & Birthday Celebration 6:30pm Wii Games (TH)  Oktoberfest Begins
20 9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Netflix Movie (TH)  Yom Kippur Begins	21 10:00am Exercise (MS) 10:45am Bus Outing: Creekside Shopping Centre & Sage Hill Walmart (LB) 1:45pm Drum Circle (CY) 	22 10:00am Exercise (MS)  Autumn Begins	23 8:00am Hot Breakfast (DR) 10:00am Bus Outing: Morning Walk at Confederation Park 1:30pm Bingo (MS) 3:00pm Non- Denominational Services by Michael (CH) 6:00pm Wii Games (TH) 	24 9:30am Bus Outing: Rosebud Theatre: Buffet + Show 11:00am Catholic Mass (SMM) 2:30pm Pool & Billiard Fun (GR) 	25 10:00am Exercise (MS) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HCM) 2:30pm Happy Hour & Travelogue to Northwest Territories (DR)  Sukkot Begins	26 11:00AM – Personal Fashion (MS) 1:30pm Table Horse Racing (B) 3:00pm Bus Outing to Sam's Centre – "Free Admission" (LB) 6:30pm Wii Games (TH) 
27 9:15am Bus Outing: Ascension Catholic Parish Mass (LB) 1:30pm Card Bingo (MS) 6:30pm Movie (TH) 	28 10:00am Exercise (MS) 1:45pm Drum Circle (CY) 	29 10:00am Exercise (MS) 	30 Statutory Holiday Orange Shirt Day 8:00am Hot Breakfast (DR) 1:30pm Bingo (MS) 2:30pm NDTR – Cheryle Chagnon-Greyeyes (DR) 	September 2026 September: A Season to Remember		

WELLNESS CALENDAR



MONDAY	1 TUESDAY	2 WEDNESDAY	3 THURSDAY DR. IFEJU OMOJUWA 11:00 am – 1:00PM (Accepting New Patients) schedule may change See concierge to book an appointment	4 FRIDAY DR. COLLINS OMONDIAGBE 12:00NN to 5:00 PM schedule may change See concierge to book an appointment	FOOTCARE Homecare Professionals 403-909-7688	AUDIOLOGY Zen Hearing Nikki 587-534-0437 Ears to You 403-970-7201																												
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	8	9	10	11 DR. COLLINS OMONDIAGBE 12:00NN to 5:00 PM schedule may change 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 .																												
	15	16	17 DR. IFEJU OMOJUWA 11:00 am – 1:00PM (Accepting New Patients) schedule may change See concierge to book an appointment	18 DR. COLLINS OMONDIAGBE 12:00NN to 5:00 PM schedule may change 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																												
21	22	23	24	25 DR. COLLINS OMONDIAGBE 12:00NN to 5:00 PM schedule may change 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																												
28	29	30		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