



INSPIRED SENIOR LIVING

January 2024

The Lodge At Valley Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW YEARS DAY 1	2 8:45 Sit & Be Fit (A) 9:00 Mobile Lab (WRR) 9:30 Sit & Be Fit (A) 10:30 Hearing Aid Clinic (LIB) 1:30 Art Class with Alex (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)	3 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Coffee & Chat w/ LE (2) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398)	4 8:45 Stand & Be Fit (A) 9:30 Stand & Be Fit (A) 10:30 Outing: Ace Casino (MIL) 2:00 Quiet Moments Bible Study (L) 3:00 Knit One Chat Two (LIB) 7:00 In-Suite Tai Chi (398)	5 8:45 DrumFit (A) 9:30 DrumFit (A) 10:30 Meet Me at the MOMA (A) 1:30 Adult Colouring (WRR) 2:00 Happy Hour! (B) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A)	6 8:45 Morning Yoga (A) 9:30 Morning Yoga (A) 10:30 4th Floor Gym Orientation (4) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)
7 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)	8 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 12:30 Shopping Trip to Walmart & Dollarama (MIL) 1:30 Bridge Games (WRR) 1:30 Tech Support (A) 3:00 Dominoes (WRR) 7:00 Monday Night Documentary (398)	9 8:45 Zumba with Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba with Virginia (A) 10:30 Catholic Mass (L) 1:30 Artful Enrichment (A) 2:00 Elvis Day Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)	10 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Meet w/ the Chef (L) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398)	11 8:45 Stand & Be Fit (A) 9:30 Stand & Be Fit (A) 10:30 Outing: Calgary Central Library (MIL) 1:30 CO-OP Walker Clinic (WRR) 2:00 Quiet Moments Bible Study (L) 3:00 Knit One Chat Two (LIB) 4:15 Living Loving Local Dinner (D) 7:00 In-Suite Tai Chi (398)	12 8:45 DrumFit (A) 9:30 DrumFit (A) 10:30 Java Music Club: Come and Sing Along! (L) 1:30 Adult Colouring (WRR) 2:00 Happy Hour! (B) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A)	13 8:45 Morning Yoga (A) 9:30 Morning Yoga (A) 10:30 Wii Games (A) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)
14 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 11:15 New Years Buffet Lunch (D) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)	15 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 10:00 Dental Hygienist {Sign-up Required} (WRR) 12:30 Shopping Trip to North Hill Mall (MIL) 1:30 Bridge Games (WRR) 1:30 Tech Support (A) 3:00 Dominoes (WRR) 7:00 Monday Night Documentary (398)	16 8:45 Zumba with Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba with Virginia (A) 10:30 Go4Life Walking Group (MIL) 1:30 Bridge Lessons (WRR) 1:30 Art Class with Alex (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)	17 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Coffee & Chat w/ Glen (2) 10:30 Vendor Table: Superpatch (LB) 2:00 Entertainment: Six by Six (D) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398)	18 8:45 Stand & Be Fit (A) 9:30 Stand & Be Fit (A) 11:30 Carbs & Cards Men's Social {Sign Up Required} (WRR) 2:00 Quiet Moments Bible Study (L) 3:00 Knit One Chat Two (LIB) 7:00 In-Suite Tai Chi (398)	19 8:45 DrumFit (A) 9:30 DrumFit (A) 10:30 Education Session: The Three D's (L) 1:30 Adult Colouring (WRR) 2:00 National Popcorn Day Happy Hour! (B) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A)	20 8:45 Morning Yoga (A) 9:30 Morning Yoga (A) 10:15 Pet Visits with Spudders (A) 10:30 Wii Games (A) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)




INSPIRED SENIOR LIVING

January 2024

The Lodge At Valley Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)	22 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 12:30 Shopping Trip to Walmart & Dollarama (MIL) 1:30 Bridge Games (WRR) 1:30 Tech Support (A) 3:00 Dominoes (WRR) 7:00 Monday Night Documentary (398)	23 8:45 Zumba with Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba with Virginia (A) 10:30 Go4Life Walking Group (MIL) 1:30 Artful Enrichment (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)	24 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Coffee & Chat w/ Misty (2) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398)	25 8:45 Stand & Be Fit (A) 9:30 Stand & Be Fit (A) 10:30 Resident Forum (L) 1:00 Outing: Sunridge Mall and Thrift Store Shopping (MIL) 2:00 Quiet Moments Bible Study (L) 3:00 Knit One Chat Two (LIB) 4:15 Scottish-Themed Dinner (D) 7:00 In-Suite Tai Chi (398)	26 8:45 DrumFit (A) 9:30 DrumFit (A) 10:30 Java Music Club: Come and Sing Along! (L) 1:30 Adult Colouring (WRR) 2:00 Happy Hour! (B) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A)	27 8:45 Morning Yoga (A) 9:30 Morning Yoga (A) 10:15 Pet Visits with Spudders (A) 10:30 Wii Games (A) 2:00 Entertainment: CC Scottish Dancers (D) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)
28 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)	29 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 12:30 Shopping Trip to Superstore (MIL) 1:30 Bridge Games (WRR) 1:30 Tech Support (A) 3:00 Dominoes (WRR) 7:00 Monday Night Documentary (398)	30 8:45 Zumba with Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba with Virginia (A) 10:30 Go4Life Walking Group (MIL) 1:30 Art Class with Alex (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)	31 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Carpet Bowling (L) 2:00 Monthly Resident Birthday Party w/ Entertainment: David Lee (D) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398)			



MONDAY
JAN 15
Martin Luther King Jr. Day

Be your best self

- ### Locations Legend
- Activity Room (A)
 - Wild Rose Room (WRR)
 - Meet in Lobby (MIL)
 - In Suite (398)
 - 3rd Floor Loft (L)
 - Bistro (B)
 - Dining Room (D)
 - Library (2nd Floor) (LIB)
 - 2nd Fl Lounge (2)
 - 4th Floor Gym (4)
 - Lobby (LB)

- ### Calendar Legend
- Outing
 - Special Program
 - Living, Loving, Local
 - Signature Program
 - Highlight