



INSPIRED SENIOR LIVING

February 2024

The Lodge At Valley Ridge



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|--|
|  <p>Black History Month</p> | |  <p>Lunar Year Dragon</p> | | <p>8:45 Stand & Be Fit (A) 1 9:30 Stand & Be Fit (A) 10:30 Mindfulness Meditation (L) 1:30 Fall Prevention Seminar (WRR) 3:00 Strengthen & Stretch (A) 7:00 In-Suite Tai Chi (398)</p> | <p>Groundhog Day 2 8:45 DrumFit (A) 9:00 Outing: CPO Rehearsal (MIL) 9:30 DrumFit (A) 10:30 Meet Me at the MOMA (A) 1:30 Adult Colouring (WRR) 2:00 Team Trivia Happy Hour! (B) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A)</p> | <p>8:45 Morning Yoga (A) 3 9:30 Morning Yoga (A) 10:15 Pet Visits with Spudders (A) 2:00 Bingo! (D) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)</p> |
| <p>9:00 In-Suite Seated Fitness (398) 4 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)</p> | <p>8:45 Sit & Be Fit (A) 5 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 12:30 Shopping Trip to North Hill Mall (MIL) 1:30 Bridge Games (WRR) 3:00 Strengthen & Stretch (A) 3:30 Dominoes (WRR) 7:00 Monday Night Documentary: Black History Month (398)</p> | <p>8:45 Zumba w/ Virginia (A) 6 9:00 Mobile Lab (WRR) 9:30 Zumba w/ Virginia (A) 10:15 Tech Support (A) 10:30 Hearing Aid Clinic (LIB) 1:30 Artful Enrichment (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)</p> | <p>8:45 Sit & Be Fit (A) 7 9:30 Sit & Be Fit (A) 10:30 Meet w/ the Chef (L) 2:00 Entertainment: Roli Mack (D) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398)</p> | <p>8:45 Stand & Be Fit (A) 8 9:30 Stand & Be Fit (A) 10:30 Mindfulness Meditation (L) 1:00 Outing: Market Mall & Plaza (MIL) 3:00 Strengthen & Stretch (A) 4:15 Living Loving Local Dinner (D) 7:00 In-Suite Tai Chi (398)</p> | <p>8:45 DrumFit (A) 9 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)</p> | <p>Lunar New Year 10 8:45 Morning Yoga (A) 9:30 Morning Yoga (A) 10:30 Vendor: Personal Touch Fashions (WRR) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)</p> |
| <p>9:00 In-Suite Seated Fitness (398) 11 9:30 In-Suite Non Denominational Church Service (398) 11:15 Lunar New Year Celebration Buffet (D) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)</p> | <p>8:45 Sit & Be Fit (A) 12 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 12:30 Shopping Trip to Superstore (MIL) 1:30 Bridge Games (WRR) 3:00 Strengthen & Stretch (A) 3:30 Dominoes (WRR) 7:00 Monday Night Documentary (398)</p> | <p>8:45 Zumba w/ Virginia (A) 13 9:00 Mobile Lab (WRR) 9:30 Zumba w/ Virginia (A) 10:15 Tech Support (A) 10:30 Catholic Mass (L) 1:30 Art Class with Alex (A) 2:00 Mardi-Gras Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)</p> | <p>Valentines Day 14 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Coffee & Chat w/ LE (2) 2:00 MRU Student Valentines' Social (A) 4:15 Valentines Day Dinner (D) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398)</p> | <p>8:45 Stand & Be Fit (A) 15 9:30 Stand & Be Fit (A) 10:30 Outing: Calgary Central Library (MIL) 10:30 Mindfulness Meditation (L) 2:00 Scrabble (WRR) 3:00 Strengthen & Stretch (A) 7:00 In-Suite Tai Chi (398)</p> | <p>8:45 DrumFit (A) 16 9:30 DrumFit (A) 10:30 Education Session: Heart & Stroke (L) 1:30 Adult Colouring (WRR) 2:00 Wine Tasting with Wayne! {Sign Up Required} (B) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A)</p> | <p>8:45 Morning Yoga (A) 17 9:30 Morning Yoga (A) 10:15 Pet Visits with Spudders (A) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)</p> |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|---|
| 18 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) | 19 FAMILY DAY | 20 8:45 Zumba w/ Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba w/ Virginia (A) 10:15 Tech Support (A) 1:00 CO-OP Walker Clinic (WRR) 1:30 Artful Enrichment (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up) | 21 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 Bingo! (A) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398) | 22 8:45 Stand & Be Fit (A) 9:00 Medical Foot Care Clinic (WRR) 9:30 Stand & Be Fit (A) 10:30 Resident Forum (L) 2:00 Scrabble (WRR) 3:00 Strengthen & Stretch (A) 7:00 In-Suite Tai Chi (398) | 23 8:45 DrumFit (A) 9:30 DrumFit (A) 10:30 Java Music Club: Sing Along with Sharon! (L) 1:30 Adult Colouring (WRR) 2:00 Happy Hour! (B) 4:15 Italian Dinner (D) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A) | 24 8:45 Morning Yoga (A) 9:30 Morning Yoga (A) 10:15 Pet Visits with Spudders (A) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR) |
| 25 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) | 26 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 Walmart & Dollarama (MIL) 1:30 Bridge Games (WRR) 3:00 Strengthen & Stretch (A) 3:30 Dominoes (WRR) 7:00 Monday Night Documentary (398) | 27 8:45 Zumba w/ Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba w/ Virginia (A) 10:15 Tech Support (A) 1:30 Art Class with Alex (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR) | 28 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Coffee & Chat w/ Misty (2) 2:00 Monthly Resident Birthday Party with Entertainment: Greg Rumpel (D) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 The Lucy Show (398) | 29 8:45 Stand & Be Fit (A) 9:30 Stand & Be Fit (A) 10:30 Mindfulness Meditation (L) 1:00 Outing: Sunridge Mall and Thrift Store Shopping (MIL) 2:00 Scrabble (WRR) 3:00 Strengthen & Stretch (A) 7:00 In-Suite Tai Chi (398) | | |



Be your best self

Locations Legend

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

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program
- Highlight