



INSPIRED SENIOR LIVING

December 2022

Trinity Lodge



TRINITY LODGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>NATIONAL CHRISTMAS LIGHT DAY NATIONAL PIE DAY</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:45 Shopping Trip to South Centre Mall (BUS)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 Whole Body Vibration Exercise (FC)</p> <p>1:00 The Nutman (FOY)</p> <p>1:00 Whist (HL)</p> <p>1:00 Country Drive (BUS)</p> <p>1:30 Free Nail Painting (CL)</p> <p>2:45 Afternoon Meditation (CR)</p> <p>3:00 Jeopardy (CL)</p> <p>6:00 Games: Kings in the Corner (B)</p> <p>7:30 Entertainment by: Grass Blue (GDR)</p>	<p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Current Events Circle (B)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Knitting Circle (CL)</p> <p>1:15 Horse Races (CR)</p> <p>2:15 Fit Minds (CR)</p> <p>2:15 Happy Memories Hour (B)</p> <p>3:00 Java Music Club (CR)</p> <p>3:00 Sabbath Service (ER)</p> <p>7:15 Bingo (CR)</p>	<p>MAKE A GIFT DAY</p> <p>9:00 Tech Support: iPad's and Tablets (IS)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Whole Body Vibration Exercise (FC)</p> <p>11:00 Visiting Tails: Meet Humphrey (FOY)</p> <p>1:30 Sing-A-long (CL)</p> <p>3:00 8 Ball Pool Club (CL)</p> <p>3:00 Chinook Room Booked for Private Function</p> <p>3:00 Card Game Social (CL)</p> <p>6:00 Saturday Cinema: Jingle Jangle: A Christmas Journey (CL)</p> <p>7:00 Cribbage (HL)</p>
				<p>TREE DRESSING DAY</p> <p>10:00 Go4Life Walk (FOY)</p> <p>1:00 Whist (HL)</p> <p>2:00 Sunday Cinema: Charlie and the Chocolate Factory (CL)</p> <p>7:00 Chapel Service (CR)</p> <p>7:00 Cribbage (HL)</p>	<p>8:00 Medical Van (MV)</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Resident Manager Meeting (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 DRUMFIT Exercise (CR)</p> <p>12:00 Lydia the Seamstress (SL)</p> <p>1:00 Bridge (HL)</p> <p>1:30 Bingo (CR)</p> <p>2:30 Meet Me At The MoMA Lecture (CR)</p> <p>3:00 Tv Series: The Crown Season 5 Ep. 1 (CL)</p> <p>6:00 National Geographic: Our Universe, Ep.1 (CL)</p> <p>7:00 "Crones Don't Whine" Dr.Jean Shinoda Bolen with Val Bracey (PDR)</p> <p>7:00 Cribbage (HL)</p>	<p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Leisure Resident Discussions (CR)</p> <p>10:30 Vendor: Looking Good Fashion (FOY)</p> <p>11:00 Tech Support (B)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:30 Sing-A-long (CL)</p> <p>2:30 Wii Bowling (B)</p> <p>2:45 Armchair Travel Story Circle (CL)</p> <p>3:00 Horse Races (CR)</p> <p>3:00 Christmas Crafts: Walker Decorations (CL)</p>
<p>10:00 Go4Life Walk (FOY)</p> <p>10:00 Vendor: Copper Guild (FOY)</p> <p>1:00 Whist (HL)</p> <p>2:00 Sunday Cinema: A Castle for Christmas (CL)</p> <p>7:00 Cribbage (HL)</p> <p>7:00 Chapel Service (CR)</p>	<p>GINGERBREAD HOUSE DAY</p> <p>8:00 Medical Van (MV)</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 DRUMFIT Exercise (CR)</p> <p>12:00 Lydia the Seamstress (SL)</p> <p>1:00 Bridge (HL)</p> <p>1:30 Bingo (CR)</p> <p>2:30 Meet Me At The MoMA Painting Session (CR)</p> <p>3:00 Tv Series: The Crown Season 5 Ep. 2 (CL)</p> <p>6:00 Christmas Lights Bus Tour (BUS)</p> <p>6:00 National Geographic: Our Universe, Ep.2 (CL)</p> <p>7:00 "Crones Don't Whine" Dr.Jean Shinoda Bolen with Val Bracey (PDR)</p> <p>7:00 Cribbage (HL)</p>	<p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 Tech Support (B)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:30 Sing-A-long (CL)</p> <p>2:45 Armchair Travel Story Circle (CL)</p> <p>3:00 Horse Races (CR)</p> <p>3:00 Christmas Crafts: Tree Decorations (CL)</p> <p>7:30 Entertainment by: Crooked Path (FOY)</p>	<p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:30 Shopping Trip to London Drugs, Winners, Dollar Tree and Homesense (BUS)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>1:00 Country Drive (BUS)</p> <p>1:30 Bingo (CR)</p> <p>2:15 Reader's Theatre (CL)</p> <p>2:30 Scrapbooking Session (HL)</p> <p>3:00 Wheel of Fortune (CL)</p> <p>7:30 Annual Trinity Lodge Christmas Concert (GDR)</p>	<p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 Whole Body Vibration Exercise (FC)</p> <p>1:00 Whist (HL)</p> <p>1:00 The Nutman (FOY)</p> <p>1:30 Free Nail Painting (CL)</p> <p>2:00 Shopping Trip to Shopper's Drugmart on Elbow Dr. (BUS)</p> <p>2:45 Afternoon Meditation (CR)</p> <p>3:00 Jeopardy (CL)</p> <p>4:15 LLL Celebration Dinner: Cranberry (GDR)</p> <p>6:00 Games: Kings in the Corner (B)</p> <p>6:00 Christmas Lights Bus Tour One Hour Drive (BUS)</p> <p>7:30 Entertainment by: Sing-Along w/ Jacqueline Drew (FOY)</p>	<p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:00 Current Events Circle (B)</p> <p>10:30 Knitting Circle (CL)</p> <p>1:30 Birthday Bash (CR)</p> <p>2:15 Fit Minds (CR)</p> <p>2:15 Happy Memories Hour (B)</p> <p>3:00 Java Music Club (CR)</p> <p>3:00 Sabbath Service (ER)</p> <p>3:15 Horse Races (CR)</p> <p>7:15 Bingo (CR)</p>	<p>NATIONAL UGLY SWEATER DAY</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Whole Body Vibration Exercise (FC)</p> <p>11:00 Visiting Tails: Meet Humphrey (FOY)</p> <p>1:30 CANCELLED- Sing-A-long (CL)</p> <p>2:00 Entertainment by: CC Santa Dancers (GDR)</p> <p>3:00 8 Ball Pool Club (CL)</p> <p>3:00 Card Game Social (CL)</p> <p>6:00 Saturday Cinema: The Christmas Chronicles (GDR)</p> <p>7:00 Cribbage (HL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hanukkah- Day 1 7 DAYS TILL CHRISTMAS- In Honour of Hanukkah, Wear Blue and White BAKE COOKIES DAY 10:00 Go4Life Walk (FOY) 11:00 Vendor: Personal Touch Fashions (FOY) 1:00 Whist (HL) 2:00 Sunday Cinema: The Christmas Chronicles 2 (CL) 3:00 Hanukkah Lighting (ER) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)</p> <p>18</p>	<p>6 DAYS TILL CHRISTMAS- Candy Cane Day, Wear Red and White Hanukkah- Day 2 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 DRUMFIT Exercise (CR) 12:00 Lydia the Seamstress (SL) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Lecture (CR) 3:00 Hanukkah Lighting (ER) 3:00 Tv Series: The Crown Season 5 Ep. 3 (CL) 3:00 Meet The Chef (CR) 6:00 National Geographic: Our Universe, Ep.3 (CL) 7:00 "Crones Don't Whine" Dr.Jean Shinoda Bolen with Val Bracey (PDR) 7:00 Cribbage (HL)</p> <p>19</p>	<p>5 DAYS TILL CHRISTMAS- Wear Your Festive Jewelry Hanukkah- Day 3 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Tech Support (B) 1:00 Walk-In Visits with Dr.Manyande (HEA) 2:00 Entertainment by: Lela and Emelia (FOY) 2:30 Wii Bowling (B) 2:45 Armchair Travel Story Circle (CL) 3:00 Hanukkah Lighting (ER) 3:15 Horse Races (CR)</p> <p>20</p>	<p>Hanukkah- Day 4 4 DAYS TILL CHRISTMAS- Wear Your Favorite Christmas Pajamas 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 1:30 Bingo (CR) 2:15 Reader's Theatre (CL) 2:45 Christmas Crafts: Ugly Christmas Sweater (CL) 3:00 Hanukkah Lighting (ER) 6:00 Christmas Lights Bus Tour (BUS)</p> <p>21</p>	<p>3 DAYS TILL CHRISTMAS- Dress Like the Grinch or Wear Green Today Hanukkah- Day 5 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to Deerfoot Meadows: Superstore,Dollarama,Walmart,Michaels and Costco (BUS) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 11:00 Catholic Mass (CR) 1:00 Whist (HL) 1:00 Country Drive (BUS) 1:30 Free Nail Painting (CL) 2:45 Afternoon Meditation (CR) 3:00 Jeopardy (CL) 3:00 Hanukkah Lighting (ER) 4:15 Resident Appreciation Dinner (GDR) 6:00 Games: Kings in the Corner (B)</p> <p>22</p>	<p>Hanukkah- Day 6 2 DAYS TILL CHRISTMAS- Wear Your Ugly Christmas Sweater 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Fit Minds (CR) 2:15 Happy Memories Hour (B) 3:00 Java Music Club (CR) 3:00 Sabbath Service (ER) 3:00 Hanukkah Lighting (ER) 5:00 Hanukkah Celebration Dinner (B) 7:00 Chapel Service (CR) 7:15 JACKPOT Bingo (CR)</p> <p>23</p>	<p>Hanukkah- Day 7 1 DAYS TILL CHRISTMAS- Wear Your Christmas Hat NATIONAL EGGNOG DAY 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 11:00 Visiting Tails: Meet Humphrey (FOY) 1:30 CANCELLED- Sing-A-long (CL) 2:00 Christmas Eve Celebration: Sing-Along with Garry (B) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (CL) 3:00 Hanukkah Lighting (ER) 6:00 Saturday Cinema: The Claus Family (CL) 7:00 Cribbage (HL)</p> <p>24</p>
<p>Hanukkah- Day 8 MERRY CHRISTMAS 10:00 Go4Life Walk (FOY) 1:00 Whist (HL) 2:00 Sunday Cinema: A Boy Called Christmas (CL) 4:00 Hanukkah Lighting (ER) 4:15 Christmas Turkey Dinner (GDR) 7:00 Cribbage (HL)</p> <p>25</p>	<p>LEISURE DEPARTMENT CLOSED TODAY 10:00 Go4Life Walk (FOY) 12:00 Lydia the Seamstress (SL) 1:00 Bridge (HL) 3:00 Tv Series: The Crown Season 5 Ep. 4 (CL) 4:00 Hanukkah Lighting (ER) 6:00 National Geographic: Our Universe, Ep.4 (CL) 7:00 Cribbage (HL)</p> <p>26</p>	<p>MAKE CUT OUT SNOWFLAKE DAY 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Tech Support (B) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 Sing-A-long (CL) 2:45 Armchair Travel Story Circle (CL) 3:00 Horse Races (CR)</p> <p>27</p>	<p>NATIONAL CARD PLAYING DAY 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 1:30 Bingo (CR) 2:15 Reader's Theatre (CL) 2:30 Scrapbooking Session (HL) 3:00 Wheel of Fortune (CL)</p> <p>28</p>	<p>9:30 Daily Seated Exercises (CR) 9:45 Shopping Trip to Chinook Centre (BUS) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Country Drive (BUS) 1:00 The Nutman (FOY) 1:30 Free Nail Painting (CL) 2:45 Afternoon Meditation (CR) 3:00 Jeopardy (CL) 6:00 Games: Kings in the Corner (B)</p> <p>29</p>	<p>NATIONAL BACON DAY 3:15 Horse Races (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 2:15 Fit Minds (CR) 2:15 Happy Memories Hour (B) 3:00 Java Music Club (CR) 3:00 Sabbath Service (ER) 7:15 Bingo (CR)</p> <p>30</p>	<p>HAPPY NEW YEAR'S EVE 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 11:00 Visiting Tails: Meet Humphrey (FOY) 3:00 8 Ball Pool Club (CL) 3:00 New Years Eve Celebration Entertainment by The Waltzing Matilda (B) 6:00 Saturday Cinema: Maudie (CL) 7:00 Cribbage (HL)</p> <p>31</p>



Locations Legend

- Chinook Room (CR)
- Card Lounge (CL)
- foyer (FOY)
- Heritage Lounge (HL)
- Bistro (B)
- BUS (BUS)
- Education Room (ER)
- Fitness Centre (FC)
- Glenmore Dining Rm (GDR)
- Sunrise Lounge (SL)
- Private Dining Rm (PDR)
- Health Center (HEA)
- Medical Van (MV)

Dimensions Of Wellness Legend

- Social
- Physical
- Intellectual
- Purposeful
- Emotional
- Sensory
- Spiritual
- Dining