



INSPIRED SENIOR LIVING

July 2023 Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Happy Canada Day **1**
 National Watercolor Month
 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)
 11:30 Canada Day BBQ Celebration (GAR)
 2:00 Canada Day Entertainment with GrassBlue (CR)
 3:00 Card Game Social (B)
 6:00 Saturday Cinema: Take This Waltz (CL)
 7:00 Cribbage (HL)

10:00 Go4Life Walk (FOY) **2**
 1:00 WHIST (HL)
 2:00 Sunday Cinema: Cold Mountain (CL)
 7:00 Chapel Service (CR)
 7:00 Cribbage (HL)

LEISURE DEPARTMENT CLOSED TODAY- CANADA DAY **3**
 NO MEDICAL VAN TODAY
 8:45 Chapel Service (CR)
 9:30 Daily Seated Exercises (CR)
 10:00 Go4Life Walk (FOY)
 1:00 Bridge (HL)
 3:00 Tv Series: The Queen's Gambit, Ep.1 (CL)
 6:00 National Geographic: Magical Andes (CL)
 7:00 Cribbage (HL)

National Alice and Wonderland Day **4**
 8:45 Chapel Service (CR)
 9:30 Daily Seated Exercises (CR)
 10:00 Go4Life Walk (FOY)
 10:30 Tech Support (B)
 11:30 Weekly BBQ & Surprise (GAR)
 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)

8:45 Chapel Service (CR) **5**
 9:00 Amplifon Hearing Clinic (PDR)
 9:30 Daily Seated Exercises (CR)
 10:00 Resident Manager Meeting (CR)
 10:00 Go4Life Walk (FOY)
 1:30 Bingo (CR)
 2:15 Reader's Theatre (CL)
 3:00 Wheel of Fortune (CL)

8:45 Chapel Service (CR) **6**
 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 Scenic Drive (BUS)
 2:00 Entertainment by: Dwayne Fettig (CR)
 6:00 Games: Kings in the Corner (B)

Calgary Stampede: Day 1- Stampede Parade **7**
 National World Chocolate Day
 8:45 Calgary Stampede Parade Viewing: Global News (CL)
 9:30 Daily Seated Exercises (CR)
 10:00 Current Events Circle (B)
 10:00 Go4Life Walk (FOY)
 10:30 Knitting Circle (CL)
 1:15 Horse Races (CR)
 2:15 Happy Memories Hour (B)
 2:15 Fit Minds (CR)
 3:00 Sabbath Service (ER)
 3:00 Java Music Club (CR)
 7:15 JACKPOT Bingo (CR)

Calgary Stampede: Day 2 **8**
 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 Sing-A-long (CL)
 3:00 8 Ball Pool Club (CL)
 3:00 Card Game Social (B)
 6:00 Saturday Cinema: Seven Years in Tibet (CL)
 7:00 Cribbage (HL)

National Fashion Day **9**
Calgary Stampede: Day 3
 10:00 Go4Life Walk (FOY)
 1:00 WHIST (HL)
 2:00 Sunday Cinema: The Last Letter from your Lover (CL)
 7:00 Chapel Service (CR)
 7:00 Cribbage (HL)

Calgary Stampede: Day 4 **10**
 8:00 Stampede Breakfast (TC)
 8:00 Medical Van (MV)
 8:30 Stampede Entertainment by the Chinook Country Line Dancers (TC)
 9:30 Daily Seated Exercises (CR)
 10:00 Go4Life Walk (FOY)
 11:00 DRUMFIT Exercise (CR)
 1:00 Bridge (HL)
 1:30 Bingo (CR)
 2:30 Meet Me At The MoMA Painting Session (SL)
 3:00 Tv Series: The Queen's Gambit, Ep.2 (CL)
 6:00 National Geographic: Magical Andes (CL)
 7:00 Cribbage (HL)

Calgary Stampede: Day 5 **11**
 8:45 Chapel Service (CR)
 9:30 Daily Seated Exercises (CR)
 10:00 Go4Life Walk (FOY)
 10:30 Tech Support (B)
 1:00 Walk-In Visits with Dr.Manyande (HEA)
 1:30 Sing-A-long (CL)
 2:30 Board Game: Scrabble (HL)
 2:45 Armchair Travel Story Circle (CL)
 3:00 Stampede Horse Races and Drinks (CR)

National New Conversation Day **12**
Calgary Stampede: Day 6
 9:30 Daily Seated Exercises (CR)
 9:30 Outing to Mt. Lorette Ponds Day Use in Kananaskis (BUS)
 10:00 Go4Life Walk (FOY)
 1:30 Bingo (CR)
 2:00 Meet and Greet Conservative Party: Shuv Majumdar (B)
 2:15 Reader's Theatre (CL)
 3:00 Stampede Summer Game: Bean Bag Toss (GL)

Calgary Stampede: Day 7 **13**
 9:30 Daily Seated Exercises (CR)
 9:30 Shopping Trip to Walmart and Dollarama and Shoppers on Elbow (BUS)
 10:00 Go4Life Walk (FOY)
 11:00 Whole Body Vibration Exercise (FC)
 1:00 Whist (HL)
 1:00 Larissa the Seamstress (SL)
 1:30 Free Nail Painting (CL)
 2:45 Afternoon Meditation (CR)
 3:00 Holy Rosary Prayers (ER)
 3:00 Jeopardy (CL)
 4:15 Stampede Dinner Buffet (GDR)
 6:00 Games: Kings in the Corner (B)

National French Themed Dinner **14**
Calgary Stampede: Day 8
 9:30 Daily Seated Exercises (CR)
 10:00 Go4Life Walk (FOY)
 10:30 Knitting Circle (CL)
 10:00 Current Events Circle (B)
 1:15 Horse Races (CR)
 2:15 Fit Minds (CR)
 2:15 Happy Memories Hour (PDR)
 3:00 Java Music Club (CR)
 3:00 Sabbath Service (ER)
 7:15 Bingo (CR)

Calgary Stampede: Day 9 **15**
 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 Sing-A-long (CL)
 3:00 8 Ball Pool Club (CL)
 3:00 Card Game Social (B)
 6:00 Saturday Cinema: You've Got Mail (CL)
 7:00 Cribbage (HL)




INSPIRED SENIOR LIVING

July 2023 Trinity Lodge



TRINITY LODGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Stampede: Finale 16 National Personal Chef Day 10:00 Go4Life Walk (FOY) 10:30 Vendor: (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Jane Eyre (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	17 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 By-Elections Canada Voting Poll Station (PDR) 11:00 DRUMFIT Exercise (CR) 1:00 Bridge (HL) 1:00 Vendor: The Nutman (FOY) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Lecture (SL) 3:00 Meet The Chef (BER) 3:00 Tv Series: The Queen's Gambit, Ep.3 (CL) 6:00 National Geographic: Magical Andes (CL) 7:00 Cribbage (HL)	18 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Tech Support (B) 11:30 Weekly BBQ (GAR) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 Sing-A-long (CL) 2:30 Board Game: Scrabble (HL) 2:30 Wii Bowling (B) 2:45 Armchair Travel Story Circle (CL) 3:00 Horse Races (CR)	19 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Outing to Grey Eagle Casino (BUS) 1:30 Bingo (CR) 2:15 Reader's Theatre (CL) 3:00 Wheel of Fortune (CL) 3:00 Scrapbooking Session (HL)	20 National Hotdog Day 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:45 Shopping Trip to South Centre Mall (BUS) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:30 Free Nail Painting (CL) 2:00 Entertainment by: Paul Wood (GDR) 2:45 Afternoon Meditation (CR) 3:00 Jeopardy (CL) 4:15 LLL Dinner Celebration: Saskatoon Berry (GDR) 6:00 Games: Kings in the Corner (B)	21 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 1:30 July Birthday Bash (CR) 2:15 Fit Minds (CR) 2:15 Happy Memories Hour (PDR) 3:00 Java Music Club (CR) 3:00 Sabbath Service (ER) 3:15 Horse Races (CR) 7:15 JACKPOT Bingo (CR)	22 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 Sing-A-long (CL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: The Dig (CL) 7:00 Cribbage (HL)
23 10:00 Go4Life Walk (FOY) 10:30 Vendor: (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: The Guernsey-Literary and Potato Peel Society (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	24 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) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Painting Session (SL) 3:00 Tv Series: The Queen's Gambit, Ep.4 (CL) 6:00 National Geographic: Magical Andes (CL) 7:00 Cribbage (HL)	25 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Tech Support (B) 11:30 Weekly BBQ (GAR) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 Sing-A-long (CL) 2:30 Board Game: Scrabble (HL) 2:45 Armchair Travel Story Circle (CL) 3:00 Horse Races (CR)	26 National All or Nothing Day 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Lunch Outing to Pasu Farms (BUS) 1:30 Bingo (CR) 1:30 Watercolor Painting: Fireworks (SL) 2:15 Reader's Theatre (CL) 3:00 Summer Games: Ladder Ball (GAR)	27 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to London Drugs, Winners, Dollar Tree and Homesense (BUS) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 11:00 Catholic Mass (CR) 1:00 Whist (HL) 1:00 Larissa the Seamstress (SL) 1:00 Scenic Drive (BUS) 1:30 Free Nail Painting (CL) 2:45 Afternoon Meditation (CR) 3:00 Jeopardy (CL) 3:00 Holy Rosary Prayers (ER) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by Debra Power (FOY)	28 8:45 Chapel Service (CR) 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 Happy Memories Hour (PDR) 2:15 Fit Minds: Booklet Handout (BB) 3:00 Java Music Club (CR) 3:00 Sabbath Service (ER) 7:15 Bingo (CR)	29 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 Sing-A-long (CL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Somethings Got to Give (CL) 7:00 Cribbage (HL)
30 International Day of Friendship 10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: The Wonder (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	31 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Vendor: Smilz to Go (FOY) 11:00 DRUMFIT Exercise (CR) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Lecture (SL) 3:00 Tv Series: The Queen's Gambit, Ep.5 (CL) 6:00 National Geographic: Magical Andes (CL) 7:00 Cribbage (HL)			Locations Legend Chinook Room (CR) Card Lounge (CL) Foyer (FOY) Heritage Lounge (HL) Bistro (B) BUS (BUS) Fitness Centre (FC) Sunrise Lounge (SL) Garden Courtyard (GAR) Education Room (ER) Private Dining Rm (PDR) Health Center (HEA) Medical Van (MV) Glenmore Dining Rm (GDR) Front Traffic Circle (TC) Garden Lounge (GL) Bistro(Elbow) Room (BER) Bulletin Board (BB)		Calendar Legend Outing Special Program Living, Loving, Local Signature Program