



INSPIRED SENIOR LIVING


August 2023

Trinity Lodge



TRINITY LODGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY AUG 6</p> <p>National Friendship Day</p>		<p>8:45 Chapel Service (CR) 1</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Tech Support (B)</p> <p>11:30 Weekly BBQ (GAR)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:30 Sing-A-long (CL)</p> <p>2:30 Board Game: Scrabble (HL)</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>8:45 Chapel Service (CR) 2</p> <p>9:00 Amplifon Hearing Clinic (PDR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Outing: Deerfoot Inn & Casino (BUS)</p> <p>1:30 Bingo (CR)</p> <p>2:15 Reader's Theatre (CL)</p> <p>3:00 Wheel of Fortune (CL)</p> <p>3:00 Summer Games, Round 2: Bean Bag Toss (GAR)</p>	<p>8:45 Chapel Service (CR) 3</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:30 Shopping Trip to Deerfoot Meadows, Walmart, Superstore, Michaels, Dollarama (BUS)</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 Scenic 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: Good Timers (GDR)</p>	<p>Celebrate National Chocolate Chip Day 4</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>1:15 Horse Races (CR)</p> <p>2:15 Fit Minds (CR)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>3:00 Java Music Club (CR)</p> <p>3:00 Sabbath Service (ER)</p> <p>7:15 JACKPOT Bingo (CR)</p>	<p>9:30 Daily Seated Exercise - Aging Backwards Essentrics with Trenda (CR) 5</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 Card Game Social (B)</p> <p>6:00 Saturday Cinema: A Tale of Two Cities (CL)</p> <p>7:00 Cribbage (HL)</p>
<p>National Friendship Day 6</p> <p>10:00 Go4Life Walk (FOY)</p> <p>1:00 WHIST (HL)</p> <p>2:00 Sunday Cinema: Chitty Chitty Bang Bang (CL)</p> <p>7:00 Chapel Service (CR)</p> <p>7:00 Cribbage (HL)</p>	<p>NO MEDICAL VAN TODAY LIFE ENRICHMENT DEPARTMENT WILL BE CLOSED TODAY CIVIC HOLIDAY 7</p> <p>10:00 Go4Life Walk (FOY)</p> <p>1:00 Bridge (HL)</p> <p>3:00 Tv Series: The Queen's Gambit, Ep.6 (CL)</p> <p>6:00 National Geographic: Magical Andes "Argentina and Chile" (CL)</p> <p>7:00 Cribbage (HL)</p>	<p>International Cat Day 8</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 Tech Support (B)</p> <p>11:30 Weekly BBQ (GAR)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:30 Sing-A-long (CL)</p> <p>2:00 Kitchen Tour: Sign up at Main Bulletin (GDR)</p> <p>2:30 Board Game: Scrabble (HL)</p> <p>2:30 Meet Me At The MoMA Painting Session: Fireworks Part 2 (SL)</p> <p>2:45 Armchair Travel Story Circle (CL)</p> <p>3:00 Horse Races (CR)</p>	<p>8:45 Chapel Service (CR) 9</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:30 Outing to Ghost Lake Handi-boat (BUS)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>1:30 Bingo (CR)</p> <p>2:15 Reader's Theatre (CL)</p> <p>3:00 Stampede Games, Round 2: Washer Toss (GAR)</p>	<p>8:45 Chapel Service (CR) 10</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:45 Shopping Trip to Chinook Centre (BUS)</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 Scenic Drive (BUS)</p> <p>1:00 Larissa the Seamstress (SL)</p> <p>1:30 Free Nail Painting (CL)</p> <p>2:45 Afternoon Meditation (CR)</p> <p>3:00 Jeopardy (CL)</p> <p>3:00 Holy Rosary Prayers (ER)</p> <p>6:00 Games: Kings in the Corner (B)</p> <p>7:30 Entertainment by: Jerry Proppe (FOY)</p>	<p>8:45 Chapel Service (CR) 11</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>10:30 Pop Up DRUMFIT Exercise (CR)</p> <p>1:15 Horse Races (CR)</p> <p>2:15 Fit Minds (CR)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>3:00 Java Music Club (CR)</p> <p>3:00 Sabbath Service (ER)</p> <p>7:15 Bingo (CR)</p>	<p>9:30 Daily Seated Exercises - Tai Chi with Trenda (CR) 12</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 Card Game Social (B)</p> <p>6:00 Saturday Cinema: Interstellar (CL)</p> <p>7:00 Cribbage (HL)</p>
<p>10:00 Go4Life Walk (FOY) 13</p> <p>1:00 WHIST (HL)</p> <p>2:00 Sunday Cinema: Hotel Mumbai (CL)</p> <p>7:00 Chapel Service (CR)</p> <p>7:00 Cribbage (HL)</p>	<p>8:00 Medical Van (MV) 14</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 Resident Manager Meeting (CR)</p> <p>10:30 DRUMFIT Exercise (CR)</p> <p>1:00 Bridge (HL)</p> <p>1:00 Vendor: The Nutman (FOY)</p> <p>1:30 Bingo (CR)</p> <p>2:30 Meet Me At The MoMA Lecture (SL)</p> <p>2:30 Artful Enrichment Painting: Rockin' Robin (SL)</p> <p>3:00 Meet The Chef (BER)</p> <p>3:00 Tv Series: The Queen's Gambit, Ep.7 (CL)</p> <p>6:00 National Geographic: Human, The World Within "React" (CL)</p> <p>7:00 Cribbage (HL)</p>	<p>8:45 Chapel Service (CR) 15</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Tech Support (B)</p> <p>11:30 Weekly BBQ (GAR)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:30 Sing-A-long (CL)</p> <p>2:00 Kitchen Tour: Sign up at Main Bulletin (GDR)</p> <p>2:30 Board Game: Scrabble (HL)</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>8:45 Chapel Service (CR) 16</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 Lunch Outing to Saskatoon Farm (BUS)</p> <p>1:00 Vendor: Personal Touch Fashions (FOY)</p> <p>1:30 Bingo (CR)</p> <p>2:15 Reader's Theatre (CL)</p> <p>3:00 Summer Games, Round 2: Ladder Ball (GAR)</p>	<p>8:45 Chapel Service (CR) 17</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:30 Shopping Trip to Walmart and Dollarama and Shoppers on Elbow (BUS)</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 Scenic 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>4:15 LLL Celebration Dinner: Peach (GDR)</p> <p>6:00 Games: Kings in the Corner (B)</p> <p>7:30 Entertainment by: Cole Briggs (GDR)</p>	<p>9:30 Daily Seated Exercises (CR) 18</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:00 Current Events Circle (B)</p> <p>10:30 Celebration Of Life (CR)</p> <p>1:30 August Birthday Bash (CR)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>2:15 Fit Minds: Booklet Pickup (BB)</p> <p>3:00 Sabbath Service (ER)</p> <p>3:00 Java Music Club (CL)</p> <p>3:15 Horse Races (CR)</p> <p>7:15 JACKPOT Bingo (CR)</p>	<p>International Bow Day 19</p> <p>9:30 Daily Seated Exercises - Choga - Chair Yoga with Trenda (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 Card Game Social (B)</p> <p>6:00 Saturday Cinema: The Age of Innocence (CL)</p> <p>7:00 Cribbage (HL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Titanic (CL) 7:00 Chapel Service (CR) 7:00 Cribbage (HL)	21 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 DRUMFIT Exercise (CR) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Painting Session (SL) 2:30 Artful Enrichment Part 2: Rockin' Robin (SL) 3:00 Tv Series: Here's Lucy, Season 1: Ep.1 (CL) 6:00 National Geographic: Human, The World Within "Pulse" (CL) 7:00 Cribbage (HL)	22 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) 2:00 Kitchen Tour: Sign up at Main Bulletin (GDR) 2:30 Board Game: Scrabble (HL) 2:45 Armchair Travel Story Circle (CL) 3:00 Horse Races (CR)	23 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Picnic Outing to RCMP Dog Training Centre In Innisfail (BUS) 1:30 Bingo (CR) 2:15 Reader's Theatre (CL) 3:00 Summer Games, Round 3: Bean Bag Toss (GAR)	24 8:45 Chapel Service (CR) 9:45 Shopping Trip to South Centre (BUS) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 11:00 Catholic Mass (CR) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:00 Larissa the Seamstress (SL) 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) 6:30 Trinity Lodge Annual Garden Party and Entertainment with Timeless Jazz (FOY)	25 National Banana Split Day 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) 2:00 The War of 1812 Presentation with Bart Dailley (CR) 2:15 Fit Minds: Booklet Pickup (BB) 3:00 Sabbath Service (ER) 3:00 Java Music Club (CL) 7:15 Bingo (CR)	26 National Dog Day 9:30 Daily Seated Exercises - Drum it Up with Trendera (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 Deep End of the Ocean (CL) 7:00 Cribbage (HL)
27 10:00 Go4Life Walk (FOY) 10:30 Vendor: (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: San Andreas (CL) 7:00 Chapel Service (CR) 7:00 Cribbage (HL)	28 National Red Wine Day Vendor: Smilez 2 Go 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 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) 2:30 An Afternoon with Paint and Wine Artful Enrichment: Water Lily (Acrylic Paint) (SL) 3:00 Tv Series: Here's Lucy, Season 1: Ep.2 (CL) 6:00 National Geographic: Human, The World Within "Fuel" (CL) 7:00 Cribbage (HL)	29 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) 1:30 Celebrate Oktoberfest with Entertainment by Roli Mack (CR) 2:00 Kitchen Tour: Sign up at Main Bulletin (GDR) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	30 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Bus Outing to Rosebud Theatre "Sound of Music" (BUS) 10:00 Go4Life Walk (FOY) 1:30 Bingo (CR) 2:15 Reader's Theatre (CL) 3:00 Wheel of Fortune (CL) 3:00 Summer Games, Round 3: Washer Toss (GAR)	31 National Eat Outside Day 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) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:30 Free Nail Painting (CL) 2:45 Afternoon Meditation (CR) 3:00 Jeopardy (CL) 4:15 LLL Celebration Dinner (GDR) 6:00 Games: Kings in the Corner (B)		

Locations Legend

Chinook Room (CR)	Sunrise Lounge (SL)
Card Lounge (CL)	Glenmore Dining Rm (GDR)
Foyer (FOY)	Education Room (ER)
Heritage Lounge (HL)	Health Center (HEA)
Bistro (B)	Private Dining Rm (PDR)
BUS (BUS)	Medical Van (MV)
Garden Courtyard (GAR)	Bulletin Board (BB)
Fitness Centre (FC)	Bistro(Elbow) Room (BER)

Calendar Legend

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