





INSPIRED SENIOR LIVING

# September 2023

## Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>World Alzheimer's Month</b></p>		 <p><b>Grandparent's Day</b></p>			<p><b>National Preparedness Day 1</b></p> <p>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 (AGL)            3:00 Sabbath Service (ER)            3:00 Chess Club (CL)            3:00 Java Music Club (AGL)            7:15 JACKPOT Bingo (CR)</p>	<p><b>International Bacon Day 2</b></p> <p>9:30 Daily Seated Exercises - Essentrics Aging Backwards with Trenda (CR)            10:00 Go4Life Walk (FOY)            10:30 Whole Body Vibration Exercise (CR)            11:00 Visiting Tails: Meet Humphrey (FOY)            1:00 Cribbage (HL)            1:30 Sing-Along (CL)            3:00 Card Game Social (B)            3:00 8 Ball Pool Club (CL)            6:00 Saturday Cinema: Not As A Stranger (1955) (CL)</p>
<p><b>10:00 Go4Life Walk (FOY) 3</b></p> <p>1:00 WHIST (HL)            2:00 Sunday Cinema: The Water Horse (2007) (CL)            7:00 Cribbage (HL)            7:00 Chapel Service (CR)</p>	<p><b>LABOUR DAY HOLIDAY 4</b>            Leisure Run Activities Canceled Today</p> <p>10:00 Go4Life Walk (FOY)            1:00 Bridge (HL)            3:00 Tv Series: Here's Lucy, Season 1: Ep.3 (CL)            6:00 National Geographic: Human, The World Within "Defend" (CL)            7:00 Cribbage (HL)</p>	<p>8:45 Chapel Service (CR) 5</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)            10:30 Tech Support (B)            1:00 Walk-In Visits with Dr.Manyande (HEA)            1:30 Sing-Along (CL)            2:30 Board Game: Scrabble (HL)            2:45 Armchair Travel Story Circle (CL)            3:00 Horse Races (CR)</p>	<p>National Read a Book Day 6</p> <p>8:45 Chapel Service (CR)            9:00 Amplifon Hearing Clinic (PDR)            9:30 Daily Seated Exercises (CR)            10:00 Go4Life Walk (FOY)            11:00 Vendor: Looking Good Fashions (FOY)            1:30 Bingo (CR)            3:00 Summer Games, Round 3: Ladder Ball (GAR)</p>	<p>8:45 Chapel Service (CR) 7</p> <p>9:30 Daily Seated Exercises (CR)            10:00 Go4Life Walk (FOY)            10:30 Pop Up: Daily Seated Exercises (CR)            11:00 Whole Body Vibration Exercise (CR)            1:00 Larissa the Seamstress (SL)            1:00 Whist (HL)            1:15 Free Nail Painting (CL)            2:30 Java Music Club (AGL)            3:00 Holy Rosary Prayers (ER)            3:00 Jeopardy (CL)            6:00 Games: Kings in the Corner (B)</p>	<p>Stand Up to Cancer Day 8</p> <p>8:45 Chapel Service (CR)            9:30 Daily Seated Exercises - Tai Chi with Trenda (CR)            10:00 Go4Life Walk (FOY)            10:00 Current Events Circle (B)            10:30 Knitting Circle (CL)            1:15 Grandparents Day Party with Cake and Wine (B)            2:00 Grandparents Day Entertainment by: Waltzing Matildas (GDR)            2:15 Fit Minds: Booklet Pickup (BB)            3:00 Sabbath Service (ER)            3:00 Chess Club (CL)            7:15 Bingo (CR)</p>	<p>World First Aid Day 9</p> <p>9:30 Daily Seated Exercises (CR)            10:00 Go4Life Walk (FOY)            10:30 Whole Body Vibration Exercise (CR)            11:00 Visiting Tails: Meet Humphrey (FOY)            1:00 Cribbage (HL)            1:30 Sing-Along (CL)            3:00 8 Ball Pool Club (CL)            3:00 Card Game Social (B)            6:00 Saturday Cinema: Gifted Hands: The Ben Carson Story (2009) (CL)</p>
<p><b>National Grandparents Day 10</b></p> <p>10:00 Go4Life Walk (FOY)            11:30 Grandparents Day Brunch (GDR)            1:00 WHIST (HL)            2:00 Sunday Cinema: Moneyball (2011) (CL)            7:00 Cribbage (HL)            7:00 Chapel Service (CR)</p>	<p>Vendor: Smilez 2 Go 11</p> <p>8:00 Medical Van (MV)            8:45 Chapel Service (CR)            9:30 Daily Seated Exercises (CR)            10:00 Go4Life Walk (FOY)            10:00 Resident Manager Meeting (CR)            1:00 Vendor: The Nutman (FOY)            1:00 Bridge (HL)            1:30 Bingo (CR)            2:30 Meet Me At The MoMA Lecture (SL)            2:30 Artful Enrichment Painting Session (SL)            3:00 Tv Series: Here's Lucy, Season 1: Ep.4 (CL)            3:00 Meet The Chef (BER)            6:00 National Geographic: Human, The World Within "Sense" (CL)            7:00 Cribbage (HL)</p>	<p>World Alzheimer's Month 12</p> <p>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-Along (CL)            2:30 Board Game: Scrabble (HL)            2:45 Armchair Travel Story Circle (CL)            3:00 Horse Races (CR)</p>	<p>International Chocolate Day 13</p> <p>8:45 Chapel Service (CR)            9:00 Vendor: Stephanie D-Design (FOY)            9:30 Daily Seated Exercises (CR)            10:00 Go4Life Walk (FOY)            10:30 Pop Up: DRUMFIT Exercise (CR)            1:30 Bingo (CR)            3:00 Wheel of Fortune (CL)</p>	<p>8:45 Chapel Service (CR) 14</p> <p>9:30 Daily Seated Exercises (CR)            10:00 Go4Life Walk (FOY)            11:00 Whole Body Vibration Exercise (FC)            1:00 Whist (HL)            1:15 Free Nail Painting (CL)            2:30 Java Music Club (AGL)            3:15 Jeopardy (CL)            6:00 Games: Kings in the Corner (B)            7:30 Entertainment by: Concerts in Care (GDR)</p>	<p>8:45 Chapel Service (CR) 15</p> <p>9:30 Daily Seated Exercises (CR)            10:00 Go4Life Walk (FOY)            10:00 Current Events Circle (B)            10:30 Knitting Circle (CL)            1:30 September Birthday Bash (CR)            2:15 Happy Memories Hour (PDR)            2:15 Fit Minds: Booklet Pickup (BB)            2:45 Afternoon Meditation (AGL)            3:00 Sabbath Service (ER)            3:00 Chess Club (CL)            3:15 Horse Races (CR)            7:15 JACKPOT Bingo (CR)</p>	<p>Eat an Apple Day 16</p> <p>9:30 Daily Seated Exercises -Tai Chi with Trenda (CR)            10:00 Go4Life Walk (FOY)            10:30 Whole Body Vibration Exercise (FC)            11:00 Visiting Tails: Meet Humphrey (FOY)            1:00 Cribbage (HL)            1:30 Sing-Along (CL)            1:30 Verve International Fair - Open House with Entertainment by Jacquie Drew            3:00 8 Ball Pool Club (CL)            3:00 Card Game Social (B)            6:00 Saturday Cinema: Ink Heart (2009) (CL)</p>



INSPIRED SENIOR LIVING

# September 2023

## Trinity Lodge



TRINITY LODGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SUNDAY CINEMA 17</b> TODAY will starts at 1:30 p.m. <b>10:00 Go4Life Walk (FOY)</b> <b>1:00 WHIST (HL)</b> <b>1:30 Sunday Cinema: West Side Story (1961) (CL)</b> <b>7:00 Cribbage (HL)</b> <b>7:00 Chapel Service (CR)</b>	<b>8:00 Medical Van (MV) 18</b> <b>8:45 Chapel Service (CR)</b> <b>9:30 Daily Seated Exercises (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>10:30 DRUMFIT Exercise (CR)</b> <b>11:00 Artful Enrichment Painting Session (SL)</b> <b>1:00 Bridge (HL)</b> <b>1:30 Bingo (CR)</b> <b>2:30 Meet Me At The MoMA Painting Session (SL)</b> <b>3:00 Tv Series: Here's Lucy, Season 1: Ep.5 (CL)</b> <b>6:00 National Geographic: Human, The World Within "Birth" (CL)</b> <b>7:00 Cribbage (HL)</b>	<b>Day of Mourning Queen Elizabeth 19</b> <b>8:45 Chapel Service (CR)</b> <b>9:30 Daily Seated Exercises (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>10:30 Tech Support (B)</b> <b>1:00 Walk-In Visits with Dr.Manyande (HEA)</b> <b>1:30 Sing-Along (CL)</b> <b>2:30 Board Game: Scrabble (HL)</b> <b>2:45 Armchair Travel Story Circle (CL)</b> <b>3:00 Horse Races (CR)</b>	<b>8:45 Chapel Service (CR) 20</b> <b>9:30 Shopping Trip to Walmart and Dollarama (BUS)</b> <b>9:30 Daily Seated Exercises (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>1:00 Scenic Drive (BUS)</b> <b>1:30 Bingo (CR)</b> <b>3:00 Autumn Games: Bowling (CR)</b>	<b>8:45 Chapel Service (CR) 21</b> <b>9:30 Daily Seated Exercises (CR)</b> <b>9:30 Shopping Trip to Shoppers Drug Mart on Elbow Drive (BUS)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>11:00 Outing to Grey Eagle Casino (BUS)</b> <b>11:00 Whole Body Vibration Exercise (FC)</b> <b>1:00 Larissa the Seamstress (SL)</b> <b>1:00 Whist (HL)</b> <b>1:15 Trinity Lodge Annual Alzheimer's Walk (FOY)</b> <b>3:00 Holy Rosary Prayers (ER)</b> <b>3:15 Jeopardy (CL)</b> <b>4:00 LLL Celebration Dinner: Corn (GDR)</b> <b>6:00 Games: Kings in the Corner (B)</b>	<b>8:45 Chapel Service (CR) 22</b> <b>9:30 Daily Seated Exercises (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>10:00 Current Events Circle (B)</b> <b>10:30 Knitting Circle (CL)</b> <b>1:15 Horse Races (CR)</b> <b>2:15 Happy Memories Hour (PDR)</b> <b>2:15 Fit Minds (AGL)</b> <b>2:45 Afternoon Meditation (AGL)</b> <b>3:00 Sabbath Service (ER)</b> <b>3:00 Chess Club (CL)</b> <b>7:15 Bingo (CR)</b>	<b>First Day of Autumn 23</b> <b>9:30 Daily Seated Exercises - Aging Backwards Essentrics with Trenda (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>10:30 Whole Body Vibration Exercise (FC)</b> <b>11:00 Visiting Tails: Meet Humphrey (FOY)</b> <b>1:00 Cribbage (HL)</b> <b>1:30 Sing-Along (CL)</b> <b>3:00 8 Ball Pool Club (CL)</b> <b>6:00 Saturday Cinema: The Bells of St. Mary's (1945) (CL)</b>
<b>10:00 Go4Life Walk (FOY) 24</b> <b>1:00 WHIST (HL)</b> <b>2:00 Sunday Cinema: 42: The True Story of an American Legend (2013) (CL)</b> <b>7:00 Cribbage (HL)</b> <b>7:00 Chapel Service (CR)</b>	<b>8:00 Medical Van (MV) 25</b> <b>8:45 Chapel Service (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>1:00 Vendor: The Nutman (FOY)</b> <b>1:00 Bridge (HL)</b> <b>1:30 Bingo (CR)</b> <b>2:30 Meet Me At The MoMA Lecture (SL)</b> <b>2:30 Artful Enrichment Painting Session (SL)</b> <b>3:00 Tv Series: Here's Lucy, Season 1: Ep.6 (CL)</b> <b>6:00 National Geographic: The Mind Explained, Memory (CL)</b> <b>7:00 Cribbage (HL)</b>	<b>National Family Day 26</b> <b>8:45 Chapel Service (CR)</b> <b>9:30 Daily Seated Exercises (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>10:30 Tech Support (B)</b> <b>1:00 Walk-In Visits with Dr.Manyande (HEA)</b> <b>1:30 Sing-Along (CL)</b> <b>2:30 Board Game: Scrabble (HL)</b> <b>2:45 Armchair Travel Story Circle (CL)</b> <b>3:00 Horse Races (CR)</b>	<b>8:45 Chapel Service (CR) 27</b> <b>9:30 Daily Seated Exercises (CR)</b> <b>9:30 Shopping Trip to London Drugs, Winners, Dollar Tree and Homesense (BUS)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>10:30 Pop Up: Daily Seated Exercises (CR)</b> <b>1:30 Bingo (CR)</b> <b>3:00 Autumn Games: Golf (CR)</b>	<b>National Strawberry Cream Pie Day 28</b> <b>8:45 Chapel Service (CR)</b> <b>9:45 Shopping Trip to South Centre (BUS)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>11:00 Catholic Mass (CR)</b> <b>11:00 Whole Body Vibration Exercise (FC)</b> <b>1:00 Whist (HL)</b> <b>1:00 Scenic Drive (BUS)</b> <b>1:15 Free Nail Painting (CL)</b> <b>2:30 Java Music Club (AGL)</b> <b>3:00 Jeopardy (CL)</b> <b>4:15 LLL Celebration Dinner (GDR)</b> <b>6:00 Games: Kings in the Corner (B)</b> <b>7:30 Entertainment by: Sentimental Journey Band (GDR)</b>	<b>8:45 Chapel Service (CR) 29</b> <b>9:30 Daily Seated Exercises (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>10:00 Current Events Circle (B)</b> <b>10:30 Knitting Circle (CL)</b> <b>10:30 Pop Up: DRUMFIT Exercise (CR)</b> <b>1:15 Horse Races (CR)</b> <b>2:15 Happy Memories Hour (PDR)</b> <b>2:15 Fit Minds (AGL)</b> <b>2:45 Afternoon Meditation (AGL)</b> <b>3:00 Sabbath Service (ER)</b> <b>3:00 Chess Club (CL)</b> <b>7:15 JACKPOT Bingo (CR)</b>	<b>Orange Shirt Day 30</b> <b>National Day for Truth and Reconciliation</b> <b>9:30 Daily Seated Exercises - Tai Chi with Trenda (CR)</b> <b>10:00 Go4Life Walk (FOY)</b> <b>10:30 Whole Body Vibration Exercise (FC)</b> <b>11:00 Visiting Tails: Meet Humphrey (FOY)</b> <b>1:00 Cribbage (HL)</b> <b>1:30 Sing-Along (CL)</b> <b>3:00 8 Ball Pool Club (CL)</b> <b>3:00 Card Game Social (B)</b> <b>6:00 Saturday Cinema: A Farewell To Arms (1932) (CL)</b>



THURSDAY  
SEP  
28

### National Strawberry Cream Pie Day

# Be Social

### Locations Legend

- Chinook Room (CR)
- Card Lounge (CL)
- Foyer (FOY)
- Heritage Lounge (HL)
- Bistro (B)
- Ann Gregg Library (AGL)
- Sunrise Lounge (SL)
- Education Room (ER)
- BUS (BUS)

- Glenmore Dining Rm (GDR)
- Fitness Centre (FC)
- Private Dining Rm (PDR)
- Health Center (HEA)
- Medical Van (MV)
- Bulletin Board (BB)
- Garden Courtyard (GAR)
- Bistro( Elbow) Room (BER)

### Calendar Legend

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