



INSPIRED SENIOR LIVING

October 2023

Trinity Lodge



TRINITY LODGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Seniors Day 1 International Coffee Day 10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Miracles from Heaven (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	Active Week Day 1 2 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Active Week: Daily Seated Exercises (CR) 10:00 Active Week: Go4Life Walk to Wellness (FOY) 10:30 Active Wellness Week: DRUMFIT Exercise (CR) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Painting Session (SL) 2:30 Active Week: Artful Enrichment Painting Session (SL) 3:00 Tv Series: Here's Lucy, Season 1: Ep.7 (CL) 6:00 National Geographic: The Mind Explained, Dreams (CL) 7:00 Cribbage (HL)	Active Week Day 2 3 Global Diversity Awareness Month 8:45 Chapel Service (CR) 9:30 Active Week: Daily Seated Exercises (CR) 10:00 Vendor: Zarella's Closet (FOY) 10:00 Active Week: Go4Life Walk to Wellness (FOY) 10:30 Tech Support (B) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 Sing-Along (CL) 1:30 Java Music Club (AGL) 2:00 Active Week Pop-Up: Daily Seated Exercises Chair Yoga (CR) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	Active Week Day 3 4 National Taco Day 8:45 Chapel Service (CR) 9:00 Amplifon Hearing Clinic (PDR) 9:30 Active Week: Daily Seated Exercises (CR) 10:00 Active Week: Go4Life Walk to Wellness (FOY) 12:45 Active Week: Outing to Tsuu T'ina Nation Culture Museum (BUS) 12:45 Outing to Tuut'ina Culture Museum (BUS) 1:30 Bingo (CR) 3:00 Active Week Autumn Games: Axe Throw (CR)	Active Week Day 4 5 8:45 Chapel Service (CR) 9:30 Shopping Trip to Deerfoot Meadows: Superstore,Dollarama,Walmart,Michaels and Costco (BUS) 9:30 Active Week: Daily Seated Exercises (CR) 10:00 Active Week: Go4Life Walk to Wellness (FOY) 11:00 Active Week: Whole Body Vibration Exercise (FC) 1:00 Larissa the Seamstress (SL) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:15 Free Nail Painting (CL) 2:30 Armchair Travel Story Circle (CL) 3:15 Active Week: Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Walkin' on Sunshine (GDR)	Active Week 5 6 World Smile Day 8:45 Chapel Service (CR) 9:30 Active Week: Daily Seated Exercises (CR) 10:00 Current Events Circle (B) 10:00 Active Week: Go4Life Walk to Wellness (FOY) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Happy Memories Hour (PDR) 2:15 Active Week: Fit Minds (AGL) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Active Week Afternoon Meditation (AGL) 7:15 Bingo (CR)	Active Week Final Day 7 9:30 Active Week: Daily Seated Exercises - Essentrics with Trenda (CR) 10:00 Go4Life Walk (FOY) 10:30 Active Week: Whole Body Vibration Exercise (FC) 11:00 Visiting Tails: Meet Humphrey (FOY) 1:00 Cribbage (HL) 1:30 Sing-Along (CL) 3:00 Card Game Social (B) 3:00 Active Week: 8 Ball Pool Club (CL) 6:00 Saturday Cinema: The Lake House (CL)
10:00 Go4Life Walk (FOY) 8 1:00 WHIST (HL) 2:00 Sunday Cinema: Lilies of the Field (1963) (CL) 4:30 Thanksgiving Dinner Buffet featuring Carved Ham (GDR) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	Thanksgiving Day 9 LEISURE DEPARTMENT CLOSED TODAY- Thanksgiving Day 10:00 Go4Life Walk (FOY) 1:00 Bridge (HL) 3:00 Tv Series: Here's Lucy, Season 1: Ep.8 (CL) 4:15 Traditional Thanksgiving Dinner featuring Roasted Turkey & Festive Trimmings (GDR) 6:00 National Geographic: The Mind Explained, Anxiety (CL) 7:00 Cribbage (HL)	World Mental Health Month 10 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) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	8:45 Chapel Service (CR) 11 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Knitting Circle (CL) 12:30 Outing to Glenbow Museum at the Edison (BUS) 1:30 Bingo (CR) 3:00 Autumn Games: Golf (GAR)	8:45 Chapel Service (CR) 12 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:45 Shopping Trip to Chinook Centre (BUS) 10:00 Go4Life Walk (FOY) 11:00 Vendor: Looking Good Fashions (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:15 Free Nail Painting (CL) 2:30 Armchair Travel Story Circle (CL) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Bob Scherle (GDR)	8:45 Chapel Service (CR) 13 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) 3:15 Afternoon Meditation (AGL) 7:15 JACKPOT Bingo (CR)	National Dessert Day 14 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) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Love is in the Air (CL)
10:00 Go4Life Walk (FOY) 15 1:00 WHIST (HL) 2:00 Sunday Catholic Mass (CR) 2:00 Sunday Cinema: Of Mice and Men (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	DrumFit Time Change to 11:00 AM 16 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) 11:00 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 Painting Session (SL) 3:00 Meet The Chef (BER) 3:00 Tv Series: Here's Lucy, Season 1: Ep.9 (CL) 6:00 National Geographic: The Mind Explained, Mindfulness (CL) 7:00 Cribbage (HL)	Breast Cancer Awareness Day 17 Influenza Clinic 8:00 AM-4:00 PM All Leisure Run Programs CANCELED Today CHAPEL SERVICE today will be held in the Education Room (ER) 8:00 Influenza Clinic Registration Card Lounge (CL) 8:45 Chapel Service (ER) 10:00 Go4Life Walk (FOY) 10:00 Vendor: Fifth Avenue Collection (FOY) 1:00 Walk-In Visits with Dr.Manyande (HEA) 2:30 Board Game: Scrabble (HL)	8:45 Chapel Service (CR) 18 9:00 Outing to William Watson Lodge in the Kananaskis via the Highwood Pass (BUS) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Knitting Circle (CL) 1:30 Bingo (CR) 3:00 Wheel of Fortune (CL)	8:45 Chapel Service (CR) 19 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to Walmart, Dollarama, Shoppers on Elbow, and Marshalls (BUS) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Larissa the Seamstress (SL) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:15 Free Nail Painting (CL) 2:30 Armchair Travel Story Circle (CL) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Crooked Path (GDR)	8:45 Chapel Service (CR) 20 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 1:30 October Birthday Bash (CR) 2:15 Happy Memories Hour (PDR) 2:15 Fit Minds: Booklet Pickup (BB) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Horse Races (CR) 7:15 Bingo (CR)	9:30 Daily Seated Exercises - Essentrics with Trenda (CR) 21 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) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: A Tourist's Guide to Love (CL)





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Go4Life Walk (FOY) 22 1:00 WHIST (HL) 2:00 Sunday Cinema: I Dream of Jeannie (1952) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	8:00 Medical Van (MV) 23 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 DRUMFIT Exercise (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.10 (CL) 6:00 National Geographic: The Mind Explained, Psychedelics (CL) 7:00 Cribbage (HL)	Sing Along Time Change to 1:00 p.m. Today 24 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) 1:00 Sing-Along (CL) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	8:45 Chapel Service (CR) 25 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Knitting Circle (CL) 11:00 Outing to Cash Casino (BUS) 1:30 Bingo (CR) 3:00 Autumn Games: Lawn Dart (GAR)	8:45 Chapel Service (CR) 26 9:30 Daily Seated Exercises (CR) 9:45 Shopping Trip to South Centre (BUS) 10:00 Go4Life Walk (FOY) 11:00 Catholic Mass (CR) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:15 Free Nail Painting (CL) 2:30 Armchair Travel Story Circle (CL) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 4:15 LLL Celebration Dinner (GDR) 6:00 Games: Kings in the Corner (B) 7:00 Oktoberfest Celebration with Green Beer and Pretzels (CR) 7:30 followed by Entertainment with Greg Rumpel (CR)	8:45 Chapel Service (CR) 27 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) 3:15 Afternoon Meditation (AGL) 7:15 JACKPOT Bingo (CR)	National Make a Difference Day 28 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) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Mamma Mia! (CL)
10:00 Go4Life Walk (FOY) 29 1:00 WHIST (HL) 2:00 Sunday Cinema: Tom Sawyer (1973) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	Vendor: Smilez 2 Go 30 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 Painting Session (SL) 3:00 Tv Series: Here's Lucy, Season 1: Ep.11 (CL) 6:00 National Geographic: The Mind Explained, Season 2, How to Focus (CL) 7:00 Cribbage (HL)	Happy Halloween 31 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Visiting Tails: Meet Humphrey with Festive Photo Booth (FOY) 10:30 Tech Support (B) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 Trinity Lodge Halloween Parade & Celebration (FOY) 2:00 Halloween Celebration & Entertainment with Chance (CR)				



Be Grateful

Locations Legend

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

Calendar Legend

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