



INSPIRED SENIOR LIVING

November 2023

Trinity Lodge



TRINITY LODGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Family Caregivers Month</p>			<p>Vendor: Smilez 2 Go (Scheduled Appointments Only) National Gratitude Month National Family Caregivers Month National Alzheimer's Awareness Month National Diabetes Month NO BUS OUTINGS TODAY (BUS) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Pop-Up: DRUMFIT Exercise Demonstration (FOY) 10:30 Knitting Circle (CL) 1:30 Bingo (CR) 3:00 Wheel of Fortune (CL)</p>	<p>NO BUS OUTINGS TODAY (BUS) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Larissa the Seamstress (SL) 1:15 Pop Up: Java Music Club (AGL) 2:30 Armchair Travel Story Circle (CL) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B)</p>	<p>National Sandwich Day 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 Bingo (CR)</p>	<p>9:30 Daily Seated Exercises - Essentrics with Trenda (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 1:00 Cribbage (HL) 1:15 Artful Enrichment Pop-Up: Crafts (SL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Current War (CL)</p>
<p>10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Great Expectations (1974) (CL) 7:00 Cribbage (HL)</p>	<p>8:00 Medical Van (MV) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (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: The English Game, Episode 1 (CL) 6:00 National Geographic: The Mind Explained, Season 2, The Teenage Brain (CL) 7:00 Cribbage (HL)</p>	<p>National Cancer Awareness Day 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Morning Meditation Recordings (CR) 10:30 Tech Support (B) 10:30 Armchair Travel Story Circle (CL) 1:30 Java Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)</p>	<p>National Cappuccino Day NO BUS OUTINGS TODAY (BUS) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (CR) 10:30 Knitting Circle (CL) 12:00 Virtually Verve: Stepping Towards Safety in Retirement Living (CR) 1:30 Bingo (CR) 3:00 Autumn Games: Axe Throw (CR)</p>	<p>NO BUS OUTINGS TODAY (BUS) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:15 Self Massage with Trenda (Ayurvedic) (CR) 1:30 Pop Up: 8-Ball Pool (CL) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Cole Briggs (GDR)</p>	<p>9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Daily Seated Exercises (CR) 10:30 Knitting Circle (CL) 10:30 Current Events 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)</p>	<p>Remembrance Day 8:00 Remembrance Day Service Viewing (Channel 15) (B) 8:30 Remembrance Day Service Local (Channel 7) (CL) 10:00 Go4Life Walk (FOY) 10:00 Remembrance Day Service Viewing (Channel 6) (CL) 11:00 Visiting Tails: Meet Humphrey (FOY) 1:00 Cribbage (HL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: This Little Love of Mine (CL)</p>
<p>Diwali National Happy Hour Day 10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Much Ado About Nothing (CL) 2:15 National Happy Hour (PDR) 7:00 Cribbage (HL)</p>	<p>World Kindness Day 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 Artfull Enrichment Craft Session: Personalized Messages "World Kindness Day" (SL) 3:00 TV Series: The English Game, Episode 2 (CL) 6:00 National Geographic: The Mind Explained, Season 2, Personality (CL) 7:00 Cribbage (HL)</p>	<p>8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Resident Manager Meeting (CR) 10:30 Tech Support (B) 10:30 Armchair Travel Story Circle (CL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:15 Operation Christmas Child Shoe Box Packing (CR) 3:00 Horse Races (CR)</p>	<p>I Love to Write Day 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (CR) 10:30 Knitting Circle (CL) 10:30 Arts & Crafts: Handmade Cards "I Love To Write" (SL) 1:00 Scenic Drive (BUS) 2:00 Entertainment by: Dave Morris (GDR)</p>	<p>8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Pop-Up: Morning Meditation Recordings (CR) 11:00 Whole Body Vibration Exercise (FC) 1:00 Larissa the Seamstress (SL) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:30 "Pop-Up" Java Club (AGL) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B)</p>	<p>9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Celebration Of Life (CR) 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 Bingo (CR)</p>	<p>9:30 Daily Seated Exercises - Tai Chi with Trenda (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 10:30 Pop Up Knitting Circle (CL) 10:30 Current Events Circle (CL) 11:00 Visiting Tails: Meet Humphrey (FOY) 1:00 Cribbage (HL) 1:15 Artfull Enrichment Pop Up: Snowglobe (Watercolor Paint) (SL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Back to the Future (1985) (CL)</p>



INSPIRED SENIOR LIVING


November 2023

Trinity Lodge



TRINITY LODGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Wuthering Heights (2011) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	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 Vendor: The Nutman (FOY) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Lecture (SL) 2:30 Artfull Enrichment Part 2: Snowglobe (Watercolor Paint) (SL) 3:00 Tv Series: The English Game, Episode 3 (CL) 3:00 Meet The Chef (B) 6:00 National Geographic: The Mind Explained, Season 2, Creativity (CL) 7:00 Cribbage (HL)	8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Morning Meditation Recordings (CR) 10:30 Tech Support (B) 10:30 Armchair Travel Story Circle (CL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 Java Music Club (AGL) 2:30 Pop Up Crafts: Christmas Ornaments (SL) 3:00 Horse Races (CR)	DrumFit Exercises in the FOYER at 10:15 a.m. 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to Deerfoot Meadows, Walmart, Superstore, Michaels, Dollarama (TENTATIVE) (BUS) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (FOY) 10:30 Knitting Circle (CL) 12:00 Outing to Grey Eagle Casino (TENTATIVE) (BUS) 1:15 Pop Up: Fit Minds (AGL) 1:30 Bingo (CR) 3:00 Autumn Games: Lawn Dart (CR)	HOLIDAY MARKET WEEK: DAY 1 Holiday Market Week: Ron's Table (FOY) 8:45 Chapel Service (CR) 9:30 Shopping Trip to South Centre Mall (TENTATIVE) (BUS) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Holiday Market Week: Jean's Jewels and Clothing (FOY) 10:30 Holiday Market Week: Scentsy (FOY) 11:00 Catholic Mass (CR) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 2:00 Entertainment by: Jerry Proppe Christmas Theme (GDR) 3:00 Holy Rosary Prayers (ER) 4:15 LLL Celebration Dinner (GDR) 6:00 Games: Kings in the Corner (B)	HOLIDAY MARKET WEEK: DAY 2 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Knitting Circle (CL) 10:30 Current Events Circle (CL) 10:30 Holiday Market Week: Zarella's Closet (FOY) 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)	9:30 Daily Seated Exercise - Essentrics 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 (To Be Determined) (CL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: The Secrets of Dumbledore (CL)
HOLIDAY MARKET WEEK: DAY 4 10:00 Go4Life Walk (FOY) 10:30 Holiday Market Week: Rise and Shine (FOY) 10:30 Holiday Market Week: Avon (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: A Christmas Carol (1984) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	HOLIDAY MARKET WEEK: DAY 5 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises - Tai Chi with Trenda (CR) 10:00 Go4Life Walk (FOY) 10:30 DRUMFIT Exercise (CR) 10:30 Holiday Market Week: Copper Guild (FOY) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Painting Session (SL) 2:30 Artfull Enrichment Christmas Crafts (SL) 3:00 TV Series: The English Game, Episode 4 (CL) 6:00 National Geographic: The Mind Explained, Season 2, Brainwashing (CL) 7:00 Cribbage (HL)	HOLIDAY MARKET WEEK: DAY 6 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises - Tai Chi with Trenda (CR) 10:00 Go4Life Walk (FOY) 10:15 Morning Meditation Recordings (CR) 10:30 Tech Support (B) 10:30 Armchair Travel Story Circle (CL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 October & November Birthday Bash (CR) 2:30 Board Game: Scrabble (HL) 3:15 Horse Races (CR)	Vendor: Smilez 2 Go (Scheduled Appointments Only) (SPA) HOLIDAY MARKET WEEK: DAY 7 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises - Tai Chi with Trenda (CR) 9:30 Shopping Trip to Be Determined (BUS) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (CR) 10:30 Knitting Circle (CL) 10:30 Holiday Market Week: Bags and Etc (FOY) 1:30 Bingo (CR) 3:00 Autumn Games: Darts (CR)	HOLIDAY MARKET WEEK: LAST DAY 8:45 Chapel Service (CR) 9:30 Shopping Trip to be Announced (BUS) 9:30 Daily Seated Exercises - Tai Chi with Trenda (CR) 10:00 Go4Life Walk (FOY) 10:30 Holiday Market Week: Ron's Table (FOY) 10:30 Holiday Market Week: Trinity Lodge Bake Sale (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:00 Larissa the Seamstress (SL) 1:15 Free Nail Painting (CR) 1:30 Pop Up: Java Music Club (AGL) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Christmas CC Line Dancers (GDR)		



SUNDAY
NOV 12

Diwali

Be Grateful

Locations Legend

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

- Fitness Centre (FC)
- Private Dining Rm (PDR)
- Education Room (ER)
- Glenmore Dining Rm (GDR)
- Medical Van (MV)
- Health Center (HEA)
- Spa Room (SPA)

Calendar Legend

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