



INSPIRED SENIOR LIVING

December 2023

Trinity Lodge



TRINITY LODGE RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Monday DEC 25</p> <p>Christmas Day</p>	 <p>Sunday DEC 31</p> <p>New Years Eve</p>				<p>National Christmas Lights Day 1</p> <p>8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Introduction to Daily Seated Exercise for Beginners (CR) 10:30 Current Events Circle (CL) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Happy Memories Hour (PDR) 2:15 Fit Minds (BB) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Afternoon Meditation (AGL) 7:15 Bingo (CR)</p>	<p>Month of Giving 2</p> <p>National Tree Dressing Day</p> <p>9:30 Daily Seated Exercises - Tai Chi with Tenda (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 11:00 Visiting Tails: Meet Humphrey (FOY) 1:00 Cribbage (HL) 1:20 Entertainment by: Festive Fiddle Holiday Show with the Calgary Fiddlers Association (GDR) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Christmas Angel (2012) (CL)</p>
<p>National Make a Gift Day 3</p> <p>10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Christmas Lilies of the Field (1979) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)</p>	<p>4</p> <p>8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Resident Manager Meeting (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: Raphael (1483-1520) (SL) 2:30 Artful Enrichment Session: Christmas Decoration Crafts (SL) 3:00 TV Show: Abbott and Costello, The Christmas Show (In Color) 1952 (CL) 6:00 Secrets of The Great British Castles, Season 1, Episode 1 (CL) 7:00 Cribbage (HL)</p>	<p>5</p> <p>Sing Along Time Change to 1:00 p.m. Today 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Morning Meditation Recordings (CR) 10:30 Armchair Travel Story Circle (CL) 10:30 Tech Support (B) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:00 Vendor: Personal Touch Fashions (FOY) 1:00 Christmas Sing-Along (CL) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR) 7:30 Entertainment by Westwinds Choral Ensemble (GDR)</p>	<p>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) 10:15 DRUMFIT Exercise (CR) 10:30 Knitting Circle (CL) 12:00 Outing to Grey Eagle Casino (BUS) 1:30 Bingo (CR) 2:00 PRIVATE FUNCTION DINING ROOM: Welcome New Resident Tea (GDR) 3:00 Festive Games: Bean Bag Toss (CR)</p>	<p>7</p> <p>Nail Painting Location Change to Chinook Room</p> <p>8:45 Chapel Service (CR) 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 Scenic Drive (BUS) 1:15 Free Nail Painting (CR) 3:15 Jeopardy (CL) 4:00 Chanukah Candle Lighting (FOY) 6:00 Games: Kings in the Corner (B)</p>	<p>8</p> <p>8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Introduction to Daily Seated Exercise for Beginners (CR) 10:30 Current Events Circle (CL) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Happy Memories Hour (PDR) 2:15 Fit Minds (BB) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Afternoon Meditation (AGL) 4:00 Chanukah Candle Lighting (FOY) 7:15 JACKPOT Bingo (CR)</p>	<p>9</p> <p>9:30 Daily Seated Exercise (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 11:00 Visiting Tails: Meet Humphrey (FOY) 1:00 Cribbage (HL) 2:00 Christmas Recital with Katrina Foster Music School (GDR) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 4:00 Chanukah Candle Lighting (FOY) 6:00 Saturday Cinema: The Knight Before Christmas (2019) (CL) 6:00 Christmas Lights Bus Tour (BUS)</p>
<p>10</p> <p>10:00 Go4Life Walk (FOY) 10:00 Vendor: Queen Bee (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: The Christmas Chronicles (2018) (CL) 4:00 Chanukah Candle Lighting (FOY) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)</p>	<p>11</p> <p>8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 DRUMFIT Exercise (CR) 1:00 Bridge (HL) 1:30 Bingo (CR) 1:30 Christmas Entertainment by: Westside Singers (GDR) 3:00 TV Show: Andy Williams: Best of Christmas (2001) (CL) 3:00 Artful Enrichment Painting Session (SL) 3:00 Meet Me At The MoMA Painting (SL) 4:00 Chanukah Candle Lighting (FOY) 6:00 Secrets of The British Castles: Season 1, Episode 2 (CL) 7:00 Cribbage (HL)</p>	<p>12</p> <p>National Gingerbread House Day</p> <p>8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Morning Meditation Recordings (CR) 10:30 Armchair Travel Story Circle (CL) 10:30 Tech Support (B) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 Java Music Club (AGL) 1:30 Christmas Sing-Along (CL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR) 4:00 Chanukah Candle Lighting (FOY)</p>	<p>13</p> <p>Wear Red & White: Candy Cane Theme</p> <p>12 DAYS TILL CHRISTMAS</p> <p>8:45 Chapel Service (CR) 10:00 Go4Life Walk (FOY) 10:30 Knitting Circle (CL) 10:30 Shopping & Lunch Outing: Calgary Farmers' Market West (BUS) 1:30 Bingo (CR) 3:00 Festive Games: Lawn Darts (CL) 4:00 Chanukah Candle Lighting (FOY) 7:30 Annual Trinity Lodge Christmas Concert (GDR)</p>	<p>14</p> <p>11 DAYS TILL CHRISTMAS</p> <p>Wear Blue & White: Colors of Hanukkah</p> <p>8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:45 Shopping Trip to South Centre (BUS) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Larissa the Seamstress (SL) 1:00 Holiday Event with Neighbours, Mini Mall Storage (Wreath Decorating) (CR) 1:00 Scenic Drive (BUS) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 4:00 Chanukah Candle Lighting (FOY) 4:15 LLL Celebration Dinner: Cranberry (GDR) 6:00 Games: Kings in the Corner (B)</p>	<p>15</p> <p>Wear a Cozy Flannel Day</p> <p>10 DAYS TILL CHRISTMAS</p> <p>8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Introduction to Daily Seated Exercise for Beginners (CR) 10:30 Current Events Circle (CL) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Happy Memories Hour (PDR) 2:15 Fit Minds (BB) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Afternoon Meditation (AGL) 4:00 Chanukah Candle Lighting (FOY) 7:15 Bingo (CR)</p>	<p>16</p> <p>National Wear an Ugly Christmas Sweater</p> <p>9 DAYS TILL CHRISTMAS</p> <p>9:30 Daily Seated Exercises - Tai Chi with Tenda (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 Christmas Sing-Along (CL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Christmas for a Dollar (2013) (CL) 6:00 Christmas Lights Bus Tour (BUS)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wear Festive Jewelry Day 17 8 DAYS TILL CHRISTMAS 10:00 Go4Life Walk (FOY) 10:00 Vendor: Queen Bee (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Scrooge A Christmas Carol (2022) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	Wear Your Favorite Christmas Sock Day 18 7 DAYS TILL CHRISTMAS 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 1:00 Vendor: The Nutman (FOY) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Artful Enrichment Session (SL) 2:30 Meet Me At The MoMA Lecture: Casper David Friedrich (1174-1840) (SL) 3:00 TV Show: The Glen Campbell Good Time Hour, Christmas Special (In Color) 1969 (CL) 6:00 Secrets of The British Castles: Season 1, Episode 3 (CL) 7:00 Cribbage (HL)	Wear Your Christmas Hat Day 19 6 DAYS TILL CHRISTMAS 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Morning Meditation Recordings (CR) 10:30 Armchair Travel Story Circle (CL) 10:30 Tech Support (B) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:30 Java Music Club (AGL) 1:30 Christmas Sing-Along (CL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	Wear a Christmas T-shirt Day 20 5 DAYS TILL CHRISTMAS 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) 1:30 Bingo (CR) 1:30 Gingerbread House Decorating (SL) 3:00 Festive Games: Golf Hockey (CR)	Wear Christmas Pajama Day 21 4 DAYS TILL CHRISTMAS 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to Deerfoot Meadows: Superstore,Dollarama,Walmart,Michae and Costco (BUS) 10:00 Go4Life Walk (FOY) 10:00 Catholic Confessions (FD) 11:00 Catholic Mass (CR) 11:00 Whole Body Vibration Machine Exercise (FC) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:15 Free Nail Painting (CR) 3:15 Jeopardy (CL) 4:00 Resident Appreciation Dinner (GDR) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Christmas Music with Crooked Path (FOY)	Frosty the Snowman Themed Day: Wear White 22 3 DAYS TILL CHRISTMAS 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Introduction to Daily Seated Exercise for Beginners (CR) 10:30 Current Events Circle (CL) 10:30 Knitting Circle (CL) 1:30 December Birthday Bash w/ special entertainment by Chance (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 Afternoon Meditation (AGL) 7:15 JACKPOT Bingo (CR)	Dress Up In Christmas Tree Colors 23 2 DAYS TILL CHRISTMAS 9:30 Daily Seated Exercise - Essentrics with Trena (CR) 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) 1:00 Cribbage (HL) 1:15 Christmas Celebration & Social (B&F) 2:00 Christmas Entertainment and Celebration with Debra Power (FOY) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: A Boy Called Christmas (CL)
1 DAY TILL CHRISTMAS 24 Dress Like an Elf 10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: A Christmas Tree Miracle (2013) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR) 7:30 Christmas Eve Cinema: The Grinch Who Stole Christmas (2000) (CL)	Christmas Day 25 TV Viewing: The King's Christmas (Details to Follow) (CL) 10:00 Go4Life Walk (FOY) 1:00 Bridge (HL) 2:00 Christmas Day Cinema: The Claus Family (2020) (CL) 6:00 Secrets of The British Castles: Season 1, Episode 4 (CL) 7:00 Cribbage (HL) 7:00 TV Christmas Concert: Woolworths' Carols in the Domain (2014) (CL)	Boxing Day 26 Kwanzaa 10:00 Go4Life Walk (FOY) 2:00 Matinee Cinema: Tom's Midnight Garden (1999) (CL) 2:30 Board Game: Scrabble (HL) 7:00 Evening Cinema: Family Switch (2023) (CL)	8:45 Chapel Service (CR) 27 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (CR) 10:30 Knitting Circle (CL) 1:30 Bingo (CR) 3:00 Festive Games: Axe Throw (CL)	National Card Playing Day 28 8:45 Chapel Service (CR) 9:30 Shopping Trip to (BUS) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 1:00 Larissa the Seamstress (SL) 1:00 Scenic Drive (BUS) 1:00 Whist: National Card Playing Day (HL) 1:15 Free Nail Painting (CR) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B)	8:45 Chapel Service (CR) 29 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Introduction to Daily Seated Exercise for Beginners (CR) 10:30 Current Events Circle (CL) 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)	10:00 Go4Life Walk (FOY) 30 11:00 Visiting Tails: Meet Humphrey (FOY) 1:00 Cribbage (HL) 1:00 Whole Body Vibration Exercise (FC) 1:30 Saturday Cinema: A Christmas Prince (2015) (CL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:15 Trinity Lodge New Year's Eve Celebration (B&F) 7:30 New Years Entertainment by: Timeless Jazz (GDR)
10:00 Go4Life Walk (FOY) 31 1:00 WHIST (HL) 2:00 Sunday Cinema: One Special Night (2002) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)				<p style="text-align: center;"><u>Locations Legend</u></p> <div style="display: flex; justify-content: space-between;"> <div> <p>Chinook Room (CR)</p> <p>Card Lounge (CL)</p> <p>Foyer (FOY)</p> <p>Heritage Lounge (HL)</p> <p>Bistro (B)</p> <p>BUS (BUS)</p> <p>Ann Gregg Library (AGL)</p> <p>Fitness Centre (FC)</p> <p>Glenmore Dining Rm (GDR)</p> </div> <div> <p>Sunrise Lounge (SL)</p> <p>Education Room (ER)</p> <p>Private Dining Rm (PDR)</p> <p>Bulletin Board (BB)</p> <p>Medical Van (MV)</p> <p>Health Center (HEA)</p> <p>Bistro & Foyer (B&F)</p> <p>Front Desk Office (FD)</p> </div> </div>		<p style="text-align: center;"><u>Calendar Legend</u></p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>