



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 9:30 Daily Seated Exercises - Tai Chi with Trena (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 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) 3:00 Chanukah Candle Lighting (FOY) 3:15 Jeopardy (CL) 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) 3:00 Chanukah Candle Lighting (ED&F) 3:15 Afternoon Meditation (AGL) 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 Fost Music School (GDR) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 3:00 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) 1:00 WHIST (HL) 2:00 Sunday Cinema: The Christmas Chronicles (2018) (CL) 3:00 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) 2:30 Artful Enrichment Painting Session (SL) 2:30 Meet Me At The MoMA Painting (SL) 3:00 TV Show: Andy Williams: Best of Christmas (2001) (CL) 3:00 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 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) 3:00 Chanukah Candle Lighting (FOY)</p>	<p>13</p> <p>Wear Red & White: Candy Cane Theme 12 DAYS TILL CHRISTMAS 8:45 Chapel Service (CR) 10:00 Go4Life Walk (FOY) 10:30 Knitting Circle (CL) 1:30 Bingo (CR) 3:00 Festive Games: Lawn Darts (CL) 3:00 Chanukah Candle Lighting (FOY) 7:30 Annual Trinity Lodge Christmas Concert (GDR)</p>	<p>14</p> <p>11 DAYS TILL CHRISTMAS Wear Blue & White: Colors of Hanukkah 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) 3:00 Chanukah Candle Lighting (FOY) 3:15 Jeopardy (CL) 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 10 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) 1:15 Horse Races (CR) 2:15 Happy Memories Hour (PDR) 2:15 Fit Minds (BB) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:00 Chanukah Candle Lighting (FOY) 3:15 Afternoon Meditation (AGL) 7:15 Bingo (CR)</p>	<p>16</p> <p>National Wear an Ugly Christmas Sweater 9 DAYS TILL CHRISTMAS 9:30 Daily Seated Exercises - Tai Chi with Trena (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) 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,Mich and Costco (BUS) 10:00 Go4Life Walk (FOY) 10:00 Catholic Confessions (TBD) 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: 22 Wear White 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 (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 Trendera (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)				Locations Legend Chinook Room (CR) Card Lounge (CL) Foyer (FOY) Heritage Lounge (HL) Bistro (B) BUS (BUS) Ann Gregg Library (AGL) Fitness Centre (FC) Glenmore Dining Rm (GDR)		Sunrise Lounge (SL) Education Room (ER) Private Dining Rm (PDR) Bulletin Board (BB) Medical Van (MV) Health Center (HEA) Bistro & Foyer (B&F) Education Room & Foyer (ED&F) To Be Determined (TBD)	Calendar Legend Outing Special Program Living, Loving, Local Signature Program