



INSPIRED SENIOR LIVING

January 2024

Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy New Years Trinity 1 Lodge 10:00 Go4Life Walk (FOY) 1:00 Bridge (HL) 3:00 Tv Series: The Crown Season 6, Ep. 1 (B) 6:00 Secrets of the British Castles: Season 1, Ep. 5 (B) 7:00 Cribbage (HL)	Sing Along Rescheduled to Friday (CL) 2 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) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	3 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) 1:30 Bingo (CR) 2:30 Pop Up: Meet Me At The MoMA Lecture (SL) 2:30 Pop-Up: Artful Enrichment Painting "Winter Chickadee" (SL) 3:00 Winter Games: Ladder Ball (CR)	4 National Trivia Day 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 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:15 Free Nail Painting (CR) 3:15 Jeopardy: National Trivia Day Edition (CL) 6:00 Games: Kings in the Corner (B)	5 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) 1:45 Pop Up: Sing-Along (CL) 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)	6 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) 2:00 Entertainment by: Johnson Phillip (FOY) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Family Switch (2023) (B)
10:00 Go4Life Walk (FOY) 7 1:00 WHIST (HL) 2:00 Sunday Cinema: Monster-in-Law (2005) (B) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	8 Elvis Presley's Birthday 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 Bridge (HL) 1:30 Bingo (CR) 2:45 Elvis Movie Program: Frankie & Johnny (1966) (CR) 6:00 Secrets of the British Castles: Season 1, Ep. 6 (B) 7:00 Cribbage (HL)	9 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 Sing-Along (CL) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	10 Vendor: Smilez 2 Go (Scheduled Appointments Only) (SPA) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Vendor: Queen Dee (FOY) 10:15 DRUMFIT Exercise (FOY) 10:30 Knitting Circle (CL) 12:00 Outing to Grey Eagle Casino (BUS) 1:30 Bingo (CR) 2:30 Pop Up: Meet Me At The MoMA Painting (SL) 2:30 Pop Up: Artful Enrichment Painting Session (SL) 3:00 Winter Games: Golf Hockey (CR)	11 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 Whist (HL) 1:00 Larissa the Seamstress (SL) 1:00 Scenic Drive (BUS) 1:15 Free Nail Painting (CR) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Concerts in Care (GDR)	12 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 January 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) 3:15 Horse Races (CR) 7:15 Bingo (CR)	13 National Vision Board Day 9:30 Daily Seated Exercises - Tai Chi with Trenda (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 10:30 15 Minute Barre Class (Sign Up Required) (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: Benji (2018) (CL)
National Dress Up Your Pet Day 14 10:00 Go4Life Walk (FOY) 1:00 WHIST (HL) 2:00 Sunday Cinema: Julie & Julia (2009) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	15 National Hat Day Martin Luther King Day 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 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 Session (SL) 3:00 Tv Series: The Crown Season 6, Ep. 2 (B) 6:00 The Secrets of Great British Castles, Season 2, Ep. 1 (B) 7:00 Cribbage (HL)	16 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 Sing-Along (CL) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	17 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) 2:00 Entertainment by: The Vintage Express Band (CR) 3:30 Winter Games: Darts (CR)	18 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:45 Shopping Trip to South Centre Mall (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) 4:15 LLL Celebration Dinner: Beans & Lentils (GDR) 6:00 Games: Kings in the Corner (B)	19 National Popcorn Day International Flower Day 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 (AGL) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 7:15 JACKPOT Bingo (CR)	20 9:30 Daily Seated Exercise - Essentrics with Trenda (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 10:30 15 Minute Barre Class (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: The Bucket List (2007) (CL)




INSPIRED SENIOR LIVING

January 2024

Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Go4Life Walk (FOY) 21 1:00 WHIST (HL) 2:00 Sunday Cinema: Top Gun Maverick (2022) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	8:00 Medical Van (MV) 22 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (CR) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Artful Enrichment Painting Session (SL) 2:30 Meet Me At The MoMA Painting (SL) 3:00 Tv Series: The Crown Season 6, Ep. 3 (B) 6:00 The Secrets of Great British Castles, Season 2, Ep. 3 (B) 7:00 Cribbage (HL)	8:45 Chapel Service (CR) 23 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 Sing-Along (CL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	National Compliments Day 24 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:45 Outing to Studio Bell, National Music Centre - Self-guided Tour (BUS) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (CR) 10:30 Knitting Circle (CL) 1:30 Bingo (CR) 3:00 Winter Games: Axe Throw (CR)	Robbie Burns Day 25 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to Deerfoot Meadows: Superstore,Dollarama,Walmart,Mi and Costco (BUS) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Exercise (FC) 11:00 Catholic Mass (CR) 1:00 Whist (HL) 1:00 Larissa the Seamstress (SL) 1:00 Scenic Drive (BUS) 1:15 Free Nail Painting (CR) 3:00 Holy Rosary Prayers (ER) 3:00 Robbie Burns Day Featuring: St. Andrews Caledonia Society (FOY) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Six by Six (GDR)	8:45 Chapel Service (CR) 26 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)	National Chocolate Cake Day 27 9:30 Daily Seated Exercises - Tai Chi with Trena (CR) 10:00 Go4Life Walk (FOY) 10:30 Whole Body Vibration Exercise (FC) 10:30 15 Minute Barre Class (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: Chasing Liberty (2004) (CL)
10:00 Go4Life Walk (FOY) 28 1:00 WHIST (HL) 2:00 Sunday Cinema: Rush Hour 3 (2007) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	8:00 Medical Van (MV) 29 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 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 Session (SL) 3:00 Tv Series: The Crown Season 6, Ep. 4 (B) 6:00 The Secrets of Great British Castles, Season 2, Ep. 4 (B) 7:00 Cribbage (HL)	8:45 Chapel Service (CR) 30 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 Sing-Along (CL) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	National Hot Chocolate Day 31 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: Hot Chocolate Day Recognition (CL) 1:30 Bingo (CR) 3:00 Winter Games: Lawn Darts (CR)			



MONDAY
JAN 15
Martin Luther King Jr. Day

Be your best self

Locations Legend

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

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program