



INSPIRED SENIOR LIVING

February 2024

Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h3>Black History Month</h3>		 <h3>Lunar Year Dragon</h3>		<p>National Therapeutic Recreation Week 1</p> <p>Black History Month</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:30 Shopping Trip to London Drugs, Winners, Dollar Tree and Homesense (BUS)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 Whole Body Vibration Exercise (FC)</p> <p>1:00 Whist (HL)</p> <p>1:00 Scenic Drive (BUS)</p> <p>1:15 Self Massage with Trenda (Ayurvedic) (CR)</p> <p>3:15 Jeopardy (CL)</p> <p>6:00 Games: Kings in the Corner (B)</p>	<p>National Ground Hog Day Wear Red Day 2</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 Intro to Daily Seated Exercise for Beginners (CR)</p> <p>10:30 Current Events Circle (CL)</p> <p>10:30 Knitting Circle (CL)</p> <p>1:15 Horse Races (CR)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>2:15 Fit Minds (AGL)</p> <p>3:00 Sabbath Service (ER)</p> <p>3:00 Chess Club (CL)</p> <p>3:15 Afternoon Therapeutic Meditation (AGL)</p> <p>7:15 Bingo (CR)</p>	<p>9:30 Daily Seated Exercise - Therapeutic Essentrics with Trenda (CR) 3</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Intro to 15 Minute Barre Class (Sign Up) (FC)</p> <p>11:00 Visiting Tails: Meet Humphrey (FOY)</p> <p>11:00 Whole Body Vibration Exercise (FC)</p> <p>1:00 Cribbage (HL)</p> <p>2:00 Entertainment by: Cheryl Cooney and Sharon Braun (FOY)</p> <p>3:00 8 Ball Pool Club (CL)</p> <p>3:00 Card Game Social (B)</p> <p>6:00 Saturday Cinema: Just Like Heaven (2005) (CL)</p>
<p>National Home Made Soup Day 4</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Catholic Communion (ER)</p> <p>1:00 WHIST (HL)</p> <p>2:00 Sunday Cinema: The Mummy (1999) (CL)</p> <p>7:00 Cribbage (HL)</p> <p>7:00 Chapel Service (CR)</p>	<p>8:00 Medical Van (MV) 5</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Resident Manager Meeting (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>1:00 Bridge (HL)</p> <p>1:30 Bingo (CR)</p> <p>2:30 Meet Me At The MoMA Painting (SL)</p> <p>2:30 Craft Session: Valentine Paper Flower Centerpiece (Sign Up) (SL)</p> <p>3:00 Tv Series: The Crown Season 6, Ep. 5 (CL)</p> <p>6:00 The Secrets of Great British Castles, Season 2, Ep. 4 (CL)</p> <p>7:00 Cribbage (HL)</p>	<p>8:45 Chapel Service (CR) 6</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:00 Tech Support (B)</p> <p>10:15 Morning Therapeutic Meditation (CR)</p> <p>10:30 Virtual Reality Armchair Travel (Sign Up) (CL)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:30 Sing-Along (CL)</p> <p>1:30 Java Music Club (AGL)</p> <p>2:30 Board Game: Scrabble (HL)</p> <p>3:00 Horse Races (CR)</p>	<p>Send a Friend a Card Day 7</p> <p>8:45 Chapel Service (CR)</p> <p>9:00 Amplifon Hearing Clinic (Sign Up) (PDR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:00 Vendor: Queen Dee (FOY)</p> <p>10:15 DRUMFIT Exercise (CR)</p> <p>10:30 Knitting Circle (CL)</p> <p>1:30 Bingo (CR)</p> <p>7:30 Chinese New Year with Mo Fan Tai Chi & Zhi Yin Choir (GDR)</p>	<p>8:45 Chapel Service (CR) 8</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:30 Shopping Trip to Chinook Centre (BUS)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 Whole Body Vibration Exercise (FC)</p> <p>1:00 Whist (HL)</p> <p>1:00 Larissa the Seamstress (SL)</p> <p>1:15 Free Nail Painting (Sign Up) (CR)</p> <p>2:45 Palm Readings (Sign Up) (CR)</p> <p>3:00 Holy Rosary Prayers (ER)</p> <p>3:15 Jeopardy (CL)</p> <p>6:00 Games: Kings in the Corner (B)</p>	<p>8:45 Chapel Service (CR) 9</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 Intro to Daily Seated Exercise for Beginners (CR)</p> <p>10:30 Current Events Circle (CL)</p> <p>10:30 Knitting Circle (CL)</p> <p>1:15 Horse Races (CR)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>2:15 Pop Up Movie & Popcorn: The Pajama Game (Doris Day) (CR)</p> <p>3:00 Sabbath Service (ER)</p> <p>3:00 Chess Club (CL)</p> <p>7:15 Bingo (CR)</p>	<p>Lunar New Year - Year of the Dragon 10</p> <p>9:30 Daily Seated Exercises - Tai Chi with Trenda (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Intro to 15 Minute Barre Class (Sign Up) (FC)</p> <p>11:00 Visiting Tails: Meet Humphrey (FOY)</p> <p>11:00 Whole Body Vibration Exercise (FC)</p> <p>1:00 Cribbage (HL)</p> <p>1:30 Sing-Along (CL)</p> <p>3:00 8 Ball Pool Club (CL)</p> <p>3:00 Card Game Social (B)</p> <p>3:00 Pop-Up Fit Minds (AGL)</p> <p>4:30 Chinese Dinner Buffet (GDR)</p> <p>6:00 Saturday Cinema: Family Camp (2022) (CL)</p>
<p>10:00 Go4Life Walk (FOY) 11</p> <p>10:30 Catholic Communion (ER)</p> <p>1:00 WHIST (HL)</p> <p>2:00 Sunday Cinema: Fisherman's Friends One and All (CL)</p> <p>7:00 Cribbage (HL)</p> <p>7:00 Chapel Service (CR)</p>	<p>8:00 Medical Van (MV) 12</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 DRUMFIT Exercise (CR)</p> <p>1:00 Vendor: The Nutman (FOY)</p> <p>1:00 Bridge (HL)</p> <p>1:30 Bingo (CR)</p> <p>2:30 Meet Me At The MoMA Lecture (SL)</p> <p>2:30 Crafts: Valentine Paper Flower Centerpiece (Sign Up) (SL)</p> <p>3:00 Meet The Chef (B)</p> <p>3:00 Tv Series: The Crown Season 6, Ep. 6 (CL)</p> <p>6:00 The Secrets of Great British Castles, Season 2, Ep. 5 (CL)</p> <p>7:00 Cribbage (HL)</p>	<p>Mardi Gras / Galentine's Day / Shrove Tuesday 13</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:00 Tech Support (B)</p> <p>10:15 Morning Meditation Recordings (CR)</p> <p>10:30 Virtual Reality Armchair Travel (Sign Up) (CL)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:15 Mardi Gras Social (B)</p> <p>2:00 Mardi Gras Celebration followed by Entertainment with Cole Briggs (B&F)</p> <p>2:30 Board Game: Scrabble (HL)</p>	<p>Valentine's Day 14</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 DRUMFIT Exercise (CR)</p> <p>10:30 Knitting Circle (CL)</p> <p>11:00 Lunch Outing to Boston Pizza for Heart Shaped Pizza (BUS)</p> <p>1:45 Valentine's Day followed by Entertainment with Joel Spire (B&F)</p>	<p>National Flag Day 15</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:30 Shopping Trip to Walmart, Dollarama, Shoppers on Elbow, and Marshalls (BUS)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 Whole Body Vibration Exercise (FC)</p> <p>1:00 Whist (HL)</p> <p>1:00 Scenic Drive (BUS)</p> <p>1:15 Free Nail Painting (Sign Up) (CR)</p> <p>3:15 Jeopardy (CL)</p> <p>4:15 LLL Celebration Dinner: Alberta Beef (GDR)</p> <p>6:00 Games: Kings in the Corner (B)</p>	<p>National Caregiver's Day 16</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 Intro to Daily Seated Exercise for Beginners (CR)</p> <p>10:30 Celebration Of Life (CR)</p> <p>1:15 Horse Races (CR)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>2:15 Fit Minds (AGL)</p> <p>3:00 Sabbath Service (ER)</p> <p>3:00 Chess Club (CL)</p> <p>3:15 Afternoon Meditation (AGL)</p> <p>7:15 JACKPOT Bingo (CR)</p>	<p>National Random Acts of Kindness 17</p> <p>9:30 Daily Seated Exercise - Essentrics with Trenda (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Intro to 15 Minute Barre Class (Sign Up) (FC)</p> <p>11:00 Visiting Tails: Meet Humphrey (FOY)</p> <p>11:00 Whole Body Vibration Exercise (FC)</p> <p>1:00 Cribbage (HL)</p> <p>1:30 Sing-Along (CL)</p> <p>3:00 8 Ball Pool Club (CL)</p> <p>3:00 Card Game Social (B)</p> <p>6:00 Saturday Cinema: Ghostbusters "Afterlife" (2021) (CL)</p>




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February 2024

Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Go4Life Walk (FOY) 18 10:30 Catholic Communion (ER) 1:00 WHIST (HL) 2:00 Sunday Cinema: Two Weeks Notice (2002) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	National Family Day 19 FAMILY DAY - LEISURE DEPARTMENT CLOSED 10:00 Go4Life Walk (FOY) 1:00 Bridge (HL) 3:00 Tv Series: The Crown Season 6, Ep. 7 (CL) 6:00 The Secrets of Great British Castles, Season 2, Ep. 6 (CL) 7:00 Cribbage (HL)	National Love Your Pet Day 20 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Vendor: Jean's Jewels & Clothing (FOY) 10:00 Tech Support (B) 10:15 Morning Meditation Recordings (CR) 10:30 Virtual Reality Armchair Travel (Sign Up) (CL) 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)	Vendor: Smilez 2 Go (Scheduled Appointments Only) (SPA) 21 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (FOY) 10:30 Knitting Circle (CL) 12:00 Outing to Cash Casino (BUS) 1:30 Bingo (CR) 3:00 Winter Games: Bean Bag Toss (CR) 7:30 Entertainment: CC China Dolls Celebrating Chinese New Year (GDR)	National Margarita Day 22 National Chili Day 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to South Centre Mall (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 (Sign Up Required) (CR) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B)	8:45 Chapel Service (CR) 23 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Intro to Daily Seated Exercise for Beginners (CR) 10:30 Current Events Circle (CL) 10:30 Knitting Circle (CL) 1:30 February 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 - Tai Chi with Tenda (CR) 24 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Intro to 15 Minute Barre Class (Sign Up) (FC) 11:00 Visiting Tails: Meet Humphrey (FOY) 11:00 Whole Body Vibration Exercise (FC) 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 Hill (2023) (CL)
10:00 Go4Life Walk (FOY) 25 10:30 Catholic Communion (ER) 1:00 WHIST (HL) 2:30 Calgary Music Academy Students (FOY) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	8:00 Medical Van (MV) 26 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 Painting Session Part 2: Roses Acrylic Painting (SL) 3:00 Tv Series: The Crown Season 6, Ep. 8 (CL) 6:00 National Geographic: Surviving Paradise "A Family Tale" (2022) (CL) 7:00 Cribbage (HL)	8:45 Chapel Service (CR) 27 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Tech Support (B) 10:15 Morning Meditation Recordings (CR) 10:30 Virtual Reality Armchair Travel (Sign Up) (CL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:15 Sing-Along (CL) 1:15 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	National Floral Design Day 28 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) 3:00 Winter Games: Ladder Ball (CR)	8:45 Chapel Service (CR) 29 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to Deerfoot Meadows: Superstore, Dollarama, Walmart, Michaels and Costco (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 (Sign Up Required) (CR) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B)	 <p>MONDAY FEB 19 Family Day</p>	



THURSDAY
FEB 22
National Margarita Day

Be your best self

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

- Calendar Legend**
- Outing
 - Special Program
 - Living, Loving, Local
 - Signature Program