



INSPIRED SENIOR LIVING

# March 2024

## Trinity Lodge



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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**FRIDAY**  
**MAR 8**

### International Women's Day



**SUNDAY**  
**MAR 17**

### St. Patrick's Day

**National Salesperson Day**  
**Dress In Blue Day**  
**National Nutrition Month**

8:45 Chapel Service (CR)  
9:30 Daily Seated Exercises (CR)  
10:00 Go4Life Walk (FOY)  
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 Therapeutic Meditation (AGL)  
7:15 JACKPOT Bingo (CR)

**National Banana Cream Pie Day**

9:30 Daily Seated Exercise - Therapeutic Essentrics with Trenda (CR)  
10:00 Go4Life Walk (FOY)  
10:15 Intro to 15 Minute Barre Class (Sign Up) (FC)  
10:40 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: Einstein and the Bomb (2024) (CL)

10:00 Go4Life Walk (FOY) **3**  
10:30 Catholic Communion (ER)  
1:00 WHIST (HL)  
2:00 Sunday Cinema: Shadowlands (1993) (CL)  
7:00 Cribbage (HL)  
7:00 Chapel Service (CR)

8:00 Medical Van (MV) **4**  
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 Meet Me At The MoMA Painting (SL)  
2:30 Artfull Enrichment: Peacock Painting (Acrylic) (SL)  
3:00 Tv Series: The Crown Season 6, Ep. 9 (CL)  
6:00 Ancient Apocalypse: Episode 1 (CL)  
7:00 Cribbage (HL)

8:45 Chapel Service (CR) **5**  
9:30 Daily Seated Exercises (CR)  
10:00 Go4Life Walk (FOY)  
10:00 Tech Support (B)  
10:30 Virtual Reality Armchair Travel: Newfoundland (Sign Up) (CL)  
10:30 Morning Meditation & Breathing Recordings (CR)  
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)

8:45 Chapel Service (CR) **6**  
9:00 Amplifon Hearing Clinic (PDR)  
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 Grey Eagle Casino (BUS)  
1:30 Bingo (CR)  
3:00 Winter Games: Lawn Dart (CR)

**National Be Heard Day**  
8:45 Chapel Service (CR) **7**  
9:30 Daily Seated Exercises (CR)  
9:30 Shopping Trip to London Drugs, Winners, Dollar Tree and HomeSense (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 (Sign Up) (CR)  
3:15 Jeopardy (CL)  
6:00 Games: Kings in the Corner (B)  
7:30 Entertainment by: Walkin' On Sunshine (GDR)

**International Woman's Day**  
8:45 Chapel Service (CR) **8**  
9:30 Daily Seated Exercises (CR)  
10:00 Go4Life Walk (FOY)  
10:15 Intro to Seated Exercise & Meditation for Beginners (CR)  
10:30 Current Events Circle (CL)  
10:30 Knitting Circle (CL)  
2:00 International Women's Day Entertainment with Debra Power (FOY)  
3:00 Sabbath Service (ER)  
3:00 Chess Club (CL)  
7:15 Bingo (CR)

9:30 Daily Seated Exercises - Tai Chi with Trenda (CR) **9**  
10:00 Go4Life Walk (FOY)  
10:15 Intro to 15 Minute Barre Class (Sign Up) (FC)  
10:40 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)  
3:00 Pop Up: Fit Minds (CR)  
6:00 Saturday Cinema: Hector and the Search for Happiness (2014) (CL)

Ramadan (March 10-April 8) **10**  
10:00 Go4Life Walk (FOY)  
10:30 Catholic Communion (ER)  
1:00 WHIST (HL)  
2:00 Sunday Cinema: Anastasia: Once Upon a Time (2020) (CL)  
7:00 Cribbage (HL)  
7:00 Chapel Service (CR)

8:00 Medical Van (MV) **11**  
8:45 Chapel Service (CR)  
9:30 Daily Seated Exercises (CR)  
10:00 Go4Life Walk (FOY)  
10:00 Resident Manager Meeting (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. 10 (Finale) (CL)  
6:00 Ancient Apocalypse: Episode 2 (CL)  
7:00 Cribbage (HL)

8:45 Chapel Service (CR) **12**  
9:30 Daily Seated Exercises (CR)  
10:00 Go4Life Walk (FOY)  
10:00 Tech Support (B)  
10:30 Virtual Reality Armchair Travel (Sign Up) (CL)  
10:30 Morning Meditation & Breathing Recordings (CR)  
11:00 Vendor: Looking Good Fashion Boutique (FOY)  
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)

8:45 Chapel Service (CR) **13**  
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: Axe Throw (CR)

**National Potato Chip Day**  
8:45 Chapel Service (CR) **14**  
9:30 Daily Seated Exercises (CR)  
10:00 Go4Life Walk (FOY)  
10:00 Shopping Trip to Chinook Mall (BUS)  
11:00 Whole Body Vibration Exercise (FC)  
1:00 Whist (HL)  
1:00 Scenic Drive (BUS)  
1:15 Free Nail Painting (Sign Up) (CR)  
2:15 Pop Up: Fit Minds (CR)  
3:00 Holy Rosary Prayers (ER)  
3:15 Jeopardy (CL)  
4:15 LLL Celebration Dinner: Maple (GDR)  
6:00 Games: Kings in the Corner (B)

8:45 Chapel Service (CR) **15**  
9:00 Outing to Jack Singer Concert Hall, Calgary Philharmonic Open Rehearsal (BUS)  
9:30 Daily Seated Exercises (CR)  
10:00 Go4Life Walk (FOY)  
10:15 Intro to Seated Exercise & Meditation for Beginners (CR)  
10:30 Current Events Circle (CL)  
10:30 Knitting Circle (CL)  
1:30 March Birthday Bash (CR)  
2:15 Happy Memories Hour (PDR)  
3:00 Sabbath Service (ER)  
3:00 Chess Club (CL)  
3:15 Horse Races (CR)  
7:15 JACKPOT Bingo (CR)

9:30 Daily Seated Exercise - Essentrics with Trenda (CR) **16**  
10:00 Go4Life Walk (FOY)  
10:15 Intro to 15 Minute Barre Class (Sign Up) (FC)  
10:40 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)  
2:00 St. Patrick's Entertainment with Roli Mack (CR)  
3:00 8 Ball Pool Club (CL)  
3:00 Card Game Social (B)  
6:00 Saturday Cinema: Footloose (1984) (CL)



INSPIRED SENIOR LIVING

# March 2024

## Trinity Lodge



TRINITY LODGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |  |
|---|---|--|---|---|--|---|--|
| <b>St. Patrick's Day 17</b><br>10:00 Go4Life Walk (FOY)<br>10:30 Catholic Communion (ER)<br>1:00 WHIST (HL)<br>2:00 Sunday Cinema: The Lightkeepers (2009) (CL)<br>7:00 Cribbage (HL)<br>7:00 Chapel Service (CR)   | <b>8:00 Medical Van (MV) 18</b><br>8:45 Chapel Service (CR)<br>9:30 Daily Seated Exercises (CR)<br>10:00 Go4Life Walk (FOY)<br>10:15 DRUMFIT Exercise (CR)<br>1:00 Bridge (HL)<br>1:30 Bingo (CR)<br>2:30 Meet Me At The MoMA Painting (SL)<br>2:30 Artfull Enrichment (SL)<br>3:00 TV Show: The Carol Burnett Show, Season 1, Ep.1 (CL)<br>3:00 Meet the Chef (B)<br>6:00 Ancient Apocalypse: Episode 3 (CL)<br>7:00 Cribbage (HL)   | <b>National Let's Laugh Day 19</b><br>First Day of Spring<br>8:45 Chapel Service (CR)<br>9:30 Daily Seated Exercises (CR)<br>10:00 Go4Life Walk (FOY)<br>10:00 Tech Support (B)<br>10:00 Vendor: Jeans Jewels and Clothing (FOY)<br>10:30 Virtual Reality Armchair Travel (Sign Up) (CL)<br>10:30 Morning Meditation & Breathing Recordings (CR)<br>1:00 Walk-In Visits with Dr.Manyande (HEA)<br>1:30 Sing-Along (CL)<br>1:30 Java Music Club (AGL)<br>2:30 Board Game: Scrabble (HL)<br>3:00 Horse Races (CR)  | <b>International Day of Happiness 20</b><br>Vendor: Smilez 2 Go (Scheduled Appointments Only) (SPA)<br>8:45 Chapel Service (CR)<br>9:30 Daily Seated Exercises (CR)<br>9:30 Shopping Trip to Walmart & Dollarama (BUS)<br>10:00 Go4Life Walk (FOY)<br>10:15 DRUMFIT Exercise (CR)<br>10:30 Knitting Circle (CL)<br>1:00 Scenic Drive (BUS)<br>1:30 Bingo (CR)<br>3:00 Spring Games: Washer Toss (CR)  | <b>CRUISE WEEK, DAY 1 - SPAIN 21</b><br>International Day for Elimination of Racial Discrimination<br>Wear Spain Flag Colors Red and Yellow<br>8:45 Chapel Service (CR)<br>9:30 Cruise Daily Seated Exercises (CR)<br>10:00 Go4Life Walk (FOY)<br>10:15 Find the Monument: Cathedral de Barcelona (FOY)<br>10:30 Travel to Madrid Spain with Rick Steves (CL)<br>11:00 Whole Body Vibration Exercise (FC)<br>1:00 Whist (HL)<br>1:00 Larissa the Seamstress (SL)<br>1:15 Free Nail Painting (Sign Up) (CR)<br>2:00 Cruise Week Launch Entertainment with Cole Briggs (FOY)<br>3:00 Cruise Cocktail Hour & Social (B)<br>6:00 Games: Kings in the Corner (B) | <b>CRUISE WEEK, DAY 2 - MOROCCO 22</b><br>Wear Morocco Flag Colors Red Green<br>8:45 Chapel Service (CR)<br>9:30 Cruise Daily Seated Exercises (CR)<br>10:00 Go4Life Walk (FOY)<br>10:15 Find the Monument: Medina of Marrakech (B)<br>10:30 Current Events Circle (CL)<br>10:30 Travel to Morocco with the Traditional Artisans of Morocco (CL)<br>1:15 Deck Games: Horse Races (CR)<br>2:00 Cruise Fit Minds (CR)<br>3:00 Sabbath Service (ER)<br>3:00 Chess Club (CL)<br>3:00 Seaside Afternoon Meditation & Breathing (CR)<br>3:00 Cruise Cocktail Hour (B)<br>7:15 Deck Games: Bingo (CR) | <b>CRUISE WEEK, DAY 3 - ITALY 23</b><br>Cruise Week Open House<br>Wear Italy Flag Colors Green White Red<br>9:30 Cruise Daily Seated Exercises: Tai Chi (CR)<br>10:00 Go4Life Walk (FOY)<br>10:15 Find the Monument: The Four Moors (CR)<br>10:15 Intro to 15 Minute Barre Class (Sign Up) (FC)<br>10:30 Travel to Italy with Rick Steves (CL)<br>10:40 Intro to 15 Minute Barre Class (Sign Up) (FC)<br>11:00 Visiting Tails: Meet Humphrey (FOY)<br>11:00 Whole Body Vibration Exercise (FC)<br>1:00 Cribbage (HL)<br>1:00 Cruise Week Crafts: Floral Painted Glass (CR)<br>2:00 Cruise Entertainment with Timeless Jazz Band (FOY)<br>3:00 Cruise Cocktail Hour (B)<br>6:00 Cruise Cinema: Made in Italy (2020) (CL) |  |
| <b>CRUISE WEEK, DAY 4 - TURKIYE 24</b><br>National Cocktail Day<br>Wear Turkiye Flag Colors White Red<br>10:00 Go4Life Walk (FOY)<br>10:15 Find the Monument: Hagia Sophia Holy Grand Mosque (FOY)<br>10:30 Catholic Communion (ER)<br>10:30 Travel to Turkiye with Rick Steves (CL)<br>1:00 WHIST (HL)<br>2:00 Cruise Cinema: Mama Mia! (2008) (CL)<br>3:00 Cruise Cocktail Hour (B)<br>7:00 Cribbage (HL)<br>7:00 Chapel Service (CR) | <b>CRUISE WEEK, DAY 5 - GREECE 25</b><br>Wear Greece Flag Colors White Blue<br>8:00 Medical Van (MV)<br>8:45 Chapel Service (CR)<br>9:30 Cruise Daily Seated Exercises (CR)<br>10:00 Go4Life Walk (FOY)<br>10:15 Find the Monument: Temple of Olympian Zeus (B)<br>10:30 Travel to Greece with Rick Steves (CL)<br>11:00 Cruise DRUMFIT Exercise (CR)<br>1:00 Vendor: The Nutman (FOY)<br>1:00 Bridge (HL)<br>1:30 Deck Games: Bingo (CR)<br>2:30 Meet Me At The MoMA Lecture (SL)<br>2:30 Cruise Craft: Floral Painted Glass (SL)<br>3:00 Cruise Cocktail Hour (B)<br>6:00 Cruise Documentary: Aerial Spain (CL)<br>7:00 Cribbage (HL) | <b>CRUISE WEEK, DAY 6 - CROATIA 26</b><br>Wear Croatia Flag Colors Blue White Red<br>8:45 Chapel Service (CR)<br>9:30 Cruise Seated Exercises (CR)<br>10:00 Go4Life Walk (FOY)<br>10:15 Find the Monument: Cathedral of Saint Dominus (CL)<br>10:30 Travel to Croatia with Rick Steves (CL)<br>10:30 Seaside Morning Breathing & Meditation Recordings (CR)<br>1:00 Walk-In Visits with Dr.Manyande (HEA)<br>1:15 Cruise Sing-Along (CL)<br>1:30 Java Music Club (AGL)<br>2:30 Board Game: Scrabble (HL)<br>2:30 Deck Games: Horse Races (CR)<br>3:00 Cruise Cocktail Hour (B) | <b>CRUISE WEEK, DAY 7 - FRANCE 27</b><br>Wear France Flag Colors Blue White Red<br>8:45 Chapel Service (CR)<br>9:30 Cruise Daily Seated Exercises (CR)<br>9:45 Shopping Trip to South Centre (BUS)<br>10:00 Go4Life Walk (FOY)<br>10:15 Find the Monument: Eiffel Tower (FOYER) (FOY)<br>10:30 Travel to France with Rick Steves & Knitting Circle (CL)<br>11:00 Cruise DRUMFIT Exercise (CR)<br>1:00 Docking Exploration Scenic Drive (BUS)<br>1:15 Deck Games: Bingo (CR)<br>2:30 Deck Games: Darts (CR)<br>3:00 Cruise Cocktail Hour (B) | <b>CRUISE WEEK: BACK HOME 28</b><br>8:45 Chapel Service (CR)<br>9:30 Daily Seated Exercises (CR)<br>10:00 Go4Life Walk (FOY)<br>11:00 Whole Body Vibration Exercise (FC)<br>11:00 Catholic Mass (CR)<br>1:00 Whist (HL)<br>1:15 Free Nail Painting (Sign Up) (CR)<br>1:30 Cruise Closing Ceremony (CR)<br>2:00 Cruise Finale Entertainment with Craig West (CR)<br>3:00 Holy Rosary Prayers (ER)<br>6:00 Games: Kings in the Corner (B)   | <b>Good Friday 29</b><br><b>3:00 Good Friday Service (CR)</b>  | <b>National Take a Walk in the Park Day 30</b><br>9:30 Daily Seated Exercise - Essentrics with Trenda (CR)<br>10:00 Go4Life Walk (FOY)<br>10:15 Intro to 15 Minute Barre Class (Sign Up) (FC)<br>10:40 Intro to 15 Minute Barre Class (Sign Up) (FC)<br>11:00 Visiting Tails: Meet Humphrey (FOY)<br>11:00 Whole Body Vibration Exercise (FC)<br>1:00 Cribbage (HL)<br>1:30 Sing-Along (CL)<br>2:45 Pop Up: Fit Minds (AGL)<br>3:00 8 Ball Pool Club (CL)<br>3:00 Card Game Social (B)<br>6:00 Saturday Cinema: The Bucket List (2007) (CL)   |  |
| <b>Easter 31</b><br>9:00 Easter Sunday Chapel Service (CR)<br>10:00 Go4Life Walk (FOY)<br>10:30 Catholic Communion (ER)<br>1:00 WHIST (HL)<br>2:00 Sunday Cinema: The Black Stallion (1979) (CL)<br>7:00 Cribbage (HL)  |   |  |   | <b>Locations Legend</b><br>Chinook Room (CR)<br>Card Lounge (CL)<br>Foyer (FOY)<br>Heritage Lounge (HL)<br>Bistro (B)<br>Fitness Centre (FC)<br>Education Room (ER)<br>Sunrise Lounge (SL)  |  | <b>Calendar Legend</b><br><b>Outing</b><br><b>Special Program</b><br><b>Cruise Week</b><br><b>Living, Loving, Local</b><br><b>Signature Program</b>   | <b>Spa Room (SPA)</b><br><b>Glenmore Dining Rm (GDR)</b><br><b>Private Dining Rm (PDR)</b><br><b>Health Center (HEA)</b><br><b>Ann Gregg Library (AGL)</b><br><b>BUS (BUS)</b> |