



INSPIRED SENIOR LIVING

April 2024

Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cancer & Parkinson's Awareness Month National Poetry Month April Fool's Day 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:15 Massage Chair Tutorials (CL) 11:00 Whole Body Vibration Machine Exercise (FC) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Painting (SL) 2:30 Artfull Painting (SL) 3:00 TV Show: Highway to Heaven, Season 1, Ep.1 (1984) (CL) 6:00 Ancient Apocalypse: Episode 4 (CL) 7:00 Cribbage (HL)	8:45 Chapel Service (CR) 9:00 Massage Chair Tutorials (CL) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Tech Support (B) 10:00 Vendor: The Clothing Lady (FOY) 10:30 Virtual Reality Armchair Travel (Sign Up) (CL) 10:30 Morning Meditation & Breathing Recordings (CR) 1:15 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) 9:00 Amplifon Hearing Clinic (PDR) 9:30 Daily Seated Exercises (CR) 9:45 Massage Chair Tutorials (CL) 10:00 Go4Life Walk (FOY) 10:15 DRUMFIT Exercise (CR) 10:30 Knitting Circle (CL) 11:00 Outing to Grey Eagle Casino (BUS) 1:30 Bingo (CR) 2:00 Entertainment by: Happy Gang Choir (GDR)	8:45 Chapel Service (CR) 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)	8:45 Chapel Service (CR) 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) 1:15 Horse Races (CR) 2:15 Happy Memories Hour (PDR) 2:15 Fit Minds (CR) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Afternoon Breathing & Therapeutic Meditation (CR) 7:15 Bingo (CR)	Chinook Room Booked 10:30 am to 12:30 pm 9:30 Daily Seated Exercises - Tai Chi with Trendera (CR) 10:00 Go4Life Walk (FOY) 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: Queen Bees (2021) (CL)
World Health Day National Beer Day 10:00 Go4Life Walk (FOY) 10:30 Catholic Communion (ER) 1:00 WHIST (HL) 2:00 Sunday Cinema: The Miracle Worker (1962) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Machine Exercise (FC) 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 Painting (SL) 3:00 TV Series: Highway to Heaven, Season 1, Ep. 2 (CL) 6:00 Ancient Apocalypse: Episode 5 (CL) 7:00 Cribbage (HL)	8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Tech Support (B) 10:30 Morning Meditation & Breathing 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) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	Bingo Time Change to 2:30 p.m. Today 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) 12:30 Private Function in Chinook Room (CR) 1:00 Shopping Trip to South Centre (BUS) 2:30 Bingo (CR) 3:00 Spring Games: Golf Hockey (CR)	8:45 Chapel Service (CR) 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) (CR) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Johnson Phillips (GDR)	8:45 Chapel Service (CR) 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) 11:00 Visiting Tails: Meet Izzy (FOY) 1:15 Horse Races (CR) 2:15 Happy Memories Hour (PDR) 2:15 Fit Minds (CR) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Afternoon Breathing & Meditation (CR) 7:15 JACKPOT Bingo (CR)	Chinook Room Booked from 10:30 am - 12:30 pm National Scrabble Day 9:30 Daily Seated Exercise - Therapeutic Essentrics with Trendera (CR) 10:00 Go4Life Walk (FOY) 10:15 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) 1:15 45-Minute Sing-Along (CL) 2:15 Scrabble Fest Celebration (CR) 3:00 Card Game Social (B) 3:15 8 Ball Pool Club (CL) 6:00 Saturday Cinema: Mortdecai (2015) (CL)
10:00 Go4Life Walk (FOY) 10:30 Catholic Communion (ER) 1:00 WHIST (HL) 2:00 Sunday Cinema: Fried Green Tomatoes (1991) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	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) 11:00 Whole Body Vibration Machine Exercise (FC) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Painting (SL) 2:30 Artfull Painting (SL) 3:00 TV Series: Highway to Heaven, Season 1, Ep. 3 (CL) 3:00 Meet The Chef (B) 6:00 Ancient Apocalypse: Episode 6 (CL) 7:00 Cribbage (HL)	8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:00 Tech Support (B) 10:30 Morning Meditation & Breathing Recordings (CR) 10:45 Virtual Reality Armchair Travel (Sign Up) (CL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 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) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Knitting Circle (CL) 10:30 Outing to Canmore for Lunch at Patrinos Steak House and Scenic Drive (CAN) 1:30 Bingo with Cathy (CR)	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) 1:15 Free Nail Painting (Sign Up) (CR) 2:00 Entertainment by Something Good Choir Group (GDR) 3:15 Jeopardy (CL) 4:15 LLL Celebration Dinner: Egg (GDR) 6:00 Games: Kings in the Corner (B)	8:45 Chapel Service (CR) 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) 11:00 Visiting Tails: Meet Izzy (FOY) 1:30 April Birthday Bash & Entertainment with Kelly Kalden (CR) 2:15 Happy Memories Hour (PDR) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Horse Races (CR) 7:15 Bingo (CR)	Humphrey, Visiting Tails Away Today 9:30 Daily Seated Exercises - Tai Chi with Trendera (CR) 10:00 Go4Life Walk (FOY) 10:15 Intro to 15 Minute Barre Class (Sign Up) (FC) 11:00 Whole Body Vibration Exercise (FC) 1:00 Cribbage (HL) 1:15 Sing-Along (CL) 2:45 Pop-Up: Fit Minds (CR) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: The Perfect Storm (2000) (CL)



INSPIRED SENIOR LIVING

April 2024

Trinity Lodge



TRINITY LODGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tea Day 21 National Volunteer Week 10:00 Go4Life Walk (FOY) 10:30 Catholic Communion (ER) 1:00 WHIST (HL) 2:00 Sunday Cinema: The Sound of Music Live (2015) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	Passover (April 22-April 30) Artful Enrichment Week 22 Earth Day/National Dance Week 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Machine Exercise (FC) 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 Earth Day: Birdhouse Painting (SL) 3:00 TV Series: Highway to Heaven, Season 1, Ep. 4 (CL) 6:00 Ancient Apocalypse: Episode 7 (CL) 7:00 Cribbage (HL)	World Book Day Artful Week Day 2 23 8:45 Chapel Service (CR) 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) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:15 45-Minute Sing-Along (CL) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 2:30 World Book Day Artful Craft: Diamond Painting Bookmark (Sign-Up) (SL) 3:00 Horse Races (CR)	National Administrative Professionals Day Artful Week Day 3 24 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 Outing to Glenbow at the Edison (BUS) 3:00 Spring Games: Axe Throw (CR) 7:30 Entertainment by Rockin Roll CC Line Dancers (GDR)	Artful Week Day 4 25 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) 10:15 Artful Documentary: The World's Greatest Paintings (CL) 11:00 Whole Body Vibration Exercise (FC) 11:00 Catholic Mass (CR) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy (CL) 6:00 Games: Kings in the Corner (B)	Artful Week Finale 26 8:45 Chapel Service (CR) 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) 11:00 Visiting Tails: Meet Izzy (FOY) 11:00 Artful Resident Showcase Viewing (FOY) 2:00 Artful Showcase with Jackie, violinist (FOY) 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)	Humphrey, Visiting Tails Away Today Tell a Story Day 27 9:30 Daily Seated Exercise - National Dance with Trena (CR) 10:00 Go4Life Walk (FOY) 10:15 Intro to 15 Minute Barre Class (Sign Up) (FC) 11:00 Whole Body Vibration Exercise (FC) 1:00 Cribbage (HL) 1:15 Sing-Along (CL) 2:45 Pop Up: Fit Minds (CR) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: Damsel (2024) (CL)
10:00 Go4Life Walk (FOY) 28 10:30 Catholic Communion (ER) 1:00 WHIST (HL) 2:00 Sunday Cinema: Effie Grey (2014) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	Dance Day 29 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 11:00 Whole Body Vibration Machine Exercise (FC) 1:00 Bridge (HL) 1:30 Bingo (CR) 2:30 Meet Me At The MoMA Painting (SL) 2:30 Artful Painting (SL) 3:00 TV Series: Highway to Heaven, Season 1, Ep. 5 (CL) 6:00 Ancient Apocalypse: Episode 8 (CL) 7:00 Cribbage (HL)	8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 30 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) 1:15 Sing-Along (CL) 1:30 Java Music Club (AGL) 2:30 Board Game: Scrabble (HL) 3:00 Horse Races (CR)	 SUNDAY APR 21 National Volunteer Week		 MONDAY APR 29 Dance Day	



MONDAY
APR 22
Earth Day

Be Proud

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

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