



INSPIRED SENIOR LIVING


May 2024

Trinity Lodge



TRINITY LODGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Mental Health Awareness Month</p>						
			<p>Arthritis Awareness Month</p> <p>Mental Awareness Month</p> <p>What's the Word, Wednesday?</p> <p>8:45 Chapel Service (CR)</p> <p>9:00 Amplifon Hearing Clinic (PDR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 DRUMFIT Exercise (FOY)</p> <p>10:30 Knitting Circle (CL)</p> <p>1:00 Shopping Trip to South Centre (BUS)</p> <p>1:30 Bingo (CR)</p> <p>3:00 Spring Games: Bean Bag Toss (CR)</p>	<p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>9:30 Shopping Trip to Deerfoot Meadows: Superstore, Dollarama, Walmart, Michaels and Costco (BUS)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>1:00 Whist (HL)</p> <p>1:00 Larissa the Seamstress (SL)</p> <p>1:00 Scenic Drive (BUS)</p> <p>1:30 Self Massage with Trenda (Ayurvedic) Sign-Up (CR)</p> <p>3:15 Jeopardy (CL)</p> <p>6:00 Games: Kings in the Corner (B)</p> <p>7:30 Entertainment by: Silence N Between (GDR)</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>11:00 Visiting Tails: Meet Izzy (FOY)</p> <p>1:15 Horse Races (CR)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>2:15 Java Music Club (CR)</p> <p>3:00 Sabbath Service (ER)</p> <p>3:00 Chess Club (CL)</p> <p>3:15 Therapeutic Afternoon Breathing & Meditation (CR)</p> <p>7:15 Bingo (CR)</p>	<p>9:30 Daily Seated Exercises - Tai Chi with Trenda (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 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>1:15 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: Night at the Museum "Secret of the Tomb" (2014) (CL)</p>
<p>Cinco De Mayo</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Catholic Communion (ER)</p> <p>1:00 WHIST (HL)</p> <p>2:00 Cinco De Mayo Sunday Cinema: Coco (2017) (CL)</p> <p>7:00 Cribbage (HL)</p> <p>7:00 Chapel Service (CR)</p>	<p>National Nurses Week</p> <p>8:00 Medical Van (MV)</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>11:00 Whole Body Vibration Machine Exercise (FC)</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 Artful Enrichment (SL)</p> <p>3:00 The Golden Girls, Season 1, Ep.1 (CL)</p> <p>6:00 Lost Treasures of the Maya, Season 1, Ep.1 (CL)</p> <p>7:00 Cribbage (HL)</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>10:30 Virtual Reality Armchair Travel (Sign Up) (CL)</p> <p>10:30 Morning Meditation & Breathing Recordings (CR)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:15 Sing-Along (CL)</p> <p>1:15 Fit Minds (CR)</p> <p>2:30 Board Game: Scrabble (HL)</p> <p>3:00 Horse Races (CR)</p>	<p>What's the Word, Wednesday?</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 Vendor: Queen Bee (FOY)</p> <p>10:15 DRUMFIT Exercise (CR)</p> <p>10:30 Knitting Circle (CL)</p> <p>2:00 Recital Performance: Henry Wise Wood High School (GDR)</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 Shopping Trip to Chinook Mall (BUS)</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>2:15 Pop Up: Java Club (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)</p> <p>9:00 Outing to Calgary Philharmonic Jack Singer "Brilliant Bassoon" (BUS)</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 & Meditation (CR)</p> <p>10:30 Current Events Circle (CL)</p> <p>10:30 Knitting Circle (CL)</p> <p>11:00 Visiting Tails: Meet Izzy (FOY)</p> <p>1:15 Mother's Day Social (B)</p> <p>2:00 Mother's Day Entertainment by: Jacquie Drew (B&F)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>3:00 Sabbath Service (ER)</p> <p>3:00 Chess Club (CL)</p> <p>3:15 Horse Races (CR)</p> <p>7:15 JACKPOT Bingo (CR)</p>	<p>Chinook Room Booked from 10:30 am to 1:30 pm</p> <p>9:30 Daily Seated Exercise - Essentrics with Trenda (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 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>1:15 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: The Greatest Showman (2017) (CL)</p>
<p>Happy Mother's Day</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Catholic Communion (ER)</p> <p>11:30 Mother's Day Brunch (GDR)</p> <p>1:00 WHIST (HL)</p> <p>1:00 Sunday Cinema: The Sound of Music (1965) (CL)</p> <p>7:00 Cribbage (HL)</p> <p>7:00 Chapel Service (CR)</p>	<p>8:00 Medical Van (MV)</p> <p>8:45 Chapel Service (CR)</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>11:00 Whole Body Vibration Machine Exercise (FC)</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 Artful Enrichment (SL)</p> <p>3:00 The Golden Girls, Season 1, Ep.2 (CL)</p> <p>6:00 Lost Treasures of the Maya, Season 1, Ep.2 (CL)</p> <p>7:00 Cribbage (HL)</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>10:30 Virtual Reality Armchair Travel (Sign Up) (CL)</p> <p>10:30 Morning Meditation & Breathing Recordings (CR)</p> <p>1:00 Walk-In Visits with Dr.Manyande (HEA)</p> <p>1:15 Sing-Along (CL)</p> <p>1:15 Fit Minds (CR)</p> <p>2:30 Board Game: Scrabble (HL)</p> <p>3:00 Horse Races (CR)</p> <p>7:30 Entertainment by: Calgary Multicultural Choir (GDR)</p>	<p>Vendor: Smilez 2 Go (Scheduled Appointments Only) (SPA)</p> <p>What's the Word, Wednesday?</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>12:00 Outing to Cash Casino (BUS)</p> <p>1:30 Bingo (CR)</p> <p>3:00 Spring Games: Darts (CR)</p>	<p>National Mimosa Day</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 (BUS)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>1:00 Whist (HL)</p> <p>1:00 Larissa the Seamstress (SL)</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: Asparagus (GDR)</p> <p>6:00 Games: Kings in the Corner (B)</p>	<p>National Pizza Day</p> <p>9:30 Daily Seated Exercises (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:30 Celebration Of Life (CR)</p> <p>11:00 Visiting Tails: Meet Izzy (FOY)</p> <p>1:30 May Birthday Bash (CR)</p> <p>2:15 Happy Memories Hour (PDR)</p> <p>3:00 Sabbath Service (ER)</p> <p>3:00 Chess Club (CL)</p> <p>3:00 Pop Up: Java Music Club (AGL)</p> <p>7:15 Bingo (CR)</p>	<p>9:30 Daily Seated Exercises - Tai Chi with Trenda (CR)</p> <p>10:00 Go4Life Walk (FOY)</p> <p>10:15 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>1:15 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: National Treasure (2004) (CL)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal Support Worker Day 19 10:00 Go4Life Walk (FOY) 10:30 Catholic Communion (ER) 1:00 WHIST (HL) 2:00 Sunday Cinema: The Help (2011) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	Victoria Day 20 VICTORIA DAY: LEISURE DEPARTMENT CLOSED World Bee Day 10:00 Go4Life Walk (FOY) 1:00 Vendor: The Nutman (FOY) 1:00 Bridge (HL) 3:00 The Golden Girls, Season 1, Ep.3 (CL) 6:00 Lost Treasures of the Maya, Season 1, Ep.3 (CL) 7:00 Cribbage (HL)	National Tea Day 21 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Morning Meditation & Breathing Recordings (CR) 1:00 Walk-In Visits with Dr.Manyande (HEA) 2:00 Entertainment by Bob Scherle (CR)	What's the Word, Wednesday? 22 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 Spring Games: Ladder Ball (CR)	World Turtle Day 23 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 Catholic Mass (CR) 1:00 Whist (HL) 1:00 Scenic Drive (BUS) 1:15 Pop Up: Fitminds (CR) 3:00 Holy Rosary Prayers (ER) 3:15 Jeopardy: Honor World Turtle Day (CL) 6:00 Games: Kings in the Corner (B)	National Scavenger Hunt Day 24 8:45 Chapel Service (CR) 9:30 Daily Seated Exercise (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 Java Music Club (CR) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Afternoon Breathing & Meditation (CR) 7:15 JACKPOT Bingo (CR)	9:30 Daily Seated Exercise - Essentrics with Trenda (CR) 25 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 Sing-Along (CL) 3:00 8 Ball Pool Club (CL) 3:00 Card Game Social (B) 6:00 Saturday Cinema: The Best Exotic Marigold Hotel (2012) (CL)
10:00 Go4Life Walk (FOY) 26 10:30 Catholic Communion (ER) 1:00 WHIST (HL) 2:00 Sunday Cinema: Saving Mr. Banks (2013) (CL) 7:00 Cribbage (HL) 7:00 Chapel Service (CR)	COVID Booster Clinic Today 27 8:00 Medical Van (MV) 8:45 Chapel Service (ER) 10:00 Go4Life Walk (FOY) 1:00 Bridge (HL) 3:00 Meet the Chef (B) 6:00 Lost Treasures of the Maya, Season 1, Ep.4 (CL) 7:00 Cribbage (HL)	National Hamburger Day 28 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) 1:30 Presentation: The Klondike Gold Rush with Bart Dailley (CR) 3:00 Horse Races (CR)	Redshirt Day AccessAbility and Inclusion 29 National Senior Health & Fitness Day National Golf Day What's the Word, Wednesday? 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk: Outdoor Walk (Sign-Up) (FOY) 10:30 Knitting Circle (CL) 1:00 Gardening Club Outing (BUS) 1:30 Bingo (CR) 3:00 Spring Games: Mini Golf (CR)	8:45 Chapel Service (CR) 30 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to London Drugs, Winners, Dollar Tree and Homesense (BUS) 10:00 Go4Life Walk (FOY) 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: Calgary Heimatecho Choir (GDR)	National Smile Day 31 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Go4Life Walk (FOY) 10:30 Current Events Circle (CL) 10:30 Knitting Circle (CL) 10:30 Pop Up: Fit Minds (CR) 11:00 Visiting Tails: Meet Izzy (FOY) 1:15 Horse Races (CR) 2:15 Happy Memories Hour (PDR) 2:15 Java Music Club (CR) 3:00 Sabbath Service (ER) 3:00 Chess Club (CL) 3:15 Afternoon Breathing & Meditation (CR) 7:15 Bingo (CR)	



Be Proud

Locations Legend

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

Calendar Legend

- Outing
- Special Program
- Cruise Week
- Living, Loving, Local
- Signature Program