



February 2022

Trinity Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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All Leisure programming will be resuming effective Monday, February 14th, 2022. These programs will include...

- Interdenominational services
 - Bus Outings
 - Entertainment
 - Vendors
- Weekend Cinema
- Sing Along

- Residents will be required to sign up for the weekly entertainment in the Glenmore Dining Room. Please sign up on the Leisure posterboard.

- Mary the seamstress will not be returning to Trinity Lodge for Alterations.

2:00 Sunday Cinema: Mirage Story (CL) **13**

It's Sunday, take time to make your soul happy.

Valentine's Day **14**
 8:00 Medical Van (MV)
 8:45 Chapel Service (CR)
 9:30 Daily Seated Exercises (CR)
 1:00 Bridge (HL)
 1:30 Valentine's Day Virtual Entertainment by Emeritus Now (CR)
 3:00 Tv Series: The Crown Season 2 ep. 10 (CL)
 7:00 National Geographic: The Greatest Events of WWII EP.9 (CL)
 7:00 Cribbage (HL)

Flag Day **15**
 8:45 Chapel Service (CR)
 9:30 Daily Seated Exercises (CR)
 10:00 Vendor: Copper Guild (FOY)
 1:00 Walk-In Visits with Dr.Manyande (HEA)
 1:45 Sing-A-long (CR)
 3:00 Horse Races (CR)
 7:15 Bingo (CR)

8:45 Chapel Service (CR) **16**
 9:30 Daily Seated Exercises (CR)
 11:00 Lunch Outing to Big Rock Chinese Buffet in Okotoks (BUS)
 1:30 Bingo (CR)
 2:15 Reader's Theatre (CL)
 3:00 Trivia (CL)

Random Acts of Kindness Day **17**
 8:45 Chapel Service (CR)
 9:30 Daily Seated Exercises (CR)
 9:30 Shopping Trip to Walmart and Dollarama (BUS)
 10:30 Catholic Mass (CR)
 11:00 Whole Body Vibration Exercise (FC)
 1:00 Whist (HL)
 1:30 Free Mini Manicure (CR)
 1:30 Country Drive (BUS)
 3:00 Jeopardy (CL)
 6:00 Games: Kings in the Corner (B)
 7:30 Entertainment by: Jerry Proppe (GDR)

Caregivers Day **18**
 8:45 Chapel Service (CR)
 9:30 Daily Seated Exercises (CR)
 10:00 Current Events Circle (B)
 10:30 Knitting Circle (CL)
 1:15 Horse Races (CR)
 2:15 Fit Minds (CR)
 2:15 Happy Hour (B)
 3:00 Java Music Club (CR)
 3:00 Sabbath Service (ER)
 7:15 Bingo (CR)

9:30 Daily Seated Exercises (CR) **19**
 10:30 Music Therapy (CR)
 1:30 Sing-A-long (CR)
 3:00 Wheel of Fortune (CL)
 7:00 Cribbage (HL)
 7:00 Saturday Cinema: The Notebook (CL)





INSPIRED SENIOR LIVING


February 2022

Trinity Lodge



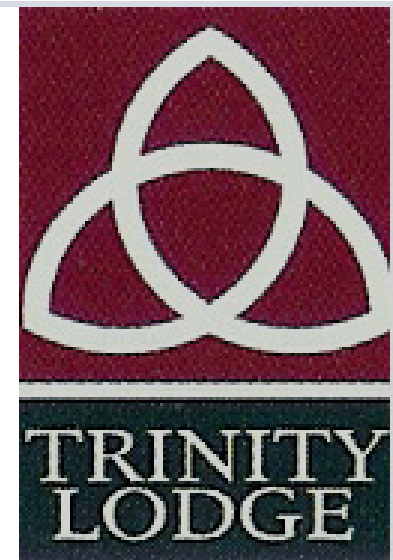
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Love Your Pet Day 20 2:00 Sunday Cinema: Schindler's List (CL) 	HAPPY FAMILY DAY 21 3:00 Tv Series: The Crown Season 2 ep. 3 (CL) 7:00 National Geographic: The Greatest Events of WWII EP.9 (CL) 7:00 Cribbage (HL) 	Margarita Day 22 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 1:00 Walk-In Visits with Dr. Manyande (HEA) 1:30 Vendor: The Nutman (CR) 1:45 Sing-A-long (CR) 3:00 Horse Races (CR) 7:15 Bingo (CR)	8:45 Chapel Service 23 (CR) 9:30 Daily Seated Exercises (CR) 11:00 Lunch Outing: TBA (BUS) 12:00 Vendor: Fifth Avenue Jewelry Collection (FOY) 1:30 Bingo (CR) 2:15 Reader's Theatre (CL) 3:00 Trivia (CL)	Chili Day 24 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 9:30 Shopping Trip to Shoppers Drug Mart on Elbow Drive (BUS) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:30 Free Mini Manicure (CR) 1:30 Country Drive (BUS) 3:00 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: The Good Timers (GDR)	8:45 Chapel Service 25 (CR) 9:30 Daily Seated Exercises (CR) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Fit Minds (CR) 2:15 Happy Hour (B) 3:00 Java Music Club (CR) 3:00 Sabbath Service (ER) 7:15 Bingo (CR)	9:30 Daily Seated Exercises (CR) 26 10:30 Music Therapy (CR) 1:30 Sing-A-long (CR) 3:00 Wheel of Fortune (CL) 7:00 Cribbage (HL) 7:00 Saturday Cinema: Captains Courageous (CL)

2:00 Sunday Cinema: Marie Antoinette 27 (CL)



Floral Day 28

8:00 Medical Van (MV)
 8:45 Chapel Service (CR)
 9:30 Daily Seated Exercises (CR)
 10:00 Celebration of Life (CR)
 1:00 Bridge (HL)
 3:00 Tv Series: The Crown Season 2 ep. 10 (CL)
 7:00 National Geographic: The Greatest Events of WWII EP.9 (CL)
 7:00 Cribbage (HL)



TRINITY BUS SERVICE



Wednesday's:
Lunch Outings

Thursday's:
Shopping Trips and Country Drives

Dimensions Of Wellness Legend

Social
 Spiritual
 Intellectual
 Purposeful
 Physical

Morning Exercises



Day: Monday to Saturday
Time: 9:30 - 10:00am
Location: In the Chinook Room

Locations Legend


Chinook Room (CR)
 Card Lounge (CL)
 Heritage Lounge (HL)
 Bistro (B)
 BUS (BUS)
 Fitness Centre (FC)
 Glenmore Dining Rm (GDR)
 Medical Van (MV)
 foyer (FOY)
 Health Center (HEA)
 Education Room (ER)

CHapel SERVICE

Monday to Friday

In the Chinook Room

8:45am - 9:00am



Calendar Legend

Outing
 Special Program
 Signature Program

ENTERTAINMENTS



SIGN UP REQUIRED
 Please sign up on the Leisure posterboard