

October 30 - November 5

Birch & Oak



Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5	
9:00 Artist Guided Personal Project Time (C) 10:00 Qi Gong & Breath (W) 11:00 Fitness Equipment Orientation (W) 1:00 Balance & Fall Prevention (W) 2:00 Choir Practice (T) 3:00 Halloween Candy Bag Filling (C) 7:00 Halloween Movie Marathon: Ghost Busters (2016 Comedy /Action) (T) 7:00 Game Night: Escape Room in a Box (G)	Halloween 9:00 Halloween Scavenger Hunt 10:00 Monster Pole Walking (W) 11:00 Philosophy Club (T) 11:00 Library Refresh: Mystery & Suspense (L) 1:00 Chair Yoga (W) 2:00 High Tea: The Wizard of Oz* (D) 2:00 Live Music: Peter the Piano Man (D) 3:00 Bocce Ball (T) 5:00 Trick or Treating in the Park (BP) 7:00 Halloween Movie Marathon: The Wizard of Oz (1939	10:00 Cardio Fit Ball (W) 11:00 Scrabble (G) 1:00 Balance & Stretch (W) 2:00 Rummy-O (G) 4:00 Wine Wednesdays (B) 6:30 Calgary Flames Game (B) 7:00 Paint Night: Wizard of Oz Scenery (C) 7:00 Virtual Concert: Willie Nelson with Ray Charles (T)	9:00 Artist Guided Personal Project Time (C) 10:00 Tai Chi (W) 11:00 Recreation Forum (C) 1:00 Zumba Gold (W) 2:30 Bridge Club (C) 3:00 Felt Poppy Craft (C) 7:00 Movie Night: Jumanji: Welcome to the Jungle (2017 Comedy/ Adventure) (T) 7:00 Hot Chocolate Bar Social (B)	10:00 Cardio Fit Ball (W) 11:00 Art History Lesson and Demo- Old Masters Pt 1 (C) 1:00 Chair Yoga (W) 2:00 Paper Poppy Craft (8R) 3:00 Bocce Ball (T) 7:00 Card Night (G) 7:00 Movie Night: Deadpool (2016 Comedy /Action) (T)	10:00 Bone Strength (W) 11:00 Music with Lori: Bass Guitar Performance (T) 2:00 Music Trivia: Bing Crosby (C) 7:00 Virtual Concert: Bing Crosby (T) 8:00 Calgary Flames Game (B)	11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Chair Yoga (W) 2:00 Tea & Biscuits From Around the World (C) 3:00 Virtual Travel: West England (T) 7:00 Movie Night: The Devil Wears Prada (2006 Drama/ Comedy) (T)	
Locations Legend							

Wellness Centre Bistro (B) Dining Room (D)

(W)

(C)

(G)

Theatre (T)

Creative Studio

Games Lounge

Library (L) Bistro Patio (BP) 8th Floor Recreation Room

(8R)

* Please Register At Reception



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November 6 - 12

Birch & Oak



				Retirement Community		
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
9:00 Artist Guided Personal Project Time (C) 9:00 Fitness Equipment Orientation (W) 10:00 Pilates (W) 11:00 Understanding Your Invoice Session (T) 1:00 Urban Pole Walking (W) 2:00 Choir Practice (T) 3:00 Puzzle Race (C) 7:00 BINGO Night (C) 7:00 Virtual Entertainment: Ice Dance, Cinderella (T)	10:00 Bone Strength (W) 11:00 Philosophy Club (T) 1:00 Chair Yoga (W) 2:00 Live Music: Mark DeJong (saxophone) & Natalie Inga (singer/songwri (T) 3:00 Bocce Ball (T) 7:00 Trivia Night (C) 7:00 Calgary Flames Game (B)	10:00 Cardio Fit Ball (W) 11:00 Scrabble (G) 1:00 Barre & Strength (W) 3:00 History Highlight: Military Vehicles (T) 4:00 Wine Wednesdays (B) 7:00 Paint Night: Poppy Painting (C) 7:00 Virtual Concert: Lang Lang Plays Disney (T)	10:00 Tai Chi (W) 11:00 History Highlight: Barbie (T) 1:00 Zumba Gold (W) 2:30 Bridge Club (C) 3:00 Pink Bracelet Craft (C) 7:00 Movie Night: Barbie (2023 Comedy /Fantasy) (T)	10:00 Sit Fit (W) 11:00 Art History Lesson and Demo- Old Masters pt2 (C) 1:00 Stretch & Massage (W) 3:00 Bocce Ball (T) 5:00 Calgary Flames Game (B) 7:00 Card Night (G) 7:00 Movie Night: Hacksaw Ridge (2016 War/ Drama) (T)	Remembrance Day 10:00 Bone Strength (W) 11:00 Moment of Silence 2:00 Remembrance Day Ceremony * (T) 5:00 Calgary Flames Game (B) 7:00 Virtual Documentary: Bob Hope Entertains the Troops (T)	11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Chair Yoga (W) 3:00 Waxed Leaf Bookmark Crafting (C) 7:00 Movie Night: Casablanca (1942 War/ Drama) (T)
<u>Locations Legend</u>						
Theatre (T) Wellness Centre (W) Creative Studio (C)	Bistro (B) Games Lounge (G)					