



November 27 - December 3

Birch & Oak



Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1	Saturday 2	Sunday 3
9:00 Artist Guided Personal Project Time (C) 10:00 Pilates (W) 11:00 Fitness Equipment Orientation (W) 1:00 Balance & Fall Prevention (W) 2:00 Choir Practice (T) 3:00 Merry Mail Card Writing (C) 7:00 Game Night: Giant Sequence (G) 7:00 Movie Night: Top Gun Maverick (2022 Action /Thriller) (T) 7:30 Calgary Flames Game (B)	10:00 Urban Pole Walking (W) 11:00 Philosophy Club (T) 1:00 Tone & Stretch (W) 2:00 Live Music: Peter the Piano Man (T) 3:00 Bocce Ball (T) 3:00 Felt Ornaments (C) 7:00 Jeopardy Night (C) 7:00 Virtual Entertainment: Bob Hope Entertains the Troops (T)	10:00 Pound/Drumming (W) 11:00 Scrabble (G) 1:00 Balance & Stretch (W) 2:00 Meet & Greet: New Sunday Service Facilitator (T) 3:00 Crosswords and Tea (C) 4:00 Wine Wednesdays (B) 7:00 Virtual Concert: Wynton Marsalis (T) 7:00 Gift Making Workshop: Wreaths (C)	10:00 Tai Chi (W) 11:00 Textile Club (C) 1:00 Zumba Gold (W) 1:00 Bridge Club (C) 2:00 Artist Guided Personal Project Time (C) 3:00 Library Refresh (L) 6:00 Dinner Theatre: Top Gun Maverick * (E) 7:00 Virtual Theatre: Shakespeare's Richard II with David Tennant (T) 7:00 Calgary Flames Game (B)	Elf on the Shelf Day 1 9:00 Artist Guided Personal Project Time (C) 10:00 Cardio Fit Ball (W) 11:00 Housekeeping Forum (T) 11:00 Egg Tempera Painting (C) 1:00 Chair Yoga (W) 2:00 Grief Group: Navigating the Holidays* (C) 3:00 Bocce Ball (T) 3:00 Christmas Village Building (C) 7:00 Card Night (G) 7:00 Movie Night: Four Christmases (2008 Comedy /Romance) (T)	10:00 Bone Strength (W) 11:00 Trivia: Christmas Music (C) 2:00 Name That Tune (C) 7:00 Movie Night: The Great Gatsby (2013 Drama /Romance) (T) 8:00 Calgary Flames Game (B)	11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Chair Yoga (W) 2:00 Sing Along: Christmas Carols (C) 7:00 Movie Night: The Trouble With Angels (1966 Comedy) (T)

Locations Legend

Creative Studio (C)	Bistro (B)
Theatre (T)	Games Lounge (G)
Wellness Centre (W)	Library (L)
	Excursion (E)

* Please Register At Reception



December 4 - 10

Birch & Oak

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
9:00 Artist Guided Personal Project Time (C) 10:00 Pilates (W) 11:00 Fitness Equipment Orientation (W) 1:00 Urban Pole Walking (W) 2:00 Choir Practice (T) 3:00 Christmas Ornament Painting (C) 7:00 BINGO Night (C) 7:00 Movie Night: Good Will Hunting (1997 Drama) (T)	10:00 Understanding Your Invoice Session (T) 10:00 Bone Strength (W) 11:00 Philosophy Club (T) 1:00 Chair Yoga (W) 2:00 Live Music: Cody Obst (piano) (T) 3:00 Bocce Ball (T) 3:00 Felt Ornaments (C) 7:00 Trivia Night (C) 7:00 Movie Night: Mrs. Harris Goes to Paris (2022 Comedy /Drama) (T) 7:00 Calgary Flames Game (B)	10:00 Cardio Fit Ball (W) 11:00 Current Events (T) 1:00 Barre & Strength (W) 3:00 Artist Guided Personal Project Time (C) 4:00 Wine Wednesdays (B) 4:00 Live Music: Dave Morris and Bridget (guitar and singing) (B) 7:00 Movie Night: Hallelujah: Leonard Cohen, a Journey, a Song (2021 Documentary) (T) 7:00 Gift Making Workshop: Photo Magnets (C)	10:00 Qi Gong/Tai Chi (W) 11:00 Textile Club (C) 11:00 Recreation Forum (T) 1:00 Zumba Gold (W) 1:00 Bridge Club (C) 2:00 Baking: Banana Bread Cookies (8R) 7:00 Movie Night: Holiday Inn (1942 Comedy /Musical) (T) 7:00 Calgary Flames Game (B) 7:00 Hot Chocolate Social (B)	9:00 Artist Guided Personal Project Time (C) 10:00 Tone Circuit (W) 11:00 Egg Tempera Painting Part 2 (C) 1:00 Stretch & Massage (W) 1:00 Christmas Market (C) 3:00 Bocce Ball (T) 7:00 Card Night (G) 7:00 Virtual Concert: Nigel Short & Tenebrae Choir (T)	10:00 Cardio Fit Ball (W) 11:00 Documentary: Rick Steves' European Christmas (T) 2:00 Calgary Flames Game (B) 3:00 Giant Sequence Card Game (G) 7:00 Movie Night: No Hard Feelings (2023 Comedy) (T)	11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Chair Yoga (W) 3:00 Gift Wrapping (C) 7:00 Virtual Concert: Joni Mitchell (T)
<u>Locations Legend</u> Theatre (T) Creative Studio (C) Wellness Centre (W) Bistro (B) Games Lounge (G) 8th Floor Recreation Room (8R)						
* Please Register At Reception						