



April 15 - 21

Birch & Oak



Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
10:00 Groceries: Superstore * (E) 10:00 Chair Pilates (W) 11:00 Fitness Equipment Orientation (W) 11:00 Spring Paper Art (C) 1:00 Balance & Fall Prevention (W) 2:00 Choir Practice (T) 3:00 Myths and Folk Tales- Art Project (C) 7:00 Sci-fi Movie Marathon: Metropolis (1927 Silent Film) (T) 7:00 Game Night: Axe Throwing (C)	10:00 Chair Yoga (W) 10:00 Artist Guided Personal Project Time (C) 11:00 Philosophy Club (T) 1:00 Urban Pole Walking (W) 2:00 Live Music: Tom Megee (cello) & Robert Penner (violin) (T) 3:00 Bocce Ball (T) 3:00 Myths and Folk Tales: Art Project (C) 7:00 Sci-fi Movie Marathon: Back to the Future (1985 Comedy) (T) 8:00 Calgary Flames Game (B)	10:00 Balance & Strength (W) 10:00 Shopping: Winners & Home Sense* (E) 10:00 Creative Writing Club (C) 11:00 Live Presentation: Hear Canada Info Session (T) 1:00 Crib Drop In (G) 1:00 Chair Fit Ball (W) 3:00 Paint & Sip (C) 4:00 Wine Wednesdays (B) 7:00 Sci-fi Movie Marathon: Ghostbusters, Afterlife (2021 Comedy) (T)	10:00 Textile Club (C) 10:00 Tai Chi Balance (W) 11:00 Java Music Club * (T) 1:00 Bridge Club (D) 1:00 Chair Zumba Gold (W) 3:00 Myths and Folk Tales- Art Project (C) 7:00 Sci-fi Movie Marathon: I, Robot (2004 Drama) (T) 7:00 Calgary Flames Game (B)	10:00 Excursion: Spark Science Centre* (E) 10:00 Yoga & Balance (W) 1:00 Exercise with Bands (W) 3:00 Bocce Ball (T) 3:00 Myths and Folk Tales- Art Project (C) 7:00 Sci-fi Movie Marathon: The Da Vinci Code (2006 Thriller/ Mystery) (T) 7:00 Card Night: Sequence (G)	10:00 Chair Strength (W) 2:00 Movie Matinee: Star Wars, A New Hope (1977 Action) (T) 3:00 Rummy-O (G) 7:00 Sci-fi Movie Marathon: Star Wars, The Rise of Skywalker (2019 Fantasy) (T)	11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Qi Ball Balance (W) 2:00 Documentary: The Complete History of Space Exploration (2023 History) (T) 3:00 Bocce Ball (T) 7:00 Sci-fi Movie Marathon: Avatar (2009 Adventure) (T)

Locations Legend

- Theatre (T)
- Wellness Centre (W)
- Creative Studio (C)
- Excursion (E)
- Bistro (B)
- Games Lounge (G)
- Dining Room (D)

* Please Register At Reception



April 22 - 28

Birch & Oak



Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
<p>Earth Day</p> <p>10:00 Pilates & Balance (W)</p> <p>10:00 Groceries: Walmart* (E)</p> <p>11:00 Thrift Store Donation Collecting (C)</p> <p>11:00 Spring Oil Pastels (C)</p> <p>1:00 Chair Strength (W)</p> <p>2:00 Choir Practice (T)</p> <p>3:00 Make Your Own Flower Seed Bombs (C)</p> <p>7:00 BINGO Night: Plant Prizes! (C)</p> <p>7:00 Movie Night: David Attenborough, A Life on Our Planet (2020 Documentary /Nature) (T)</p>	<p>10:00 Chair Yoga (W)</p> <p>10:00 Artist Guided Personal Project Time (C)</p> <p>11:00 Philosophy Club (T)</p> <p>1:00 Urban Pole Walking (W)</p> <p>2:00 Live Music: Darcy Stamp (violin) (T)</p> <p>3:00 Bocce Ball (T)</p> <p>3:00 Basket Weaving Part 1 (C)</p> <p>7:00 Trivia Night (C)</p> <p>7:00 Movie Night: A Streetcar Named Desire (1951 Thriller /Western) (T)</p>	<p>10:00 Shopping: Thrift Stores * (E)</p> <p>10:00 Tai Chi (W)</p> <p>11:00 Bible Study (T)</p> <p>11:00 Charcoal Sketching (C)</p> <p>1:00 Crib Drop In (G)</p> <p>1:00 Barre & Balance (W)</p> <p>2:00 Virtual Travel: Rick Steves' London, England (T)</p> <p>3:00 Paint & Sip (C)</p> <p>4:00 Wine Wednesdays (B)</p> <p>4:30 Menu Theme: Dinner in England (D)</p> <p>7:00 Movie Night: The Queen (2006 Drama) (T)</p>	<p>10:00 Textile Club (C)</p> <p>10:00 Chair Qi Gong (W)</p> <p>11:00 Recreation Town Hall (T)</p> <p>1:00 Bridge Club (D)</p> <p>1:00 Chair Zumba Gold (W)</p> <p>2:00 Live Music: Peter at the Piano (T)</p> <p>3:00 Basket Weaving Part 2 (C)</p> <p>7:00 Plant & Sip Night* (C)</p> <p>7:00 Movie Night: Miss Congeniality (2000 Comedy /Action) (T)</p>	<p>10:00 Balance & Fit Ball (W)</p> <p>11:00 Live Presentation: Eye Health and Optometrist Services at TLW (T)</p> <p>11:00 Watercolour Painting (C)</p> <p>12:00 Excursion: Calgary Farmers Market* (E)</p> <p>1:00 Urban Pole Walking (W)</p> <p>3:00 Bocce Ball (T)</p> <p>3:00 Nature Collage (C)</p> <p>7:00 Movie Night: The Man from Snowy River (1982 Western /Family) (T)</p> <p>7:00 Card Night: UNO (G)</p>	<p>10:00 Sit Fit (W)</p> <p>2:00 Movie Matinee: Death at a Funeral (2007 British Comedy) (T)</p> <p>3:00 Rummy-O (G)</p> <p>7:00 Virtual Concert: Eric Clapton at the Royal Albert Hall (2015 Blues) (T)</p>	<p>11:00 Virtual Spiritual Service & Hymn Sing (T)</p> <p>1:00 Qi Ball Balance (W)</p> <p>2:00 Documentary: Rock Legends, Queen (2012 Music) (T)</p> <p>3:00 Bocce Ball (T)</p> <p>7:00 Movie Night: Bohemian Rhapsody (2018 Musical/Docur) (T)</p>

Locations Legend

Theatre (T)	Excursion (E)
Creative Studio (C)	Games Lounge (G)
Wellness Centre (W)	Dining Room (D)
	Bistro (B)

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