



Mar 17 – 23, 2025

Birch & Oak

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
St. Patrick's Day 10:00 Groceries: Superstore (E) 10:00 Strength Class (W) 11:00 Knitting & Crochet Club (C) 1:00 Card Games: Crib* (G) 1:00 Stretch Class (W) 2:00 Choir Practice (T) 2:30 Photo Booth by Hip Image (C) 3:00 St. Patrick's Day Happy Hour (C) 5:30 Calgary Flames Game (T)	10:00 StrongerU Balance Class (W) 11:00 Philosophy Club (T) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre* (G) 2:00 Live Music: David Hirschman (guitar) & Gerry Hébert (saxophone) (T) 3:00 Bocce Ball* (T) 3:00 Pictionary (C) 5:00 Calgary Flames Game (T) 7:00 Trivia Night (C)	10:00 Sit Fit (W) 10:00 Shopping: Chinook Mall (E) 11:00 Indoor Gardening Club (C) 1:00 Urban Pole Walking (W) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (D) 2:00 Live Music: David Morris (guitar and singing) (T) 3:00 Bocce Ball* (T) 3:00 Readers Theatre (C) 4:00 Wine Wednesday (G) 7:00 Movie Night: Steel Magnolias (1989 Family/Romance) (T)	First Day of Spring 10:00 StrongerU Cardio Class (W) 11:00 Walker Clinic by Western Health Care (T) 1:00 Card Games: Golf* (G) 1:00 Stretch Class (W) 3:00 Collaborative Children's Book Workshop (C) 7:00 Live Music: The Durocher's (Irish cello, fiddle and foot tapping) (T)	10:00 StrongerU Balance Class (W) 11:00 Old Time Radio Hour (4L) 12:00 Excursion: Lunch and Casino Games at Ace Blackfoot Casino (E) 1:00 StrongerU Cardio Class (W) 1:00 Card Games: UNO* (G) 2:00 Nutrition Demo (C) 3:00 Book Club: The Lion Women of Tehran (C) 7:00 Movie Night: Julie & Julia (2009 Comedy/Romance) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 TV Series Marathon: A Man on the Inside (2022 Comedy) (T) 2:00 Calgary Flames Game (G) 7:00 Virtual Concert: Diana Krall (2022 Jazz) (T)	10:00 StrongerU Stretch Class (W) 11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Card Games: Kings in the Corner* (G) 1:00 TV Series Marathon: A Man on the Inside (2022 Comedy) (T) 3:00 Bocce Ball* (T) 7:00 Movie Night: Operation Mincemeat (2021 War/Thriller) (T)
Locations Legend Theatre (T) Wellness Centre (W) Creative Studio (C) Games Lounge (G) Excursion (E) Dining Room (D) 4th Floor Birch Lounge (4L)						
Blue: Register at Reception *Asterisk: Resident Run Program						



Mar 24 – 30, 2025

Birch & Oak



Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
10:00 Groceries: Walmart (E) 10:00 Strength Class (W) 11:00 Knitting & Crochet Club (C) 1:00 Card Games: Crib* (G) 1:00 Stretch Class (W) 2:00 Choir Practice (T) 3:00 Collaborative Children's Book Workshop (C) 7:00 Movie Night: Tea with Mussolini (1999 War/Comedy) (T)	10:00 StrongerU Balance Class (W) 10:15 Calgary Public Library Pop Up (L) 11:00 Philosophy Club (T) 1:00 Card Games: Euchre* (G) 1:00 StrongerU Cardio (W) 2:00 Live Music: Tricia Edwards (piano) & Anastasiia Lykhosherstova (violin) (T) 3:00 Bocce Ball* (T) 3:00 Masala Tea Making (C) 7:00 Calgary Flames Game (T) 7:00 50/50 BINGO Night for Charity (C)	10:00 Balance & Fall Prevention (W) 10:00 Shopping: Bianca Amor's Liquidation Supercentre (E) 11:00 Indoor Gardening Club (C) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (D) 1:00 Urban Pole Walking (C) 2:00 Historic Fashion Show by Memory Lanes Fashions (D) 3:00 Bocce Ball* (T) 3:00 Neurographic Art (C) 4:00 Wine Wednesday (G) 7:00 Virtual Concert: Tom Paxton (1970 Folk) (T)	10:00 Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:30 Recreation Town Hall (T) 1:00 Card Games: Golf* (G) 1:00 Stretch Class (W) 2:00 Live Music: Peter at the Piano (T) 3:00 Henna Tattoos and Tea (C) 7:00 Calgary Flames Game (T)	Menu Theme: India 10:00 StrongerU Balance Class (W) 10:00 Excursion: Art Gallery Tour at The Collectors' Gallery of Art and Lunch at Spolumbo's Fine Foods & Deli (E) 11:00 Emotional Wellness Series: Gratitude (T) 1:00 StrongerU Cardio Class (W) 1:00 Card Games: UNO* (G) 3:00 Tea Around the World: India (T) 7:00 Movie Night: The Jungle Book (2016 Adventure/Fantasy) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: Waking Ned (1998 Comedy) (T) 2:00 Line Dancing Lessons (C) 8:00 Calgary Flames Game (T)	10:00 StrongerU Stretch Class (W) 11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Card Games: Kings in the Corner* (G) 1:00 Movie Matinee: Gosford Park (2001 Comedy/Mystery) (T) 3:00 Bocce Ball* (T) 7:00 Movie Night: A River Runs Through It (1992 Family/Drama) (T)

Locations Legend

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

[Blue: Register at Reception](#)

***Asterisk: Resident Run Program**