



**Mar 31 – Apr 6, 2025**  
Birch & Oak

Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
<div>10:00 Groceries: Shaganappi Mediterranean Market (E)</div> <div>10:00 StrongerU Strength Class (W)</div> <div>11:00 Knitting &amp; Crochet Club (C)</div> <div>1:00 Card Games: Crib* (G)</div> <div>1:00 StrongerU Stretch Class (W)</div> <div>2:00 Choir Practice (T)</div> <div>3:00 Canadian Citizenship Celebration (C)</div> <div>6:30 Calgary Flames Game (T)</div>	<div>10:00 StrongerU Balance Class (W)</div> <div>11:00 Philosophy Club (T)</div> <div>1:00 Zumba Gold (W)</div> <div>1:00 Card Games: Euchre* (G)</div> <div>2:00 Live Music: Alice Russell (singer) (T)</div> <div>3:00 Bocce Ball* (T)</div> <div>3:00 Crown Making Workshop (C)</div> <div>7:00 Trivia Night (C)</div> <div>7:00 Calgary Flames Game (T)</div>	<div>10:00 Shopping: South Centre Mall (E)</div> <div>10:00 Sit Fit (W)</div> <div>10:30 Indoor Gardening Club: Flower Arranging (C)</div> <div>1:00 Urban Pole Walking (W)</div> <div>1:00 Card Games: Canasta* (G)</div> <div>1:00 Bridge Club* (D)</div> <div>1:30 New Resident Orientation (T)</div> <div>2:00 High Tea: Royal-TEA (C)</div> <div>3:00 Bocce Ball* (T)</div> <div>4:00 Wine Wednesday (G)</div> <div>7:00 Movie Night: Downton Abbey (2019 Drama/ Melodrama) (T)</div>	<div>10:00 StrongerU Cardio Class (W)</div> <div>11:00 Readers Theatre (C)</div> <div>1:00 Card Games: Golf* (G)</div> <div>1:00 StrongerU Stretch Class (W)</div> <div>2:00 Live Music: Heather Thirsk (singing and piano) (T)</div> <div>5:00 Art Gallery Opening: "Home is a place that knows me" by Bridget Connolly (C)</div> <div>7:30 Calgary Flames Game (T)</div>	<div>10:00 StrongerU Balance Class (W)</div> <div>10:45 Excursion: Brunch at the Pfanntastic Pannenkoek Haus (E)</div> <div>11:00 Childrens Book Writing Workshop Part 2 (C)</div> <div>1:00 StrongerU Cardio Class (W)</div> <div>1:00 Card Games: UNO* (G)</div> <div>3:00 Artist Spotlight: Touil Salaheddine (C)</div> <div>7:00 Virtual Concert: Steely Dan (2000 Rock)</div>	<div>10:00 StrongerU Strength Class (W)</div> <div>1:00 Card Games: Whist* (G)</div> <div>2:00 Movie Matinee: Léon (1994 Action /Crime) (T)</div> <div>8:00 Calgary Flames Game (T)</div>	<div>10:00 StrongerU Stretch Class (W)</div> <div>11:00 Virtual Spiritual Service &amp; Hymn Sing (T)</div> <div>1:00 Card Games: Kings in the Corner* (G)</div> <div>1:00 Movie Matinee: The Wizard of Oz (1939 Family/ Musical) (T)</div> <div>3:00 Bocce Ball* (T)</div> <div>7:00 Movie Night: Wicked (2024 Musical/ Fantasy) (T)</div>
<div><u>Locations Legend</u></div> <div>Theatre (T)</div> <div>Wellness Centre (W)</div> <div>Creative Studio (C)</div> <div>Games Lounge (G)</div> <div>Excursion (E)</div> <div>Dining Room (D)</div>						
<div>Blue: Register at Reception</div> <div>*Asterisk: Resident Run Program</div>						



# Apr 7 – 13, 2025

## Birch & Oak

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
10:00 StrongerU Strength Class (W) <b>10:00 Groceries: Save on Foods (E)</b> 11:00 Knitting & Crochet Club (C) 1:00 Card Games: Crib* (G) 1:00 StrongerU Stretch Class (W) 2:00 Choir Practice (T) 3:00 Watercolour Painting (C) 8:30 Calgary Flames Game (T)	<b>Calgary Foot Care Clinic (Health Clinic Room 2)</b> 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: Michael Hope (vocals/bassoon) & Antoine St-Onge (bassoon) (T) 3:00 Bocce Ball* (T) 3:00 Felted Flower Wreath Workshop (C) 7:00 BINGO Night for Prizes (C) 7:00 Movie Night: Hidden Figures (2016 Drama/History) (T)	10:00 Balance & Fall Prevention (W) 11:00 Emotional Wellness Series: Gratitude (T) 1:00 Urban Pole Walking (W) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (D) 2:00 Indoor Gardening Club (C) 3:00 Bocce Ball* (T) 3:00 Curated By Bridget: Virtual Concert Mix (T) 4:00 Wine Wednesday (G) 7:00 Paint & Sip Night (C) 8:00 Calgary Flames Game (T)	10:00 StrongerU Cardio Class (W) <b>10:00 Shopping: Shoppers Drug Mart (E)</b> 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:00 Artist Spotlight: Oscar Peterson (C) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 3:00 Childrens Book Storyboarding Workshop Part 1 (C) 7:00 Live Music: Joel Spire (piano bar singer) (T)	10:00 StrongerU Balance Class (W) 11:00 Old Time Radio: Listening Party (CH) 1:00 StrongerU Cardio Class (W) 1:00 Card Games: UNO* (G) <b>1:00 Excursion: Fish Feeding and Tour of the Bow Habitat Station (E)</b> 2:00 Live Music: Peter at the Piano (T) 3:00 Neurographic Art (C) 8:00 Calgary Flames Game (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: The Caddy (1953 Comedy /Sport) (T) 2:00 Line Dancing Lessons (C) 7:00 Virtual Concert: Buck Owens (1989 Country Music) (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 Masters Party (T) 6:00 Calgary Flames Game (T)

Locations Legend

Theatre (T)

Wellness Centre (W)

Creative Studio (C)

Games Lounge (G)

Blue: Register at Reception

\*Asterisk: Resident Run Program

Excursion (E)

Dining Room (D)

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Meeting Room (CH)