



May 12 – 18, 2025

Birch & Oak

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
Nursing Week 10:00 StrongerU Strength Class (W) 10:00 Groceries: Safeway (E) 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) 7:00 Movie Night: Cairo Time (2009 Romance) (T)	10:00 StrongerU Balance Class (W) 11:00 Philosophy Club (T) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre* (G) 1:30 Alteration Services (C) 2:00 Live Music: Emily Phernambucq (flute) & Augustine Yates (piano) (T) 3:00 Bocce Ball* (T) 7:00 Movie Night: The Station Agent (2003 Comedy) (T)	10:00 Sit Fit (W) 10:00 Live Music: Kingsland Preschool Spring Recital (T) 11:00 Gardening Club: Pot Planning (C) 1:00 Urban Pole Walking (W) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (G) 2:00 Cookie Decorating Workshop by Pastry Chefs (C) 3:00 Bocce Ball* (T) 4:00 Wine Wednesday (G) 7:30 Live Music: Westwinds Bronze Jazz Band (T)	10:00 StrongerU Cardio Class (W) 10:00 Shopping: Shoppers Drug Mart (E) 11:00 Trivia Game: Family Feud (C) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 2:00 Live Music: Bow River Handbells (T) 3:00 Pheasant Egg Candling (C) 7:00 Movie Night: 13 Hours - The Secret Soldiers of Benghazi (2016 Action /War) (T)	10:00 StrongerU Balance Class (W) 11:00 Neurographic Art (C) 12:00 Excursion: Gardening Club Pot Shopping (E) 1:00 Card Games: UNO* (G) 1:00 StrongerU Cardio Class (W) 2:00 Live Music: Peter at the Piano (T) 3:00 Design Your Own Clock- Art Workshop (C) 7:00 Movie Night: A Knight's Tale (2001 Adventure /Action) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: The Color Purple (2023 Musical /Drama) (T) 7:00 Virtual Concert: Dave Brubeck (2004 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 Documentary: Pope Francis - A Man of His Word (2018 Drama) (T) 3:00 Bocce Ball* (T) 7:00 Movie Night: To Sir, with Love (1967 Drama) (T)

Locations Legend

Theatre (T)
Wellness Centre (W)
Creative Studio (C)

Games Lounge (G)
Excursion (E)

Blue: Register at Reception

*Asterisk: Resident Run Program



May 19 – 25, 2025

Birch & Oak

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
Victoria Day 10:00 Groceries: Superstore (E) 10:00 StrongerU Strength Class (W) 1:00 Card Games: Crib* (G) 1:00 StrongerU Stretch Class (W) 2:00 Choir Practice (T) 7:00 Judi Dench Movie Marathon: Victoria & Abdul (2017 Documentary /Drama) (T)	Dinner Menu Theme: England 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: Gianetta Baril (harp) (T) 3:00 Bocce Ball* (T) 3:00 Gardening Club Potting (7P) 7:00 Judi Dench Movie Marathon: Shakespeare in Love (1998 Romance /Comedy) (T)	10:00 Balance & Fall Prevention (W) 10:00 Shopping: Chinook Mall (E) 11:00 Gardening Club (C) 1:00 Urban Pole Walking (W) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (G) 1:30 New Resident Orientation (T) 2:00 High Tea: Woodlands (C) 3:00 Live Music: Lana Eckert (piano) (T) 3:00 Bocce Ball* (BP) 4:00 Wine Wednesday on the Patio (7P) 7:00 Judi Dench Movie Marathon: Iris (2001 Romance /Drama) (T)	10:00 StrongerU Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:00 Pastel Flowers Workshop (7P) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 2:00 Calgary Music Makers Seniors Choir (T) 3:00 Succulent Planting Party (C) 7:00 Judi Dench Movie Marathon: Notes on a Scandal (2006 Thriller/ Romance) (T) 7:00 Campfire Social (7P)	10:00 StrongerU Balance Class (W) 11:00 Handbuilding Clay Workshop (C) 12:00 Excursion: Buffet Lunch at ELYM! (E) 1:00 Card Games: UNO* (G) 3:00 Popsicles on the Patio (7P) 7:00 Judi Dench Movie Marathon: The Best Exotic Marigold Hotel (2011 Comedy /Drama) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Judi Dench Movie Marathon: Belfast (2021 Drama) (T) 2:00 Line Dancing Lessons (C) 7:00 Judi Dench Movie Marathon: The Second Best Exotic Marigold Hotel (2015 Comedy /Romance) (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 Judi Dench Movie Marathon: Nothing Like a Dame (2018 Documentary) (T) 3:00 Bocce Ball* (T) 7:00 Judi Dench Movie Marathon: Skyfall (2012 Action /Thriller) (T)
Locations Legend Theatre (T) Wellness Centre (W) Games Lounge (G) 7th Floor Patio (7P) Creative Studio (C) Excursion (E) Bistro Patio (BP)						
Blue: Register at Reception *Asterisk: Resident Run Program						