



Jun 23 – 29, 2025

Birch & Oak

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
10:00 StrongerU Strength Class (W) 10:00 Groceries: Kalyna European Food and Ukrainian Deli (E) 11:00 Knitting & Crochet Club (C) 1:00 Card Games: Crib* (G) 1:00 StrongerU Stretch Class (W) 2:00 Live Music: TLW Choir Performance (D) 3:30 Recreation Town Hall (T) 7:00 Movie Night: A Mighty Heart (2007 Thriller /War) (T)	10:00 StrongerU Balance Class (W) 10:15 Calgary Public Library Pop Up (L) 11:00 Current Events Club: Daily Uses of Artificial Intelligence (C) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre* (G) 1:30 Alteration Services (C) 2:00 Live Music: Mysterium Duo (T) 3:00 Bocce Ball* (T) 3:30 Flower Arranging (C) 7:00 Trivia Night (C) 7:00 Movie Night: The Reader (2008 Romance /Drama) (T)	10:00 Shopping: Walmart (E) 10:00 Urban Pole Walking (W) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (G) 1:00 Balance and Fall Prevention (W) 2:00 Live Presentation: Jody Urqhart (comedian & inspirational speaker) (D) 3:00 Bocce Ball* (T) 3:00 WELL V2 Fair (C) 4:00 Wine Wednesday on the Patio (7P) 7:00 Virtual Concert: Phil Collins Live At Montreux (2004 Pop) (T)	Menu Theme: Jamaica (D) 10:00 StrongerU Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:15 Virtual Travel: Jamaica (T) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 2:00 Live Music: Peter at the Piano (T) 3:30 Tea Around the World: Jamaica (T) 7:00 Virtual Concert: Bob Marley & The Wailers (T)	10:00 StrongerU Balance Class (W) 11:00 Emotional Wellness Series: Self-compassion (C) 1:00 Card Games: UNO* (G) 1:00 StrongerU Cardio Class (W) 1:45 Excursion: Righteous Gelato Academy – Private Workshop (E) 2:00 Live Music: Heather Thirsk (piano & singing) (T) 7:00 Movie Night: Titanic (1997 Romance /Adventure) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: Out of Africa (1985 Romance /Drama) (T) 7:00 Movie Night: Lee (2023 War/ Drama) (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: Titan, The OceanGate Disaster (2025 Nature) (T) 3:00 Bocce Ball* (T) 7:00 Movie Night: Miss Potter (2006 Family/ Romance) (T)

Locations Legend

Theatre (T)

Wellness Centre (W)

Games Lounge (G)

Creative Studio (C)

[Blue: Register at Reception](#)

***Asterisk: Resident Run Program**

Excursion (E)

Dining Room (D)

Library (L)

7th Floor Patio (7P)



Jun 30 – Jul 6, 2025

Birch & Oak

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
Calgary Foot Care Clinic (Salon) 10:00 StrongerU Strength Class (W) 11:00 Knitting & Crochet Club* (C) 1:00 Card Games: Crib* (G) 1:00 StrongerU Stretch Class (W) 2:00 Sing Along: Canadian Hits (T) 3:00 Live Presentation: Eye Health for Seniors by Specsavers (T) 7:00 Movie Night: The Great Escape (1963 War/Adventure) (T)	Canada Day 10:00 StrongerU Balance Class (W) 11:00 Virtual Travel: Canada (T) 1:00 Card Games: Euchre* (G) 2:00 Live Music: Michael Hope (vocals/bassoon) & Augustine Yates (piano) (T) 3:00 Bocce Ball* (T) 7:00 Virtual Concert: Céline Dion (2010 Canadian /Pop) (T)	10:00 Urban Pole Walking (W) 11:00 Excursion: Picnic Lunch and Hike Around Forget Me Not Pond, Bragg Creek. (E) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (G) 1:00 Sit Fit (W) 2:00 Painting on the Patio (7P) 3:00 Bocce Ball* (T) 3:00 Family Feud (C) 4:00 Wine Wednesday on the Patio (7P) 7:00 Virtual Concert: Paul Simon, Live in Hyde Park (2012 Pop) (T)	10:00 StrongerU Cardio Class (W) 11:00 Shopping: South Centre Mall (E) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 3:00 Cowboy Hat Decorating (C) 7:30 Live Music: Heather Thirsk (singing and piano) (D)	First Day of the Calgary Stampede 10:00 StrongerU Balance Class (W) 11:00 Art Gallery Opening: Calgary Stampede Posters Through History (C) 1:00 Card Games: UNO* (G) 1:00 StrongerU Cardio Class (W) 2:00 Live Performance: Keepin' It Country Line Dancing (D) 7:00 Virtual Concert: Willie Nelson & Friends (2004 Country) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Western Movie Marathon: The Good, the Bad and the Ugly (1966 Western/Action) (T) 7:00 Virtual Concert: John Denver, The Wildlife Concert (1995 Country) (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: Kevin Costner's The West (2025 History) (T) 3:00 Bocce Ball* (T) 7:00 Western Movie Marathon: Butch Cassidy and the Sundance Kid (1969 Western /Crime) (T)
Locations Legend Theatre (T) Wellness Centre (W) Games Lounge (G) Creative Studio (C) Excursion (E) 7th Floor Patio (7P) Dining Room (D)						
Blue: Register at Reception *Asterisk: Resident Run Program						