



Jul 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) 10:00 Groceries: Save on Foods (E) 11:00 Knitting & Crochet Club (C) 12:00 Chuckwagon Races Rebroadcasted (T) 1:00 Card Games: Crib* (G) 1:00 StrongerU Stretch Class (W) 1:30 Calgary Stampede Rodeo Live (T) 3:00 Documentary: Kangaroo Valley (2022 Nature) (C) 7:00 Virtual Concert: Loretta Lynn (1960 Country) (T)	10:00 StrongerU Balance Class (W) 12:00 Stampede Charity BBQ (BP) 12:00 Chuckwagon Races Rebroadcasted (T) 1:00 Card Games: Euchre* (G) 1:30 Alteration Services (C) 2:00 Live Music: Olena Kilchyk (cello) & Anastasiia Lykhosherstova (violin) (T) 3:00 Zumba Gold (W) 4:30 Excursion: Dinner at Le Petite Chef (E) 7:00 Trivia Night (C) 7:00 Western Movie Marathon: Of Mice and Men (1992 Western /Drama) (T)	10:00 Urban Pole Walking (W) 10:00 Shopping: Walmart (E) 11:00 Gardening Club Photoshoot (7P) 12:00 Chuckwagon Races Rebroadcasted (T) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (G) 1:00 Sit Fit (W) 1:30 Calgary Stampede Rodeo Live (T) 2:00 Animal Therapy: Baby Kangaroos & Sugar Gliders (C) 3:00 Bocce Ball* (BP) 4:00 Wine Wednesday on the Patio (7P) 7:00 Virtual Concert: Shania Twain, Live from Vegas (2015 Country) (T)	10:00 StrongerU Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:00 Fitness Equipment Orientation (W) 12:00 Chuckwagon Races Rebroadcasted (T) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 1:30 Calgary Stampede Rodeo Live (T) 3:00 Mini Donuts Lemonade & Lawn Games (BP) 7:00 Western Movie Marathon: The Searchers (1956 Western /Adventure) (T) 7:00 Campfire Social (7P)	7:00 Stampede Breakfast (BP) 10:00 StrongerU Balance Class (W) 12:00 Chuckwagon Races Rebroadcasted (T) 1:00 Card Games: UNO* (G) 1:00 StrongerU Cardio Class (W) 1:30 Calgary Stampede Rodeo Live (T) 7:00 Virtual Concert: Johnny Cash, Live in Denmark (1971 Country) (T)	10:00 StrongerU Strength Class (W) 12:00 Calgary Stampede Chuckwagon Races Rebroadcasted (T) 12:00 Stampede Photobooth by Unique Perspectives Photography (D) 1:00 Card Games: Whist* (G) 1:30 Calgary Stampede Rodeo Live (L) 3:00 Live Music: David Morris (guitar & singing) (T) 7:00 Western Movie Marathon: News of the World (2020 Western /Adventure) (T)	Last Day of the Calgary Stampede 10:00 StrongerU Stretch Class (W) 11:00 Virtual Spiritual Service & Hymn Sing (T) 12:00 Calgary Stampede Chuckwagon Races Rebroadcasted (T) 1:00 Card Games: Kings in the Corner* (G) 1:30 Calgary Stampede Rodeo Live (T) 2:00 Live Music: Walkin on Sunshine (piano, guitar and singing) (D) 3:00 Bocce Ball* (T) 7:00 Western Movie Marathon: Calamity Jane (1953 Musical /Western) (T)

Locations Legend

Theatre (T)	Bistro Patio (BP)
Wellness Centre (W)	Excursion (E)
Games Lounge (G)	7th Floor Patio (7P)
Creative Studio (C)	Dining Room (D)
	Library (L)

[Blue: Register at Reception](#)
***Asterisk: Resident Run Program**



Jul 14 – 20, 2025

Birch & Oak

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
10:00 Groceries: Safeway (E) 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 Virtual Concert: The Beach Boys (1980 Pop) (T) 7:00 Movie Night: A Tale of Two Cities (1935 Romance /Drama) (T)	10:00 StrongerU Balance Class (W) 11:00 Current Events Club: Technology Safety & Scams (C) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre* (G) 2:00 Live Music: David Hirschman (guitar) & Stefano Valdo (bass) (T) 3:00 Bocce Ball* (T) 3:15 Painting & Popsicles (C) 7:00 BINGO Night for Prizes (C) 7:00 Movie Night: The Boys from Brazil (1978 Thriller /Sci-fi) (T)	10:00 Balance & Fall Prevention (W) 10:00 Shopping: Chinook Mall (E) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (G) 1:00 Sit Fit (W) 2:00 Live Music: Lana Eckert (piano) (T) 3:00 Bocce Ball* (T) 4:00 Wine Wednesday on the Patio (7P) 7:00 Virtual Comedy: Jeff Dunham (T)	10:00 StrongerU Cardio Class (W) 11:00 Live Presentation: Fire Safety at TLW (T) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 2:00 Live Presentation: Fire Safety at TLW (T) 2:00 Excursion: Ice-cream and Games on the Patio at Made by Marcus, Inglewood (E) 7:00 Movie Night: Gone Girl (2014 Thriller/ Mystery) (T)	10:00 StrongerU Balance Class (W) 1:00 Card Games: UNO* (G) 1:00 StrongerU Cardio Class (W) 2:00 Documentary: Penguins (2019 Nature) (T) 7:00 Movie Night: Happy Gilmore (1996 Comedy/Sport) (T)	7:00 Excursion: Breakfast with Penguins at the Calgary Zoo (E) 10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: Snow White (2025 Family /Fantasy) (T) 7:00 Virtual Concert: Rod Stewart (2006 Rock) (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: Trainwreck - Poop Cruise (2025 History) (T) 3:00 Bocce Ball* (T) 7:00 Virtual Concert: Bee Gees (1997 Pop) (T)

Locations Legend

Theatre (T)
Wellness Centre (W)
Games Lounge (G)

Excursion (E)
Creative Studio (C)
7th Floor Patio (7P)

Blue: Register at Reception

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