



Jul 7 – 13, 2025

Memory Care



Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
9:45 Music with Jimmy (8D) 11:00 StrongerU Balance Class (8R) 1:00 Country Music & Coloring (8D) 2:00 Frozen Yogurt Social (8R) 3:30 Giant Darts (8R)	10:00 Scenic Drive with HCA's (E) 11:00 StrongerU Cardio Class (8R) 2:00 Live Music: Olena Kilchyk (cello) & Anastasiia Lykshosherst (violin) (T) 3:30 Dice Game: Horse Races (8R)	10:00 Music with Kathryn (8D) 11:15 StrongerU Strength Class (8R) 1:00 Animal Therapy: Baby Kangaroos & Sugar Gliders (8R) 3:15 Gelato Taste Test (8R)	10:00 Scenic Drive with HCA's (E) 11:00 StrongerU Stretch Class (8R) 1:30 Gardening Club (8R) 2:00 Mini Donuts & Lawn Games (8P) 3:30 Inflatable Bocce Ball (8R)	9:30 A-Z Game: Calgary Stampede (8D) 11:00 StrongerU Cardio (8R) 2:00 Obie Games (8R) 3:00 Western Ring Toss Game (8R)	9:30 Weekend Puzzlers (8D) 11:00 StrongerU Strength Class (8R) 1:30 Pool Slam Ball Game (8R) 3:00 Live Music: David Morris (guitar & singing) (T)	Last Day of the Calgary Stampede 9:30 Virtual Church Service & Hymn Sing (8D) 11:00 StrongerU Stretch Class (8R) 2:00 Live Music: Walkin on Sunshine (piano, guitar and singing) (D) 3:30 Iced Tea on the Patio (8D)
Locations Legend 8th Floor Recreation Room (8R) 8th Floor Dining Room (8D) Excursion (E) Theatre (T) 8th Floor Patio (8P) Dining Room (D)						



Jul 14 – 20, 2025

Trico Livingwell



Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
<p>9:30 Short Story Read Aloud (8D)</p> <p>11:00 StrongerU Balance Class (8R)</p> <p>2:30 Sing Along: Summer Hits (8R)</p> <p>3:30 Giant Darts (8R)</p>	<p>10:00 Scenic Drive (E)</p> <p>11:00 StrongerU Cardio Class (8R)</p> <p>2:00 Live Music: David Hirschman (guitar) & Stefano Valdo (bass) (T)</p> <p>3:30 Card BINGO (8R)</p>	<p>10:00 Music with Kathryn (8D)</p> <p>11:15 StrongerU Strength Class (8R)</p> <p>2:00 Live Music: Lana Eckert (piano) (T)</p> <p>3:30 Mini Golf (8R)</p>	<p>10:00 Scenic Drive (E)</p> <p>11:00 StrongerU Stretch Class (8R)</p> <p>1:30 Gardening Club (8R)</p> <p>2:30 Finish the Song Lyric Game (8R)</p> <p>3:30 Inflatable Bocce Ball (8R)</p>	<p>9:30 Jigsaw Puzzles (8D)</p> <p>11:00 StrongerU Cardio (8R)</p> <p>2:00 Music with Jimmy (8D)</p> <p>3:30 Inflatable Bowling (8R)</p>	<p>9:30 Weekend Puzzlers (8D)</p> <p>11:00 StrongerU Strength Class (8R)</p> <p>1:30 Trivia (8R)</p> <p>3:00 Badminton (8R)</p>	<p>9:30 Virtual Church Service & Hymn Sing (8D)</p> <p>11:00 StrongerU Stretch Class (8R)</p> <p>1:30 Watercolour Painting (8R)</p> <p>3:00 Football Target Toss (8R)</p>
<p><u>Locations Legend</u></p> <p>8th Floor Recreation Room (8R)</p> <p>8th Floor Dining Room (8D)</p> <p>Excursion (E)</p> <p>Theatre (T)</p>						