



Aug 18 – 24, 2025

Birch & Oak

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
10:00 Groceries: Superstore (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 Sing Along with Jim Reader (singing & guitar) (T) 7:00 Movie Night: Catch Me If You Can (2002 Crime /Comedy) (T)	10:00 StrongerU Balance Class (W) 11:00 Current Events Club: Spotting Reality or A.I. (C) 1:00 Card Games: Euchre* (G) 1:00 Dance Fit (W) 1:30 Alteration Services (C) 2:00 Live Music: Josephine van Lier (viola da gamba /cello) (T) 3:00 Bocce Ball* (T) 3:00 Onsite Pharmacy Clinic by Curis Pharmacy (HB) 3:15 TLW Alzheimer's Walk Event Sign Making (C) 7:00 Trivia Night (C) 7:00 Movie Night: Friendly Persuasion (1956 Western /War) (T)	10:00 Urban Pole Walking (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 (G) 7:00 Movie Night: The Greatest Hits (2024 Romance /Musical) (T)	Menu Theme: Southern BBQ 10:00 StrongerU Cardio Class (W) 11:00 Tea Around the World: Southern USA (T) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 1:30 Excursion: Visiting the Animals at Cobbs Adventure Park (E) 7:30 Live Music: Heather Thirsk (singing and piano) (D)	10:00 TLW Alzheimer's Walk Event (BP) 12:00 Excursion: Brewery Bus Tour (E) 1:00 Card Games: UNO* (G) 1:00 Card Games: Bridge Lessons * (G) 2:00 Spotify Music Club* (T) 7:00 Hong Kong Mahjong* (G) 7:00 Movie Night: RV (2006 Family /Comedy) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: Storks (2016 Animated /Comedy) (T) 3:00 Colouring Club* (C) 7:00 Virtual Concert: Luther Vandross (1980's R&B) (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 TV Series: The Chosen (2017 Drama) Ep 1 (T) 3:00 Bocce Ball* (T) 7:00 Movie Night: The Nice Guys (2016 Comedy/ Action) (T)

Locations Legend

Theatre (T)

Games Lounge (G)

Wellness Centre (W)

Creative Studio (C)

Excursion (E)

Health Clinic B (HB)

Dining Room (D)

Bistro Patio (BP)

Blue: Register at Reception

*Asterisk: Resident Run Program



Aug 25 – 31, 2025

Birch & Oak

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 31
10:00 StrongerU Strength Class (W) 10:00 Groceries: Cracovia Polish Store (E) 11:00 Knitting & Crochet Club (C) 1:00 Card Games: Crib* (G) 1:00 StrongerU Stretch Class (W) 2:00 Frozen Assets Ice Cream Truck (R) 7:00 Movie Night: Woman Obsessed (1959 Romance/ Western) (T)	Calgary Foot Care Clinic (Salon) 10:00 StrongerU Balance Class (W) 10:15 Calgary Public Library Pop Up (L) 11:00 Current Events Club: Marine Pollution (C) 1:00 Card Games: Euchre* (G) 1:00 Dance Fit (W) 2:00 Live Music: Emily Phernambucq (flute) & Augustine Yates (piano) (T) 3:00 Bocce Ball* (T) 3:15 Book Club: Truth Be Told by Beverly Mclaughlin (C) 7:00 BINGO Night 50/50 for Charity (C) 7:00 Movie Night: Whiplash (2014 Drama/ Indie) (T)	10:00 Balance & Fall Prevention (W) 11:00 Town Hall Meeting (T) 1:00 Card Games: Canasta* (G) 1:00 Bridge Club* (G) 1:00 Sit Fit (W) 2:00 Town Hall Meeting (T) 3:00 Bocce Ball* (T) 4:00 Wine Wednesday (G) 7:00 Virtual Concert: Fleetwood Mac (2004 Rock) (T)	10:00 StrongerU Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:00 Shopping: Shoppers Drug Mart (E) 11:00 Calgary Zoo Penguin Art Contest (C) 1:00 Card Games: Golf* (G) 1:00 StrongerU Stretch Class (W) 2:00 Live Music: Peter at the Piano (T) 3:15 Collaborative Penguin Art Project (C) 7:00 Movie Night: A Real Pain (2024 Comedy /Drama) (T)	10:00 StrongerU Balance Class (W) 11:00 Emotional Wellness Series: Memory (C) 11:00 Excursion: Lunch at The Local and Walking Main Street in Canmore (E) 1:00 Card Games: UNO* (G) 1:00 Card Games: Bridge Lessons* (G) 2:00 Spotify Music Club* (T) 7:00 Hong Kong Mahjong* (G) 7:00 Movie Night: Grease (1978 Musical/ Comedy) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Documentary: Flight of the Butterflies (2012 Nature) (T) 3:00 Colouring Club* (C) 7:00 Movie Night: Grease 2 (1982 Musical/ Comedy) (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 TV Series: The Chosen (2017 Drama) Ep 2 (T) 3:00 Bocce Ball* (T) 7:00 Movie Night: Paddington in Peru (2024 Adventure) (T)

Locations Legend

Theatre (T)

Wellness Centre (W)

Games Lounge (G)

Creative Studio (C)

Excursion (E)

Reception (R)

Library (L)

[Blue: Register at Reception](#)

***Asterisk: Resident Run Program**