



Nov 10 – 16, 2025
Birch & Oak

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
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 Shuffleboard Lessons (OL) 6:15 Monday Night Football & \$5 Beer Special (G) 7:00 Movie Night: Stalingrad (2013 War/ Action) (T)	Remembrance Day 10:00 StrongerU Balance Class (W) 10:30 Remembrance Day Ceremony (T) 1:00 Card Games: Euchre* (G) 1:00 Board Games: Chess Lessons* (G) 1:30 Alteration Services (C) 2:00 Live Music: Tom M. (cello), Louise S. (violin) & Julie J. (piano) (T) 3:00 Bocce Ball* (T) 3:00 Curis Pharmacy Clinic (HB) 3:30 Crafting for Charity: Chocolate Wreaths (C) 6:00 Calgary Flames Game (G) 7:00 Trivia Night (C) 7:00 Movie Night: All Quiet on the Western Front (2022 War/ Action) (T)	10:00 Sit Fit (W) 10:00 Shopping: Walmart (E) 1:00 Bridge Club* (G) 1:00 Urban Pole Walking (W) 1:00 Card Games: Bug Your Neighbor * (G) 2:00 High Tea: Roaring 20's (C) 3:00 Live Music: Lana Eckert (piano) (T) 4:00 Wine Wednesday (G) 7:00 Movie Night: Chicago (2002 Musical /Crime) (T)	10:00 StrongerU Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 1:00 StrongerU Stretch Class (W) 1:00 Card Games: Canasta * (G) 2:00 Paste Paper Project (C) 6:00 Private Dining Room Party (D) 7:00 Calgary Flames Game (G) 7:00 Movie Night: Kenny Rogers as The Gambler (1980 Western /Drama) (T)	10:00 StrongerU Balance Class (W) 1:00 StrongerU Cardio Class (W) 1:00 Card Games: Bridge Lessons * (G) 2:00 Spotify Music Sessions * (T) 7:00 Hong Kong Mahjong* (G) 7:00 Movie Night: Jurassic World Rebirth (2025 Action /Sci-fi) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: A Complete Unknown (2024 Drama /Music) (T) 3:00 Bocce Ball* (T) 5:00 Hockey Night in Canada - \$5 Beer Special (G) 7:00 Virtual Concert: Bob Dylan (1960's Folk) (T) 8:00 Calgary Flames Game (G)	10:00 StrongerU Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Board Games: Rummikub * (G) 3:00 Colouring Club* (C) 4:00 Grey Cup Party (T)
<u>Locations Legend</u> Theatre (T) Games Lounge (G) Wellness Centre (W) Creative Studio (C) Excursion (E) Oak Lobby (OL) Health Clinic B (HB) Dining Room (D)						
Blue: Register at Reception *Asterisk: Resident Run Program						

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