



Nov 24 – 30, 2025

Birch & Oak



Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
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 Choir Practice (T) 6:15 Monday Night Football & \$5 Beer Special (G) 7:00 Movie Night: The Man Who Cheated Himself (1950 Noir/ Thriller) (T)	10:00 Live Presentation: Cyber Security by Grey Guardians (T) 10:00 StrongerU Balance Class (W) 10:15 Calgary Public Library Pop Up (L) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre* (G) 1:00 Board Games: Chess * (G) 1:30 Alteration Services (C) 2:00 Live Music: Emily P. (flute) & Augustine Y. (piano) (T) 3:00 Bocce Ball* (T) 3:00 Onsite Curis Pharmacy (HB) 3:30 Book Club: The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid (C) 7:00 Trivia Night (C) 7:00 Movie Night: Match Point (2005 Thriller/ Romance) (T)	10:00 Sit Fit (W) 10:00 Groceries: Calgary Farmers Market West (E) 11:00 Town Hall Meeting (T) 1:00 Urban Pole Walking (W) 1:00 Card Games: Bug Your Neighbor * (G) 1:00 Bridge Club: Experienced Players* (G) 2:00 Town Hall Meeting (T) 3:00 Bocce Ball* (T) 4:00 Wine Wednesday (G) 5:00 Calgary Flames Game (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 Accreditation Celebration (D) 4:45 Excursion: Teppanyaki Dinner Experience at OMO Teppan & Kitchen (E) 7:00 Movie Night: Red Headed Stranger (1986 Western) (T)	10:00 StrongerU Balance Class (W) 1:00 StrongerU Cardio Class (W) 1:00 Bridge Club: Beginner Players* (G) 2:00 Spotify Music Sessions * (T) 2:00 Calgary Flames Game (G) 4:00 Garden Tower Maintenance* (OL) 7:00 Hong Kong Mahjong* (G) 7:00 Movie Night: Legally Blonde (2001 Comedy /Romance) (T)	10:00 StrongerU Strength Class (W) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: A Raisin in the Sun (1961 Drama/ Romance) (T) 3:00 Bocce Ball* (T) 5:00 Hockey Night in Canada - \$5 Beer Special (G) 7:00 Virtual Concert: The Who (1960's Rock) (T)	10:00 StrongerU Stretch Class (W) 11:00 Virtual Church Service (T) 12:00 Football Sunday & \$5 Beer Special (11:00-8:00) (G) 1:00 Board Games: Rummikub * (G) 1:00 Movie Matinee: The Pelican Brief (1993 Thriller /Crime) (T) 3:00 Calgary Flames Game (G) 3:00 Colouring Club* (C) 6:00 Sunday Night Football (G) 7:00 Movie Night: The Quick and the Dead (1995 Western /Action) (T)
Locations Legend Theatre (T) Games Lounge (G) Wellness Centre (W) Creative Studio (C) Excursion (E) Library (L) Health Clinic B (HB) Dining Room (D) Oak Lobby (OL)						
Blue: Register at Reception *Asterisk: Resident Run Program						



Dec 1 – 7, 2025

Birch & Oak

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
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 Choir Practice (T) 6:15 Monday Night Football & \$5 Beer Special (G) 7:00 Movie Night: Legend (2015 Crime/ Thriller) (T)	10:00 StrongerU Balance Class (W) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre* (G) 1:00 Board Games: Chess * (G) 2:00 Live Music: Northern Horn Quartet (T) 3:00 Bocce Ball* (T) 3:30 Crafting for Charity: Hot Cocoa Cones (C) 6:00 Calgary Flames Game (G) 7:00 BINGO Night for Prizes (C) 7:00 Movie Night: The Social Network (2010 Drama/ History) (T)	10:00 Shopping: South Centre Mall (E) 10:00 Balance & Fall Prevention (W) 1:00 Urban Pole Walking (W) 1:00 Card Games: Bug Your Neighbor * (G) 1:00 Bridge Club: Experienced Players* (G) 2:00 Live Music: Jerry Hashman (banjo) (T) 3:00 Bocce Ball* (T) 4:00 Wine Wednesday (G) 7:00 Movie Night: They Call Me Mister Tibbs! (1970 Thriller /Mystery) (T)	10:00 StrongerU Cardio Class (W) 1:00 StrongerU Stretch Class (W) 1:00 Christmas Market (1:00 -4:00) (C) 1:00 Card Games: Canasta * (G) 2:00 Live Music: Heather Thirsk (singing and piano) (T) 7:00 Movie Night: Seven Years in Tibet (1997 Adventure /War) (T) 7:00 Calgary Flames Game (G)	10:00 StrongerU Balance Class (W) 1:00 StrongerU Cardio Class (W) 1:00 Bridge Club: Beginner Players* (G) 2:00 Spotify Music Sessions * (T) 4:00 Garden Tower Maintenance* (OL) 7:00 Hong Kong Mahjong* (G) 7:00 Movie Night: Life of Pi (2012 Adventure /Fantasy) (T)	10:00 StrongerU Strength Class (W) 10:00 Line Dancing Lessons (C) 1:00 Card Games: Whist* (G) 1:00 Movie Matinee: Three Violent People (1956 Western /Action) (T) 3:00 Bocce Ball* (T) 5:00 Hockey Night in Canada - \$5 Beer Special (G) 5:00 Calgary Flames Game (G) 7:00 Virtual Concert: Paul McCartney (2009 Pop Rock) (T)	10:00 StrongerU Stretch Class (W) 11:00 Virtual Church Service (T) 12:00 Football Sunday & \$5 Beer Special (11:00-8:00) (G) 1:00 Board Games: Rummikub * (G) 1:00 Movie Matinee: The Sting (1973 Comedy /Crime) (T) 6:00 Sunday Night Football (G) 7:00 Movie Night: Suddenly, Last Summer (1959 Thriller /Mystery) (T)

Locations Legend

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

Creative Studio (C)
Excursion (E)
Oak Lobby (OL)

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