

January 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Birch Locations Legend: 7th Floor Patio (7P) Bistro Patio (BP) Bistro (B) Chickadee Meeting Room (CM) Creative Studio (C) Dining Room (D) Excursion (E) Games Lounge (G) Health Clinic 2 (H2) Library (L) Private Dining Room (PDR) Theatre (T) Wellness Centre (W) Woodshop (WS) Oak Lobby (O) Blue: Register at Reception *Asterisk: Resident Run Program			New Year's Day1 10:00 Cardio Class (W) 1:00 Stretch Class (W) 1:00 Card Games: Canasta * (G) 2:00 Movie Matinee: The Apartment (1960 Comedy/ Romance) (T) 7:00 Movie Night: The Big Year (2011 Comedy /Drama) (T)	2 10:00 Balance Class (W) 12:30 Excursion: The Wizard of Oz at the Martha Cohen Theatre (E) 1:00 Card Games: Bridge * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Hong Kong Mahjong * (G) 7:00 Virtual Concert: Vienna Philharmonic (2015 Classical) (T)	3 10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 2:00 Live Performance: Interstellar Cinderella by Alberta Dance Theatre Students (D) 3:00 Bocce Ball * (T) 5:00 Calgary Flames Game (G) 7:00 Movie Night: The Wizard of Oz (1939 Family/ Musical) (T)
4 10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Card Games: Rummikub * (G) 1:00 Movie Matinee: Wicked (2024 Musical /Fantasy) (T) 3:00 Colouring Club * (C) 7:00 Movie Night: The Great Gatsby (1974 Romance /Drama) (T)	5 10:00 Strength Class (W) 10:00 Groceries: Superstore (E) 11:00 Knitting Club * (C) 1:00 Stretch Class (W) 1:00 Card Games: Crib * (G) 2:00 2025 TLW Slideshow (T) 7:00 Movie Night: Absolutely Fabulous - The Movie (2016 Comedy /Crime) (T) 7:30 Calgary Flames Game (G)	6 10:00 Balance Class (W) 11:00 Current Events Club: 2025 Year in Review (C) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre * (G) 1:30 Alteration Services (C) 2:00 Live Music: Claire Lecocq (violin) & Jarred Albright (fiddle) (T) 3:00 Bocce Ball * (T) 3:30 Art Class: 2026 Mood Boards (C) 7:00 Trivia Night (C) 7:00 Movie Night: The Outsiders (1983 Crime/ Thriller) (T)	7 10:00 Sit Fit (W) 10:00 Shopping: South Centre Mall (E) 1:00 Urban Pole Walking (W) 1:00 Card Games: Bridge * (G) 1:00 Card Games: Bug Your Neighbor * (G) 2:00 Live Music: Jerry Hashman (banjo) (T) 3:00 Bocce Ball * (T) 4:00 Wine Wednesday (G) 5:30 Calgary Flames Game (G) 7:00 Movie Night: Liar Liar (1997 Comedy /Drama) (T)	8 10:00 Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:30 Excursion: Lunch at Gogi Korean BBQ (E) 1:00 Stretch Class (W) 1:00 Card Games: Canasta * (G) 2:00 Live Music: Heather Thirsk (piano & singing) (T) 5:00 Calgary Flames Game (G) 7:00 Movie Night: Unfinished Business (2015 Comedy /Drama) (T)	9 10:00 Balance Class (W) 1:00 Cardio Class (W) 1:00 Card Games: Bridge * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Hong Kong Mahjong * (G) 7:00 Movie Night: The High Note (2020 Musical /Comedy) (T)	10 10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 1:00 Movie Matinee: Shadowlands (1985 Romance /Drama) (T) 1:30 Calgary Flames Game (G) 3:00 Bocce Ball * (T) 7:00 Movie Night: Film Stars Don't Die in Liverpool (2017 Romance /Drama) (T)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
11 10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Card Games: Rummikub * (G) 1:00 Movie Matinee: Inception (2010 Sci-fi/ Action) (T) 3:00 Colouring Club * (C) 7:00 Movie Night: The Bridges of Madison County (1995 Romance /Drama) (T)	12 10:00 Strength Class (W) 10:00 Groceries: Safeway (E) 11:00 Knitting Club * (C) 1:00 Stretch Class (W) 1:00 Card Games: Crib * (G) 2:00 Choir Practice (T) 3:00 Indoor Curling (C) 7:00 Movie Night: The Great Escaper (2023 War/ Drama) (T)	13 9:00 Calgary Foot Care Clinic (9:00-3:00) (S) 9:30 Hearing Art Clinic (9:30-3:00) (H2) 10:00 Balance Class (W) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre * (G) 2:00 Live Music: David Morrissey (cello) & Stephanie Soltice-Johnson (violin) (T) 3:00 Onsite Curis Pharmacy Clinic (H2) 3:00 Bocce Ball * (T) 3:30 Art Gallery Opening: Marc C. (Resident Art Collector) (C) 5:00 Calgary Flames Game (G) 7:00 BINGO Night for Prizes (C) 7:00 Movie Night: Wild Rose (2018 Musical) (T)	14 10:00 Balance & Fall Prevention (W) 10:00 Shopping: Walmart (E) 1:00 Urban Pole Walking (W) 1:00 Card Games: Bridge * (G) 1:00 Card Games: Bug Your Neighbor * (G) 1:30 New Resident Orientation (T) 2:00 High Tea: Breakfast at Tiffany's (C) 3:00 Bocce Ball * (T) 4:00 Wine Wednesday (G) 7:00 Movie Night: Breakfast at Tiffany's (1961 Comedy /Romance) (T)	15 10:00 Cardio Class (W) 1:00 Stretch Class (W) 1:00 Card Games: Canasta * (G) 2:00 Excursion: Bowling at PowerPlay (E) 6:30 Calgary Flames Game (G) 7:00 Movie Night: My Cousin Vinny (1992 Comedy /Drama) (T)	16 10:00 Balance Class (W) 1:00 Cardio Class (W) 1:00 Card Games: Bridge * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Hong Kong Mahjong * (G) 7:00 Movie Night: Eye of the Needle (1981 Thriller /War) (T)	17 10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 1:00 Calgary Flames Game (G) 1:00 Virtual Concert: Judy, Frank, and Dean (1963 Pop) (T) 3:00 Bocce Ball * (T) 7:00 Movie Night: Judy (2019 Musical /Romance) (T)
18 10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Card Games: Rummikub * (G) 1:00 Movie Matinee: Bohemian Rhapsody (2018 Musical /Music) (T) 3:00 Colouring Club * (C) 7:00 Virtual Concert: Queen at Wembley Stadium (1980's Glam Rock) (T)	19 10:00 Strength Class (W) 10:00 Groceries: Save on Foods (E) 11:00 Knitting Club * (C) 1:00 Stretch Class (W) 1:00 Card Games: Crib * (G) 2:00 Choir Practice (T) 7:00 Calgary Flames Game (G) 7:00 Movie Night: The Quiet Man (1952 Romance /Comedy) (T)	20 10:00 Balance Class (W) 11:00 Current Events Club: Healthy Sleep Habits (C) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre * (G) 1:30 Alteration Services (C) 2:00 Live Music: Deborah Nyack (harp) (T) 3:00 Bocce Ball * (T) 3:30 Art Journaling: Introduction and Cover Page (C) 7:00 Movie Night: Harper (1966 Mystery /Thriller) (T) 7:00 Trivia Night * (C)	21 10:00 Sit Fit (W) 10:00 Shopping: Ukrainian Deli (E) 1:00 Urban Pole Walking (W) 1:00 Card Games: Bridge * (G) 1:00 Card Games: Bug Your Neighbor * (G) 2:00 Live Music: Lana Sawatzky (piano) (T) 3:00 Bocce Ball * (T) 4:00 Wine Wednesday (G) 7:30 Live Music: Sentimental Journey Big Band (D) 7:30 Calgary Flames Game (G)	22 10:00 Cardio Class (W) 10:00 Shopping: Shoppers Drug Mart (E) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 1:00 Stretch Class (W) 1:00 Card Games: Canasta * (G) 2:00 Live Music: Peter at the Piano (T) 4:00 Menu Theme: Ukraine (D) 7:00 Movie Night: Everything Is Illuminated (2005 Comedy/ Adventure) (T)	23 10:00 Balance Class (W) 11:15 National Pie Day Social (B) 1:00 Cardio Class (W) 1:00 Card Games: Bridge * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Hong Kong Mahjong * (G) 7:00 Calgary Flames Game (G) 7:00 Movie Night: Stepping Out (1991 Comedy /Musical) (T)	24 10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 1:00 Movie Matinee: Jane (2017 Nature Documentary) (T) 3:00 Bocce Ball * (T) 7:00 Movie Night: Wimbledon (2004 Comedy /Sport) (T)
25 10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Card Games: Rummikub * (G) 1:00 Movie Matinee: Out of Africa (1985 Romance /Drama) (T) 3:00 Colouring Club: Robbie Burns Day * (C) 6:00 Calgary Flames Game (G) 7:00 Virtual Concert: Burns Night with the Scottish Symphony Orchestra (2021) (T)	26 10:00 Strength Class (W) 10:00 Groceries: No Frills (E) 11:00 Knitting Club * (C) 1:00 Stretch Class (W) 1:00 Card Games: Crib * (G) 2:00 Choir Practice (T) 7:00 Movie Night: Death of a Unicorn (2025 Horror /Comedy) (T)	27 10:00 Balance Class (W) 10:15 Calgary Public Library Pop Up (L) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre * (G) 2:00 Live Music: Natalie Inga (singer/songwriter), Alex Klipper & Matthew Lowe (T) 3:00 Onsite Curis Pharmacy Clinic (H2) 3:00 Bocce Ball * (T) 3:00 Book Club: Remarkably Bright Creatures by Shelby Van Pelt (C) 7:00 BINGO Night 50/50 for Charity (C) 7:00 Movie Night: Butch Cassidy and the Sundance Kid (1969 Western /Crime) (T)	28 10:00 Balance & Fall Prevention (W) 11:00 Town Hall Meeting (T) 1:00 Urban Pole Walking (W) 1:00 Card Games: Bridge * (G) 1:00 Card Games: Bug Your Neighbor * (G) 2:00 Town Hall Meeting (T) 3:00 Bocce Ball * (T) 4:00 Wine Wednesday (G) 7:00 Movie Night: The First Emperor (2021 Documentary) (T)	29 10:00 Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 1:00 Stretch Class (W) 1:00 Card Games: Canasta * (G) 2:30 Shuffleboard Tournament (O) 6:00 Calgary Flames Game (G) 7:00 Movie Night: Hard Times (1975 Action /Sport) (T)	30 9:00 Hear Canada Clinic (9:00-12:00) (H2) 10:00 Balance Class (W) 1:00 Cardio Class (W) 1:00 Card Games: Bridge * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Hong Kong Mahjong * (G) 7:00 Movie Night: The Painted Veil (2006 Romance /Drama) (T)	31 10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 1:00 Movie Matinee: Above Suspicion (2019 Crime/ Thriller) (T) 2:00 Calgary Flames Game (G) 3:00 Bocce Ball * (T) 7:00 Virtual Performance: Sleeping Beauty (2013 Ice Dance) (T)