



May 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Locations Legend: 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)</p> <p>Blue: Register at Reception *Asterisk: Resident Run Program</p>				<p style="text-align: right;">1</p> <p>10:00 Balance Class (W)</p> <p>11:00 Fruit Refresher Bar Social (B)</p> <p>1:00 Cardio Class (W)</p> <p>1:00 Card Games & Lessons: Bridge for Beginners * (G)</p> <p>1:00 Board Game: Chess * (G)</p> <p>2:00 Spotify Music Group * (T)</p> <p>3:00 Chalk Hydro Dipping (C)</p> <p>4:00 Garden Tower Maintenance * (O)</p> <p>7:00 Movie Night: Christy (2025 Sport /Drama) (T)</p> <p>7:00 Hong Kong Mahjong * (G)</p>	<p style="text-align: right;">2</p> <p>10:00 Strength Class (W)</p> <p>1:00 Card Games & Lessons: Whist * (G)</p> <p>2:00 Live Music: Heather Thirsk (piano & singing) (T)</p> <p>2:00 Happy Hour (B)</p> <p>3:00 Bocce Ball * (T)</p> <p>4:00 Hockey Night Social (G)</p> <p>7:00 Movie Night: The Super Mario Bros. Movie (2023 Family/ Animated) (T)</p>
<p style="text-align: right;">3</p> <p>10:00 Stretch Class (W)</p> <p>11:00 Virtual Church Service (T)</p> <p>1:00 Board Games & Lessons: Rummikub * (G)</p> <p>2:00 Live Music: Justin Sullivan (guitar and box drum) (T)</p> <p>3:00 Colouring Club * (C)</p> <p>4:00 Bocce Ball * (T)</p> <p>7:00 Movie Night: Throw Momma from the Train (1987 Comedy/ Thriller) (T)</p>	<p style="text-align: right;">4</p> <p>9:00 Calgary Ear Centre Clinic (9:00-11:00am) (H2)</p> <p>10:00 Strength Class (W)</p> <p>11:00 Knitting Club * (C)</p> <p>1:00 Card Games & Lessons: Crib * (G)</p> <p>1:00 Stretch Class (W)</p> <p>2:00 Choir Practice (T)</p> <p>3:00 Gardening Club Planning Meeting (C)</p> <p>7:00 Movie Night: Star Wars - Episode II, Attack of the Clones (2002 Family/ Action) (T)</p>	<p style="text-align: right;">5</p> <p>9:00 Calgary Foot Care Clinic (9:00-3:00) (S)</p> <p>9:00 COVID Vaccine Clinic (9:00-12:00) (C)</p> <p>10:00 Balance Class (W)</p> <p>10:00 Groceries: Save on Foods (E)</p> <p>1:00 Zumba Gold (W)</p> <p>1:00 Card Games & Lessons: Euchre * (G)</p> <p>2:00 Live Music: Deborah Nyack (harp) (T)</p> <p>3:00 Bocce Ball * (T)</p> <p>3:00 Cinco De Mayo Happy Hour (C)</p> <p>4:30 Menu Theme: Mexico (D)</p> <p>7:00 Movie Night: Selena (1997 Musical /Drama) (T)</p> <p>7:00 BINGO Night for Prizes (C)</p>	<p style="text-align: right;">6</p> <p>10:00 Balance & Fall Prevention (W)</p> <p>10:00 Shopping: South Centre Mall (E)</p> <p>1:00 Card Games & Lessons: Bridge * (G)</p> <p>1:00 Card Games & Lessons: Bug Your Neighbor * (G)</p> <p>1:00 Urban Pole Walking (W)</p> <p>2:00 Live Music: Jerry Hashman (banjo) (T)</p> <p>3:00 Bocce Ball * (T)</p> <p>4:00 Wine Wednesday (G)</p> <p>7:00 Movie Night: If I Had Legs I'd Kick You (2025 Comedy /Drama) (T)</p>	<p style="text-align: right;">7</p> <p>10:00 Cardio Class (W)</p> <p>10:30 Pop Up Clothing Shop (10:30-3:00pm) (C)</p> <p>11:00 TED Talk & Discussion Group: Aging (T)</p> <p>1:00 Stretch Class (W)</p> <p>1:00 Card Games & Lessons: Canasta * (G)</p> <p>2:30 Tower Garden Cleaning Part 1 (O)</p> <p>7:00 Movie Night: Springsteen - Deliver Me from Nowhere (2025 Music) (T)</p> <p>7:00 Horse Race Derby Dice Game & Mocktail Social (C)</p>	<p style="text-align: right;">8</p> <p>10:00 Balance Class (W)</p> <p>10:30 Excursion: Scenic Drive and Lunch at Tank310 in Canmore (E)</p> <p>1:00 Cardio Class (W)</p> <p>1:00 Card Games & Lessons: Bridge for Beginners * (G)</p> <p>1:00 Board Game: Chess * (G)</p> <p>2:00 Spotify Music Group * (T)</p> <p>4:00 Garden Tower Cleaning Part 2 * (O)</p> <p>7:00 Movie Night: Hamnet (2025 Drama/ History) (T)</p> <p>7:00 Hong Kong Mahjong * (G)</p>	<p style="text-align: right;">9</p> <p>10:00 Strength Class (W)</p> <p>1:00 Card Games & Lessons: Whist * (G)</p> <p>2:00 Happy Hour (B)</p> <p>2:00 Live Presentation: Happiness Skills by Lodestone Psychology (T)</p> <p>3:00 Bocce Ball * (T)</p> <p>7:00 Virtual Concert: The Righteous Brothers (1983 R&B) (T)</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mother's Day 10	11	12	13	14	15	16
10:00 Stretch Class (W)	9:00 Lost and Found Pick Up Table (9:00am - 9:00pm) (C)	9:00 Lost and Found Pick Up Table (9:00am - 9:00pm) (C)	10:00 Sit Fit (W)	10:00 Cardio Class (W)	10:00 Balance Class (W)	10:00 Strength Class (W)
11:00 Virtual Church Service (T)		9:30 Hearing Art Clinic (9:30-3:00) (H2)	10:00 Shopping: Walmart (E)	10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T)	11:30 Excursion: Casino Games and Lunch at the Grey Eagle Casino (E)	1:00 Card Games & Lessons: Whist * (G)
12:00 Menu Theme: Mother's Day Lunch (D)	10:00 Strength Class (W)	10:00 Balance Class (W)	10:00 Live Performance: Kingsland Preschool Spring Recital (T)	11:00 Flower Arranging (C)	1:00 Cardio Class (W)	1:00 Meryl Streep Movie Marathon: Sophie's Choice (1982 Romance /Drama) (T)
1:00 Meryl Streep Movie Marathon: Mary Poppins Returns (2018 Family /Musical) (T)	10:00 Groceries: Safeway (E)	11:00 Current Events Club: Sci-fi Tech Becoming Reality (C)	1:00 Card Games & Lessons: Bridge * (G)	1:00 Stretch Class (W)	1:00 Card Games & Lessons: Bridge for Beginners * (G)	
1:00 Board Games & Lessons: Rummikub * (G)	11:00 Knitting Club * (C)	1:00 Zumba Gold (W)	1:00 Card Games & Lessons: Bug Your Neighbor * (G)	1:00 Card Games & Lessons: Canasta * (G)	1:00 Board Game: Chess * (G)	2:00 Happy Hour (B)
3:00 Colouring Club: Flowers * (C)	1:00 Card Games & Lessons: Crib * (G)	1:00 Card Games & Lessons: Euchre * (G)	1:00 Card Games & Lessons: Bug Your Neighbor * (G)	2:00 High Tea: Apothecary Garden Party (D)	2:00 Spotify Music Group * (T)	3:00 Bocce Ball * (T)
4:00 Bocce Ball * (T)	1:00 Stretch Class (W)	1:30 Alteration Services (C)	1:00 Urban Pole Walking (W)	7:00 Meryl Streep Movie Marathon: Hope Springs (2012 Comedy /Romance) (T)	4:00 Garden Tower Maintenance * (O)	
7:00 Meryl Streep Movie Marathon: Mamma Mia! (2008 Musical /Comedy) (T)	2:00 Choir Practice (T)	2:00 Live Music: David Morrissey (cello) & Antoine St-Onge (bassoon) (T)	2:00 Painting Class by Paint Escape Calgary (C)	7:00 Spa Night & Zen Garden Meditation (C)	7:00 Meryl Streep Movie Marathon: The Devil Wears Prada (2006 Comedy /Drama) (T)	7:00 Meryl Streep Movie Marathon: Death Becomes Her (1992 Comedy/ Horror) (T)
	3:00 Craft: Clay Pot Pals (C)	3:00 Bocce Ball * (T)	3:00 Bocce Ball * (T)		7:00 Hong Kong Mahjong * (G)	
	7:00 Meryl Streep Movie Marathon: Julie & Julia (2009 Comedy /Romance) (T)	3:15 Art Journaling: Acrylic Flower Painting (C)	4:00 Wine Wednesday (G)			
		7:00 Meryl Streep Movie Marathon: The Bridges of Madison County (1995 Romance /Drama) (T)	7:30 Live Music: Westwinds Bronze Jazz Band (D)			
		7:00 Trivia Night (C)				
17	Victoria Day 18	19	20	21	22	23
10:00 Stretch Class (W)	10:00 Strength Class (W)	10:00 Balance Class (W)	10:00 Balance & Fall Prevention (W)	10:00 Cardio Class (W)	10:00 Balance Class (W)	10:00 Strength Class (W)
11:00 Virtual Church Service (T)	11:00 Knitting Club * (C)	10:00 Groceries: Superstore (E)	10:00 Shopping: Gardening Club to Superstore (E)	11:00 Current Events Club: El Nino - Climate Phenomenon (C)	11:00 Spring Cleaning Swap (11:00-2:00) (C)	1:00 Card Games & Lessons: Whist * (G)
1:00 Movie Matinee: Downfall (2004 War/ Drama) (T)	1:00 Card Games & Lessons: Crib * (G)	11:00 Live Presentation: How to Fall Safely from Chipperfield Physiotherapy (T)	1:00 Card Games & Lessons: Bridge * (G)	1:00 Stretch Class (W)	1:00 Cardio Class (W)	1:00 Movie Matinee: Mr. Holmes (2015 Mystery /Crime) (T)
1:00 Board Games & Lessons: Rummikub * (G)	1:00 Card Games & Lessons: Crib * (G)	1:00 Zumba Gold (W)	1:00 Card Games & Lessons: Bug Your Neighbor * (G)	1:00 Card Games & Lessons: Canasta * (G)	1:00 Card Games & Lessons: Bridge for Beginners * (G)	2:00 Happy Hour (B)
3:00 Colouring Club * (C)	1:00 Stretch Class (W)	1:00 Card Games & Lessons: Euchre * (G)	1:00 Urban Pole Walking (W)	2:00 Live Music: Joel Spire (piano & singing) (T)	1:00 Board Game: Chess * (G)	3:00 Bocce Ball * (T)
4:00 Bocce Ball * (T)	2:00 Choir Practice (T)	1:00 TLW Kitchen Tour (D)	2:00 Live Music: Lana Sawatzky (piano) (C)	3:00 Painting Garden Stakes (C)	2:00 Spotify Music Group * (T)	
7:00 Movie Night: As Good as It Gets (1997 Comedy /Romance) (T)	7:00 Movie Night: The Queen (2006 Documentary /Drama) (T)	2:00 Live Music: Northern Horn Quartet (T)	3:00 Bocce Ball * (T)	5:45 Excursion: New Sound in Town at Stage West Dinner Theatre (E)	4:00 Garden Tower Maintenance * (O)	7:00 Movie Night: Wicked (2024 Musical /Fantasy) (T)
		3:00 Bocce Ball * (T)	3:30 Craft for Charity: Bath Tub Tea Bags (C)	7:00 Movie Night: The Wizard of Oz (1939 Family /Musical) (T)	7:00 Hong Kong Mahjong * (G)	
		7:00 Movie Night: Sorry, Baby (2025 Comedy/ Drama) (T)	3:00 Gardening Club Planting (7P)	7:00 Movie Night: The Bucket List (2007 Comedy/ Adventure) (T)		
		7:00 BINGO Night 50/50 for Charity (C)	4:00 Wine Wednesday (G)			
			7:00 Movie Night: Lee (2023 War/ Drama) (T)			

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24	25	26	27	28	29	30
10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Board Games & Lessons: Rummikub * (G) 2:00 Movie Matinee: Hemingway & Gellhorn (2012 Romance /Drama) (T) 3:00 Colouring Club * (C) 4:00 Bocce Ball * (T) 7:00 Movie Night: Wicked: For Good (2025 Musical/ Fantasy) (T)	10:00 Strength Class (W) 10:00 Groceries: No Frills (E) 11:00 Knitting Club * (C) 1:00 Card Games & Lessons: Crib * (G) 1:00 Stretch Class (W) 2:00 Choir Practice (T) 3:00 Pastels on the Patio (7P) 7:00 Movie Night: The Housemaid (2025 Thriller /Mystery) (T)	10:00 Balance Class (W) 10:15 Calgary Public Library Pop Up (L) 11:00 Library Club * (L) 1:00 Zumba Gold (W) 1:00 Card Games & Lessons: Euchre * (G) 1:30 Alteration Services (C) 2:00 Live Music: Adam Pettigrew (double bass), Fraser Calhoun (saxophone) & Nathaniel Chiang (drums) (T) 3:00 Bocce Ball * (T) 3:00 Book Club (C) 7:00 Movie Night: A Private War (2018 War/ Drama) (T) 7:00 Trivia Night (C)	10:00 Sit Fit (W) 11:00 Woodshop Orientation (WS) 1:00 Card Games & Lessons: Bridge * (G) 1:00 Card Games & Lessons: Bug Your Neighbor * (G) 1:00 Urban Pole Walking (W) 2:00 Painting Class by Paint Escape Calgary (C) 3:00 Bocce Ball * (T) 4:00 Wine Wednesday (G) 7:00 Movie Night: A Bug's Life (1998 Family/ Comedy) (T)	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) 11:45 Recreation Town Hall Meeting (T) 1:00 Stretch Class (W) 1:00 Card Games & Lessons: Canasta * (G) 2:00 Live Music: Peter at the Piano (T) 3:00 Family Feud with Resident Survey Answers (C) 6:00 Private Dining Room Party (PDR) 7:00 Movie Night: 1917 (2019 War/ Action) (T) 7:00 Campfire Social (7P)	10:00 Balance Class (W) 11:00 Fitness Equipment Orientation (W) 11:30 Excursion: Lunch and Shop at the Saskatoon Farm (E) 1:00 Cardio Class (W) 1:00 Card Games & Lessons: Bridge for Beginners * (G) 1:00 Board Game: Chess * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Movie Night: Anaconda (2025 Action/ Comedy) (T) 7:00 Hong Kong Mahjong * (G)	10:00 Strength Class (W) 1:00 Card Games & Lessons: Whist * (G) 1:00 Virtual Concert: Andrea Bocelli - Cinema (2016 Classical) (T) 2:00 Happy Hour (B) 3:00 Bocce Ball * (T) 7:00 Movie Night: Marty Supreme (2025 Sport /Drama) (T)
31						
10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Movie Matinee: Kidnapped (1960 Adventure /Family) (T) 1:00 Board Games & Lessons: Rummikub * (G) 3:00 Colouring Club * (C) 4:00 Bocce Ball * (T) 7:00 Movie Night: Song Sung Blue (2025 Musical /Romance) (T)						