



June 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Seniors Week Dress Up Theme: Generation Swap 1	Seniors Week Dress Up Theme: Denim 2	Seniors Week Dress Up Theme: Hat Day 3	Seniors Week Dress Up Theme: Camping 4	Seniors Week Dress Up Theme: 60's Summer 5	10:00 Strength Class (V)
	9:00 Calgary Ear Centre Clinic (9:00-11:00am) (H2)	9:00 Calgary Foot Care Clinic (9:00-3:00) (S)	NHL & NBA Finals Begin	10:00 Cardio Class (W)	10:00 Balance Class (W)	1:00 Card Game: Whist (G)
	10:00 Strength Class (W)	10:00 Balance Class (W)	10:00 Urban Pole Walking (W)	11:30 Excursion: Lunch and Walking at Seasons of Bowness Park (E)	11:00 Retro TV Café: 1960's (T)	1:00 Movie Matinee: No You See Me - Now Don't (2025 Crime/Thriller) (T)
	10:00 Groceries: Save on Foods (E)	10:00 Groceries: Save on Foods (E)	10:00 Shopping: Cross Iron Mills (E)	1:00 Stretch Class (W)	1:00 Virtual Tai Chi Class (W)	1:00 Card Game: Bridge for Beginners * (G)
	1:00 Knitting Club * (C)	1:00 Zumba Gold (W)	12:00 Seniors Week BBQ (BP)	1:00 Card Game: Canasta * (G)	1:00 Card Game: Bridge for Beginners * (G)	1:00 Board Game: Chess * (G)
	1:00 Card Game: Crib * (G)	1:00 Card Game: Euchre * (G)	1:00 Card Game: Bridge * (G)	2:00 Trivia Game: The Floor (T)	2:00 Spotify Music Group: Tribute to Elvis * (T)	1:30 Free Seniors Weel Manicures from Jill Beauty Service (1:30:00) (G)
	1:00 Stretch Class (W)	2:00 Live Music: Elisa Milner (violin) & Patricia Higgins (viola) (T)	1:00 Card Game: Bug Your Neighbor * (G)	3:15 Axe Throwing & Root Beer Floats (BP)	3:00 National Donut Day Social (C)	2:00 Happy Hour (B)
	1:00 Board Games: Hong Kong Mahjong * (G)	3:00 Horse Race Derby Dice Game & Mocktail Social (C)	1:00 Balance & Fall Prevention (W)	6:30 Campfire Social (7P)	4:00 Garden Tower Maintenance * (O)	3:15 Bocce Ball * (BP)
	2:00 Choir Practice (T)	3:15 Bocce Ball * (T)	2:00 Live Music: Jerry Hashman (banjo) (T)	7:00 Movie Night: The Great Outdoors (1988 Comedy/Family) (T)	7:00 Movie Night: Dirty Dancing (1987 Romance/Dance) (T)	4:00 Hockey Night Soci
	3:00 Popsicles & Patio Games (7P)	7:00 Movie Night: Footloose (2011 Musical/Dance) (T)	3:15 Outdoor Bocce Ball Begins! * (BP)	7:00 Movie Night: The Great Outdoors (1988 Comedy/Family) (T)	7:00 Board Game: Hong Kong Mahjong * (G)	7:00 Virtual Concert: Ne Cole (1992 R&B) (G)
7:00 Movie Night: Freaky Friday (2003 Family/Comedy) (T)	7:00 BINGO Night for Prizes (C)	4:00 Wine Wednesday (G)				
		6:30 Movie Night: Hello, Dolly!				
7	8	9	10	FIFA World Cup Begins 11	12	
10:00 Stretch Class (W)	10:00 Strength Class (W)	9:30 Hearing Art Clinic (9:30-3:00) (H2)	10:00 Sit Fit (W)	10:00 Cardio Class (W)	10:00 Balance Class (W)	10:00 Strength Class (V)
11:00 Virtual Church Service (T)	10:00 Groceries: Safeway (E)	10:00 Balance Class (W)	11:00 TED Talk & Discussion Group: Beauty of Nature (T)	10:00 Shopping: CF Market Mall/ Shoppers Drug Mart (E)	11:00 Sports History Highlight: Soccer (T)	1:00 Card Game: Whist (G)
1:00 Movie Matinee: Troy (2004 Action /War) (T)	11:00 Knitting Club * (C)	1:00 Zumba Gold (W)	1:00 Card Game: Bridge * (G)	10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T)	1:00 Card Game: Bridge for Beginners * (G)	1:00 Movie Matinee: Mi Jackson's This Is It (2009 Documentar Musical) (T)
1:00 Board Game: Rummikub * (G)	1:00 Card Game: Crib * (G)	1:00 Card Game: Euchre * (G)	1:00 Card Game: Bug Your Neighbor * (G)	1:00 Stretch Class (W)	1:00 Excursion: Brewery Bus Tour (E)	2:00 Happy Hour (B)
3:00 Colouring Club * (C)	1:00 Stretch Class (W)	1:30 Alteration Services (C)	1:00 Balance & Fall Prevention (W)	1:00 Card Game: Canasta * (G)	1:00 FIFA World Cup 2026: Canada vs Bosnia - Herzegovina (T)	3:15 Bocce Ball * (BP)
4:00 Bocce Ball * (BP)	1:00 Board Games: Hong Kong Mahjong * (G)	2:00 Live Music: Karri Quan (violin) & Brigit Knecht (violin) (T)	2:00 Live Music: Merrill Lepp (guitar and singing) (T)	2:00 Tea Around the World: Portugal (T)	3:00 Spotify Music Group * (T)	7:00 Virtual Concert: Mi Jackson (1993 Dangerous World (T)
7:00 Movie Night: Samson and Delilah (1949 Romance /Drama) (T)	2:00 Choir Practice (T)	3:15 Bocce Ball * (BP)	3:00 Painting Class by Paint Escape Calgary (C)	3:30 Portuguese Tile Painting (C)	4:00 Garden Tower Maintenance * (O)	
	3:00 Documentary: The Remarkable Science of Grounding (T)	3:15 Grounding Nature Walk (C)	3:15 Bocce Ball * (BP)	4:00 Menu Theme: Portugal (D)	7:00 Movie Night: Kicking & Screaming (2005 Family /Comedy) (T)	
	7:00 Movie Night: Patch Adams (1998 Comedy /Romance) (T)	7:00 Movie Night: All Is Lost (2013 Adventure /Action) (T)	4:00 Wine Wednesday (G)	7:00 Live Music: Chance Devlin (piano singer) (T)	7:00 Board Game: Hong Kong Mahjong * (G)	
		7:00 Trivia Night (C)	7:00 Movie Night: Wuthering Heights (2026 Romance) (T)			

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14	15	16	17	18	19	
10:00 Stretch Class (W)	10:00 Strength Class (W)	10:00 Balance Class (W)	10:00 Urban Pole Walking (W)	10:00 Cardio Class (W)	10:00 Balance Class (W)	10:00 Strength Class (V)
11:00 Virtual Church Service (T)	10:00 Groceries: Superstore (E)	11:00 Duck Scavenger Hunt Begins (I)	10:00 Shopping: Chinook Mall & Shake Shack (E)	10:00 Excursion: Picnic & Walk Around Forget Me Not Pond in Bragg Creek (E)	11:00 Swimming with the Ducklings (C)	1:00 Card Game: Whist (G)
1:00 Board Game: Rummikub * (G)	11:00 Knitting Club * (C)	1:00 Zumba Gold (W)	11:00 Duckling Waddle Races (C)	1:00 Duckling Yoga (W)	1:00 Virtual Tai Chi Class (W)	1:00 Card Game: Bridge for Beginners * (G)
1:00 Intro to Duckling Fostering & Naming Ceremony (T)	1:00 Card Game: Crib * (G)	1:00 Card Game: Euchre * (G)	1:00 Card Game: Bridge * (G)	1:00 Card Game: Canasta * (G)	1:00 Card Game: Chess * (G)	2:00 Happy Hour (B)
2:00 Movie Matinee: Water Birds (1952 Nature Documentary) (T)	1:00 Stretch Class (W)	2:00 Live Music: Magdi Szebenyi (cello) & Carmen Ashmead (violin) (T)	1:00 Card Game: Bug Your Neighbor * (G)	1:00 Card Game: Canasta * (G)	2:00 Spotify Music Group * (T)	2:00 Live Music: Silver I ensemble (piano, v & pipa) (T)
3:00 Colouring Club * (C)	1:00 Board Games: Hong Kong Mahjong * (G)	3:00 Duck Scavenger Hunt Ends & Prizes Awarded! (C)	1:00 Balance & Fall Prevention (W)	2:00 Live Presentation: Understanding Recycling, Garbage & Composting by the City of Calgary (T)	2:00 TLW Open House (2:00 - 5:00) (I)	2:00 Live Music: Silver I ensemble (piano, v & pipa) (T)
4:00 Bocce Ball * (BP)	2:00 Choir Practice (T)	3:15 Bocce Ball * (BP)	2:00 High Tea: Baseball (D)	3:00 Popcorn Seasonings Taste Test (C)	3:00 Paint Class: Watercolour Ducklings (C)	3:15 Bocce Ball * (BP)
7:00 Movie Night: Migration (2023 Comedy /Adventure) (T)	3:00 Pet Therapy: Ducklings (C)	7:00 Movie Night: The Adventures of Marco Polo (1938 Adventure /Drama) (T)	3:00 Live Music: Lana Sawatzky (piano) (T)	4:00 FIFA World Cup 2026: Canada vs Qatar (T)	4:00 Garden Tower Maintenance * (O)	7:00 Movie Night: Pretty Woman (1990 Romance) (T)
	7:00 Movie Night: Remarkably Bright Creatures (2026 Mystery) (T)	7:00 BINGO Night 50/50 for Charity (C)	3:15 Bocce Ball * (BP)	7:00 Live Performance: Sand Art by Sand Artist Kelly (T)	7:00 Movie Night: My Octopus Teacher (2020 Melodrama /Documentary) (T)	
			4:00 Wine Wednesday (G)		7:00 Board Game: Hong Kong Mahjong * (G)	
			7:00 Movie Night: A League of Their Own (1992 Family/Comedy) (T)			
Father's Day 21	22	23	24	25	26	
10:00 Stretch Class (W)	10:00 Strength Class (W)	10:00 Balance Class (W)	10:00 Sit Fit (W)	10:00 Cardio Class (W)	10:00 Balance Class (W)	10:00 Strength Class (V)
11:00 Virtual Church Service (T)	10:00 Groceries: Walmart (E)	10:15 Calgary Public Library Pop Up (L)	10:00 Shopping: Calgary Farmers Market West (E)	10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T)	11:30 Excursion: Milkshakes & Lunch at Peter's Drive-In (E)	12:00 Summer Shopping Market (12:00 - 4 (C)
11:00 Father's Day Drink Specials (11:00 - 7:00) (B)	11:00 Knitting Club * (C)	11:00 Current Events Club: 3D Printing (C)	1:00 Card Game: Bridge * (G)	11:30 Fitness Equipment Orientation (W)	1:00 Virtual Tai Chi Class (W)	1:00 Card Game: Whist (G)
12:00 Menu Theme: Father's Day Lunch (D)	1:00 Card Game: Crib * (G)	1:00 Zumba Gold (W)	1:00 Card Game: Bug Your Neighbor * (G)	1:00 Stretch Class (W)	1:00 Card Game: Bridge for Beginners * (G)	1:00 Card Game: Whist (G)
1:00 Movie Matinee: Field of Dreams (1989 Sport/Fantasy) (T)	1:00 Stretch Class (W)	1:00 Card Game: Euchre * (G)	1:00 Balance & Fall Prevention (W)	1:00 Card Game: Canasta * (G)	1:00 Board Game: Chess * (G)	1:00 Movie Matinee: Paddington 2 (201 Family /Comedy) (C)
1:00 Board Game: Rummikub * (G)	1:00 Board Games: Hong Kong Mahjong * (G)	1:30 Alteration Services (C)	1:00 FIFA World Cup 2026: Canada vs Switzerland (T)	2:00 Live Music: Peter at the Piano (T)	2:00 Live Music: Love Stories from Broadway by Michael Hope & Michelle Todd (singing) (T)	2:00 Happy Hour (B)
3:00 Colouring Club * (C)	2:00 TLW Choir Performance (D)	2:00 Live Music: Pete Cormier (T)	2:00 Painting Class by Paint Escape Calgary (C)	3:15 Craft for Charity: Flower Hammering (C)	3:00 Spotify Music Group * (T)	3:15 Bocce Ball * (BP)
4:00 Bocce Ball * (BP)	3:15 Iced Coffee Social on the Patio (7P)	3:15 Bocce Ball * (BP)	3:15 Bocce Ball * (BP)	6:00 Private Dining Room Party (PDR)	4:00 Garden Tower Maintenance * (O)	7:00 Movie Night: Sylvia Scarlett (1935 Con /Romance) (T)
7:00 Movie Night: Mrs. Doubtfire (1993 Family /Comedy) (T)	7:00 Movie Night: Marty, Life Is Short (2026 Biographical Documentary) (T)	3:30 Annual Evacuation Drill (I)	4:00 Wine Wednesday (G)	7:00 Movie Night: Old Yeller (1957 Western /Adventure) (T)	6:30 Movie Night: Hamilton (2020 Broadway Musical/ Drama) (T)	
		7:00 Movie Night: King Kong (2005 Adventure /Action) (T)	7:00 Movie Night: Bend It Like Beckham (2002 Sport/Comedy) (T)	7:00 Campfire Social (7P)	7:00 Board Game: Hong Kong Mahjong * (G)	
		7:00 Trivia Night (C)				

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	<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>			
10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Movie Matinee: Wedding Crashers (2005 Comedy/Romance) (T) 1:00 Board Game: Rummikub * (G) 3:00 Colouring Club * (C) 4:00 Bocce Ball * (BP) 7:00 Movie Night: David and Bathsheba (1951 Drama) (T)	10:00 Strength Class (W) 10:00 Groceries: No Frills (E) 11:00 Knitting Club * (C) 11:30 Recreation Town Hall Meeting (T) 1:00 Card Game: Crib * (G) 1:00 Stretch Class (W) 1:00 Board Games: Hong Kong Mahjong * (G) 2:00 Live Music: Heather Thirsk (piano & singing) (T) 3:15 Art Journaling: Nature Rubbings (C) 7:00 Movie Night: All the President's Men (1976 Thriller/ Mystery) (T)	10:00 Balance Class (W) 11:00 Library Club * (L) 11:30 Woodshop Orientation (WS) 1:00 Zumba Gold (W) 1:00 Card Game: Euchre * (G) 2:00 Live Music: Marcin Swoboda (viola) & Donovan Seidle (violin) (T) 3:15 Bocce Ball * (BP) 3:15 Book Club: Wild Dark Shore by Charlotte McConaghy (C) 7:00 Movie Night: Top Gun (1986 Action /Adventure) (T) 7:00 BINGO Night for Prizes (C)				