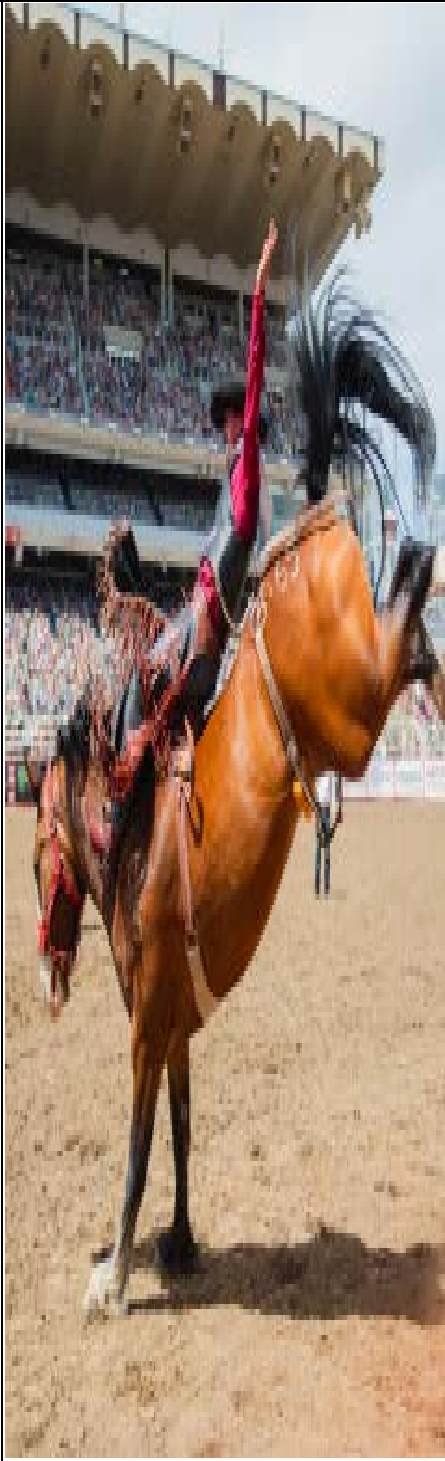


July 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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) Blue: Register at Reception *Asterisk: Resident Run Program		Canada Day ¹	²	³	⁴
			10:00 Balance Class (W) 11:00 Library Pop Up: Canada Day (L) 1:00 Card Game: Bridge * (G) 1:00 Card Game: Bug Your Neighbor * (G) 1:00 Stretch Class (W) 2:00 Canada Day Celebration (C) 3:15 Bocce Ball * (BP) 4:00 Canadian Caesar Wednesday (G) 7:00 Virtual Concert: Paul Anka (1970's Pop) (T)	10:00 Cardio Class (W) 11:30 Excursion: Walk Through the Sam Centre and Lunch at the Maisie (E) 1:00 Stretch Class (W) 1:00 Card Game: Canasta * (G) 2:30 Craft: Beaded Bandanas (C) 4:00 Menu Theme: Stampede Sneak a Peek (4:00 -7:00pm) (D) 5:00 Live Music: Aven Grace (Country Singer) (D) 6:30 Live Music: Wes & Wendy (Country Music Duo) (D) 7:00 Movie Night: The Magnificent Seven (2016 Western/ Action) (T)	9:00 Virtual Calgary Stampede Parade (T) 10:00 Balance Class (W) 11:00 Midway Mini Donut Social (B) 1:00 Virtual Tai Chi Class (W) 1:00 Card Game: Bridge for Beginners * (G) 1:00 Board Game: Chess * (G) 2:00 Spotify Music Group * (T) 3:00 Art Gallery Opening: Stampede Posters (C) 4:00 Garden Tower Maintenance * (O) 7:00 Virtual Concert: Willie Nelson & Friends (2004 Country) (T) 7:00 Board Game: Hong Kong Mahjong * (G)	10:00 Strength Class (W) 11:00 FIFA World Cup 2026: Canada vs TBD (T) 1:00 Card Game: Whist * (G) 1:30 Virtual Calgary Stampede Rodeo (T) 2:00 Happy Hour (B) 3:15 Bocce Ball * (BP) 7:00 Virtual Concert: Johnny Cash (1971 Country) (T)

July 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11
10:00 Stretch Class (W)	9:00 Calgary Ear Centre Clinic (9:00-11:00am) (H2)	10:00 Balance Class (W)	10:00 Sit Fit (W)	10:00 Cardio Class (W)	7:00 Trico Stampede Breakfast (7:00-10:00am) (BP)	10:00 Strength Class (W)
11:00 Virtual Church Service (T)	10:00 Strength Class (W)	11:00 Live Presentation: Acupuncture by Lorena Bulcao (T)	10:00 Shopping: Cross Iron Mills (E)	10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T)	10:00 Balance Class (W)	1:00 Card Game: Whist * (G)
1:00 Board Game: Rummikub * (G)	10:00 Groceries: Save on Foods (E)	1:00 Zumba Gold (W)	11:00 Painting Class by Paint Escape Calgary (C)	1:00 Card Game: Bridge * (G)	1:00 Virtual Tai Chi Class (W)	1:30 Virtual Calgary Stampede Rodeo (T)
1:30 Virtual Calgary Stampede Rodeo (T)	11:00 Knitting Club * (C)	1:00 Card Game: Euchre * (G)	1:00 Card Game: Bug Your Neighbor * (G)	11:00 Pop Up Shop: Fifth Avenue Collection Jewelry (11:00 - 2:00) (C)	1:00 Card Game: Bridge for Beginners * (G)	
3:00 Colouring Club * (G)	1:00 Card Game: Crib * (G)	1:30 Alteration Services (C)	1:00 Card Game: Bug Your Neighbor * (G)	1:00 Board Game: Chess * (G)	1:00 Board Game: Chess * (G)	
4:00 Bocce Ball * (BP)	1:00 Virtual Tai Chi Class (W)	2:00 Live Music: Anastasiia (violin) & Alex (guitar) (T)	1:00 Balance & Fall Prevention (W)	1:00 Card Game: Canasta * (G)	2:00 Spotify Music Group * (T)	2:00 Happy Hour (B)
	1:00 Board Games: Hong Kong Mahjong * (G)	2:00 Butterfield Acres Petting Zoo (2:00 - 4:00pm) (BP)	2:00 High Tea: Disco Cowboy (D)	1:30 Virtual Calgary Stampede Rodeo (T)	4:00 Garden Tower Maintenance * (O)	3:15 Bocce Ball * (BP)
	2:00 Live Music: Heather Thirsk (piano & singing) & Nathan (cello) (T)	3:15 Bocce Ball * (BP)	3:00 Live Music: Jerry Hashman (banjo) (T)	7:00 Movie Night: The Cowboys (1972 Western /Action) (T)	7:00 Movie Night: Cry Macho (2021 Western /Thriller) (T)	7:00 Virtual Concert: John Denver (1986 Country) (T)
7:00 Virtual Concert: Anne Murray (2003 Country) (T)	3:15 Horse Shoe Tournament & Sun Tea Social (BP)	7:00 Movie Night: Butch Cassidy and the Sundance Kid (1969 Western /Crime) (T)	3:15 Bocce Ball * (BP)	7:00 Horse Race Dice Game & Mocktail Social (C)		
	7:00 Movie Night: The Harder They Fall (2021 Western /Action) (T)	7:00 Trivia Night (C)	4:00 Wine Wednesday (G)		7:00 Board Game: Hong Kong Mahjong * (G)	
			7:00 Virtual Concert: Dolly Parton (1970's Country Pop) (T)			

July 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15	16	17	18
10:00 Stretch Class (W)	10:00 Strength Class (W)	9:30 Hearing Art Clinic (9:30-3:00) (H2)	10:00 Urban Pole Walking (W)	10:00 Cardio Class (W)	10:00 Balance Class (W)	10:00 Strength Class (W)
11:00 Virtual Church Service (T)	10:00 Groceries: Safeway (E)	10:00 Balance Class (W)	11:00 Live Presentation: Grounding Techniques (T)	11:30 Excursion: Lunch and Walking at Seasons of Bowness Park (E)	11:00 Matcha Latte Social (B)	1:00 Card Game: Whist * (G)
1:00 Board Game: Rummikub * (G)	11:00 Knitting Club * (C)	11:00 Live Presentation: Walker Safety & Best Practices by Motion (T)	1:00 Card Game: Bridge * (G)		1:00 Virtual Tai Chi Class (W)	1:00 Movie Matinee: The Roses (2025 Comedy /Drama) (T)
1:30 Virtual Calgary Stampede Rodeo Finals (T)	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)	
3:00 Colouring Club * (C)	1:00 Virtual Tai Chi 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)	2:00 Happy Hour (B)
4:00 Bocce Ball * (BP)	1:00 Board Games: Hong Kong Mahjong * (G)	2:00 Live Music: Emily Phernambucq (flute) & Augustine Yates (piano) (T)	2:00 Excursion: Grounding Walk around Carburn Park (E)	3:00 Croquet Tournament & Lemonade Social (BP)	2:00 Spotify Music Group * (T)	
6:00 Movie Night: Horizon: An American Saga (2024 Western /Drama) (T)	2:00 Sing Along: Classic Country (T)	3:15 Bocce Ball * (BP)	3:15 Bocce Ball * (BP)	7:00 Live Music: Chance Devlin (piano singer) (T)	4:00 Garden Tower Maintenance * (O)	3:15 Bocce Ball * (BP)
	3:00 Yard Yahtzee on the Patio (BP)	3:15 Squeegee Art Class (C)	4:00 Wine Wednesday (G)		7:00 Movie Night: East of Eden (1955 Drama) (T)	6:00 Movie Night: The Shawshank Redemption (1994 Crime/ Drama) (T)
	7:00 Movie Night: The Bonfire of the Vanities (1990 Comedy /Drama) (T)	7:00 Movie Night: Soldier of Fortune (1955 Adventure /Romance) (T)	7:00 Movie Night: The Iron Claw (2023 Sport/ Drama) (T)		7:00 Board Game: Hong Kong Mahjong * (G)	
		7:00 BINGO Night 50/50 for Charity (C)				

July 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22	23	24	25
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 (W)
11:00 Virtual Church Service (T)	10:00 Groceries: Superstore (E)	11:00 Current Events Club: Cruises (C)	11:45 Excursion: Picnic Lunch at McKenzie Lake (E)	11:00 Excursion: Scenic Drive and Lunch at Iron Goat Pub & Grill in Canmore (E)	11:00 Jigsaw Puzzle Chess (C)	1:00 Card Game: Whist * (G)
1:00 Board Game: Rummikub * (G)	11:00 Knitting Club * (C)	1:00 Zumba Gold (W)	1:00 Card Game: Bridge * (G)	1:00 Card Game: Bug Your Neighbor * (G)	1:00 Virtual Tai Chi Class (W)	1:00 Card Game: Whist * (G)
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 Card Game: Bug Your Neighbor * (G)	1:00 Card Game: Bridge for Beginners * (G)	1:00 Card Game: Whist * (G)
1:00 World Cup Finals Party (T)	1:00 Virtual Tai Chi Class (W)	1:30 Alteration Services (C)	1:00 Balance & Fall Prevention (W)	1:00 Stretch Class (W)	1:00 Board Game: Chess * (G)	1:00 Movie Matinee: The Monuments Men (2014 War/Thriller) (T)
3:00 Colouring Club * (C)	1:00 Board Games: Hong Kong Mahjong * (G)	2:00 Live Music: Michael Hope (vocals/bassoon) & Antoine St-Onge (bassoon) (T)	2:00 Painting Class by Paint Escape Calgary (C)	1:00 Card Game: Canasta * (G)	2:00 Spotify Music Group * (T)	2:00 Happy Hour (B)
4:00 Bocce Ball * (BP)	3:00 Ice Cream Taste Test (C)	3:15 Bocce Ball * (BP)	2:00 Live Music: Lana Sawatzky (piano) (T)	2:00 Craft: Mosaic Coasters (C)	4:00 Garden Tower Maintenance * (O)	3:15 Bocce Ball * (BP)
7:00 Movie Night: Father Figures (2017 Comedy /Sport) (T)	7:00 Movie Night: Now You See Me- Now You Don't (2025 Crime/Thriller) (T)	3:30 Art Journaling: Oil Pastel Transfer Drawing (C)	3:15 Bocce Ball * (BP)	3:30 Tea Around the World: Spain (T)	6:00 Movie Night: Gone Girl (2014 Thriller/ Mystery) (T)	7:00 Movie Night: Swing Kids (1993 Musical /Drama) (T)
		7:00 Movie Night: The Whale (2022 Drama/ Melodrama) (T)	4:00 Wine Wednesday (G)	6:00 Series Episode 1: The Floor (T)	7:00 Board Game: Hong Kong Mahjong * (G)	
		7:00 Trivia Night (C)	7:00 Movie Night: Quartet (2012 Comedy /Drama) (T)	7:00 Trivia Game: The Floor (T)		

July 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	Beach Day 27	28	29	30	31	
10:00 Stretch Class (W)	10:00 Strength Class (W)	9:00 Calgary Foot Care Clinic (9:00-3:00) (S)	10:00 Urban Pole Walking (W)	10:00 Cardio Class (W)	10:00 Balance Class (W)	
11:00 Virtual Church Service (T)	10:00 Groceries: Walmart (E)	10:00 Balance Class (W)	10:00 Shopping: Ikea (E)	10:00 Shopping: Calgary Farmers Market West (E)	11:00 Fitness Equipment Orientation (W)	
1:00 Movie Matinee: Wedding Crashers (2005 Comedy/Romance) (T)	11:00 Knitting Club * (C)	10:15 Calgary Public Library Pop Up (L)	11:00 Town Hall Meeting (T)	11:00 Woodshop Orientation (WS)	1:00 Virtual Tai Chi Class (W)	
1:00 Board Game: Rummikub * (G)	1:00 Card Game: Crib * (G)	11:00 Library Club * (L)	1:00 Card Game: Bridge * (G)	1:00 Stretch Class (W)	1:00 Card Game: Bridge for Beginners * (G)	
3:00 Colouring Club * (C)	1:00 Virtual Tai Chi Class (W)	1:00 Zumba Gold (W)	1:00 Card Game: Bug Your Neighbor * (G)	1:00 Card Game: Canasta * (G)	1:00 Board Game: Chess * (G)	
4:00 Bocce Ball * (BP)	1:00 Board Games: Hong Kong Mahjong * (G)	1:00 Card Game: Euchre * (G)	1:00 Balance & Fall Prevention (W)	2:00 Live Music: Peter at the Piano (T)	2:00 Spotify Music Group * (T)	
6:00 Virtual Concert: David Foster and Friends (2011 Variety of Performers) (T)	2:00 TED Talk & Discussion Group: The Ocean (T)	2:00 Live Music: Tricia Edwards (piano) & Jim Brenan (saxophone) (T)	2:00 Town Hall Meeting (T)	3:15 Sprinkle Embroidery Cupcake Making Workshop (C)	4:00 Garden Tower Maintenance * (O)	
	3:00 Popsicles & Beach Games (BP)	3:15 Bocce Ball * (BP)	3:00 Iced Coffee Social on the Patio (BP)	6:00 Private Dining Room Party (PDR)	6:00 Movie Night: Avatar - Fire and Ash (2025 Action /Fantasy) (T)	
	7:00 Movie Night: Finding Nemo (2003 Family/Adventure) (T)	3:15 Craft for Charity: Seashell Frames (C)	3:15 Bocce Ball * (BP)	7:00 Movie Night: Yes Man (2008 Comedy /Romance) (T)	7:00 Board Game: Hong Kong Mahjong * (G)	
		7:00 Movie Night: Ninotchka (1939 Comedy /Romance) (T)	4:00 Wine Wednesday (G)	7:00 Campfire Social (7P)		
		7:00 BINGO Night for Prizes (C)	7:00 Movie Night: Evan Almighty (2007 Family/Comedy) (T)			