

August 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					1 10:00 Strength Class (W) 1:00 Card Game: Whist * (G) 1:00 TV Series: Every Year After (2026 Romance, Episodes 1&2) (T) 2:00 Happy Hour (B) 2:00 Watercolour Painting (C) 3:15 Bocce Ball * (BP) 7:00 Virtual Concert: Johnny Cash (1971 Country) (T)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	Civic Holiday 3	4	5	6	7	8
10:00 Stretch Class (W)	10:00 Strength Class (W)	10:00 Groceries: Save on Foods (E)	10:00 Shopping: South Centre Mall (E)	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 Balance Class (W)	10:00 Sit Fit (W)	11:00 Shuffleboard Bowling Tournament (O)	11:45 Restaurant Excursion: Bag O' Crab (E)	1:00 Card Game: Whist * (G)
1:00 Board Game: Rummikub * (G)	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 Virtual Tai Chi Class (W)	1:00 Movie Matinee: Rock Legends - Queen (2012 Music Documentary) (T)
1:30 Movie Matinee: Shipwrecked - Nightmare at Sea (2026 Documentary) (T)	1:00 Board Games: Hong Kong Mahjong * (G)	1:00 Card Game: Euchre * (G)	1:00 Balance & Fall Prevention (W)	1:00 Card Game: Bridge * (G)	1:00 Card Game: Bridge for Beginners * (G)	
3:00 Colouring Club * (C)	1:00 Card Game: Crib * (G)	1:30 Alteration Services (C)	2:00 Live Music: Jerry Hashman (banjo) (T)	1:00 Stretch Class in the Park (BP)	1:00 Board Game: Chess * (G)	2:00 Italian Soda Social (C)
4:00 Bocce Ball * (BP)	2:00 TV Series: Anne with an "E" (2017 Drama Episode 1) (T)	2:00 Live Music: David Hirschman (guitar) (T)	2:00 Painting Class by Paint Escape Calgary (C)	2:00 Live Music: Heather Thirsk (piano & singing) (T)	2:00 Spotify Music Group * (T)	2:00 Happy Hour (B)
6:30 Movie Night: Fight Club (1999 Action /Crime) (T)	7:00 TV Series: Anne with an "E" (2017 Drama Episode 2) (T)	3:00 TLW 4 Year Anniversary Celebration (C)	3:15 Bocce Ball * (BP)	3:00 Woodshop Workshop: Mini Putt Lanes (WS)	4:00 Garden Tower Maintenance * (O)	3:15 Bocce Ball * (BP)
		7:00 Trivia Night (C)	3:30 Jigsaw Puzzle Races (C)	7:00 Live Performance: Flamenco Dancer (T)	7:00 Board Game: Hong Kong Mahjong * (G)	
		7:00 Movie Night: The Hustle (2019 Comedy/ Crime) (T)	4:00 Wine Wednesday (G)		7:00 Movie Night: The Sheep Detectives (2026 Comedy /Mystery) (T)	7:00 Movie Night: Bohemian Rhapsody (2018 Musical) (T)
			7:00 Movie Night: The Imitation Game (2014 Thriller /War) (T)			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
9	10	11	12	13	14	15
10:00 Stretch Class (W)	9:00 Calgary Ear Centre Clinic (9:00-11:00am) (H2)	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)	10:00 Shopping: Walmart (E)	10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T)	11:00 TED Talk & Discussion Group: Longest Study on Happiness (T)	1:00 Card Game: Whist * (G)
1:00 Live Presentation: Legacy Planning & Retirement Income Workshop (T)	10:00 Strength Class (W)	11:00 Tea Around the World: Greece (T)	11:00 Current Events Club: Alberta Separation (C)	1:00 Stretch Class (W)	1:00 Card Game: Bridge for Beginners * (G)	1:00 Movie Matinee: Sharks Up Close with Bertie Gregory (2026 Documentary) (T)
1:00 Board Game: Rummikub * (G)	11:00 Knitting Club * (C)	1:00 Card Game: Euchre * (G)	1:00 Card Game: Bug Your Neighbor * (G)	1:00 Card Game: Canasta * (G)	1:00 Board Game: Chess * (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)	2:00 High Tea: Mamma Mia (D)	1:00 Virtual Tai Chi Class (W)	
4:00 Bocce Ball * (BP)	1:00 Board Games: Hong Kong Mahjong * (G)	2:00 Live Music: Natalie Inga (singer/songwriter) & Alex Klipper (T)	1:00 Balance & Fall Prevention (W)	3:00 Woodshop Workshop: Mini Putt Lanes Part 2 (WS)	1:30 Excursion: Sailing the Glenmore Reservoir with Able Sailing Assn-Alberta (E)	2:00 ABBA Music BINGO for Prizes (C)
6:30 Movie Night: The Scarlet and the Black (1983 War/Thriller) (T)	1:00 Card Game: Crib * (G)	3:15 Art Journaling: Stamp Carving (C)	2:00 Live Music: Boaz Joseph (Baritone Ukulele) (T)	6:30 Pre-show Popcorn Social (T)	2:00 Spotify Music Group * (T)	2:00 Happy Hour (B)
	2:00 Sing Along: ABBA Hits (T)	3:15 Bocce Ball * (BP)	3:15 Bocce Ball * (BP)	7:00 Movie Night: Mamma Mia! Here We Go Again (2018 Musical/Comedy) (T)	4:00 Garden Tower Maintenance * (O)	3:15 Bocce Ball * (BP)
	3:00 Craft & Sip: Mod Podge Shells (C)	7:00 Movie Night: Wildlife (2018 Drama) (T)	3:30 Ice Cream Sundae Social (C)		7:00 Board Game: Hong Kong Mahjong * (G)	7:00 Movie Night: Superman (2025 Action /Sci-fi) (T)
	7:00 Movie Night: Enola Holmes 3 (2026 Mystery /Crime) (T)	7:00 BINGO Night for Prizes (C)	4:00 Wine Wednesday (G)		7:00 Virtual Concert: ABBA (1979 Euro Pop) (T)	
			7:00 Movie Night: Mamma Mia! (2008 Musical/Comedy) (T)			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17	18	19	20	21	22
10:00 Stretch Class (W)	10:00 Groceries: Superstore (E)	10:00 Balance Class (W)	10:00 Excursion: Lunch at Blacktail Bar and Walk through Kananaskis Village (E)	10:30 TLW Mini Walk & Run for Alzheimer's (BP)	10:00 Balance Class (W)	10:00 Strength Class (W)
11:00 Virtual Church Service (T)	10:00 Strength Class (W)	11:00 Live Presentation: SeniorFit Physiotherapy (T)			11:00 Fitness Equipment Orientation (W)	1:00 Movie Matinee: A Gorilla Story - Told by David Attenborough (2026 Documentary) (T)
1:00 Board Game: Rummikub * (G)	11:00 Knitting Club * (C)	1:00 Zumba Gold (W)	10:00 Sit Fit (W)	12:00 Restaurant Excursion: Big T's BBQ & Smokehouse (E)	1:00 Board Game: Chess * (G)	
1:30 Movie Matinee: Face/Off (1997 Action/ Thriller) (T)	1:00 Board Games: Hong Kong Mahjong * (G)	1:00 Card Game: Euchre * (G)	11:00 Travel Documentary: Vietnam (T)		1:00 Card Game: Bridge for Beginners * (G)	
	1:00 Virtual Tai Chi Class (W)	1:30 Alteration Services (C)	1:00 Card Game: Bridge * (G)	1:00 Card Game: Canasta * (G)	1:00 Virtual Tai Chi Class (W)	1:00 Card Game: Whist * (G)
3:00 Colouring Club * (C)	1:00 Card Game: Crib * (G)	2:00 Live Music: Josephine van Lier (viola da gamba/cello) (T)	1:00 Card Game: Bug Your Neighbor * (G)			
		2:00 Live Music: Josephine van Lier (viola da gamba/cello) (T)	1:00 Balance & Fall Prevention (W)	1:00 Stretch Class (W)	2:00 Spotify Music Group * (T)	2:00 Jigsaw Puzzle Chess (C)
4:00 Bocce Ball * (BP)	2:00 Excursion: Photography Scavenger Hunt in Calgary & Ice Cream at Apprentice Cafe (E)	3:15 Bocce Ball * (BP)	2:00 Painting Class by Paint Escape Calgary (C)	2:00 Lawn Bowling Tournament (BP)	4:00 Garden Tower Maintenance * (O)	2:00 Happy Hour (B)
		3:30 Craft for Charity: Beaded Bookmarks (C)	3:15 Bocce Ball * (BP)			
			3:15 Tea Around the World: Vietnam (T)	3:00 Cocktail Bomb Social (C)	7:00 Movie Night: Night at the Museum (2006 Family/ Comedy) (T)	3:15 Bocce Ball * (BP)
6:30 Movie Night: The Outlaw Josey Wales (1976 Western /War) (T)		7:00 Movie Night: The Social Network (2010 Drama/ History) (T)	4:00 Wine Wednesday (G)			
	7:00 Movie Night: Paths of Glory (1957 War/ Drama) (T)	7:00 Movie Night: The Social Network (2010 Drama/ History) (T)	4:00 Menu Theme: Vietnam (D)	7:00 Live Music: Chance Devlin (piano singer) (T)	7:00 Board Game: Hong Kong Mahjong * (G)	7:00 Movie Night: Toy Story (1995 Family/ Animation) (T)
		7:00 Trivia Night (C)	7:00 Virtual Performance: Symphony Of Vietnam (2025)			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Music/ Dance)			
23	24	25	26	27	28	29
10:00 Stretch Class (W)	10:00 Strength Class (W)	9:00 Calgary Foot Care Clinic (9:00-3:00) (S)	9:30 Excursion: Lunch at Sun of a Beach Restaurant & Walk around Sylvan Lake (E)	10:00 Cardio Class (W)	10:00 Balance Class (W)	10:00 Strength Class (W)
11:00 Virtual Church Service (T)	10:00 Groceries: Walmart (E)	10:00 Balance Class (W)		10:00 Shopping: Shoppers Drug Mart/ Acadia Shopping Centre (E)	11:00 Woodshop Orientation (WS)	1:00 Julie Andrews Movie Marathon: The Boys - The Sherman Brothers' Story (2009 Documentary /Musical) (T)
1:00 Board Game: Rummikub * (G)	11:00 Knitting Club * (C)	10:15 Calgary Public Library Pop Up (L)	10:00 Urban Pole Walking (W)	10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T)	1:00 Card Game: Bridge for Beginners * (G)	
1:30 Movie Matinee: Paradise Road (1997 War/ Drama) (T)	1:00 Virtual Tai Chi Class (W)	11:00 Library Club * (L)	1:00 Card Game: Bridge * (G)		1:00 Board Game: Chess * (G)	
	1:00 Card Game: Crib * (G)	1:00 Zumba Gold (W)	1:00 Balance & Fall Prevention (W)	1:00 Card Game: Canasta * (G)	1:00 Virtual Tai Chi Class (W)	1:00 Card Game: Whist * (G)
	1:00 Board Games: Hong Kong Mahjong * (G)	1:00 Card Game: Euchre * (G)	1:00 Card Game: Bug Your Neighbor * (G)	1:00 Stretch Class (W)	2:00 Spotify Music Group * (T)	
3:00 Colouring Club * (C)	2:00 Sing Along: Songs of Summer (T)	2:00 Live Music: Emily Phernambucq (flute) & Augustine Yates (piano) (T)	2:00 Live Music: Marcelo Soria (pan flute) (T)	2:00 Live Music: Peter at the Piano (T)	4:00 Garden Tower Maintenance * (O)	2:00 Happy Hour (B)
	3:00 FREE Ice Cream from the Frozen Assets Ice Cream Truck (B)	3:15 Bocce Ball * (BP)	3:15 Bocce Ball * (BP)	3:15 Recreation Town Hall Meeting (T)		2:00 Mini Putt Practice (W)
4:00 Bocce Ball * (BP)		3:15 Book Club: Lady Tan's Circle of Women by Lisa See (C)	4:00 Wine Wednesday (G)	6:00 Private Dining Room Party (PDR)	7:00 Board Game: Hong Kong Mahjong * (G)	3:15 Bocce Ball * (BP)
7:00 Virtual Concert: John Williams in Tokyo (2024 Orchestra) (T)	6:00 Julie Andrews Movie Marathon: The Sound of Music (1965 Musical/ Family) (T)	7:00 Julie Andrews Movie Marathon: Cinderella (1957 Musical /Romance) (T)	7:00 Julie Andrews Movie Marathon: The Princess Diaries (2001 Family /Comedy) (T)	7:00 Julie Andrews Movie Marathon: Mary Poppins (1964 Family/ Musical) (T)	7:00 Julie Andrews Movie Marathon: Shrek 2 (2004 Family/ Comedy) (T)	7:00 Julie Andrews Movie Marathon: The Americanization of Emily (1964 War/ Comedy) (T)
		7:00 BINGO Night 50/50 for Charity (C)		7:00 Campfire Social (7P)		

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31					
10:00 Stretch Class (W)	10:00 Groceries: No Frills (E)					
11:00 Virtual Church Service (T)	10:00 Strength Class (W)					
1:00 Board Game: Rummikub * (G)	11:00 Knitting Club * (C)					
1:30 Julie Andrews Movie Marathon: Divas - Julie Andrews (2023 Documentary) (T)	1:00 Virtual Tai Chi Class (W)					
3:00 Colouring Club * (C)	1:00 Board Games: Hong Kong Mahjong * (G)					
4:00 Bocce Ball * (BP)	1:00 Card Game: Crib * (G)					
7:00 Julie Andrews Movie Marathon: Victor/Victoria (1982 Comedy /Musical) (T)	2:30 Mini Golf Tournament & Mocktails (BP)					
	7:00 Movie Night: El Camino - A Breaking Bad Movie (2019 Thriller /Crime) (T)					