

## September 2026 Birch & Oak

| Sun                                                                                | Mon                                                                                                                                                                                                                                                                                                                                                                    | Tue                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Wed                                                                                                                                                                                                                                                                                                                                                                                                  | Thu                                                                                                                                                                                                                                                                                                                                                  | Fri                                                                                                                                                                                                                                                                                                                                                    | Sat                                                                                                                                                                                                                                                                                                                                                      |
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|  | <b>Locations Legend:</b><br>Bistro (B)<br>Chickadee Meeting Room (CM)<br>Creative Studio (C)<br>Dining Room (D)<br>Excursion (E)<br>Games Lounge (G)<br>Health Clinic 2 (H2)<br>Library (L)<br>Private Dining Room (PDR)<br>Theatre (T)<br>Wellness Centre (W)<br>Woodshop (WS)<br>Oak Lobby (O)<br><br>Blue: Register at Reception<br>*Asterisk: Resident Run Program | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 2                                                                                                                                                                                                                                                                                                                                                                                                    | 3                                                                                                                                                                                                                                                                                                                                                    | 4                                                                                                                                                                                                                                                                                                                                                      | 5                                                                                                                                                                                                                                                                                                                                                        |
|                                                                                    |                                                                                                                                                                                                                                                                                                                                                                        | 10:00 Balance Class (W)<br>10:00 Groceries: Save on Foods (E)<br>11:00 Current Events Club:<br>Referendum<br>Online Ballot Support (C)<br>1:00 Card Game: Euchre * (G)<br>1:00 Zumba Gold (W)<br>1:30 Alteration Services (C)<br>2:00 Live Music: David Morrissey (cello) & Stephanie Soltice-Johnson (violin) (T)<br>3:00 Corn Shucking Contest (C)<br>3:15 Bocce Ball * (T)<br>7:00 Trivia Night (C)<br>7:00 Movie Night: Erin Brockovich (2000 Drama/ Legal Drama) (T) | 10:00 Total Body Fitness Class (W)<br>11:00 Shopping: Apple Lady Orchard (E)<br>1:00 Card Game: Bridge * (G)<br>1:00 Urban Pole Walking (W)<br>1:00 Card Game: Bug Your Neighbor * (G)<br>2:00 Live Music: Jerry Hashman (banjo) (T)<br>3:00 Herb Scrub Making Workshop & Mocktails (C)<br>3:15 Bocce Ball * (T)<br>4:00 Wine Wednesday (G)<br>7:00 Virtual Concert: Jim Reeves (1950's Country) (T) | 10:00 Cardio Class (W)<br>10:30 Pop Up Clothing Shop (10:30-3:00pm) (C)<br>1:00 Card Game: Canasta * (G)<br>1:00 Stretch Class (W)<br>1:30 FREE Ice Cream from the Frozen Assets Ice Cream Truck (BP)<br>3:00 TLW Staff Pickleball Tournament (BP)<br>7:00 Movie Night: Dante's Peak (1997 Action /Thriller) (T)<br>7:00 Campfire & Tea Tasting (7P) | 10:00 Balance Class (W)<br>11:00 Maple Cream Cold Brew Social (B)<br>1:00 Virtual Tai Chi Class (W)<br>1:00 Board Game: Chess * (G)<br>1:00 Card Game: Bridge for Beginners * (G)<br>2:00 Spotify Music Group * (T)<br>3:30 Garden Tower Maintenance * (O)<br>7:00 Movie Night: Michael (2026 Musical) (T)<br>7:00 Board Game: Hong Kong Mahjong * (G) | 10:00 Strength Class (W)<br>1:00 Movie Matinee: Four Weddings and a Funeral (1994 Comedy /Romance) (T)<br>1:00 Card Game: Whist * (G)<br>2:00 Clay Crafts Part 1 - Autumn Trinket Dishes (C)<br>2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B)<br>3:15 Bocce Ball * (T)<br>7:00 Movie Night: Dolly Parton - Queen of Country (2015 Music Documentary) (T) |

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| Sun                                                                     | Mon                                                                      | Tue                                                                   | Wed                                                                | Thu                                                             | Fri                                                                                                                  | Sat                                                           |
|-------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| 6                                                                       | 7                                                                        | 8                                                                     | 9                                                                  | 10                                                              | 11                                                                                                                   | 12                                                            |
| 10:00 Stretch Class (W)                                                 | 10:00 Strength Class (W)                                                 | 9:30 <a href="#">Hearing Art Clinic (9:30-3:00) (H2)</a>              | 10:00 Total Body Fitness Class (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 Balance Class (W)                                               | 11:00 Bocce Ball * (T)                                             | 10:00 Virtual Course: Chronic Pain Workshop (10:00 - 12:30) (T) | 11:00 <a href="#">Excursion: Lunch at Rockies Tavern &amp; Grill and Walk Around Bragg Creek Shopping Centre (E)</a> | 1:00 Card Game: Whist * (G)                                   |
| 1:00 Board Game: Rummikub * (G)                                         | 1:00 Virtual Tai Chi Class (W)                                           | 10:00 <a href="#">Groceries: Superstore (E)</a>                       | 1:00 Balance & Fall Prevention (W)                                 |                                                                 |                                                                                                                      | 1:00 Movie Matinee: The Drama (2026 Dark Romance /Comedy) (T) |
| 1:30 Movie Matinee: My Big Fat Greek Wedding (2002 Comedy/ Romance) (T) | 1:00 Card Game: Crib * (G)                                               | 11:00 Current Events Club: Lab Grown Food (C)                         | 1:00 Card Game: Bridge * (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 Card Game: Canasta * (G)                                   | 1:00 Card Game: Bridge for Beginners * (G)                                                                           | 2:00 Clay Crafts Part 2 - Painting (C)                        |
| 3:00 Colouring Club: Sticker by Number * (C)                            | 2:00 TV Series: Rainbow Quest with Johnny & June Cash (1965 Musical) (T) | 1:00 Zumba Gold (W)                                                   | 2:00 High Tea: Back to School (D)                                  | 1:00 Stretch Class (W)                                          | 1:00 Board Game: Chess * (G)                                                                                         | 2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B)                 |
|                                                                         |                                                                          | 2:00 Live Music: Louise Stuppard (violin) & Morag Northey (cello) (T) | 3:00 Live Music: Lana Sawatzky (piano) (T)                         | 2:00 Spelling Bee Competition (T)                               | 1:00 Virtual Tai Chi Class (W)                                                                                       | 3:15 Bocce Ball * (T)                                         |
| 7:00 Movie Night: Fly Away Home (1996 Family/ Adventure) (T)            | 7:00 Movie Night: The Man Who Would Be King (1975 Adventure /Action) (T) | 3:00 Corn Shucking Contest (C)                                        | 4:00 Wine Wednesday (G)                                            | 3:30 Science Fair (C)                                           | 2:00 Spotify Music Group * (T)                                                                                       | 6:00 Movie Night: Oklahoma! (1955 Musical /Western) (T)       |
|                                                                         |                                                                          | 3:15 Bocce Ball * (T)                                                 | 7:00 Movie Night: Ferris Bueller's Day Off (1986 Comedy /Teen) (T) | 7:00 Live Music: Jerry Proppe (piano) (T)                       | 3:30 Garden Tower Maintenance * (O)                                                                                  |                                                               |
|                                                                         |                                                                          | 6:30 Movie Night: The Insider (1999 Thriller/ Action) (T)             |                                                                    |                                                                 | 6:00 Movie Night: Oppenheimer (2023 Thriller) (T)                                                                    |                                                               |
|                                                                         |                                                                          | 7:00 BINGO Night for Prizes (C)                                       |                                                                    |                                                                 | 7:00 Board Game: Hong Kong Mahjong * (G)                                                                             |                                                               |

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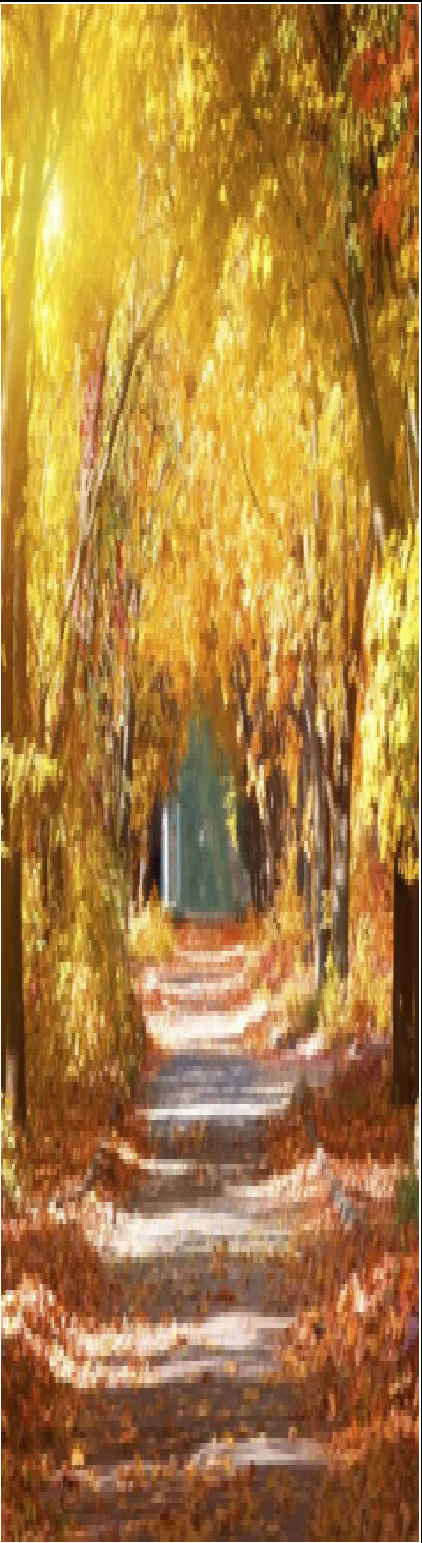
| Sun                                                        | Mon                                                                | Tue                                                                  | Wed                                                                                          | Thu                                               | Fri                                                                  | Sat                                                                     |
|------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Grandparent's Day</b> 13                                | 14                                                                 | 15                                                                   | 16                                                                                           | 17                                                | 18                                                                   | 19                                                                      |
| 10:00 Stretch Class (W)                                    | 9:00 <a href="#">Calgary Ear Centre Clinic</a> (9:00-11:00am) (H2) | 10:00 Balance Class (W)                                              | 10:00 <a href="#">Shopping: Heritage Plaza</a> (Winners, Home Sense, Dollar Tree etc...) (E) | 10:00 Cardio Class (W)                            | 10:00 Balance Class (W)                                              | 10:00 Strength Class (W)                                                |
| 11:00 Virtual Church Service (T)                           | 10:00 <a href="#">Groceries: Safeway</a> (E)                       | 12:00 <a href="#">BBQ Fundraiser for Alzheimer's</a> (BP)            | 10:00 Total Body Fitness Class (W)                                                           | 11:00 Tea Around the World: Columbia (T)          | 11:00 TED Talk & Discussion Group: Preventing Alzheimer's (T)        | 1:00 Card Game: Whist * (G)                                             |
| 11:00 Football Sunday's (Menu Specials 11:00am-4:00pm) (G) | 10:00 Strength Class (W)                                           | 1:00 Card Game: Euchre * (G)                                         | 11:00 <a href="#">Painting Class by Paint Escape Calgary</a> (C)                             | 1:00 Card Game: Canasta * (G)                     | 1:00 Card Game: Bridge for Beginners * (G)                           | 2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B)                           |
| 1:00 Board Game: Rummikub * (G)                            | 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 Board Game: Chess * (G)                                         | 2:00 Live Music: Heather Thirsk (piano & singing) (T)                   |
| 1:00 Open House & Fall Market (1:00 - 4:00pm) (C)          | 1:00 Virtual Tai Chi Class (W)                                     | 1:30 Alteration Services (C)                                         | 1:00 Card Game: Bridge * (G)                                                                 | 2:00 Colombian BINGO for Prizes (C)               | 1:00 Virtual Tai Chi Class (W)                                       | 3:15 Bocce Ball * (T)                                                   |
| 7:00 Movie Night: The Upside (2017 Comedy /Drama) (T)      | 1:00 Board Games: Hong Kong Mahjong * (G)                          | 2:00 Live Music: Dane Von Hagen (singer/ songwriter) (T)             | 1:00 Urban Pole Walking (W)                                                                  | 3:00 Tower Garden Cleaning Part 1 (O)             | 2:00 Spotify Music Group * (T)                                       | 7:00 Movie Night: 10 Things I Hate About You (1999 Comedy/ Romance) (T) |
|                                                            | 2:00 First Choir Practice of the Season (T)                        | 3:15 Bocce Ball * (T)                                                | 2:00 Live Music: Walkin on Sunshine (singing, piano & guitar) (D)                            | 4:00 Menu Theme: Columbia (D)                     | 3:00 Tower Garden Cleaning Part 2 (O)                                |                                                                         |
|                                                            | 3:00 Art Journaling: Fabric Landscapes (B)                         | 3:30 Craft for Charity: Candle Making Workshop (C)                   | 3:15 Bocce Ball * (T)                                                                        | 7:00 Live Music: Chance Devlin (piano singer) (T) | 6:30 Movie Night: Spider-Man - No Way Home (2021 Action/ Sci-fi) (T) |                                                                         |
|                                                            | 7:00 Movie Night: You, Me & Tuscany (2026 Romance /Comedy) (T)     | 7:00 Trivia Night (C)                                                | 4:00 Wine Wednesday (G)                                                                      |                                                   | 7:00 Board Game: Hong Kong Mahjong * (G)                             |                                                                         |
|                                                            |                                                                    | 7:00 Movie Night: The Banshees of Inisherin (2022 Comedy/ Drama) (T) | 7:00 TV Series: Dancing with the Stars 2026 (Episode 1) (T)                                  |                                                   |                                                                      |                                                                         |



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| Sun                                                                                      | Mon                                          | Tue                                                              | Wed                                                           | Thu                                                                                                            | Fri                                                   | Sat                                                       |
|------------------------------------------------------------------------------------------|----------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------|
| 20                                                                                       | 21                                           | 22                                                               | 23                                                            | 24                                                                                                             | 25                                                    | 26                                                        |
| 10:00 Stretch Class (W)                                                                  | 10:00 Strength Class (W)                     | 9:00 Calgary Foot Care Clinic (9:00-3:00) (S)                    | 10:00 Total Body Fitness Class (W)                            | 10:00 <a href="#">Hearing Art Clinic (10:00-3:00) (H2)</a>                                                     | 10:00 Balance Class (W)                               | 10:00 Strength Class (W)                                  |
| 11:00 Virtual Church Service (T)                                                         | 10:00 <a href="#">Groceries: Walmart (E)</a> | 10:00 Balance Class (W)                                          | 11:00 Recreation Town Hall Meeting (T)                        | 10:00 Cardio Class (W)                                                                                         | 11:00 Fitness Equipment Orientation (W)               | 1:00 Card Game: Whist * (G)                               |
| 11:00 Football Sunday's (Menu Specials 11:00am-4:00pm) (G)                               | 11:00 Knitting Club * (C)                    | 10:15 Calgary Public Library Pop Up (L)                          | 1:00 Balance & Fall Prevention (W)                            | 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T)                                           | 1:00 Virtual Tai Chi Class (W)                        | 1:00 Movie Matinee: Time and Water (2026 Documentary) (T) |
| 1:00 Board Game: Rummikub * (G)                                                          | 1:00 Virtual Tai Chi Class (W)               | 11:00 TLW Resident Survey Support Session (C)                    | 1:00 Card Game: Bug Your Neighbor * (G)                       | 1:00 Card Game: Canasta * (G)                                                                                  | 1:00 Board Game: Chess * (G)                          |                                                           |
| 1:30 Movie Matinee: Sunday Best - The Untold Story of Ed Sullivan (2025 Documentary) (T) | 1:00 Card Game: Crib * (G)                   | 1:00 Card Game: Euchre * (G)                                     | 1:00 Card Game: Bridge * (G)                                  | 1:00 Stretch Class (W)                                                                                         | 1:00 Card Game: Bridge for Beginners * (G)            |                                                           |
|                                                                                          | 1:00 Board Games: Hong Kong Mahjong * (G)    | 1:00 Zumba Gold (W)                                              | 2:00 Caramel Fondue Social (C)                                | 2:00 Live Music: Peter at the Piano (T)                                                                        | 1:30 Spotify Music Group * (T)                        | 2:00 Pub Trivia (B)                                       |
|                                                                                          |                                              | 2:00 Live Music: Olena Kilchyk (cello) & Karri Quan (violin) (T) | 3:15 Bocce Ball * (T)                                         | 3:00 Craft: Bean Mosaics (C)                                                                                   | 2:30 Live Performance: Line Dancing (C)               | 2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B)             |
| 3:00 Colouring Club: Watercolour Paints * (C)                                            | 2:00 Choir Practice (T)                      | 3:15 First Day of Fall Cider & Cinnamon Donut Social (C)         | 4:00 Wine Wednesday (G)                                       | 6:00 <a href="#">Excursion: Rock Around the Clock with Elvis and Friends at Jubilations Dinner Theatre (E)</a> | 3:30 Garden Tower Maintenance * (O)                   | 3:15 Bocce Ball * (T)                                     |
| 7:00 Movie Night: The Devil Wears Prada 2 (2026 Comedy) (T)                              | 3:00 Fall Wreath Workshop (C)                | 3:15 Bocce Ball * (T)                                            | 7:00 Movie Night: Dancing with the Stars 2026 (Episode 2) (T) | 7:00 Movie Night: The Pink Panther (2006 Comedy /Mystery) (T)                                                  | 7:00 Board Game: Hong Kong Mahjong * (G)              | 7:00 Movie Night: Maestro (2023 Romance/ Musical) (T)     |
|                                                                                          | 6:00 Movie Night: Elvis (2022 Musical) (T)   | 7:00 Movie Night: The Edge (1997 Thriller/ Adventure) (T)        |                                                               |                                                                                                                | 7:00 Movie Night: Priscilla (2023 Romance /Drama) (T) |                                                           |
|                                                                                          |                                              | 7:00 BINGO Night 50/50 for Charity (C)                           |                                                               |                                                                                                                |                                                       |                                                           |

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| Sun                                                                                                                                                                                                                                                                                                                                                                                | Mon                                                                                                                                                                                                                                                                                                                                                                                                            | Tue                                                                                                                                                                                                                                                                                                                                                                                                                 | Wed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Thu                                                                                  | Fri | Sat |
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| 27<br>10:00 Stretch Class (W)<br><br>11:00 Virtual Church Service (T)<br><br>11:00 Football Sunday's (Menu Specials 11:00am-4:00pm) (G)<br><br>1:00 Board Game: Rummikub * (G)<br><br>1:30 Movie Matinee: Audrey (2020 Documentary /Drama) (T)<br><br>3:00 Colouring Club: Fall Landscapes * (C)<br><br>7:00 Movie Night: National Lampoon's Vacation (1983 Comedy/ Adventure) (T) | 28<br>10:00 Strength Class (W)<br><br>10:00 Groceries: No Frills (E)<br><br>11:00 Knitting Club * (C)<br><br>1:00 Card Game: Crib * (G)<br><br>1:00 Board Games: Hong Kong Mahjong * (G)<br><br>1:00 Virtual Tai Chi Class (W)<br><br>2:00 Choir Practice (T)<br><br>3:00 Live Presentation: Oxygen Therapy by Avant Respiratory (T)<br><br>6:00 Movie Night: Trainwreck: Woodstock '99 (2022 Documentary) (T) | 29<br>10:00 Balance Class (W)<br><br>11:00 Library Club * (L)<br><br>1:00 Zumba Gold (W)<br><br>1:00 Card Game: Euchre * (G)<br><br>1:30 Alteration Services (C)<br><br>2:00 Live Music: Scholz Trumpet Quartet (T)<br><br>3:00 Book Club: The Henna Artist by Alka Joshi (C)<br><br>3:15 Bocce Ball * (T)<br><br>7:00 Trivia Night (C)<br><br>7:00 Movie Night: Tadpole and the Whale (1988 Family/ Adventure) (T) | 30<br>National Day for Truth and Reconciliation<br>10:00 Total Body Fitness Class (W)<br><br>11:00 Painting Class by Paint Escape Calgary (C)<br>11:30 Restaurant Excursion: Chick-fil-A & Krispy Kreme (E)<br><br>11:30 Woodshop Orientation (WS)<br>1:00 Card Game: Bug Your Neighbor * (G)<br>1:00 Card Game: Bridge * (G)<br>1:00 Urban Pole Walking (W)<br>2:00 Live Music: Joel Spire (piano & singing) (T)<br>3:15 Bocce Ball * (T)<br>4:00 Wine Wednesday (G)<br>7:00 Movie Night: Dancing with the Stars 2026 (Episode 3) (T) |  |     |     |