

October 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) 5 th Floor Birch Lounge Blue: Register at Reception *Asterisk: Resident Run Program			1 10:00 Cardio Class (W) 11:00 Shopping: Calgary Farmers Market South (E) 1:00 Card Game: Canasta * (G) 1:00 Stretch Class (W) 2:00 Billiards Practice (5B) 3:00 Oktoberfest Beer Cheese Fondue (C) 7:00 Live Music: Nevin Matheson (Professional Crooner) (T)	2 10:00 Balance Class (W) 11:00 Excursion: Walk around Canada's first Dementia-Inclusive Park - Martin Family Legacy Garden (E) 1:00 Card Game: Bridge for Beginners * (G) 1:00 Virtual Tai Chi Class (W) 1:00 Board Game: Chess * (G) 2:00 Spotify Music Group * (T) 3:30 Garden Tower Maintenance * (O) 7:00 Movie Night: The Breakfast Club (1985 Comedy/Drama) (T) 7:00 Board Game: Hong Kong Mahjong * (G)	3 10:00 Strength Class (W) 1:00 Card Game: Whist * (G) 2:00 Live Music: Heather Thirsk (piano & singing) (T) 2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B) 3:15 Bocce Ball * (T) 4:00 Menu Specials: Hockey Night Social (4:00-6:00pm) (G) 7:00 Movie Night: Twilight (2008 Romance /Fantasy) (T)

October 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
10:00 Stretch Class (W)	9:00 Calgary Ear Centre Clinic (9:00-11:00am) (H2)	10:00 Balance Class (W)	10:00 Total Body Fitness Class (W)	10:00 Cardio Class (W)	10:00 Balance Class (W)	10:00 Strength Class (W)
11:00 Football Sunday's (Menu Specials 11:00am-4:00pm) (G)	10:00 Strength Class (W)	10:00 Groceries: Save on Foods (E)	11:00 Woodshop Orientation (WS)	11:00 Fall Puzzle Race (C)	11:00 Pop Up Shop: Endless Possibility Fashions (C)	1:00 Dolly Parton Movie Marathon: Dolly Parton's Coat of Many Colors (2015 Musical/ Drama) (T)
11:00 Virtual Church Service (T)	11:00 Knitting Club * (C)	11:00 Current Events Club: Simplifying the Referendum Questions (C)	1:00 Card Game: Bridge * (G)	1:00 Card Game: Canasta * (G)	1:00 Card Game: Bridge for Beginners * (G)	1:00 Card Game: Whist * (G)
1:00 Board Game: Rummikub * (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)	1:00 Virtual Tai Chi Class (W)	2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B)
1:30 Movie Matinee: The Guns of Navarone (1961 War/ Action) (T)	1:00 Board Game: Scrabble * (G)	1:00 Zumba Gold (W)	1:00 Balance & Fall Prevention (W)	2:00 High Tea: Thanksgiving (D)	1:00 Board Game: Chess * (G)	2:00 Thanksgiving Card Making Workshop (C)
3:00 Colouring Club: Glitter Pens * (C)	1:00 Card Game: Crib * (G)	2:00 Live Music: Donovan Seidle (violin) & Marcin Swoboda (viola) (T)	2:00 Live Music: Jerry Hashman (banjo) (T)	3:00 Mini Golf Tournament (C)	2:00 Spotify Music Group * (T)	3:15 Bocce Ball * (T)
7:00 Dolly Parton Movie Marathon: 9 to 5 (1980 Comedy) (T)	2:00 Choir Practice (T)	3:15 Bocce Ball * (T)	3:00 Gardening Club Appreciation Party (C)	5:30 Excursion: Dinner Night at Chairman's Steakhouse (E)	3:30 Garden Tower Maintenance * (O)	4:00 Menu Specials: Hockey Night Social (4:00-6:00pm) (G)
	3:00 Billiards Tournament (5B)	3:15 Art Journaling: Charcoal Drawing (C)	3:15 Bocce Ball * (T)		7:00 Dolly Parton Movie Marathon: Straight Talk (1992 Comedy/ Romance) (T)	7:00 Virtual Concert: Dolly Parton (2009 Country) (T)
	7:00 Dolly Parton Movie Marathon: The Best Little Whorehouse in Texas (1982 Musical/ Comedy) (T)	7:00 BINGO Night for Prizes (C)	4:00 Wine Wednesday (G)	7:00 Movie Night: Dolly Parton Queen of Country (2015 Documentary) (T)	7:00 Board Game: Hong Kong Mahjong * (G)	
		7:00 Movie Night: The Year Dolly Parton Was My Mom (2011 Family/ Comedy) (T)	7:00 Dolly Parton Movie Marathon: Steel Magnolias (1989 Romance /Comedy) (T)			

October 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12	13	14	15	16	17
9:00 Excursion: Alzheimer's Walk & Run at Princes Island Park (E) 10:00 Stretch Class (W) 11:00 Football Sunday's (Menu Specials 11:00am- 4:00pm) (G) 11:00 Virtual Church Service (T) 1:00 Board Game: Rummikub * (G) 1:30 Movie Matinee: Planes, Trains and Automobiles (1987 Comedy/ Drama) (T) 3:00 Colouring Club: Diamond Painting * (G) 4:00 Menu Theme: Thanksgiving Dinner (D) 7:00 Movie Night: Grumpy Old Men (1993 Comedy) (T)	Thanksgiving 10:00 Strength Class (W) 11:00 Knitting Club * (C) 1:00 Card Game: Crib * (G) 1:00 Board Games: Hong Kong Mahjong * (G) 1:00 Board Game: Scrabble * (G) 1:00 Thanksgiving BINGO for Prizes (C) 2:00 Movie Matinee: Home for the Holidays (1995 Comedy) (T) 7:00 Virtual Concert: Harry Connick Jr. In Concert on Broadway (2011 Jazz) (T)	9:30 Hearing Art Clinic (9:30-3:00) (H2) 10:00 Groceries: Superstore (E) 10:00 Balance Class (W) 11:00 Current Events Club: Fast Fashion (C) 1:00 Card Game: Euchre * (G) 1:00 Zumba Gold (W) 1:30 Alteration Services (C) 2:00 Live Music: Deborah Nyack (harp) (T) 3:15 Craft for Charity: Polymer Clay Lighters (C) 3:15 Bocce Ball * (T) 7:00 Trivia Night (C) 7:00 Movie Night: Casper (1995 Family/ Comedy) (T)	10:00 Total Body Fitness Class (W) 11:30 Restaurant Excursion: Chianti Café & Restaurant (E) 1:00 Card Game: Bug Your Neighbor * (G) 1:00 Card Game: Bridge * (G) 1:00 Balance & Fall Prevention (W) 2:00 Live Music: Lana Sawatzky (piano) (T) 2:00 Painting Class by Paint Escape Calgary (C) 3:15 Bocce Ball * (T) 4:00 Wine Wednesday (G) 7:00 Movie Night: Witness for the Prosecution (Drama 1958) (T)	10:00 Cardio Class (W) 11:00 Tea Around the World: Belgium (T) 1:00 Card Game: Canasta * (G) 1:00 Stretch Class (W) 2:00 Belgian Chocolate Fondue Social (C) 4:00 Menu Theme: Belgium (D) 7:00 Live Music: Sentimental Journey Big Band (D)	9:00 On Site Referendum Voting (9:00am - 1:00pm) (C) 10:00 Balance Class (W) 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) 3:30 Garden Tower Maintenance * (O) 7:00 Movie Night: Death on the Nile (2022 Mystery /Thriller) (T) 7:00 Board Game: Hong Kong Mahjong * (G)	10:00 Strength Class (W) 1:00 Card Game: Whist * (G) 1:00 Live Presentation: Seniors Estate Planning Workshop (T) 2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B) 3:15 Bocce Ball * (T) 4:00 Menu Specials: Hockey Night Social (4:00- 6:00pm) (G) 7:00 Movie Night: Clue (1985 Comedy/ Mystery) (T)

October 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19	20	21	22	23	24
10:00 Stretch Class (W)	10:00 Strength Class (W)	9:00 Calgary Foot Care Clinic (9:00-3:00) (S)	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 Balance Class (W)	10:00 Strength Class (W)
11:00 Football Sunday's (Menu Specials 11:00am-4:00pm) (G)	10:00 Groceries: Safeway (E)	10:00 Balance Class (W)	10:00 Total Body Fitness Class (W)	10:00 Cardio Class (W)	11:30 Excursion: Games & Lunch at ACE Blackfoot Casino (E)	10:45 Mystery Jigsaw Puzzle (C)
11:00 Virtual Church Service (T)	11:00 Knitting Club * (C)	11:00 Current Events Club: Alberta ID Cards (C)	11:00 Fitness Equipment Orientation (W)	10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T)	1:00 Board Game: Chess * (G)	1:00 Movie Matinee: Haunted Mansion (2023 Horror/ Comedy) (T)
1:00 Board Game: Rummikub * (G)	1:00 Virtual Tai Chi Class (W)	1:00 Zumba Gold (W)	1:00 Card Game: Bridge * (G)	11:00 Shopping: Shoppers Drug Mart/ Acadia Shopping Centre (E)	1:00 Card Game: Bridge for Beginners * (G)	1:00 Card Game: Whist * (G)
1:30 Movie Matinee: The Letter (1940 Noir/ Thriller) (T)	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)	1:00 Virtual Tai Chi Class (W)	2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B)
3:00 Colouring Club: Sticker by Number * (C)	1:00 Board Game: Scrabble * (G)	2:00 Live Music: Cody Obst (piano) (T)	1:00 Balance & Fall Prevention (W)	1:00 Card Game: Canasta * (G)	2:00 Spotify Music Group * (T)	2:00 Halloween Candy Bag Filling (C)
7:00 Movie Night: Addams Family Values (1993 Comedy/ Family) (T)	1:00 Card Game: Crib * (G)	3:15 Craft: Crock A Doodle Mug Painting (C)	2:00 Pumpkin Pie Social (C)	1:00 Card Game: Canasta * (G)	3:30 Garden Tower Maintenance * (O)	3:15 Bocce Ball * (T)
	2:00 Choir Practice (T)	3:15 Bocce Ball * (T)	3:15 Bocce Ball * (T)	2:00 Tea Making Workshop (C)	7:00 Movie Night: Wait Until Dark (1967 Horror/ Crime) (T)	4:00 Menu Specials: Hockey Night Social (4:00-6:00pm) (G)
	3:00 Pumpkin Patch & Pumpkin Spiced Latte Social (C)	7:00 Movie Night: Hocus Pocus (1993 Family/ Comedy) (T)	4:00 Wine Wednesday (G)	3:30 Taste Test: Magical Taste Bud Changing Berries (C)	7:00 Board Game: Hong Kong Mahjong * (G)	7:00 Movie Night: Edward Scissorhands (1990 Fantasy /Romance) (T)
	7:00 Movie Night: Fun Size (2012 Comedy/ Adventure) (T)	7:00 BINGO Night 50/50 for Charity (C)	7:00 Movie Night: EPiC: Elvis Presley in Concert (2025 Documentary /Music) (T)	7:00 Live Performance: Will Reeb (Elvis Impersonator) (D)		

October 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Halloween Spirit Week: Sweaters & Sleepwear 25 10:00 Stretch Class (W) 11:00 Football Sunday's (Menu Specials 11:00am-4:00pm) (G) 11:00 Virtual Church Service (T) 1:00 Board Game: Rummikub * (G) 1:30 Popcorn & PJ Movie Matinee: Murder on the Orient Express (1974 Mystery/ Crime) (T) 3:00 Colouring Club: Halloween Prints * (C) 7:00 Virtual Concert: Rock & Roll Hall of Fame 25th Anniversary (2010 Rock) (T)	Halloween Spirit Week: Disney 26 10:00 Strength Class (W) 10:00 Groceries: Walmart (E) 11:00 Knitting Club * (C) 1:00 Virtual Tai Chi Class (W) 1:00 Card Game: Crib * (G) 1:00 Board Games: Hong Kong Mahjong * (G) 1:00 Board Game: Scrabble * (G) 2:00 Choir Practice (T) 3:00 Escape Room Challenge (CM) 7:00 Movie Night: The Nightmare Before Christmas (1993 Family/ Fantasy) (T)	Halloween Spirit Week: Iconic Duo's 27 10:00 Balance Class (W) 10:15 Calgary Public Library Pop Up (L) 11:00 Library Club: Agatha Christie Spotlight * (L) 1:00 Zumba Gold (W) 1:00 Card Game: Euchre * (G) 1:30 Alteration Services (C) 2:00 Live Music: Stephanie Soltice-Johnson (violin) & Katrina Johnson (violin) (T) 3:00 Book Club: Agatha Christie Novels (C) 3:15 Bocce Ball * (T) 7:00 Trivia Night (C) 7:00 Movie Night: Bonnie and Clyde (1967 Crime/ Romance) (T)	Halloween Spirit Week: Witches & Wizards 28 10:00 Total Body Fitness Class (W) 10:30 Witch Hat Decorating (C) 11:00 Town Hall Meeting (T) 1:00 Card Game: Bug Your Neighbor * (G) 1:00 Card Game: Bridge * (G) 1:00 Balance & Fall Prevention (W) 2:00 Town Hall Meeting (T) 2:00 Painting Class by Paint Escape Calgary (C) 3:00 Live Music: Boaz Joseph (Baritone Ukulele) (T) 4:00 Wine Wednesday (G) 7:00 Movie Night: Harry Potter and the Sorcerer's Stone (2001 Family/ Adventure) (T)	Halloween Spirit Week: Goth & Grunge 29 10:00 Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:00 Pumpkin Carving /Painting (C) 1:00 Stretch Class (W) 1:00 Card Game: Canasta * (G) 2:00 Live Music: Peter at the Piano (T) 3:00 Temporary Tattoo Bar (B) 5:00 Mystery Dinner Theatre (C)	Halloween Spirit Week: Heroes vs Villains 30 10:00 Balance Class (W) 11:00 Craft: Halloween Masks (C) 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 Staff vs Resident Family Feud (C) 3:30 Garden Tower Maintenance * (O) 7:00 Board Game: Hong Kong Mahjong * (G) 7:00 Movie Night: The Incredibles (2004 Animated) (T)	Halloween 31 Halloween Spirit Week: Favourite Costume 10:00 Strength Class (W) 1:00 Movie Matinee: Halloweentown (1998 Family/ Comedy) (T) 1:00 Card Game: Whist * (G) 2:00 Mulled Wine Social (C) 2:00 Menu Theme: Happy Hour (2:00-4:00pm) (B) 3:15 Bocce Ball * (T) 4:00 Menu Specials: Hockey Night Social (4:00-6:00pm) (G) 6:00 Trick or Treating at Reception (B) 6:00 Movie Night: The Phantom of the Opera at the Royal Albert Hall