

March 2026 - Birch & Oak

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Virtual Concert: Connie Kaldor (2016 Folk) (T) 1:00 Board Games: Rummikub * (G) 3:00 Colouring Club * (C) 6:00 Calgary Flames Game (G) 7:00 Movie Night: The Glass Wall (1953 Noir/ Thriller) (T)	9:00 Calgary Ear Centre Clinic (9:00-11:00am) (H2) 10:00 Strength Class (W) 11:00 Knitting Club * (C) 1:00 Card Games: Crib * (G) 1:00 Stretch Class (W) 2:00 Choir Practice (T) 3:00 Indoor Curling * (C) 7:00 Movie Night: Ice Castles (1978 Romance /Sport) (T)	10:00 Balance Class (W) 10:00 Groceries: Save on Foods (E) 11:00 Resident Art Pick Up (C) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre * (G) 1:30 Alteration Services (C) 2:00 Live Music: Diane Lane (violin) & Patricia Higgins (viola) (T) 3:00 Bocce Ball * (T) 3:30 Art Journaling: Symmetry Drawing (C) 7:00 Movie Night: Young Woman and the Sea (2024 Sport/ Romance) (T) 7:00 Trivia Night (C) 7:00 Calgary Flames Game (G)	9:30 Free Spirometry Clinic (9:30 - 4:15) (H2) 10:00 Sit Fit (W) 10:00 Shopping: South Centre Mall (E) 1:00 Card Games: Bridge * (G) 1:00 Card Games: Bug Your Neighbor * (G) 1:00 Urban Pole Walking (W) 2:00 Live Music: Jerry Hashman (banjo) (T) 3:00 Bocce Ball * (T) 3:00 Craft and Sip: Rangoli Sand Art for Holi (C) 4:00 Wine Wednesday (G) 7:00 Movie Night: Wait Until Dark (1967 Horror /Crime) (T)	10:00 Cardio Class (W) 11:30 Excursion: Lunch at the Asian Buffet (E) 1:00 Stretch Class (W) 1:00 Card Games: Canasta * (G) 3:00 Giant Dart Game (C) 7:00 Movie Night: An Unfinished Life (2005 Drama) (T) 7:00 Calgary Flames Game (G)	10:00 Balance Class (W) 11:00 Live Presentation: Wills, Power of Attorney and Personal Directive (T) 1:00 Cardio Class (W) 1:00 Card Games: Bridge * (G) 1:00 Board Game: Chess * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Movie Night: The Water Diviner (2014 War/ Adventure) (T) 7:00 Hong Kong Mahjong * (G)	10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 2:00 Live Music: Heather Thirsk (piano & singing) & Nathan (cello) (T) 2:00 Happy Hour (B) 3:00 Bocce Ball * (T) 7:00 Movie Night: Bewitched (2005 Comedy/ Romance) (T) 8:00 Calgary Flames Game (G)
8	9	10	11	12	13	14
10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Movie Matinee: All Quiet on the Western Front (2022 War/ Action) (T) 1:00 Board Games: Rummikub * (G) 3:00 Colouring Club: International Women's Day * (C) 7:00 Movie Night: The Last Word (2017 Comedy /Drama) (T)	10:00 Strength Class (W) 10:00 Groceries: Safeway (E) 11:00 Knitting Club * (C) 1:00 Card Games: Crib * (G) 1:00 Stretch Class (W) 2:00 Choir Practice (T) 3:00 Indoor Curling * (C) 5:00 Calgary Flames Game (G) 7:00 Movie Night: Unleashed (2005 Action/ Thriller) (T)	9:00 Excursion: Day Trip to the Kananaskis Nordic Spa (E) 9:00 Calgary Foot Care Clinic (9:00-3:00) (S) 9:30 Hearing Art Clinic (9:30-3:00) (H2) 10:00 Balance Class (W) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre * (G) 2:00 Live Music: Emily (flute) & Augustine Yates (piano) (T) 3:00 Bocce Ball * (T) 3:30 Craft for Charity: Stocking Stuffers (C) 5:00 Calgary Flames Game (G) 7:00 Movie Night: Tuck Everlasting (2002 Family/ Romance) (T) 7:00 BINGO Night for Prizes (C)	10:00 Balance & Fall Prevention (W) 10:00 Shopping: Willow Park Village (E) 1:00 Card Games: Bridge * (G) 1:00 Card Games: Bug Your Neighbor * (G) 1:00 Urban Pole Walking (W) 2:00 Gemstone Excavation (C) 3:00 Bocce Ball * (T) 4:00 Wine Wednesday (G) 7:00 Virtual Concert: Roger Whittaker (1980's Folk) (T)	10:00 Cardio Class (W) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 11:00 Free Seated Massages (11:00 - 5:00) (W) 1:00 Card Games: Canasta * (G) 2:00 Painting Class by Paint Escape Calgary (C) 3:30 Shuffleboard Tournament (O) 5:00 Calgary Flames Game (G) 7:30 Live Music: Walkin on Sunshine (singing, piano & guitar) (D)	9:30 COMPASS Workshop for Caregivers (T) 10:00 Balance Class (W) 11:00 Current Events Club: 2026 Oscar's Voting (C) 1:00 Cardio Class (W) 1:00 Card Games: Bridge * (G) 1:00 Board Game: Chess * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Movie Night: Still Alice (2014 Drama/ Melodrama) (T) 7:00 Hong Kong Mahjong * (G)	10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 1:00 Movie Matinee: Three Days of the Condor (1975 Thriller) (T) 2:00 Happy Hour (B) 3:00 Bocce Ball * (T) 4:00 Hockey Night Social (B) 5:00 Calgary Flames Game (G) 7:00 Virtual Concert: Paul Anka (1970's Pop) (T)
15	16	17	18	19	20	21
10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Movie Matinee: Spartacus (1960 Adventure /War) (T) 1:00 Board Games: Rummikub * (G) 3:00 Colouring Club * (C) 5:00 Virtual Program: 2026 Oscars (T)	10:00 Strength Class (W) 10:00 Groceries: Superstore (E) 11:00 Knitting Club * (C) 1:00 Card Games: Crib * (G) 1:00 Stretch Class (W) 2:00 Choir Practice (T) 3:00 Indoor Curling * (C) 5:00 Calgary Flames Game (G) 7:00 Movie Night: The Quiet Man (1952 Romance /Comedy) (T)	Saint Patrick's Day	10:00 Sit Fit (W) 11:30 Excursion: Lunch at Limericks Traditional Public House (E) 1:00 Card Games: Bridge * (G) 1:00 Card Games: Bug Your Neighbor * (G) 1:00 Urban Pole Walking (W) 3:00 Bocce Ball * (T) 4:00 Wine Wednesday (G) 7:00 Virtual Concert: Celtic Thunder - Voyage (2012 Irish Music) (T) 7:30 Calgary Flames Game (G)	10:00 Cardio Class (W) 1:00 Stretch Class (W) 1:00 Card Games: Canasta * (G) 2:00 Live Music: David Morris (guitar and singing) (T) 3:30 Luck of the Irish BINGO (C) 4:30 Menu Theme: Ireland (D) 7:00 Movie Night: Waking Ned (1998 Comedy /Indie film) (T)	10:00 Balance Class (W) 11:00 Fitness Equipment Orientation (W) 1:00 Cardio Class (W) 1:00 Card Games: Bridge * (G) 1:00 Board Game: Chess * (G) 2:00 Spotify Music Group * (T) 4:00 Garden Tower Maintenance * (O) 7:00 Movie Night: The Way We Were (1973 Romance /Drama) (T) 7:00 Hong Kong Mahjong * (G) 7:00 Calgary Flames Game (G)	10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 1:00 Movie Matinee: The Poppy Is Also a Flower (1966 Crime/ Thriller) (T) 2:00 Happy Hour (B) 3:00 Bocce Ball * (T) 7:00 Movie Night: High Noon (1952 Western /Thriller) (T)

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22 10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Movie Matinee: Eye of the Needle (1981 Thriller /War) (T) 1:00 Board Games: Rummikub * (G) 3:00 Colouring Club * (C) 6:00 Calgary Flames Game (G) 7:00 Movie Night: Seabiscuit (2003 Sport/ Documentary) (T)	23 10:00 Strength Class (W) 10:00 Groceries: No Frills (E) 11:00 Knitting Club * (C) 1:00 Card Games: Crib * (G) 1:00 Stretch Class (W) 2:00 Choir Practice (T) 3:00 Indoor Curling * (C) 7:00 Movie Night: A Place in the Sun (1951 Romance /Thriller) (T)	24 10:00 Balance Class (W) 10:15 Calgary Public Library Pop Up (L) 11:00 Current Events Club: Traditional Chinese Medicine (C) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre * (G) 2:00 Live Music: Tom (cello) & Louise Stuppard (violin) (T) 3:00 Bocce Ball * (T) 3:15 Paint & Sip: Cherry Blossoms (C) 7:00 Movie Night: A Room with a View (1985 Romance /Thriller) (T) 7:00 BINGO Night 50/50 for Charity (C) 7:00 Calgary Flames Game (G)	25 10:00 Balance & Fall Prevention (W) 11:00 Woodshop Orientation (WS) 1:00 Card Games: Bridge * (G) 1:00 Card Games: Bug Your Neighbor * (G) 1:00 Urban Pole Walking (W) 1:30 New Resident Orientation (T) 2:00 High Tea: Cherry Blossoms (C) 3:00 Bocce Ball * (T) 4:00 Wine Wednesday (G) 7:00 Movie Night: Memoirs Of A Geisha (2005 Romance /Drama) (T)	26 10:00 Cardio Class (W) 10:00 Shopping: Shoppers Drug Mart (E) 10:15 Catholic Mass with Rev. Ignatius Tran, St. Gerard's Pastor (T) 12:00 Excursion: Lunch and Darts at PinPointe Social (E) 1:00 Stretch Class (W) 1:00 Card Games: Canasta * (G) 2:00 Live Music: Peter at the Piano (T) 6:00 Private Dining Room Party (PDR) 7:00 Movie Night: Planet of the Apes (1968 Sci-fi/ Adventure) (T) 7:00 Calgary Flames Game (G)	27 9:30 COMPASS Workshop for Caregivers (T) 10:00 Balance Class (W) 10:45 Spotify Music Group * (C) 1:00 Cardio Class (W) 1:00 Card Games: Bridge * (G) 1:00 Board Game: Chess * (G) 2:00 Live Performance: Will Reeb (Elvis Impersonator) (T) 3:30 Recreation Town Hall Meeting (T) 4:00 Garden Tower Maintenance * (O) 7:00 Movie Night: Elvis (2022 Musical /Music) (T) 7:00 Hong Kong Mahjong * (G)	28 10:00 Strength Class (W) 1:00 Card Games: Whist * (G) 1:00 Movie Matinee: The Recruit (2003 Thriller/ Action) (T) 2:00 Happy Hour (B) 3:00 Bocce Ball * (T) 7:00 Movie Night: The Great Waltz (1938 Musical/ Romance) (T) 8:00 Calgary Flames Game (G)
29 10:00 Stretch Class (W) 11:00 Virtual Church Service (T) 1:00 Virtual Concert: Blue Rodeo (2025 Country) (T) 1:00 Board Games: Rummikub * (G) 3:00 Colouring Club * (C) 7:00 Movie Night: Bullitt (1968 Action/ Thriller) (T)	30 10:00 Strength Class (W) 10:00 Groceries: Co-op (E) 11:00 Knitting Club * (C) 1:00 Card Games: Crib * (G) 1:00 Stretch Class (W) 2:00 Choir Practice (T) 3:00 Indoor Curling * (C) 6:30 Calgary Flames Game (G) 7:00 Movie Night: The Bishop's Wife (1947 Comedy/ Fantasy) (T)	31 10:00 Balance Class (W) 11:00 Library Club * (L) 1:00 Zumba Gold (W) 1:00 Card Games: Euchre * (G) 1:30 Alteration Services (C) 2:00 Live Music: Dane Von Hagen (singer) (T) 3:00 Bocce Ball * (T) 3:00 Book Club: Love and Ruin by Paula McLain (C) 7:00 Movie Night: The Man from Snowy River (1982 Western/ Family) (T) 7:00 Trivia Night (C)		<p>Locations Legend: Bistro (B) 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>		