

























































































# APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  11am: Imagination Circle  1pm: Program Preview  3pm: Wellness BINGO  4:30pm: Jeopardy	<b>2</b>  9:30am: Crime & Justice  11am: Would You Rather?  1pm: Let's Talk About  3pm: Exercise	<b>3</b>  9:30am: Gratitude  11am: Science Savvy  1pm: Brain Games  3pm: Ageism Roundtable	<b>4</b>  9:30am: Female Artists  11am: Exercise  1pm: Writing for Fun  3pm: In the Headlines
<b>7</b>  9:30am: Ponder This  11am: Exercise  1pm: Next Stop: Las Vegas  3pm: Marley & Me Part 1	<b>8</b>  11am: Mindfulness with Carol  1pm: All Request Music  3pm: Readers' Corner	<b>9</b>  9:30am: Mystery Chronicles  11am: Ask Us: Tessa  <b>1pm: Finding Your Joy</b>  1pm: Alex Janvier  3pm: Exercise	<b>10</b>  1pm: Worldviews  3pm: History Of...  4:30pm: Broadway Musicals	<b>11</b>  9:30am: Jewish Melodies  11am: Exercise Chair Yoga  <b>12pm: Canadian Connections</b>  1pm: How It's Made  3pm: Coffee Chat
<b>14</b>  9:30am: Music Meditation  11am: Exercise  1pm: The Big Picture  3pm: Marley & Me Part 2	<b>15</b>  11am: Imagination Circle  <b>1pm: Building Better Boundaries</b>  1pm: Coffee Chat  3pm: Nutrition for Health  4:30pm: Finish the Phrase	<b>16</b>  9:30am: Short Stories  11am: Birds in Alberta  <b>1pm: Finding Your Joy</b>  1pm: Animal Spotlight  3pm: Exercise	<b>17</b>  9:30am: Gratitude  11am: Let's Talk About  1pm: For Your Body  3pm: Working Through Grief	<b>18</b> <p style="text-align: center;"><b>Good Friday</b></p> <p style="text-align: center;"><b>No Programs</b></p>
<b>21</b>  9:30am: Now & Then  11am: Exercise  1pm: Who Why When  3pm: Marley & Me Part 3	<b>22</b>  11am: Mindfulness  <b>1pm: Building Better Boundaries</b>  1pm: Story Lines  3pm: Earth Day	<b>23</b>  9:30am: Person, Place or Thing  11am: In the Headlines  1pm: Global Events  3pm: Exercise	<b>24</b>  9:30am: Gratitude  11am: Trivia  1pm: Coffee Chat  3pm: Roberta Bondar  4:30pm: Dinner Theatre	<b>25</b>  9:30am: Name That Tune  11am: Exercise  1pm: Writing for Fun  3pm: BINGO
<b>28</b>  9:30am: Coffee Chat  11am: Exercise  1pm: Glaciers & The Icefields  3pm: Marley & Me Part 4	<b>29</b>  11am: Misinformation  1pm: Some Good News  3pm: Randy Travis  4:30pm: Wheel of Fortune	<b>30</b>  9:30am: Vinyl Cafè  11am: Let's Talk About  <b>1pm: Finding Your Joy</b>  1pm: Canadian Resources  3pm: Exercise	To join by phone, call: <b>1-855-703-8985</b> and enter meeting ID: <b>225-573-6467#</b>	



Pre-registration required



Special Events



Conversations



Health & Wellness



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call:  <b>1-855-703-8985</b>                      and enter meeting ID:  <b>225-573-6467#</b></p>			<p><b>1</b></p> <ul style="list-style-type: none"> <li>🍏 9:30am: Gratitude</li> <li>😊 11am: Would You Rather</li> <li>🧠 1pm: History Of...</li> <li>🗨️ 3pm: Ageism Roundtable</li> <li>😊 4:30pm: Broadway Musicals</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Folk Music</li> <li>🍏 11am: Exercise</li> <li>🧠 1pm: Science Savvy</li> <li>🗨️ 3pm: In The Headlines</li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>🗨️ 9:30am: Ponder This</li> <li>🍏 11am: Exercise</li> <li>🧠 1pm: Crime &amp; Justice</li> <li>😊 3pm: Marley &amp; Me Part 5</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>🍏 11am: Imagination Circle</li> <li>😊 1pm: Funny Bone</li> <li>🧠 3pm: Wellness BINGO</li> <li>😊 4:30pm: Word Games</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>🧠 9:30am: Armchair Travels</li> <li>😊 11am: Story Lines</li> <li>📞 <b>1pm: Finding Your Joy</b></li> <li>🧠 1pm: Who Why When</li> <li>🍏 3pm: Exercise</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>🧠 1pm: Next Stop: Beijing</li> <li>🗨️ 3pm: Coffee Chat</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Songs of Faith</li> <li>🍏 11am: Exercise Chair Yoga</li> <li>😊 1pm: Writing for Fun</li> <li>🗨️ 3pm: Let's Talk About</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>🗨️ 9:30am: Now &amp; Then</li> <li>🍏 11am: Exercise</li> <li>🗨️ 1pm: The Big Picture</li> <li>😊 3pm: Marley &amp; Me Part 6</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>🍏 11am: Mindfulness with Carol</li> <li>🧠 1pm: How It's Made</li> <li>🗨️ 3pm: Readers' Corner</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Mystery Chronicles</li> <li>🧠 11am: Provincial Archives of AB</li> <li>📞 <b>1pm: Finding Your Joy</b></li> <li>🗨️ 1pm: Coffee Chat</li> <li>🍏 3pm: Exercise</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>🍏 9:30am: Gratitude</li> <li>🗨️ 11am: Let's Talk About</li> <li>🍏 1pm: For Your Body</li> <li>🍏 3pm: Working Through Grief</li> <li>😊 4:30pm: Dinner Theatre</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Classical Music</li> <li>🍏 11am: Exercise</li> <li>🧠 1pm: Wab Kenew</li> <li>😊 3pm: Jeopardy</li> </ul>
<p><b>19</b></p> <p style="text-align: center;"><b>Victoria Day</b></p> <p style="text-align: center;"><b>No Programs</b></p>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>🍏 11am: Imagination Circle</li> <li>🗨️ 1pm: Coffee Chat</li> <li>🍏 3pm: Nutrition for Health</li> <li>😊 4:30pm: Trivia</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>🧠 9:30am: Animal Spotlight</li> <li>🗨️ 11am: In The Headlines</li> <li>📞 <b>1pm: Finding Your Joy</b></li> <li>🧠 1pm: Next Stop: Halifax</li> <li>🍏 3pm: Exercise</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>🍏 9:30am: Gratitude</li> <li>🧠 11am: Global Events</li> <li>🗨️ 1pm: SCWW Advisory Group</li> <li>😊 3pm: Brain Games</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: 90's Pop Music</li> <li>🍏 11am: Exercise Q&amp;A</li> <li>😊 1pm: Writing for Fun</li> <li>🧠 3pm: From John to Justin</li> </ul>
<p><b>26</b></p> <ul style="list-style-type: none"> <li>🗨️ 9:30am: Some Good News</li> <li>🍏 11am: Exercise</li> <li>🧠 1pm: Ask Us: Emily</li> <li>😊 3pm: Marley &amp; Me Part 7</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>🧠 11am: Misinformation</li> <li>🧠 1pm: How It's Made</li> <li>🗨️ 3pm: Death Café</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Chicken Soup for the Soul</li> <li>🗨️ 11am: Let's Talk About</li> <li>📞 <b>1pm: Finding Your Joy</b></li> <li>🧠 1pm: Brent Butt</li> <li>🍏 3pm: Exercise</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>🍏 9:30am: Gratitude</li> <li>🗨️ 11am: Hello From Alberta</li> <li>🧠 1pm: Canadian Resources</li> <li>🗨️ 3pm: Worldviews</li> <li>😊 4:30pm: Broadway Musicals</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Argentinian Music</li> <li>🍏 11am: Exercise</li> <li>🗨️ 1pm: Coffee Chat</li> <li>😊 3pm: BINGO</li> </ul>



Pre-registration required



Special Events



Conversations



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# JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  9:30am: Ponder This  11am: Exercise  1pm: Coffee Chat  3pm: Marley & Me Part 8	<b>3</b>  11am: Imagination Circle  1pm: Celebrate Seniors  3pm: Wellness BINGO  4:30pm: Brain Games	<b>4</b>  9:30am: NPR Tiny Desk Concerts  11am: In The Headlines  <b>1pm: Finding Your Joy</b>  1pm: Crime & Justice  3pm: Exercise	<b>5</b>  9:30am: Gratitude  11am: History Of...  1pm: Health Advocates  3pm: Ageism Roundtable	<b>6</b>  9:30am: Name that Tune  11am: Exercise  1pm: Writing for Fun  3pm: Let's Talk About
<b>9</b>  9:30am: Now & Then  11am: Exercise  1pm: The Big Picture  3pm: Marley & Me Part 9	<b>10</b>  11am: Mindfulness with Carol  1pm: Science Savvy  3pm: Readers' Corner	<b>11</b>  9:30am: Mystery Chronicles  11am: Elizabeth Arden  <b>1pm: Finding Your Joy</b>  1pm: Funny Bone  3pm: Exercise	<b>12</b> <p style="text-align: center;"><b>NO PROGRAMS</b></p>	<b>13</b>  9:30am: All Request Music  11am: Exercise Chair Yoga  1pm: Coffee Chat  3pm: Next Stop: Budapest
<b>16</b>  9:30am: Who Why When  11am: Exercise  1pm: Worldviews  3pm: Marley & Me Part 10	<b>17</b>  11am: Imagination Circle  1pm: Coffee Chat  3pm: Nutrition for Health  4:30pm: Riddles	<b>18</b>  9:30am: Dig It! Gardening Club  11am: EPL Presents!  1pm: How It's Made  3pm: Exercise	<b>19</b>  9:30am: Gratitude  11am: In the Headlines  1pm: For Your Body  3pm: Working Through Grief	<b>20</b>  9:30am: Indigenous Artists  11am: Exercise  1pm: Writing for Fun  3pm: BINGO
<b>23</b>  11am: Story Lines  3pm: Marley & Me Part 11	<b>24</b>  11am: Misinformation	<b>25</b>  11am: Coffee Chat	<b>26</b>  11am: Global Events	<b>27</b>  11am: Exercise
<b>30</b>  11am: Some Good News	<p>To join by phone, call:  <b>1-855-703-8985</b>            and enter meeting ID:  <b>225-573-6467#</b></p>			



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