APRIL 2025

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



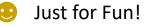
Pre-registration required

Special Events

Conversations





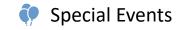


MAY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#		1	2 9:30am: Folk Music 11am: Exercise 1pm: Science Savvy 3pm: In The Headlines
5 ••••••••••••••••••••••••••••••••••••	9:30am: Ponder This 11am: Exercise 1pm: Crime & Justice 3pm: Marley & Me Part 5	 11am: Imagination Circle 1pm: Funny Bone 3pm: Wellness BINGO 4:30pm: Word Games 	 9:30am: Armchair Travels 11am: Story Lines 1pm: Finding Your Joy 1pm: Who Why When 3pm: Exercise 	1pm: Next Stop: Beijing3pm: Coffee Chat	 9:30am: Songs of Faith 11am: Exercise Chair Yoga 1pm: Writing for Fun 3pm: Let's Talk About
12 ••	9:30am: Now & Then 11am: Exercise 1pm: The Big Picture 3pm: Marley & Me Part 6	11am: Mindfulness with Carol 1pm: How It's Made 3pm: Readers' Corner	9:30am: Mystery Chronicles 11am: Provincial Archives of AB 1pm: Finding Your Joy 1pm: Coffee Chat 3pm: Exercise	9:30am: Gratitude 11am: Let's Talk About 1pm: For Your Body 3pm: Working Through Grief 4:30pm: Dinner Theatre	9:30am: Classical Music 11am: Exercise 1pm: Wab Kenew 3pm: Jeopardy
19	Victoria Day No Programs	20 i 11am: Imagination Circle 1pm: Coffee Chat i 3pm: Nutrition for Health 4:30pm: Trivia	9:30am: Animal Spotlight 11am: In The Headlines 1pm: Finding Your Joy 1pm: Next Stop: Halifax 3pm: Exercise	9:30am: Gratitude 11am: Global Events 1pm: SCWW Advisory Group 3pm: Brain Games	 9:30am: 90's Pop Music 11am: Exercise Q&A 1pm: Writing for Fun 3pm: From John to Justin
26 •• ••	9:30am: Some Good News 11am: Exercise 1pm: Ask Us: Emily 3pm: Marley & Me Part 7	27 11am: Misinformation 1pm: How It's Made 3pm: Death Cafè	9:30am: Chicken Soup for the Soul 11am: Let's Talk About 1pm: Finding Your Joy 1pm: Brent Butt 3pm: Exercise	9:30am: Gratitude 11am: Hello From Alberta 1pm: Canadian Resources 3pm: Worldviews 4:30pm: Broadway Musicals	9:30am: Argentinian Music 11am: Exercise 1pm: Coffee Chat 3pm: BINGO













JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am: Ponder This 11am: Exercise 1pm: Coffee Chat 3pm: Marley & Me Part 8 9 9:30am: Now & Then 11am: Exercise 1pm: The Big Picture 3pm: Marley & Me Part 9 16 9:30am: Who Why When 11am: Exercise 1pm: Worldviews	11am: Imagination Circle 1pm: Celebrate Seniors 3pm: Wellness BINGO 4:30pm: Brain Games 10 11am: Mindfulness with Carol 1pm: Science Savvy 3pm: Readers' Corner 17 11am: Imagination Circle 1pm: Coffee Chat	9:30am: NPR Tiny Desk Concerts 11am: In The Headlines 1pm: Finding Your Joy 1pm: Crime & Justice 3pm: Exercise 11 9:30am: Mystery Chronicles 11am: Elizabeth Arden 1pm: Finding Your Joy 1pm: Funny Bone 3pm: Exercise 18 9:30am: Dig It! Gardening Club 11am: EPL Presents! 1pm: How It's Made	9:30am: Gratitude 11am: History Of 1pm: Health Advocates 3pm: Ageism Roundtable 12 NO PROGRAMS 19	6 9:30am: Name that Tune 11am: Exercise 1pm: Writing for Fun 3pm: Let's Talk About 13 9:30am: All Request Music 11am: Exercise Chair Yoga 1pm: Coffee Chat 3pm: Next Stop: Budapest 20 9:30am: Indigenous Artists 11am: Exercise 1pm: Writing for Fun
3pm: Marley & Me Part 10	3pm: Nutrition for Health 4:30pm: Riddles	3pm: Exercise	3pm: Working Through Grief	3pm: BINGO
2311am: Story Lines3pm: Marley & Me Part 11	24 11am: Misinformation	11am: Coffee Chat	26 11am: Global Events	11am: Exercise
11am: Some Good News	To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#			









