

SENIORS' WEEK 2024

EVENTS SCHEDULE



MONDAY

Calgary Transit Access Seniors Information Booth

City of Calgary - Course ID: 89555
<https://calgary.ca/liveandplay>
Monday, June 3 / 9:00 am - 12:00 pm
Killarney Aquatic & Recreation Centre
1919 29 St SW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87363
<https://calgary.ca/liveandplay>
Monday, June 3 / 11:30 am - 2:30 pm
Thornhill Aquatic & Recreation Centre
6715 Centre St NW
Free

Golf for Beginners

City of Calgary - Course ID: 86200
<https://calgary.ca/liveandplay>
Monday, June 3 / 12:10 pm - 1:10 pm
Confederation Park Golf Course
3204 Collingwood Dr NW
Free

Guided Community Walk

City of Calgary - Course ID: 86986
<https://calgary.ca/liveandplay>
Monday, June 3 / 3:00 pm - 4:00 pm
Acadia Aquatic & Fitness Centre 9009
Fairmount Dr SE
Free

Seniors' Week at TELUS Spark Science Centre

All seniors get 50% off Admission
June 3 - June 9
<https://www.sparkscience.ca>
220 St. George's Dr NE

Calgary Transit Access Seniors Information Booth

City of Calgary - Course ID: 89556
<https://calgary.ca/liveandplay>
Monday, June 3 / 1:00 pm - 4:00 pm
Killarney Aquatic & Recreation Centre
1919 29 St SW
Free

Golf for Beginners

City of Calgary - Course ID: 86201
<https://calgary.ca/liveandplay>
Monday, June 3 / 12:10pm - 1:10 pm
McCall Lake Golf Course
1600 32 Ave NE
Free

Golf for Beginners

City of Calgary - Course ID: 86199
<https://calgary.ca/liveandplay>
Monday, June 3 / 1:10 pm - 2:10 pm
Shaganappi Golf Course
1200 26 St SW
Free

Learn about Fair Entry & Senior Services Home Maintenance Program

City of Calgary - Course ID: 88287
<https://calgary.ca/liveandplay>
Monday, June 3 / 10:00 am - 12:00 pm
Acadia Aquatic & Fitness Centre
9009 Fairmount Dr SE
Free

Watercolor and Tea

City of Calgary - Course ID: 90330
<https://calgary.ca/liveandplay>
Monday, June 3 / 1:00 pm - 3:00 pm
Wildflower Arts Centre
3363 Spruce Dr SW
Free

MONDAY

Free Presentations

Unison for Generations 50+
<https://unisonalberta.com>
Monday, June 3 / 10:00 am - 3:30 pm
Kerby Centre - Kinsmen Lecture Room
1133-7 Ave SW
Free

Wise Owl Boutique Craft Sale & Live Music

Unison for Generations 50+
<https://unisonalberta.com>
Monday, June 3 / 10:00 am - 3:00 pm
Kerby Centre - Kerby Café
1133-7 Ave SW
Free

Line Dancing

Unison for Generations 50+
<https://unisonalberta.com>
Monday, June 3 / 1:00 pm - 2:00 pm
Kerby Centre - Gymnasium
1133-7 Ave SW
Free

Guided Meditation

Unison for Generations 50+
<https://unisonalberta.com>
Monday, June 3 / 10:00 am - 10:45 am
Kerby Centre - Wellness Connection
Centre
1133-7 Ave SW
Free

Live Well, Be Well

Unison for Generations 50+
<https://unisonalberta.com>
Monday, June 3 / 11:00 am - 12:00 pm
Kerby Centre - Wellness Connection
Centre
1133-7 Ave SW
Free

TUESDAY

Calgary Fire Department Steps to Safety

City of Calgary - Course ID: 87436
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 1:00 pm - 2:30 pm
Canyon Meadows Aquatic & Fitness
Centre 89 Canova Rd SW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87502
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 12:10 pm - 2:10 pm
Village Square Leisure Centre
2623 56 St NE
Free

Learn about Fair Entry and the Senior Services Home Maintenance Program

City of Calgary - Course ID: 88291
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 10:00 am - 12:00 pm
Killarney Aquatic & Recreation Centre
1919 29 St SW
Free

Try Mindfulness Meditation

City of Calgary - Course ID: 87425
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 1:00 pm - 2:00 pm
Renfrew Aquatic & Recreation Centre
810 13 Ave NE
Free

Weight Room Orientation

City of Calgary - Course ID: 87389
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 11:45 am - 12:45 pm
Thornhill Aquatic & Recreation Centre
6715 Centre St NW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87127
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 10:00 am - 11:00 am
Canyon Meadows Aquatic & Fitness
Centre 89 Canova Rd SW
Free

Engaging Together: Exploring Current and Future Research on Aging

University of Calgary Brenda Strafford
Centre on Aging
<https://events.ucalgary.ca/brenda-strafford-centre-aging/event/>
Tuesday, June 4 / 1:00 to 3:30 p.m.
1833 Crowchild Trail NW
Free

Seniors' Week at TELUS Spark Science Centre

All seniors get 50% off Admission
June 3 - June 9
<https://www.sparkscience.ca>
220 St. George's Dr NE

Watercolor and Tea

City of Calgary - Course ID: 90331
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 1:00-3:00 PM
North Mount Pleasant Arts Centre
523 27 Ave NW
Free

Weight Room Orientation

City of Calgary - Course ID: 87154
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 1:00 pm - 2:00 pm
Sir Winston Churchill Aquatic &
Recreation Centre
1540 Northmount Dr NW
Free

TUESDAY

Weight Room Orientation

City of Calgary - Course ID: 85956
<https://calgary.ca/liveandplay>
Tuesday, June 4 / 2:45 pm - 3:45 pm
Acadia Aquatic & Fitness Centre
9009 Fairmount Dr SE
Free

Drop-in Zumba Class

Unison for Generations 50+
<https://unisonalberta.com>
Tuesday, June 4 / 10:00 am - 11:00 am
Kerby Centre - Room 205
1133-7 Ave SW
Free

ElderSong Concert

Unison for Generations 50+
<https://unisonalberta.com>
Tuesday, June 4 / 2:00 pm - 4:00 pm
Kerby Centre - Gymnasium
1133-7 Ave SW
Free

River Walk

Unison for Generations 50+
<https://unisonalberta.com>
Tuesday, June 4 / 10:00 am - 11:00 am
Bow River (meet at Kerby Centre)
1133-7 Ave SW
Free

Indigenous Drumming & Storytelling

Unison for Generations 50+
<https://unisonalberta.com>
Tuesday, June 4 / 1:00 pm - 2:30 pm
Kerby Centre - Wellness Connection
Centre
1133-7 Ave SW
Free

WEDNESDAY

Calgary Transit Access Seniors Information Booth

City of Calgary - Course ID: 89557
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 9:00 am - 12:00 pm
Village Square Leisure Centre
2623 56 St NE
Free

Coffee, Tea and Social

City of Calgary - Course ID: 86845
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 2:00 pm - 3:00 pm
Acadia Aquatic & Fitness Centre 9009
Fairmount Dr SE
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87415
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 11:30 am - 2:30 pm
Renfrew Aquatic & Recreation Centre
810 13 Ave NE
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87125
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 2:30 pm - 3:30 pm
Sir Winston Churchill Aquatic &
Recreation Centre
1540 Northmount Dr NW
Free

Game and Dance with Seniors

The Calgary Chinese Elderly Citizens'
Association
<https://cceca.ca>
Wednesday, June 5 / 10:30 am - 12:30
pm
Riverfront Avenue SW
Free - RSVP required
kwailing.ho@cceca.ca

Calgary Transit Access Seniors Information Booth

City of Calgary - Course ID: 89558
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 1:00 pm - 4:00 pm
Village Square Leisure Centre
2623 56 St NE
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87513
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 2:30 pm - 4:00 pm
Glenmore Aquatic Centre
5330 19 St SW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87895
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 9:00am - 10:00am
Shouldice Aquatic Centre
5303 Bowness Rd NW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 89366
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 11:45 am - 12:45 pm
Southland Leisure Centre
2000 Southland Dr SW
Free

Learn about Fair Entry and the Senior Services Home Maintenance Program

City of Calgary - Course ID: 88293
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 10:00am - 12:00pm
Village Square Leisure Centre
2623 56 St NE
Free

WEDNESDAY

Mudpie: an original play written by Christopher Heatherington

Seniors Acting Lab Society

<https://seniorsactinglab.com>

June 5-9 / 2:30 pm and 7:00 pm

Vertigo Studio

115 9th Ave SE

Senior/Student \$27.25 /Group Rates

Seniors' Week at TELUS Spark Science Centre

All seniors get 50% off Admission

June 3 - June 9

<https://www.sparkscience.ca>

220 St. George's Drive NE

Play with your Grandchildren

City of Calgary - ID: 88256

<https://calgary.ca/liveandplay>

Wednesday, June 5 / 10:00am - 12:00pm

Killarney Aquatic & Recreation Centre

1919 29 St SW

Free

Wednesday Dance with the Kerby Sensations

Unison for Generations 50+

<https://unisonalberta.com>

Wednesday, June 5 / 1:00 pm - 3:00pm

Kerby Centre - Gymnasium

1133-7 Ave SW

Free

Open House

Circle of Wisdom

<https://circleofwisdom.ca>

Wednesday, June 5 / 11:00am to 2:00pm

1603 - 10 Ave SW

Free

Stretch & Restore

City of Calgary - Course ID: 87158

<https://calgary.ca/liveandplay>

Wednesday, June 5 / 12:00pm - 12:45pm

Sir Winston Churchill Aquatic &

Recreation Centre

1540 Northmount Dr NW

Free

Yoga Gentle

City of Calgary - Course ID: 87139

<https://calgary.ca/liveandplay>

Wednesday, June 5 / 11:05am - 11:50am

Sir Winston Churchill Aquatic &

Recreation Centre

1540 Northmount Dr NW

Free

Tai Chi

City of Calgary - Course ID: 87393

<https://calgary.ca/liveandplay>

Wednesday, June 5 / 11:00am - 12:00pm

Thornhill Aquatic & Recreation Centre

6715 Centre St NW

Free

Tech Shed Men's Group

Unison for Generations 50+

<https://unisonalberta.com>

Wednesday, June 5 / 10:00 am - 12:15 pm

Kerby Centre - Wellness Connection

Centre

1133-7 Ave SW

Free

THURSDAY

Calgary Fire Department Steps to Safety™

City of Calgary - Course ID: 87392
<https://calgary.ca/liveandplay>
Thursday, June 6 / 1:00 pm - 2:30 pm
Renfrew Aquatic & Recreation Centre
810 13 Ave NE
Free

Guided Community Walk

City of Calgary - Course ID: 87132
<https://calgary.ca/liveandplay>
Thursday, June 6 / 9:45 am - 10:45 am
Canyon Meadows Aquatic & Fitness
Centre 89 Canova Rd SW
Free

LIVE and PLAY Technical Support

City of Calgary - Course ID: 89554
<https://calgary.ca/liveandplay>
Thursday, June 6 / 10:00 am - 11:00 am
Killarney Aquatic & Recreation Centre
1919 29 St SW
Free

Personal Safety and Awareness Workshop

City of Calgary - Course ID: 87438
<https://calgary.ca/liveandplay>
Thursday, June 6 / 5:00 pm - 6:00 pm
Thornhill Aquatic & Recreation Centre
6715 Centre St NW
Free

Sit Fit

City of Calgary - Course ID: 87514
<https://calgary.ca/liveandplay>
Thursday, June 6 / 12:15 pm - 1:00 pm
Glenmore Aquatic Centre
5330 19 St SW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87898
<https://calgary.ca/liveandplay>
Thursday, June 6 / 9:00 am - 10:30 am
Foothills Aquatic Centre
2915 24 Ave NW
Free

Journey to Chinese Handcrafted Art Fun Fair

The Calgary Chinese Elderly Citizens' Association
<https://cceca.ca>
Thursday, June 6 / 10 am to 12 pm
111 Riverfront Avenue SW, Calgary AB
Free - RSVP required
sum.oreilly@cceca.ca

Mudpie' an original play written by Christopher Heatherington

Seniors Acting Lab Society
<https://seniorsactinglab.com>
June 5-9 / 2:30 pm and 7:00 pm
Vertigo Studio 115 9th Ave SE
Senior/Student \$27.25
Group Rate available

Seniors' Week at TELUS Spark Science Centre

All seniors get 50% off Admission
June 3 - June 9
<https://www.sparkscience.ca>
220 St. George's Drive NE

Weight Room Orientation

City of Calgary - Course ID: 87501
<https://calgary.ca/liveandplay>
Thursday, June 6 / 12:05 pm - 1:05 pm
Village Square Leisure Centre
2623 56 St NE
Free

THURSDAY

Free Presentations

Unison for Generations 50+

<https://unisonalberta.com>

Thursday, June 6 / 10:00 am - 12:00pm

Kerby Centre - Kinsmen Lecture Room

1133-7 Ave SW

Free

FRIDAY

Calgary Transit Access Seniors Information Booth

City of Calgary - Course ID: 89559
<https://calgary.ca/liveandplay>
Friday, June 7 / 9:00 am - 12:00 pm
Thornhill Aquatic & Recreation Centre
6715 Centre St NW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 86846
<https://calgary.ca/liveandplay>
Friday, June 7 / 10:00am - 11:00am
Inglewood Aquatic Centre 1527 17 Ave SE
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87415
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 11:30 am - 2:30 pm
Renfrew Aquatic & Recreation Centre
810 13 Ave NE
Free

Mudpie' an original play written by Christopher Heatherington

Seniors Acting Lab Society
seniorsactinglab.com
June 5-9 / 2:30 pm and 7:00 pm
Vertigo Studio 115 9th Ave SE
Senior/Student \$27.25
Group Rate available

QiGong

City of Calgary - Course ID: 87500
<https://calgary.ca/liveandplay>
Friday, June 7 / 10:00 am - 11:00 am
Village Square Leisure Centre
2623 56 St NE
Free

Seniors' Week at TELUS Spark Science Centre

All seniors get 50% off Admission
June 3 - June 9
<https://www.sparkscience.ca>
220 St. George's Drive NE

Calgary Transit Access Seniors Information Booth

City of Calgary - Course ID: 89560
<https://calgary.ca/liveandplay>
Friday, June 7 / 1:00 pm - 4:00 pm
Thornhill Aquatic & Recreation Centre
6715 Centre St NW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 88273
<https://calgary.ca/liveandplay>
Friday, June 7 / 12:00 pm - 3:00 pm
Killarney Aquatic & Recreation Centre
1919 29 St SW
Free

Coffee, Tea and Social

City of Calgary - Course ID: 87895
<https://calgary.ca/liveandplay>
Wednesday, June 5 / 9:00am - 10:00am
Shouldice Aquatic Centre
5303 Bowness Rd NW
Free

Nordic Pole Walking

City of Calgary - Course ID: 88255
<https://calgary.ca/liveandplay>
Friday, June 7 / 11:45 am - 12:45 pm
Killarney Aquatic & Recreation Centre
1919 29 St SW
Free

Seniors Information Fair

Confederation Park 55+
yyccseniors.com
Friday, June 7 / 10:00 am - 3:00 pm
2244 Chicoutimi Drive NW
Free

Stretch & Restore

City of Calgary - Course ID: 87499
<https://calgary.ca/liveandplay>
Friday, June 7 / 12:00 pm - 12:45 pm
Village Square Leisure Centre
2623 56 St NE
Free

FRIDAY

Weight Room Orientation

City of Calgary - Course ID: 87419
<https://calgary.ca/liveandplay>
Friday, June 7 / 11:45 am - 12:45 pm
Renfrew Aquatic & Recreation Centre
810 13 Ave NE
Free

Multicultural Day

Unison for Generations 50+
<https://unisonalberta.com>
Friday, June 7 / 1:00 pm - 3:00pm
Kerby Centre - Gymnasium
1133-7 Ave SW
Free

New Unison Members: Meet n' Greet

Unison for Generations 50+
<https://unisonalberta.com>
Friday, June 7 / 11:30 am - 1:00pm
Kerby Centre - Lecture Room
1133-7 Ave SW
Free

SATURDAY

Learn about Fair Entry and the Senior Services Home Maintenance Program

City of Calgary - Course ID: 88294

https://calgary.ca/liveandplay_

Saturday, June 8 / 1:00 pm - 3:00 pm

Village Square Leisure Centre

2623 56 St NE

Free

Mudpie' an original play written by Christopher Heatherington

Seniors Acting Lab Society

seniorsactinglab.com

June 5-9 / 2:30 pm and 7:00 pm

Vertigo Studio 115 9th Ave SE

Senior/Student \$27.25

Group Rate available

Seniors Week at TELUS Spark Science Centre

All seniors get 50% off Admission

June 3 - June 9

<https://www.sparkscience.ca>

220 St. George's Drive NE

Seniors' Week- Cricket Session Sport Calgary

<https://sportcalgary.ca/all-sport-one-community>

Saturday, June 8 / 3:00 pm to 5:00 pm

7555 Falconridge Blvd NE #10

Free

SUNDAY

Learn about Fair Entry and the Senior Services Home Maintenance Program

City of Calgary - Course ID: 88292

<https://calgary.ca/liveandplay>

Sunday, June 9 / 10:00 am - 12:00 pm

Killarney Aquatic & Recreation Centre

1919 29 St SW

Free

Mudpie' an original play written by Christopher Heatherington

Seniors Acting Lab Society

seniorsactinglab.com

June 5-9 / 2:30 pm and 7:00 pm

Vertigo Studio 115 9th Ave SE

Senior/Student \$27.25

Group Rate available

Seniors Week at TELUS Spark Science Centre

All seniors get 50% off Admission

June 3 - June 9

<https://www.sparkscience.ca>

220 St. George's Drive NE

Wrinkles Light up Wisdom Happy 50+ Association

www.happy50.ca

Sunday, June 9 / 10:00 am to 1:00 pm

Unison at Kerby Centre-1133 7 Ave SW

Free