



**Friday, June 10 – Sunday, June 12**  
**THIRD ACTION Film Festival**

**Central Library**  
 800 3 St S.E. • (in-person and virtual)

Advocacy around ageism and your 'third act of life'  
 For a full list of screening events, visit  
[thirdactionfilmfest.ca](http://thirdactionfilmfest.ca) or call 403-561-2765

**Saturday, June 11**  
**Calgary Chinese Elderly**  
**Citizens' Association**

**Vivo for Healthier Generations**  
 11950 Country Village Link N.E.  
 10 – 11:30 a.m. (in-person)

"Dance & Move for Connection" – showcase dance performances including a Punjabi folk dance to create connection with neighbours of diverse cultures and ages.

For free registration and a full list of events, visit [www.cceca.ca](http://www.cceca.ca), email [sam.wong@cceca.ca](mailto:sam.wong@cceca.ca) or call 403-269-6122

**Saturday, June 11**  
**Sound Healing:**  
**FunDrum for Seniors 60+**

**Studio Bell National Music Centre**  
 850 4 St S.E. • 11 – 12 p.m. (in-person)

"Music Therapy with Jennifer Buchanan – Drumming"

For free registration, visit [www.studiobell.ca](http://www.studiobell.ca) and [www.jbmusictherapy.com](http://www.jbmusictherapy.com)

**Sunday, June 12**  
**City of Calgary Parks**

**160 Discovery Ridge Blvd S.W.**

Join a Parks Ambassador to learn about this unique natural park and the wildlife that call it home. Limited to 25 people per walk (all ages).

10:30 a.m. – 12 p.m. walk

To register, visit [www.eventbrite.ca/e/wondering-through-the-trees-at-griffith-woods-tickets-293488511037](http://www.eventbrite.ca/e/wondering-through-the-trees-at-griffith-woods-tickets-293488511037)

1 – 2:30 p.m. walk

To register, visit [www.eventbrite.ca/e/wondering-through-the-trees-at-griffith-woods-tickets-298235338927](http://www.eventbrite.ca/e/wondering-through-the-trees-at-griffith-woods-tickets-298235338927)

For more information, email [yyctrees@calgary.ca](mailto:yycTrees@calgary.ca) or call 403-808-0256

Age-Friendly Calgary is a collaborative initiative that prepares our city for an aging population. To learn more, visit [calgary.ca/agefriendly](http://calgary.ca/agefriendly)

Calgary Recreation is celebrating seniors and acknowledging the contributions they make by hosting several active and social opportunities throughout the entire week.



For a full listing of events, visit [calgary.ca/seniorsweek](http://calgary.ca/seniorsweek) or contact **311** for more information.

# Seniors' Week Highlights

**June 6 – 12, 2022**

Celebrate the many contributions seniors make in our communities.

In partnership with







**Monday, June 6**  
**Kerby Centre**

1133 7 Ave S.W. • 10 – 11:30 a.m. (in-person)

Moovin' & Groovin' featuring "Feet with a Beat".

For tickets, visit [www.kerbycentre/events](http://www.kerbycentre/events), email [colleenc@kerbycentre.com](mailto:colleenc@kerbycentre.com) or call 403-705-3178 for a full list of event.

**Monday, June 6 – Thursday, June 9**  
**Calgary Zoo**

1300 Zoo Road N.E. • 9 a.m. – 5 p.m. daily

Seniors 65+ receive 20% off day admission.

Please call 403-232-9300 for more information.

**Monday, June 6 – Sunday, June 12**  
**City of Calgary Recreation**

Multiple locations and times

Seniors 65+ can take part in various drop-in classes and learn how to use outdoor park fitness equipment.

To register, visit [calgary.ca/liveandplay](http://calgary.ca/liveandplay) or call 403-268-3800

**Monday, June 6 – Sunday, June 12**  
**Telus Spark Science Centre**

220 St. George's Drive N.E.

Seniors 65+ receive a 50% discount off the general admission price and enjoy tea and coffee for \$2.

Visit [www.sparkscience.ca](http://www.sparkscience.ca) or call 403-817-6800

**Tuesday, June 7**  
**Eldersong**

Various musical performances by seniors 60+ scheduled throughout the day.

Visit [musicmile.ca](http://musicmile.ca) for a full list of events.

**Tuesday, June 7**  
**Sundog Storytellers**

Irish Cultural Centre  
6452 35 Ave N.W. • 7 p.m. (in-person)

"Frank" – A group of retirees, living in a care home, share breakfast together every day. Frank, the star of the show is a former RAF pilot who entertains everyone with outlandish stories. \$10/person admission fee at the door.

Visit [www.sundogstorytellers.com](http://www.sundogstorytellers.com), email [sundogstorytellersco@gmail.com](mailto:sundogstorytellersco@gmail.com), or call 403-630-1875

**Wednesday, June 8**  
**Age-Friendly Calgary Meetup**

6 – 7:30 p.m. (virtual)

"Changing Perceptions of Aging Meetup" – Learn about the Blackfoot history, and cultural teachings with an Indigenous older adult. Watch a hoop and fancy shawl dance performance.

For free registration, visit [www.meetup.com/Calgary-Changing-Perceptions-of-Aging-Meetup](http://www.meetup.com/Calgary-Changing-Perceptions-of-Aging-Meetup)

**Wednesday, June 8**  
**Alzheimer Society of Calgary**

10 – 11:30 a.m. (virtual)

"Alzheimer's Disease: The Known & the New" webinar.

For free registration, visit [www.alzheimercalgary.ca/learn/attend-a-session/20220608-alzheimers-disease-webinar](http://www.alzheimercalgary.ca/learn/attend-a-session/20220608-alzheimers-disease-webinar), email [info@alzheimercalgary.ca](mailto:info@alzheimercalgary.ca) or call 403-290-0110

**Wednesday, June 8 – Saturday, June 11**  
**FLC Acting Club**

Knox United Church  
506 4 St S.W. • (in-person)

"Lollipop Anyone & Cornbread and Beans" – Two One-Act Plays about dating and starting new relationships in later years.

Visit [www.flcseniors.ca/activities/actingclub](http://www.flcseniors.ca/activities/actingclub) for time and further details.

**Thursday, June 9**  
**Age-Friendly Calgary**

Olympic Plaza  
228 8 Ave S.W. • 11 a.m. – 1 p.m. (in-person)

"Laughter, Wellness and Zumba" (no equipment or experience needed). Rain or shine. Free to attend!

Visit [calgary.ca/seniorsweek](http://calgary.ca/seniorsweek)

**Thursday, June 9**  
**Calgary Seniors Housing Forum Society**

6 – 7 p.m. (virtual)

"Happiness and Seniors Housing" – Programs and innovation that create successful and positive living environments.

For free registration, visit [tinyurl.com/calgaryseniorsjun9](http://tinyurl.com/calgaryseniorsjun9), email [cshfevents@gmail.com](mailto:cshfevents@gmail.com) or call 587-777-6117

Visit [calgary.ca/seniorsweek](http://calgary.ca/seniorsweek) for a complete list of events.