



Celebrate Seniors' Week

June 6 – 12, 2022

Move & Groove—
finding inspiration that moves you.

Seniors' Week is an opportunity to show appreciation for older adults and the many contributions they make to our communities through volunteerism, assisting charities and by supporting family members and friends. Drop in to a virtual or in-person event. Visit calgary.ca/seniorsweek or call 311.



Seniors' Week Highlights

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.com/events, email 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 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 or call 403-817-6800

Tuesday, June 7

Eldersong

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

Visit 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, email 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

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, email 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 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

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, email cshfevents@gmail.com or call 587-777-6117

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 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, email 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 and 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

1 – 2:30 p.m. walk

To register, visit www.eventbrite.ca/e/wondering-through-the-trees-at-griffith-woods-tickets-298235338927

For more information, email yycctrees@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

In partnership with



Visit calgary.ca/seniorsweek for a complete list of events.