



Fish Creek

Program Guide

Spring, 2018 



Flower Vendor by Fish Creek resident Mahesh Shah

Welcome!

Welcome to the spring edition of United's Fish Creek community program guide, which expresses the variety and depth of the programs we offer to you. United is unique in highlighting creative expression in all of its forms as a way to stay active, both physically and mentally.

This guide supplements the monthly program and activities calendar you receive by providing more information about the programs available at Fish Creek. Please refer to the monthly calendar for dates and times.

Please note that the information is as accurate as possible at the time of publication, but programs may change, so please refer to the monthly calendar to confirm dates and times.

Our Partnerships

United has partnered with some of the best arts and culture organizations to bring you a broad array of music, theatre and opera performances. These partnerships open doors to concerts and lectures outside of the Fish Creek community and bring artists and speakers – sometimes world-renowned – into the community for special concerts, workshops and lectures.



Program Highlights

The following listings are only some of the many options on offer in the coming months. Please check the monthly calendar and newsletter for additional offerings, dates and times. Also, we love to hear from you so please share your feedback and programming ideas with us.

March Highlights

Our March Theme is Equinox

The spring equinox happens this year on Tuesday, March 20. It is the precise moment when the sun stands directly above the equator, and day and night are exactly the same length. In the Northern Hemisphere it is the moment when winter ends and spring begins. The equinox is often seen as a time of renewal and of release from the dark winter months into the brightening days of spring. Join us in celebrating this special time throughout the month of March with a variety of equinox inspired activities, events and outings.

Art Workshop, Equinox: The Balance of Night and Day Thursday, March 1



Join visiting artist Nicole Emerson in an exploration of the spring equinox through 2D visual expression. Emerson has studied planets, space and earth through her work as an artist in Calgary. Emerson will guide a workshop creating two collaborative images that will be publicly displayed at the Kensington Interaction Gallery. Come down to the studio to participate in the making of this work, no experience necessary!

Bow Valley Fiddlers Friday, March 2

Get your toes ready to tap as we welcome a group of talented musicians ranging from 7 to 18 years of age who love to play fiddle and to share their passion for music.

Calgary Philharmonic Dress Rehearsal
Jack Singer Hall
Friday, March 2



Rachmaninoff's Second Symphony is so full of great melodies that Eric Carmen even cribbed from it for his hit song *Never Gonna Fall in Love Again!* Also on the program is Tchaikovsky's monstrously difficult and thrilling violin concerto performed by the Chinese virtuoso, Ning Feng.

Mandalas
Saturday, March 3



Mandalas are a spiritual and ritual symbol in Hinduism and Buddhism and are created in many cultures across the globe. Drawing a mandala can seem very strenuous and difficult at first, but it's actually the opposite. Doing the same thing over and over, and advancing despite it, is very relaxing and lets you stay in the moment. Come join Chantel for a relaxing afternoon and try this drawing technique.

Fibre Miniature Show
The Alberta College of Art + Design
Wednesday, March 7

Every year the Alberta College of Art + Design (ACAD) Fibre Department hosts an event celebrating the miniature. Join Amy and Chantel on an outing to the college to view the work while getting a tour of the school. Please be advised that there will be a fair bit of walking for this outing.



International Women’s Day – Clay workshop: Flower Decals
Thursday, March 8



Have you ever been curious how highly decorated ceramics got their designs? Did you have a set of formal dishes in your home that lived in a special china cabinet? Join Amy in the studio on an exploration of flowers and design on pre-made ceramic plates. We can enjoy International Women’s Day by celebrating the history of ceramics in our homes while we converse about the role of a woman in society. No experience necessary.

Penny Sanborn Trio
Friday, March 9



Penny Sanborn brought her accordion virtuosity to our theatre last fall. Now she's coming back by popular demand! Penny's trio has a chic European sound that specializes in Italian folk songs, tango suites, French musette pieces and improvised jazz tunes.

Scratch Drawings
Saturday, March 10



Scratchboard is a black-and-white drawing medium that can resemble wood engraving. The drawing surface starts completely black. This medium is perfect for our Equinox theme as it lends itself to bright moons and starry night skies.

Political Talk with LJ (Joe) Howard
Monday, March 12



Joe is a specialist in international humanitarian law and has worked for the United Nations office for the coordination of Humanitarian Affairs and the Department of Peacekeeping Operations. Back by popular demand, Joe will be here to speak on "international legal rights of refugees and legal obligations of states to receive refugees"; however, he is also open to broadening the conversation as discussions on law soon migrate to related policy and politics.

Mount Royal Chamber Flutes
Monday, March 12

The Mount Royal Chamber Flutes (MRCF) is an enthusiastic group of skilled amateur flutists from Calgary and the surrounding area who meet regularly to work with director Lucie Jones on a wide range of flute choir repertoire. The popularity of flute choirs worldwide has resulted in a wonderfully eclectic library of music. Come check them out.



Exposure Photography Festival Outing
Christine Klassen Gallery
Tuesday, March 13



Explore the work of two artists. Kevin Boyle is a Vancouver photographer who was raised on the Canadian Prairies. He is known for his unconventional and breathtaking take on prairie photography. Rocio Graham's work is influenced by her cultural heritage, identity as a woman and mother, and reflections on daily life.

Historical Lecture: The History of St. Patrick's Day
Thursday, March 15

Join MRU professor Michele Holmgren in this lively exploration of the history and the traditions of St. Patrick's Day. Michele is a vibrant and engaging speaker who is deeply involved in the Irish community both here and abroad. Be sure not to miss this one!

Ukrainian Eggs
Friday & Saturdays, March 17 & 23/24



Pysanky is a traditional craft in Ukraine and Poland. The method is similar to batik – patterns are drawn on the egg with wax, which then protects the covered areas from the dye that is applied. By repeating this process with different colours of dye, a multi-coloured pattern is built up. This is a family tradition Chantel has practiced for many years and would be pleased to share with you! Step-by-step instructions will help you create a beautifully patterned egg.

Chinook Country Line Dancers
Saturday, March 17

Chinook Country Dancers are a diverse group, people of all ages who share a love of dancing. They are coming to entertain us with a St. Patrick's Day theme. Be sure to wear something green so you don't get pinched!

Musicians from the Calgary Philharmonic Orchestra
Sunday, March 18

This quartet of string players specializes in musical excellence presented with a sense of humour! These four Calgary Phil players relish in performing selections from Bach to the Beatles and everything in between! You'll have a chance to meet the players over refreshments after the concert. Friends and family welcome.



**2D Exploration of the Spring Equinox
Kensington Interaction Gallery
Tuesday, March 20 – Sign Up**



Join us on an adventure down to Kensington for a chance to view the Equinox themed artwork that was created here in our studio at Fish Creek. While we are in Kensington, residents will have a chance to browse around in the Sunnyside Art Supply store or head over for a cup of tea at the Oolong Teahouse. All the shops are within the same block.

**Calum Lykan, Storyteller
Cathedral Church of the Redeemer
Wednesday, March 21**

Calum Lykan is a Calgary-based Scottish storyteller. He has travelled extensively telling stories and gathering new tales. He loves to connect his audience to the wonderful worlds of myth, legend, folklore, fables and historical stories from Scotland and Far Away Lands. Admission free (though donations welcome). Bring your lunch.

**MRU Arioso directed by Liz Paynter
Wednesday, March 21**



The choral programs at Mount Royal University allow singers to develop their musicianship from early childhood into adulthood. Arioso provides singers ages 9 to 14 the opportunity to pursue and experience the challenge, joy and reward of singing the highest calibre of choral music. Come and listen to their growing wondrous voices.

**Rhythm of the Rockies
Thursday, March 22**



Rhythm of the Rockies is an award-winning chorus of energetic women who are passionate about performing. They specialize in a cappella, or what is more commonly known as 4-part close harmony or barbershop-style singing. Their program will be eclectic and entertaining!

**Calgary Pro Musica's Young Artists
Garrison Green
Saturday, March 24**



Each year Calgary Pro Musica chooses a few of Calgary's most promising young musicians and gives them the opportunity to study with internationally renowned chamber musicians. They also perform special concerts around Calgary. This year's musicians are the Walden Trio – Daniel Dastoor, violin; Andrew Park, cello and Daniel Szefer, piano. The trio is hoping to compete this spring at an important international competition in Germany. Come cheer them on as they play their repertoire for you.

**Calgary Bach Choir 30th Anniversary Concert
Knox United Church
Sunday, March 25**

Johann Sebastian Bach wrote six sublime pieces for two choirs or double choir called motets. Each one is a masterpiece of the repertoire and they'll be performed with orchestral accompaniment. Added bonus – United's own music director, Jill, sings with this choir. Tickets \$20.

**Easter Egg Dying
Wednesday, March 28**

Come to the studio to dye and decorate Easter Eggs. Multiple colours of dye and decals will be available. If you'd like help doing some pre-planning please just ask the studio staff, otherwise feel free to join in on the fun! No experience necessary and family is welcome to join in this fun, annual event. Please note that this session will be different than the Ukrainian Easter Egg workshops, requiring less intensive work.

April Highlights

Our April Theme is Water

We're all familiar with the old adage of what April showers bring. But this month we're going to revel in the showers for a bit and celebrate water itself. Join us throughout the month for art workshops and programming focused on water. We're also bringing Paris into our theme for the month with the film *April in Paris*, workshops on Parisian architecture, and a special in-house concert filled with songs of famous French singers of the 40s and 50s.

Easter Dinner

Sunday, April 1

Chef Mike is planning a special Easter dinner for everyone on Easter Sunday. The menu will be included in the March Newsletter. Please let reception know if you'll be staying for it or if you'll have guests.

Mark Dicey: Each Painted Document

Nickle Gallery at U of C

Tuesday, April 3



This exhibition is a visual manifest of the artist's travels into and out of his workplace. The exhibition sets out a representative collection of recent studio activity, with hints of the processes and interactions that feed his practice. Large canvases, mid-sized works on paper, 'Swarm', a wall collage of 'notations', and a site-specific installation, all vibrant abstract paintings, are accompanied by a suite of vitrines housing his dedicated sketchbook works.

Contemporary Artist Presentation – Henri Toulouse Lautrec
Wednesday, April 4



Lautrec was a French painter, printmaker and illustrator who is among the best-known artists of the post-impressionist period. Well known for his realistic paintings about the provocative times in Paris in the late 19th century, he depicts a collection of affairs of those times. He often used real subject matter to explore geometric forms, distortion of form and the expressive nature of arbitrary color. Join Amy for a presentation about Lautrec to learn about how his work affected the art movement in Paris.

Planter Pots – Clay Workshop
Thursday, April 5



Spring is finally here and as we know, April showers bring May flowers. Join Amy in the studio for a clay workshop on how to hand build planter pots. She will guide you on how to design, decorate and construct a planter pot that will be fully functional. While we build the pots, we will decide as a group on which flower seeds to plant in the following weeks. No experience necessary.

St. Mary's University Choir Spring Cabaret
Come Fly with Us
St. Mary's University
Saturday, April 7



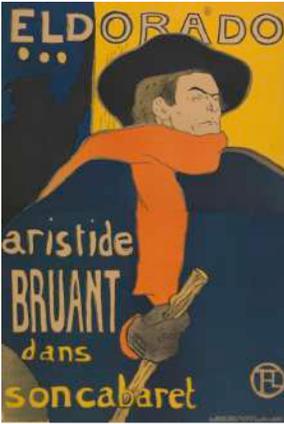
St. Mary's Christmas concert was a big hit with our residents who went. Now the same choir is presenting a cabaret that will feature music by the Beach Boys, the Beatles, and selections from Jazz, Blues and the Great American Songbook. Audience members will be sitting at tables and drinks and appetizers will be available. Tickets \$20.

Flint & Feather
Wednesday, April 11



A free-spirited singin', songwritin', storytellin' husband and wife duo who are deeply passionate about connecting with people through music and laughter. Based in Calgary, Joal and Lauren Kamps blend storytelling with songwriting to create Rocky Mountain Folk-Pop songs inspired by Canadian history, Rocky Mountain folklore, and their own personal journey.

Art Workshop: Poster Project
Wednesday, April 11



Join Amy in the studio to explore the history of advertising through poster making. The poster was one of the earliest forms of advertising and developed as a medium for visual communication in the 19th century. The poster was the connection of art and theatre, lining the streets of Paris in the time of the Moulin Rouge, cabarets and the heightened middle class due to the industrial revolution. This project is in relation to the Henri Toulouse Lautrec talk so it will be helpful to attend both! No experience necessary.

Calgary Opera Dress Rehearsal – Tosca
Jubilee Auditorium
Thursday, April 12

CALGARY **opera**

CO's final production of the season is one of the world's most-produced and beloved operas. A classic love triangle entangles opera singer Tosca with her true love, the painter Cavardossi and Scarpia, the Chief of Police. When a tragic betrayal occurs, Tosca takes revenge and makes the ultimate sacrifice to be with her one true love. Featuring the glorious and lush melodies of Giacomo Puccini. Free tickets courtesy of United's partnership with Calgary Opera.

Legal Talk on Wills, Probate and Enduring Power of Attorney
Friday, April 13



Residents have requested more information on wills, probate and enduring power of attorney so we have arranged for a Calgary lawyer to come and give a talk. Please feel welcome to bring friends and family members. The talk will be one-hour long and there will be time to ask Lisa questions. Lisa Statt Foy is a Calgary lawyer and trademark agent providing services in the areas of estate planning, estate administration, trusts, and intellectual property.

Calgary Civic Symphony – Stars & Stripes
Jack Singer Concert Hall
Sunday, April 15



The Calgary Civic Symphony continues to pay musical tribute this season to North American countries. The United States is our closest friend and neighbour. Its culture and music have a significant impact on us. Sit back, close your eyes, feel the surf wash over you with John Adams' *Dharma at Big Sur*. This amazing live performance event, composed for 6-string electric violin will feature CPO concertmaster Diana Cohen and an enhanced and eclectic orchestra. Experience the immortal and moving words of the 16th U.S. president in Copland's *A Lincoln Portrait*, narrated by a "secret celebrity", and hum along to the ever-popular tunes from Gershwin's great opera, *Porgy and Bess*.

Spring Serenade – Calgary Opera Emerging Artists
Garrison Green
Tuesday, April 17



The Emerging Artists are young professionals on their way up. Thanks to United's partnership with Calgary Opera, they're returning to perform some of opera's greatest hits.

**Alberta Musical Heritage Project Finale
Telling Your Stories – The Seniors/Students Edition
Wednesday, April 18**



From late February to early April, a few United residents from both Fish Creek and Garrison Green will have been working together with music and drama students from Bishop Carroll High School to bring to life stories about the special place music played in their lives during their teen years. This is a partnership with the Alberta Music Education Foundation. Come see and hear the fruit of their collaboration. Refreshments will be served after the presentation. Everyone is welcome.

**Paris Landmark Drawings
Friday, April 20**



The history of Paris and its architecture is extensive. From the Medieval Notre Dame, Baroque Versailles Palace, Art Nouveau Metro signs and the modern Grande Arche de la Defense, Paris has seen many changes to its architecture over time. In this workshop we will be exploring the different eras that brought new structural styles to the city of Paris through sketches and watercolour painting. From simple to complex there is something for any level of drawing experience, come explore the City of Light on paper!

Lunchbox to Go: *Miss Caledonia*
Tuesday, April 24



Many of our residents attend Lunchbox Theatre productions in the Calgary Tower. Now thanks to a partnership between Lunchbox and Smile Theatre, *Miss Caledonia* is coming to us! Desperate to escape the stall-cleaning, hay-baling drudgery of 1950's life on Rural Route 2, Peggy Ann Douglas dreams of becoming a Hollywood movie star and she is going to start her journey to the top by winning the local pageant! Can she sing, twirl and pivot her way into the judges' hearts or will shaky nerves and work ethic sabotage her efforts? Follow the quest of this beauty queen on her pursuit for the Miss Caledonia tiara.

Mary Resek
Friday, April 27

A Country and Western entertainer and yodeler, Mary plays guitar and performs traditional country music as well as a dash of 50s/60s. She will have CDs available of her music including some original tunes.

The Story of Jazz
with SMU music professor Malcolm Edwards
Saturday, April 28



Jazz originated on the North American continent – one of the very few musical forms to do so. Its story is one of a merging of two distinct musical cultures – the European and the West African. Professor Malcolm Edwards will trace the fascinating evolution of jazz from its early beginnings as a purely vocal form to the sophisticated settings of Duke Ellington – and onward to the popular music of today.

John McDermott
Bert Church Theatre in Airdrie
Sunday, April 29



John McDermott is an international recording star and household name – known as much for his successful musical career as for his commitment to veterans' causes. In concert, McDermott never fails to enchant audiences with his beautiful voice, sense of humour and tasteful remembrance tributes. Tickets \$35.

The Painted Ladies and Friends – Closing Exhibition and Sale
Show dates: April 30 to May 26
Closing Exhibition: Saturday, May 26

Back by popular demand, join the Painted Ladies and Friends for a closing exhibition in our Fish Creek Gallery. The Painted Ladies is a group of artists who exhibit their artwork around Calgary. Last year they used our gallery space and had a tremendous display of artwork. The artists range from those just starting to exhibit their artwork to those who have been exhibiting for many decades. All work on display will be for sale; cash or cheque is accepted on the day of the closing exhibition. Thank you for supporting your local artists.

May Highlights

Our Theme for May is Flowers

Even in Calgary, where the weather is anything but predictable, once we've reached May, it's generally agreed upon that we've landed firmly in spring. One of the most joyful signs of spring is the myriad of flowers that grace everything from the cracks in the sidewalk to the vases on our kitchen tables. To honour that, we're excited to celebrate flowers through outings, programming, and art workshops and hope you are too! One such outing will be to the Glenbow Museum to see their exhibit on Frida Kahlo – a painter noted for her self-portraits and nature imagery.

Planting Our Pots Wednesday, May 2



Come down to the studio to plant seeds in the pots we created. You are welcome to join in planting regardless whether you made a pot or not. Your company is always welcome! The pots will be kept in the studio so we can sketch their growth. If you'd like to help with watering them, please speak to Amy.

Contemporary Artist Presentation Friday, May 4



Mexican artist Frida Kahlo is remembered for her self-portraits, pain and passion, and bold, vibrant colours. Even though she endured poor health and over 30 operations, she produced approximately 200 paintings and drawings. She is celebrated in Mexico for her attention to Mexican and indigenous culture and by feminists for her depiction of the female experience and form. We invite you to hear more about her interesting life and see her beautiful work.

Maestro Karl Hirzer talks about Mozart & Bruckner
Garrison Green
Monday, May 7



Karl Hirzer is the Calgary Phil's resident conductor. It's an incredible apprenticeship position for this 20-something musician. Karl has a special love for Mozart and Bruckner. He'll speak and demonstrate at the piano the works you can hear at Friday's CPO dress rehearsal.

May Flowers
Thursday, May 10

Join Amy in the studio for an exploration of flowers through clay! The versatility of the material will allow multiple layers of texture to build up as we create a collaborative wall panel. There is no experience necessary as Amy will guide you through different techniques.

Calgary Philharmonic Dress Rehearsal – Mozart & Bruckner
Rune Bergman, conductor, Fei-Fei Dong, piano
Jack Singer Concert Hall
Friday, May 11



Mozart's dark and impassioned *Piano Concerto No. 20* helped inspire the turbulent music of oncoming Romanticism's greatest figure – Beethoven. Fast forward a century and we come to Bruckner, whose hero was another *enfant terrible*, Richard Wagner, in whose memory the massive, broad-sweeping, and brass-laden *Symphony No. 7* was written.

Mother's Day Dinner
Sunday, May 13

Let's celebrate all the women in our lives with a special dinner on Mother's Day! Please sign up at reception if you'll be staying for dinner or if you have guests.

Paint Pour Project
Wednesday, May 16



Come watch paint dry! Join the studio staff to do a large paint pour (the pouring of paint onto a surface). Thanks to gravity, paint can be moved around to make fun and wild abstract designs. No experience necessary, join in on the fun! If you haven't seen a paint pour before, have a peek at the top of the walls in the art studio, or on the second floor by the kitchen to see the possibilities.

Frida Workshop – Self-Portraits
Saturday, May 19

Frida Kahlo painted over 50 self-portraits exploring her identity, culture and environment. Inspired by the artist and our trip to the Glenbow, come and paint your own self-portrait! Chantel will be there to guide you and to help “cheat” the drawing process.

Chamber Music of Brahms
St. Stephen's Church
Sunday, May 27

Calgary violinist Isabella Perron is a rising star on the Canadian music scene. For this concert she explores the romantic music of Johannes Brahms with her mother, cellist Johanne Perron and pianist Krzytok Jablonski. Tickets \$20.

Jon Kimura (Jackie) Parker, pianist
and Honens artistic director
Wednesday, May 30



Canadian pianist Jackie Parker catapulted into the international limelight when he won the renowned Leeds Competition in 1984. Since then he's played in the world's best halls with many of the finest orchestras. Jackie has made his name with compelling artistry, engaging stage presence and a wide repertoire that ranges from classical to jazz. There will be refreshments and a chance to meet Jackie after the concert. Friends and family welcome.

Ongoing Programs

Health

We provide dynamic and functional exercise classes that cater to the different levels of your capability. Our programs strive to increase independence and maintain function while providing progression in difficulty and the resulting health benefits. Some general exercise classes include our group exercise classes offered three times a week. These include flexibility and endurance exercises, sit-to-stand exercises, gentle stretches and balancing programs.

All Level Exercises – Mondays



Keeping fit all in the name of fun! These classes are geared towards anyone who wants to improve their strength, flexibility and balance or just wants to increase their overall fitness level. Offered twice each week, the classes are a combination of sitting and standing exercises in 40-minute sessions.

Resident-Led Walking – Saturdays

Meet your fellow residents in the reception area on Saturdays to decide where you will walk on your adventure. There are many different trails through Fish Creek Park that would be fun to explore, or if the weather isn't cooperating, walk inside! Socialize with fellow residents while engaging in physical activity. This also will allow you to meet other residents who may also enjoy walking and to set up walking times for other days. Walking is an important part of good health. It keeps your joints fluid and maintains your leg strength which is important to good balance and day-to-day living.

Blood Pressure Clinic – Monthly

The clinic will be held on the first Thursday of each month. This is the perfect opportunity to have your blood pressure checked by an LPN on duty.

Balance Class – Twice each Month

Offered twice a month for 20 minutes, this class is designed to strengthen muscles, improve coordination, flexibility and overall strength. The classes give you the chance to improve your balance and reaction time, therefore reducing the risk of falling.

Standing Exercise – Three times each Week

An advanced whole-body exercise program with an emphasis on standing exercises to improve strength, flexibility, range of motion and overall health. The class may involve the use of exercise balls, resistance bands and hand weights for resistance.

Sit and Stand Exercise – Three times each Week



An adaptation of the standing exercises focusing on strength, range of motion and flexibility. This session, however, is shorter and is suited for those who prefer not to stand for a longer period of time. May involve the use of exercise balls, resistance bands and hand weights for resistance.

Gentle Sit and Stretch – Wednesdays

A 30-minute seated exercise program that involves minimal to no standing designed for individuals who prefer a lower impact exercise class. This class will help to improve overall mobility and flexibility of joints, bones and muscles. Working to increase both strength and bone mass density through whole-body movements. The gentle sit and stretch class will work to increase walking endurance and maintain balance. This will be less challenging while still delivering an invigorating exercise class.

Yoga – Gentle Sit and Stretch – Weekly

Yoga is a breath-centred practice for anyone of any age or ability, where focusing on the movement of breath allows the mind to settle, to become calm and restful. Body movements are coordinated with breath to bring strength, endurance and flexibility. The experience of calmness is possible within the first 10 minutes of the first class. Yoga allows a shift in one's perception of self and the world, allowing for a more peaceful and positive perspective to develop.

Meditation – Twice each Month

In these sessions, meditation instructor Jane Sponiar explores a variety of techniques so each participant can find his or her favourite one. The goal of each session is to go through 2 to 3 forms of meditation, which will bring participants to a happier and more relaxed state of being. No experience required.

Conscious Aging – Twice each Month

Join Judy Steiert, Certified Sage-ing Leader and facilitator in Conscious Aging and SoulCollage to explore a well-designed series of concepts related to positive aging. Through short videos, writing, and interactive discussion, view aging as a time to share the wisdom of our life experience. Please have writing materials with you.

Community

Community is a cornerstone of United's programming, and you are welcome to explore the various community activities that bring friends – and new friends – together. Whether it's a friendly game of crib or a trip to the shopping mall, community means getting together with friends for fun and entertainment.

BYOB – Saturdays



To fill your hankering for good conversation and a load of laughter, join the BYOB group (Bring Your Own Bottle). Whether your preferred drink is wine, beer, schnapps or plain Jane soda, all are welcome to join in the conversation.

Program Council Meeting – Monthly

These new monthly meetings are an opportunity for you to meet with the Program Development Coordinator and share your ideas, give feedback, ask questions and hear about what's coming up.

Town Hall – Monthly

On the first Tuesday of each month, we hold our Town Hall – a forum for you and staff to talk about changes in the community. This includes regular updates from the Kitchen, Creative Expression, Nursing as well as updates from Resident Council. This meeting is just one way that your voice is heard. Bring your questions and concerns to this meeting where we work out solutions and celebrate successes to build our community together.

Welcome Tea Party – Monthly



Every month we hold this special event to welcome newcomers into our community. All residents are invited to this friendly, informal event where attendees are encouraged to visit with their neighbours both old and new. Refreshments are always served and new residents will be introduced to each other and to the group at large.

Resident Birthday Party – Monthly

Join us in the bistro for some cake as we celebrate everyone who had a birthday during the month.

Jeopardy – Weekly

Test your knowledge in this fun, team-based video game adaptation of the popular game show.

TED Talks – Once or Twice each Month

During our TED Talk sessions, we will gain knowledge from experts and innovators on topics like technology, environmental concerns and population demographics, just to name a few. After the TED Talks, you are encouraged to share your thoughts and views in a facilitated discussion.

Games Night – Weekly

Come and join your neighbours in a card game or board game on Thursday nights in the lobby by reception. If you'd rather just sit and watch you're welcome to join the group and visit with others. There will be a staff member there to help get the games started.

Brain Teasers – Monthly

Keeping your mind active is important. Come join this group in the Theatre Lounge to do a series of mentally challenging puzzles and exercises that will get you to think outside the box and socialize with other residents.

Creativity

Creativity is a key component in every United community. Whether you are just beginning to explore your creative side or you have been committed to your practice your entire life, we provide opportunities for everyone to engage with the arts. We know that inspiration has no schedule and because of this our art studios are available to residents and family members seven days a week. Staffed by professional artists, our creative facilitators are there to support and encourage residents on their creative journey. With a wide variety of skill-building workshops, collaborative and conceptual projects, art education sessions and outings to local galleries, the artistic avenues reach far beyond the studio.

Peter on the Piano – Twice each Month



Peter Exner is a musician who performs, directs and sings with choirs throughout Calgary. Peter takes his audience on journeys and adventures by sharing music that cares for the body, mind, and soul. Whether it's the Broadway classics or Beethoven, Peter links music new and old with storytelling to engage our memories and also to create new ones.

Music Appreciation with Jill or Mark – Three Times a Month

This is your chance to connect to music you know, broaden your horizons with pieces you've never heard and learn more about the lives of the music makers, whether they be classical masters or popular songwriters. Your guides in this exploration are musician and broadcaster Mark DeJong for popular music and United's music director and former CBC music producer Jill LaForty for classical music. Using a mix of storytelling and YouTube videos, their goal is to inspire, inform and entertain.

Music with Dani



Dani is our St. Mary's student who is living in the community. She has been playing the piano since she was five years old. She is interested in hearing what types of music you'd like to hear, so please share your preferences and develop this program in collaboration with her.

Music on the Big Screen

Once or twice a month you'll have the opportunity to hear world-class artists from country to classical, live in concert on the big screen in the theatre.

Art Studio – New Resident Orientation

Join Jeff or Amy on the fourth Thursday of every month at 11 a.m. for new resident studio orientations. During this time Jeff or Amy will show you around the art studio and gallery space, show you where supplies are and see if you are interested in getting a project started. In addition, the studio staff will talk about current and upcoming workshops and studio-related events and outings.

Sketching with Jeff on Sundays

March – Pattern Making – Join Jeff on Sundays in March as sketching becomes focused on pattern making. The group will be working with a combination of drawing patterns through still-life observations, and making their own patterned papers. Keep an eye out for patterns you see all around you – in clothing, wallpaper, napkins, magazines, or out in public spaces. The patterns and skills developed will transition into Easter Egg decorating in April.

April – Self-portraits – Using yourself as a self-study, learn to draw your own face through observation with mirrors. These sessions will have participants using traditional dry media to capture proportions and facial features. The portraits will be started with outlines and broken into sections. Some sessions may include working on specifics, like eyes and ears. Please note that these sessions will be intended for people who are new to portraiture, however if you are already familiar with it you are more than welcome to join and share your knowledge and sharpen your skills.

May – Planter pot sketching – Following Amy’s planter pots, the still-life sessions will focus on the growing plants in the studio. Each week, the planter pots and the florals in them will be the subject of the still-life drawing sessions. At the end of the month, we will have visual documents of the growth of the plants from varying perspectives. No experience in drawing necessary.

Contemporary Artist Presentations – Monthly

This visual presentation is a part of a once-a-month series that will focus on individuals and groups of contemporary artists and their media, techniques and colourful lives. This presentation is open for all to attend, regardless of your experience in the artistic process. The presentations may include photos, videos, and discussions about the work. Join us in the theatre for a peek into the world of artists, ranging from the lesser to the very well-known.

Art with Jeff, Amy and Chantel – Weekly

Join creative facilitators Jeff, Amy and Chantel in the studio to create your own artwork. Let our artists guide you through the creative process in your own personalized projects. Projects in the studio can be but are not limited to drawing, painting, sculpting, printmaking and photography. If you’re interested in any particular themes or ideas in your work, let them know. All materials are supplied and no previous experience is necessary.

Clay Workshop – Weekly



Local ceramics artist Amy will be demonstrating different methods of working with clay from handbuilding to using the clay wheel! The possibilities are endless with clay.