



**Seniors' Week
2025**

**Celebrating
Cochrane and Area
Seniors**

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R Registration required

All activities are free during Seniors' week unless otherwise stated.

ONGOING
JUNE 2-8

Ride COLT for free

Free COLT services are available for all passengers age 60+ from May 31 - June 8. To book your trip, up to one week in advance, download the Ride COLT app, visit ridecolt.ca or call 403-851-5995. Use the coupon code "SENIOR."

Seniors on the Bow Drop-in Programs (SOTB)

All Seniors on the Bow drop-in programs are free during Seniors' Week. For more information visit www.sotbcochrane.ca.

Stockmen's Memorial Foundation - Art Exhibit Sneak Peek June 3 - 8 (SMF)

Stop by Stockmen's to preview their newest Western Art Exhibit, donated by Peter and Beverly Brill. The exhibit contains 14 paintings and 10 bronze sculptures. Hours are 9 a.m. - 3 p.m. Tuesday - Friday or 10 a.m. - 4 p.m. Saturday and Sunday.

SATURDAY
MAY 31

10 a.m. - 2 p.m. Seniors' Resource Fair (Cochrane Alliance Church)

Drop in for this free, informative event designed for older adults! Explore a variety of booths featuring local services, resources and community programs. A series of experts will be presenting on a variety of topics throughout the event. Connect and discover valuable support, all in one place, and learn about 2 new initiatives being launched to enrich the lives of older adults in the community!

SUNDAY
JUNE 1

11:30 a.m. Kick-Off to Seniors' Week: Free BBQ (Royal Canadian Legion Branch No. 15) **R**

Choice of hamburger, veggie burger or hot dog, with salad and dessert. Beverages available for purchase. Doors open at 11:30 a.m. Lunch served 11:30 a.m. - 1 p.m.
Deadline to register: May 26. Register at the Legion, Mon-Fri, 4 - 8 p.m., Sat 1 - 6 p.m.

1 - 4 p.m. Entertainment and Music Bingo (Royal Canadian Legion Branch No. 15)

Enjoy special performances by Good Vibes Memory Choir, followed by music bingo. Celebrate the launch of Cochrane's Age-Friendly Action Plan and Memory Kits.

MONDAY
JUNE 2

1 - 3 p.m. Soapstone Carving (Cochrane Public Library) **R**

This senior specific workshop offers a thoughtful and accessible introduction to the art of soapstone carving. It accommodates unique needs and preferences, featuring smaller, simpler soapstone shapes. To register call 403-932-4353 or visit www.cochranepubliclibrary.ca/events.

1 - 4 p.m. Cribbage Tournament (SOTB) **R**

First annual team cribbage tournament. Teams will compete in at least 3 games as they play their way through the bracket. Prizes will be awarded to the winning team. To register in teams of 2 or as a single, call 403-932-6002 or visit SOTB.

TUESDAY
JUNE 3

10 a.m.. Understanding Your Utility Bill (FCSS) **R**

Take charge of your utilities. We cover saving money, understanding your bill, how the Alberta utilities market works, electricity and natural gas trends, shopping for utilities, industry scams, winter utilities reconnection program and Q&A time. Facilitated by Government of Alberta, Utilities Consumer Advocate. To register call FCSS 403-851-2250 or visit cochrane.ca/seniorsweek.

5 - 7 p.m. Intergenerational Women's Night Out: Embroidery (FRN) **R**

Enjoy an intergenerational night out featuring light snacks while making a unique, handmade, embroidered hat to take home! To register call FCSS 403-851-2250 or visit cochrane.ca/seniorsweek.

THURSDAY JUNE 5

- 10 - 11:30 a.m. **Cowboy Coffee (SMF)**
Stop in for free coffee or tea. Open to anyone over 50.
- 1:30 p.m. **Seniors' Movie - Going in Style, 1h 36m (Cochrane Movie House)**
Lifelong buddies decide to step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills, the three men risk it all by embarking on a daring adventure to knock off the bank that absconded with their money. Popcorn and drink included. Doors open at 1 p.m. Tickets required. Ticket pickup locations: Cochrane Family & Community Support Services (FCSS) or Seniors on the Bow (SOTB). Business hours apply.

FRIDAY JUNE 6

- 12:30 p.m. **Spaghetti Lunch – \$3 (SOTB) R**
Doors open at 12 p.m. To register call 403-932-6002 or visit Seniors on the Bow.
- 2 - 3:15 p.m. **Good Vibes Memory Choir "Try-a-Rehearsal" (SOTB)**
Experience firsthand how music can lift your spirits, strengthen your memory and build community. Whether you're living with memory loss, supporting a loved one, a senior looking to stay sharp or simply love to sing, this event is for you! No previous experience is required. Refreshments to follow. For more information contact goodvibesmemorychoir@gmail.com.
- 2 - 5 p.m. **Advanced Care Planning and the Green Sleeve (Cochrane Public Library) R**
The Green Sleeve can ensure healthcare wishes are clearly communicated and respected. Understand how to facilitate these crucial conversations and plan for the future with confidence. To register call 403-932-4353 or visit www.cochranepubliclibrary.ca/events.

SATURDAY JUNE 7

- 10 a.m. - 2 p.m. **Philippine Heritage Month and Seniors Week Celebration (Cochrane Ranche Historic Site)**
A celebration of culture through food, music and performing arts. Open to everyone.
- 10 a.m. **Hike for Hospice Fundraiser (Mitford Pond)**
Walk to celebrate and support end-of-life care in our community. Donations go directly to the "Compassionate Care Fund". For more information visit www.cochranehospicesociety.ca or email info@cochranehospicesociety.ca. Registration is onsite and opens at 9:45 a.m.
- 7 p.m. **Dance with Hippocratic Oath Big Band (SOTB) R**
Join for an evening of live music, dancing and fun with "Hippocratic Oath: Big Band". To register call 403-932-6002 or visit SOTB.

LOCATIONS

- Cochrane Alliance Church: 902 Glenbow Drive
- Cochrane Movie House: 218 Fifth Avenue W.
- Cochrane Public Library: 405 Railway Street W.
- Cochrane Ranche Historic Site: 80 Highway 1A (East of Highway 22)
- Cochrane Royal Canadian Legion Branch No. 15: 114 Fifth Avenue W.
- Family & Community Support Services (FCSS): 209 Second Avenue W.
- Family Resource Network: 127 First Avenue W.
- Mitford Park: 201 W. Rock Road
- Seniors on the Bow (SOTB): 800 Griffin Road E, Second Floor
- Stockmen's Memorial Foundation (SMF): 101 RancheHouse Road

MORE INFO

- Call 403-851-2250
- www.cochrane.ca/seniorsweek
- Scan the QR code



THANK YOU TO OUR FUNDERS & PARTNERS!

