



**Seniors' Week  
2026**

**Celebrating  
Cochrane and Area  
Seniors**

# Seniors' Week 2026

## Celebrating Cochrane and Area Seniors

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

**R** Registration required

**T** Tickets required

ONGOING  
JUNE 1-7

### Ride COLT

Passengers aged 60+ ride free from May 30 to June 7. Board any fixed-route bus with no fare required or for On-Request service, book in the COLT app using the "SENIOR" coupon or call 403-851-5995.

### Seniors on the Bow Drop-in Programs (Seniors on the Bow)

All Seniors on the Bow drop-in programs and regular fitness classes are free during Seniors' Week. For more information, visit [www.sotbcochrane.ca](http://www.sotbcochrane.ca).

### Fitness Classes June 1-7 (SLS Centre)

Complimentary group fitness classes can be prebooked online or onsite at guest services. Visit [www.slscentre.com/facilities/fitness-classes](http://www.slscentre.com/facilities/fitness-classes) to learn more.

### Memory Kits

Free activities for those with varying cognitive abilities. Kits include difficulty ratings and are categorized into 5 areas: creative expression, cognitive stimulation, board/card games, social stimulation and physical engagement. To borrow a kit, visit the Cochrane Public Library. In partnership with the DOTS Committee, Vital Minds Psychology, The Town of Cochrane, Family and Community Support Services (FCSS) and The Cochrane Public Library.

### Ice Cream

Attend different activities throughout Senior's Week for your chance to win ice cream from MacKay's or stop in at their store and try the special Seniors' Week flavour.

SATURDAY  
MAY 30

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

2 p.m. Drop in for this 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.

MONDAY  
JUNE 1

### 10 a.m.- Conversation Cafe: A Dementia Friendly Social Group (Bragg Creek Snowbirds Chalet)

12 p.m. Join us for coffee and conversations. Open to those with a dementia diagnosis and their caregivers. For more information email [braggconvcafe@gmail.com](mailto:braggconvcafe@gmail.com).

### 12:30- Kick-Off to Seniors' Week: Western Social and High Tea (Cochrane Lions Club Events Centre) - \$5 **T**

2:30 p.m. Enjoy a light lunch and classic tea service with a twist. It's the perfect blend of western charm, elegance and lively entertainment. Get ready to sip, savor, shake, rattle and roll in an afternoon packed with a variety of live entertainment and a special appearance from Elvis! Doors open at 12. Tickets are available at FCSS or Seniors on the Bow.

TUESDAY  
JUNE 2

### 9 - 10 a.m. Neuro Art (SLS Centre) **R**

Neuro art is a calming, therapeutic drawing practice that channels stress and emotions into flowing, neuron-inspired abstract patterns. No experience or artistic abilities required. Supplies required - set of pencil crayons and a fine point black marker. Register online or at guest services.

### 10 a.m.- Wise Moves: Safety for Everyday Living (Frank Wills Community Hall) **R**

12 p.m. Learn simple, practical safety tips for everyday life. This session will cover topics such as basic self-defense focused on safety and escape, fall prevention with easy home and mobility strategies, avoiding common scams and fraud, emergency preparedness and how to get help quickly. Suitable for all mobility levels. Hosted by Big Hill Haven. To register call 403-796-6564.

### 2 - 4 p.m. Obie for Seniors (Cochrane Public Library)

Join us for a relaxed drop-in event where seniors can explore the Library's new Obie Mobile Projector. Learn and take part in a variety of games designed to support cognitive engagement and connection.

**WEDNESDAY  
JUNE 3**

- 8 - 10 a.m. **Shedder's Coffee: Cochrane Men's Shed at the Common Works (The Common Works)**  
We'll discuss what the Men's Shed is all about and how you can join in. Having coffee with a group of men can make a big difference. It's a chance to break the routine, share a laugh and talk about what's on your mind. Sometimes a good chat over coffee is exactly what we need. See you there!
- 1 - 4 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/greensleeve](http://www.cochranepubliclibrary.ca/greensleeve).

**THURSDAY  
JUNE 4**

- 10 - 11:30 a.m. **Cowboy Coffee (Stockmen's Memorial Foundation)**  
Drop-in for free coffee or tea. Open to anyone over 50.
- 1:30 p.m. **Seniors' Movie: The Bucket List (Comedy, Drama), 1h 37m (Cochrane Movie House)** **T**  
Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos. Popcorn and drink included. Tickets are available at FCSS or Seniors on the Bow.
- 2 - 4 p.m. **Obie for Seniors (Cochrane Public Library)**  
Join us for a relaxed drop-in event where seniors can explore the Library's new Obie Mobile Projector. Learn and take part in a variety of games designed to support cognitive engagement and connection.
- 6 - 8 p.m. **Intergenerational Felting (Family Resource Network)** **R**  
Create a simple felting project while discovering what the generations have in common and what they can offer each other. A light supper will be offered. To register call FCSS 403-851-2250 or visit [cochrane.ca/seniorsweek](http://cochrane.ca/seniorsweek).

**FRIDAY  
JUNE 5**

- 10 a.m.- 12 p.m. **The Power Hour: Bills and Scams (Family and Community Support Services)** **R**  
Ever looked at a utility bill and wondered what is going on? Learn about the different parts of utility bills and discuss scams. Facilitated by Government of Alberta, Utilities Consumer Advocate. To register call FCSS 403-851-2250 or visit [cochrane.ca/seniorsweek](http://cochrane.ca/seniorsweek).
- 12:30 p.m. **Spaghetti Lunch - \$3 (Seniors on the Bow)** **R**  
The Seniors' Week Spaghetti Lunch returns. Don't miss out on this delicious meal. Doors open at 12 p.m. For more information or to register call 403-932-6002 or visit Seniors on the Bow.
- 2 - 4 p.m. **A New Frontier: Early Bush Planes and Pilots (Cochrane Public Library)**  
Join the Hangar Flight Museum for an interactive presentation exploring authentic artifacts and the daring stories of early Canadian bush pilots, who braved harsh conditions and unknown terrain to shape modern navigation. After the presentation, get hands-on with artifacts, ask questions and connect directly with this fascinating chapter of Canadian aviation history.

**SATURDAY  
JUNE 6**

- 10 a.m.- 2 p.m. **Cultural Harmony: Uniting Generations Through Arts and Music (Cochrane Rancho Historic Site)**  
A celebration of culture through food, music and performing arts. Hosted by the Filipino Canadian Association of Cochrane. Open to everyone.
- 10 a.m. **Hike for Hospice (Mitford Park)**  
Join us as we create hospice awareness in Cochrane and area. All are welcome - family, friends and fur family. For more information visit [www.cochranehospicesociety.ca](http://www.cochranehospicesociety.ca). Drop-in, registration is onsite and opens at 9:45 a.m.
- 12:30 p.m. **Second Annual Seniors' Week Crib Tournament (Seniors on the Bow)** **R**  
This is a team tournament; you can either sign up in pairs or join another single player. Prizes are awarded to the top teams. For information or to register call 403-932-6002 or visit Seniors on the Bow.
- 3 - 5 p.m. **Spring Photo Walk (Cochrane Public Library)** **R**  
Bring your camera or smartphone and join us for a photo walk through the beauty around us. You'll have a chance to learn photography techniques and ask questions as we go. The walk will start at the Library. Wear comfortable walking shoes. To register call 403-932-4353 or visit [www.cochranepubliclibrary.ca/photowalk](http://www.cochranepubliclibrary.ca/photowalk).

SUNDAY  
JUNE 7

12:45-3 p.m. **Free Introductory Pickleball Lesson (Greystone Pickleball Facility) <sup>R</sup>**  
 Pickleball combines the elements of badminton, ping pong and tennis using a paddle and wiffle ball. Instructors will lead a 2 hour session reviewing safety, etiquette, basic rules and more, combining knowledge into gameplay. Loaner paddles are available. Please bring athletic shoes, water and the desire to have fun. To register email [cochranepickleballclub@gmail.com](mailto:cochranepickleballclub@gmail.com) with your name and phone number.

LOCATIONS

- Bragg Creek Snowbirds Seniors Fellowship: 18 Balsam Avenue, Bragg Creek
- Cochrane Alliance Church: 902 Glenbow Drive
- Cochrane Lions Club and Events Centre: 109 Fifth Avenue
- 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)
- Family & Community Support Services (FCSS): 209 Second Avenue W.
- Family Resource Network: 127 First Avenue W.
- Frank Wills Community Hall: 405 First Street E.
- Greystone Pickleball Facility: 100 Campground Road
- Mitford Park: 201 W. Rock Road
- Seniors on the Bow (SOTB): 800 Griffin Road E., Second Floor
- SLS Centre: 800 Griffin Road E.
- Stockmen's Memorial Foundation (SMF): 101 RancheHouse Road
- The Common Works: 185 First Street E.

MORE  
INFO

- Call 403-851-2250
- [www.cochrane.ca/seniorsweek](http://www.cochrane.ca/seniorsweek)
- Scan the QR code



THANK YOU TO OUR FUNDERS & PARTNERS!



Bragg Creek  
Snowbirds Chalet

