



INSPIRED SENIOR LIVING

December 2023



ASPEN WOODS
INSPIRED SENIOR LIVING

Aspen Woods - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Monday DEC 25</p> <p>Christmas Day</p>	 <p>Sunday DEC 31</p> <p>New Years Eve</p>					
<p>9:00 RC Church Service (HT) 3</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 4</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>1:30 Fit Minds (CON)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Musical Monday's (HT)</p>	<p>9:30 Aquacise (POOL) 5</p> <p>10:00 Balls & Bands Exercise (FC)</p> <p>10:30 Coffee with Kiran (PUB)</p> <p>1:00 Tile Rummy (PUB)</p> <p>2:30 Meet Me At The MoMA (PUB)</p> <p>7:00 Calgary Korean Canadian Choir (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 6</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance & Stretch (FC)</p> <p>10:45 Coffee Chat (PUB)</p> <p>2:30 Tree Decorating and Carols (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>National Christmas Light Day 7</p> <p>9:00 News & Views (PUB)</p> <p>10:00 Mindful Movement (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Crosswords (HT)</p> <p>6:30 Christmas Light Tour (BT)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 8</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:45 Artful Enrichment (CK)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>National Tree Dressing Day 2</p> <p>10:00 Video Cardio Exercises (HT)</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Tree Decorating (EL)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 10</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>3:00 Second Sunday Songs with Hannah (HT)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 11</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>1:30 Baking (CK)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Musical Monday's (HT)</p>	<p>National Gingerbread House Day 12</p> <p>9:30 Aquacise (POOL)</p> <p>10:00 Balls & Bands Exercise (FC)</p> <p>1:00 Tile Rummy (PUB)</p> <p>2:30 Ginger Bread House Making (PUB)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p> <p>6:30 Christmas Light Tour (BT)</p>	<p>9:00 Go4Life Walking Club (LOB) 13</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance & Stretch (FC)</p> <p>10:45 Coffee Chat (PUB)</p> <p>2:30 Birthday Party (PUB)</p> <p>3:45 Sing Along (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 14</p> <p>10:00 Mindful Movement (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Jeopardy (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 15</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:45 Artful Enrichment (CK)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 The Duet Christmas Show (HT)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) 16</p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 RC Church Service (HT) 17 10:00 Fit Minds (CON) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:30 Classic Movie Night (HT)	9:00 Go4Life Walking Club (LOB) 18 9:00 Aquafit Pool Walking (POOL) 10:00 Weight Exercises (FC) 1:30 Fit Minds (CON) 3:00 Hand Therapy (CK) 3:30 Coffee Chat (PUB) 6:30 Bridge (PUB) 6:30 Musical Monday's (HT)	9:30 Aquacise (POOL) 19 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 2:30 Meet Me At The MoMA (PUB) 6:30 Learning Tuesday Movie Night (HT)	9:00 Go4Life Walking Club (LOB) 20 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:45 Coffee Chat (PUB) 3:00 Sing Along (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	9:00 News & Views (PUB) 21 10:00 Mindful Movement (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 2:30 Christmas Tea (DR) 7:00 Health Arts Society Performance (HT)	9:00 Go4Life Walking Club (LOB) 22 9:00 Aquafit Pool Walking (POOL) 10:00 Drumfit (HT) 10:45 Artful Enrichment (CK) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 6:30 Romance Movie Night (HT)	10:00 Cardio Exercises (FC) 23 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Comedy Movie Night (HT)
9:00 RC Church Service (HT) 24 10:00 Fit Minds (CON) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:30 Classic Movie Night (HT)	Christmas Day 25 9:00 Go4Life Walking Club (LOB) 10:00 Video Exercises (HT) 2:00 Christmas Movie Matinee (HT) 6:30 Bridge (PUB) 6:30 Musical Monday's (HT)	Boxing Day 26 9:30 Aquacise (POOL) 10:00 Balance & Stretch (FC) 1:00 Tile Rummy (PUB) 2:30 Meet Me At The MoMA (PUB) 6:30 Learning Tuesday Movie Night (HT)	9:00 Go4Life Walking Club (LOB) 27 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:45 Coffee Chat (PUB) 3:00 Sing Along (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	9:00 News & Views (PUB) 28 10:00 Mindful Movement (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 2:00 Jeopardy (PUB) 6:30 Movie Night (HT)	9:00 Go4Life Walking Club (LOB) 29 9:00 Aquafit Pool Walking (POOL) 10:00 Drumfit (HT) 10:45 Artful Enrichment (CK) 1:30 Bingo (PUB) 3:00 Crosswords (HT) 6:30 Romance Movie Night (HT)	10:00 Cardio Exercises (FC) 30 1:00 Cribbage (PUB) 2:00 A Year In Review (HT) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Comedy Movie Night (HT)
9:00 RC Church Service (HT) 31 10:00 Fit Minds (CON) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:30 New Year's Party (DR)			Locations Legend Pub (PUB) HOME THEATRE (HT) Fitness Centre (FC) POOL (POOL) Lobby (LOB) Craft Kitchen (CK) Conceirge Desk (CON) Bus (BT) Dining Room (DR) Elevator Lounges (EL)		Calendar Legend Outing Special Program Living, Loving, Local Signature Program	