





INSPIRED SENIOR LIVING

February 2024

Aspen Woods - Assisted Living



ASPEN WOODS
INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>		 <p>Lunar Year Dragon</p>		<p>10:30 Remember When (2LG) 1</p> <p>11:00 Balance and Stretch (2AC)</p> <p>3:30 Pampered Hands (2AC)</p> <p>6:00 Noodle Hockey (2LG)</p> <p>6:30 Movie Night (HT)</p>	<p>10:00 Drumfit (HT) 2</p> <p>10:30 Mental Aerobics (2LG)</p> <p>11:00 Move and Groove (2AC)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>3:30 Armchair Travel (2TV)</p> <p>6:00 Comedy Club (2LG)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:30 Trivia (2LG) 3</p> <p>11:00 Weight Exercises (2AC)</p> <p>1:00 Scenic Drives (BT)</p> <p>2:00 Go4Life Walking Club (LOB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:00 Musical Memories (2LG)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 4</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Balloon volleyball (2LG)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:00 Hymn Sing (2LG)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 5</p> <p>11:00 Can Fit Move & Groove (2AC)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Read With Me (2LG)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:00 Bingo (2AC)</p> <p>6:30 Movie Night (HT)</p>	<p>10:30 Coffee with Kiran (PUB) 6</p> <p>10:30 Trivia (2LG)</p> <p>11:00 Mindful Movement (2AC)</p> <p>3:30 Go4Life Walking Club (LOB)</p> <p>6:00 Artful Enrichment (2AC)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>10:30 Name that Tune (2LG) 7</p> <p>11:00 Move & Groove (2AC)</p> <p>2:00 Fit Minds (2AC)</p> <p>3:00 Sing Along (PUB)</p> <p>6:00 Go4Life Walking Club (2LG)</p> <p>6:30 Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 8</p> <p>11:00 Balance and Stretch (2AC)</p> <p>2:00 Jeopardy (PUB)</p> <p>3:30 Pampered Hands (2AC)</p> <p>6:00 Noodle Hockey (2LG)</p> <p>6:30 Movie Night (HT)</p>	<p>10:00 Drumfit (HT) 9</p> <p>10:30 Mental Aerobics (2LG)</p> <p>10:45 Artful Enrichment (CK)</p> <p>11:00 Move and Groove (2AC)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Crosswords (HT)</p> <p>3:30 Armchair Travel (2TV)</p> <p>6:00 Comedy Club (2LG)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:30 Trivia (2LG) 10</p> <p>11:00 Weight Exercises (2AC)</p> <p>1:00 Scenic Drives (BT)</p> <p>2:00 Go4Life Walking Club (LOB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:00 Musical Memories (2LG)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 11</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Balloon volleyball (2LG)</p> <p>10:30 Video Exercises (HT)</p> <p>3:00 Second Sunday Songs with Hannah (HT)</p> <p>6:00 Hymn Sing (2LG)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 12</p> <p>11:00 Can Fit Move & Groove (2AC)</p> <p>1:30 Baking (CK)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Read With Me (2LG)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:00 Bingo (2AC)</p> <p>6:30 Movie Night (HT)</p>	<p>Mardi Gras 13</p> <p>10:30 Trivia (2LG)</p> <p>11:00 Mindful Movement (2AC)</p> <p>1:30 Tuesday Tech Time (LEO)</p> <p>1:30 The Nut Man (LOB)</p> <p>1:30 Documentary - Mardi Gras (HT)</p> <p>1:30 "Well Done" Alteration Services (FC)</p> <p>2:30 Meet Me At The MoMA (PUB)</p> <p>3:30 Go4Life Walking Club (LOB)</p> <p>6:00 Artful Enrichment (2AC)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>Valentine's Day 14</p> <p>10:30 Name that Tune (2LG)</p> <p>11:00 Move & Groove (2AC)</p> <p>1:30 Valentine's Day Documentary (HT)</p> <p>2:00 Fit Minds (2AC)</p> <p>3:00 Sing Along (PUB)</p> <p>6:00 Go4Life Walking Club (2LG)</p> <p>6:30 Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 15</p> <p>11:00 Balance and Stretch (2AC)</p> <p>2:00 Crosswords (HT)</p> <p>3:30 Pampered Hands (2AC)</p> <p>6:00 Noodle Hockey (2LG)</p> <p>7:00 Jingo Wo Lion Dance Performance (HT)</p>	<p>10:00 Drumfit (HT) 16</p> <p>10:30 Mental Aerobics (2LG)</p> <p>10:45 Artful Enrichment (CK)</p> <p>11:00 Move and Groove (2AC)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>3:30 Armchair Travel (2TV)</p> <p>6:00 Comedy Club (2LG)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:30 Trivia (2LG) 17</p> <p>11:00 Weight Exercises (2AC)</p> <p>1:00 Scenic Drives (BT)</p> <p>2:00 Go4Life Walking Club (LOB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:00 Musical Memories (2LG)</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) 18 10:00 Fit Minds (CON) 10:30 Balloon volleyball (2LG) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night (HT)	Family Day 19 10:30 Remember When (2LG) 11:00 Can Fit Move & Groove (2AC) 3:00 Hand Therapy (CK) 3:30 Read With Me (2LG) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	10:30 Trivia (2LG) 20 11:00 Mindful Movement (2AC) 1:30 Tuesday Tech Time (LEO) 2:30 Meet Me At The MoMA (PUB) 3:30 Go4Life Walking Club (LOB) 6:00 Artful Enrichment (2AC) 6:30 Learning Tuesday Movie Night (HT)	10:30 Name that Tune (2LG) 21 11:00 Move & Groove (2AC) 2:00 Fit Minds (2AC) 2:30 Birthday Party (PUB) 6:00 Go4Life Walking Club (2LG) 6:30 Movie Night (HT)	National Margarita Day 22 10:30 Remember When (2LG) 11:00 Balance and Stretch (2AC) 2:30 Margarita Social (PUB) 3:30 Pampered Hands (2AC) 6:00 Noodle Hockey (2LG) 6:30 Health Arts Society Performance (HT)	10:00 Drumfit (HT) 23 10:30 Mental Aerobics (2LG) 11:00 Move and Groove (2AC) 1:30 Bingo (PUB) 3:00 Crosswords (HT) 3:30 Armchair Travel (2TV) 6:00 Comedy Club (2LG) 6:30 Romance Movie Night (HT)	10:30 Trivia (2LG) 24 11:00 Weight Exercises (2AC) 1:00 Scenic Drives (BT) 2:00 Go4Life Walking Club (LOB) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Comedy Movie Night (HT)
9:00 RC Church Service (HT) 25 10:00 Fit Minds (CON) 10:30 Balloon volleyball (2LG) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night (HT)	10:30 Remember When (2LG) 26 11:00 Can Fit Move & Groove (2AC) 1:30 Baking (CK) 3:00 Hand Therapy (CK) 3:30 Read With Me (2LG) 3:30 Coffee Chat (PUB) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	10:30 Trivia (2LG) 27 11:00 Mindful Movement (2AC) 1:30 Tuesday Tech Time (LEO) 1:30 The Nut Man (LOB) 1:30 "Well Done" Alteration Services (FC) 2:30 Meet Me At The MoMA (PUB) 3:30 Go4Life Walking Club (LOB) 6:00 Artful Enrichment (2AC) 6:30 Learning Tuesday Movie Night (HT)	10:30 Name that Tune (2LG) 28 10:30 Anglican Church Service (HT) 11:00 Move & Groove (2AC) 2:00 Resident Meeting (HT) 2:00 Fit Minds (2AC) 3:00 Sing Along (PUB) 6:00 Go4Life Walking Club (2LG) 6:30 Movie Night (HT)	10:30 Remember When (2LG) 29 11:00 Balance and Stretch (2AC) 2:30 Health Talk with J. P (PUB) 3:30 Pampered Hands (2AC) 6:00 Noodle Hockey (2LG) 6:30 Movie Night (HT)	 <p>MONDAY FEB 19 Family Day</p>	



Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program

Locations Legend

AL Lounge (2LG)
HOME THEATRE (HT)
2nd Floor Activity Room (2AC)
Pub (PUB)
Lobby (LOB)
Craft Kitchen (CK)

2nd Floor TV Room (2TV)
Bus (BT)
Conceirge Desk (CON)
LE Office (LEO)
Fitness Centre (FC)